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Empowering older adults to be active,
connected and independent in the place they
call home

MARIN VILLAGES



THINGS TO DO WHILE SHELTERING IN PLACE

November 4, 2020

ART

[Creative People Who Are on Another Level](#)

[Virtual Ceramic Art Exhibition](#) at the Falkirk Cultural Center in San Rafael

[Virtual Festival of Arts, Laguna Beach](#)

MUSEUMS

The SF Exploratorium – The Exploratorium has a weekly series of programs for adults on Thursday nights at 7:00 pm called [After Dark Online](#). The website describes the weekly series as “programs on innovative science, arts and perceptual experiences—compelling conversation and hidden treasures, hands-on how-tos and breaking science news.”

November 5 – Sustenance: Home Movies

November 12 – Sustenance: Animal Intelligence

November 19 – Sustenance: Contemplating Creativity

THEATER, MUSIC, OPERAS, POETRY, BALLET, DANCE, COMEDY SHOWS ONLINE

Theater

The Irish Rep – *Irish Drama. NY Style*. The [fall digital line up](#) is now available. Tickets are free, but a donation is requested. Starting November 17, Bill Irwin with the Show *On Beckett*, which will explore the works of Samuel Beckett.

Josh Kornbluth and Citizen Brain – Live on Zoom from Oct. 16 through Nov. 8. This is a new play-length monologue by Josh, the wonderful entertainer who spoke at our 10th anniversary celebration last November. Tickets are pay-what-you-can and can be purchased from Shotgun Players in Berkeley. More information on the show is also available [on the Shotgun site](#).

The Marin Theater Company – The fall digital season is starting November 10! Check out the productions [here](#). Two offerings now are available for free, but after that you need to subscribe or purchase individual tickets.

Berkeley Rep – The fall virtual season is starting. [Check out subscription packages](#). And Hershey Felder returns as Claude Debussy in a livestream production titled [A Paris Love Story](#) on November 22 at 5:00pm, with on-demand viewing also available November 22 – 29. \$55 per household for viewing on SmartTV, computers, tablets, smartphones.

ACT – [digital performances](#) available now

Music

[Romantic Paradise](#) – Music with Andre Rieu and orchestra; about 1½ hours

Ennio Marricone, [Film Music Collection Volume 2](#) – Composer who revolutionized movie music; about 1½ hours of gorgeous music

[The Four Seasons by Vivaldi](#) – Alexandra Conunova with the Orchestre International de Geneve

[Best of the Bee Gees](#) – Relaxing popular music from the Bee Gees

[Philharmonia Baroque Online](#) – For a \$50 virtual membership (through December 31) you get access to one livestream per month from sacred and secular spaces in Amsterdam featuring Richard Egarr at the keyboard—plus a few invited guests and surprises! Lots of other content on the PBO website, as well.

Fridays at Five – SF Jazz concerts every Friday. There is a \$5 per month fee. Worth every penny!

Opera

Pavarotti – [10 beautiful arias from a concert in Paris](#) in 2017

Pocket Opera Mini Concerts

Met Opera Online – The Met continues its free nightly streaming of previous opera productions. They have cancelled their 2020 – 2021 season, so seems as if they will continue this streaming for a lot longer than originally planned.

OperaVision – Free opera performances from Europe. A lot to choose from.

Renee Fleming: Greatest Soprano Arias of All Time – Renee talks about arias she loves, together with clips of her performances.

Movies and Short Videos

Try the Lark's drive-in movies! If you are still driving and looking for a change of scenery and some entertainment that gets you out of the house pretty safely (since you will be staying in your own car), try the Lark Theater's new drive-in movie theater nights Thursday, Friday, and Saturday in the open lot near The Village Shopping Center—across from Nordstrom. \$30 per car. [Click here for more information](#) or call the Lark Theater (415) 924-5111.

Movies to stream online – Check out the [Lark website](#) and the [Christopher Smith](#) website. Movies are available for multi-day streaming usually at a cost of between \$7 and \$12.

Comedy

The Best Humor Websites!

1funny.com – Need a laugh? Check out this site that has a collection of funny videos, jokes, and interesting content designed for people over 50. They change all the time.

ARMCHAIR TRAVEL

10 Places You'll Never Visit

Croatia Land and Sea

FUN OR CUTE ONLINE VIDEOS

My Waffle Wedded Wife

[What's My Line with Eleanor Roosevelt](#)

CLASSES, ONLINE GROUPS, TALKS, WEBINARS, PODCASTS, BLOGS, EDUCATIONAL ARTICLES

[The Coolest Museums in Each State](#) – A blog identifying cool museums by state. How many have you seen?

[10 Bookstores Worth Traveling For](#) – A blog on some wonderful bookstores around the world.

[The Ballot is Just the Beginning: How Technology is Shaping Democracy and the 2020 Election](#) – A free online, on-demand course from Stanford Continuing Studies

[Free Courses from Top Universities](#) – Check out the vast array!

AgeSong Marin offers a regular series of group conversations and support for older adults. Sessions are eight weeks and cost \$30 for Marin Villages members (a special discount from the \$40 charge to others). Register online at the [AgeSong website](#) or call (415) 234-5040 to explore with a facilitator whether this might be a group that you'd enjoy.

[PEM Podcasts for the Culturally Curious](#) – Peabody Essex Museum

[Conversations with Authors](#) – Book Passage's highly successful weekend program with a variety of authors. Free, but register online.

TED Talks Daily – Podcasts from TED on a wide variety of topics. Wherever you get your podcasts, or [use this link](#) to sign up to the TED RSS feed.

EXERCISE

Don't forget about the yoga classes offered on Zoom by the Intergenerational Center.

