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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 16, 2020

ART

Asian Art Museum – [online collection](#)

[International Art Museum of America](#)

Photography – [presidential pets](#)

MUSEUMS

The SF Exploratorium – The Exploratorium has a weekly series of programs for adults on Thursday nights at 7:00pm 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 19 – Sustenance: Contemplating Creativity

December 3 – Celestial: Rising Tides

December 10 – Celestial: Solar Eclipse

December 17 – Celestial: Winter Solstice

12 museums offering virtual tours

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.

Berkeley Rep – 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

The Aurora Theater – *The Flats*. Multiple episodes about residents in a Berkeley flat. Now available for online viewing. \$20 and available throughout the season.

Music

Beethoven Triple Concerto in C Major

Johnny Cash and the Royal Philharmonic

Julius Larosa, All the Best

An Evening at Home with the Chicago Symphony – November 12, 2020

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

Celebrating Voices of SF Opera – December 5, 7:30pm free livestream event. Register to receive the link.

Tenorissimo – Ten tenors, more than five hours of opera and crossover popular music

[Classico Italiano Norte](#) – A two-hour musical feast from Italian opera composers

[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.

[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](#)

Conan O'Brien Needs a Friend – Weekly playful podcast available for free on Apple Podcasts and many other podcast services.

[Jerry Seinfeld on Jimmy Fallon's Show](#) – on Thanksgiving, child rearing, comedy in the family, and old guys wearing jeans.

[