Chair Yoga, Tuesdays at 11:00am

Meeting ID: 290 232 574

Passcode E9@U.N@d

[Zoom link](#)

Chair Yoga, Wednesdays at 9:00am

Meeting ID: 859 8406 8136

Passcode E9@U.N@d

[Zoom link](#)

RESOURCES FOR “MOVING THE NEEDLE” AND DEEPENING OUR UNDERSTANDING OF RACISM AND SOCIAL JUSTICE ISSUES IN AMERICA

Close to Home

[Woman on a Mission to Give the Gift of Self in Marin City](#)

[Marin City Leaders Riled by “Vibrant Black” Consultancy](#)

[Marin County Confronts Institutionalized Racism by Focusing on Equity](#)

[Race Equity Committee in Formation in Marin](#) – County press release

[Race and Racism resources from Marin Health and Human Services](#)

Articles and Other Resources

[A List of Anti-Racism Resources](#)

[Racism in America and the Current Moment](#)

[Ways to Help Fight Anti-Black Police Violence](#)

[Equity vs. Equality and Other Racial Justice Definitions](#)

Videos, Livestreams, or Recorded Presentations or Podcasts

[Uncomfortable Conversations with a Black Man – A Conversation with Police](#) – Petaluma Police talking with Emanuel Acho

[The Search for Racial Equity](#) – A video from Google’s series on racial equity. This one is with Dr. Ibram Kendi.

OFFLINE ACTIVITIES

Puzzles

Answer to last week’s puzzle – Discontinued Olympic Sports: Tug of War; Swinging; Synchronized Swimming; Equestrian Jumping; Pistols Motor Boating; Croquet; Baseball; Art Competition.

Want more? Take a look [here](#).

In the Kitchen

Roasted Butternut Squash

It’s squash time. So easy to prepare, especially since stores now carry pre-diced raw squash. Basic ingredients are listed below. Adjust to fit the quantity of squash you use.

Butternut squash, cubed
Olive oil

Minced garlic
Salt and Pepper

Preheat oven to 400

Toss squash and garlic and olive oil in a bowl.
Arrange coated squash on a baking sheet.
Season with salt and pepper to taste.
Bake for 20–30 minutes until squash is tender.

For a slightly different flavor, add a few sprigs of rosemary before roasting.

Outdoors

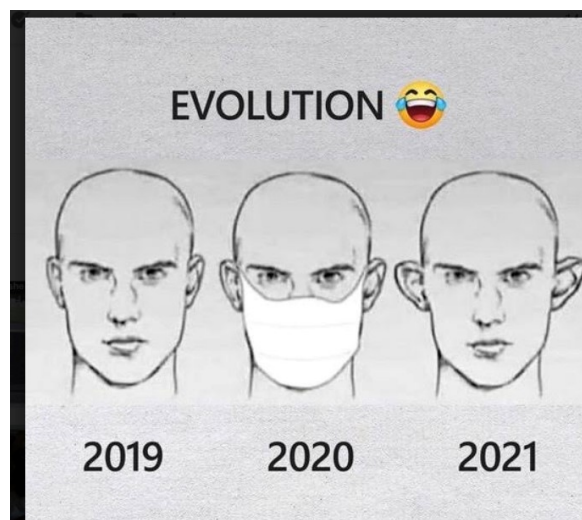
Take a walk. While the weather is still great, take a short walk in your neighborhood, or if you are up for it, a longer hike. Winter months are coming and it will get harder to enjoy being outdoors!

Photograph a deer or some fall foliage. Are the deer out in your neighborhood? They make great subjects for photographs to send to friends. We have less in the way of fall foliage than places back East, but some trees in Marin have leaves that are starting to turn, plus we still have flowers blooming. All great subjects for phone cameras, or more dedicated photographic equipment.

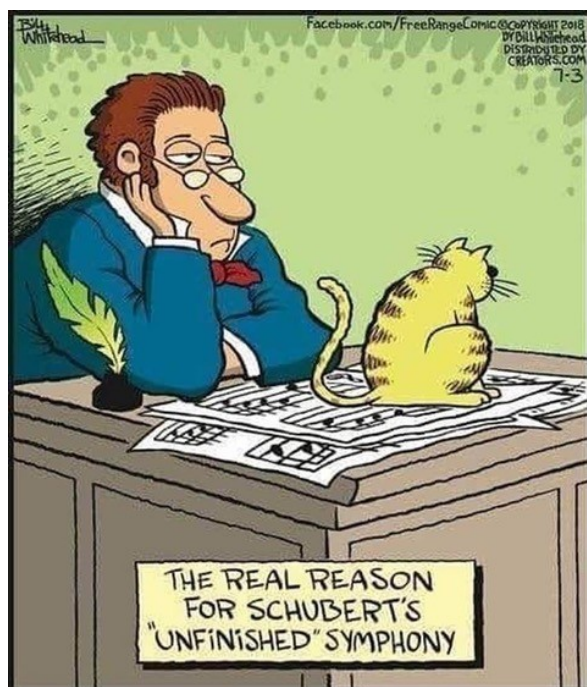
Indoors

Listen to music. Especially this week! Music has magical healing powers—or at least can help take your mind off the news!

Chuckle or laugh out loud



**I told my suitcases
that there will be no
vacation this year.
Now I'm dealing with
emotional baggage.**



LOOKING FOR SOMETHING ELSE, OR SOMETHING ON A PRIOR LIST?

You can look back at recent lists on our website under Things to Do.

www.marinvillages.org

For the online items noted in this list and previous lists, we've done our best to make sure the links work. But if they don't, we suggest you Google the name of the place or activity to get to the site. Most of these activities are free, and most are not time-sensitive (although a few have a minimal charge or a deadline).

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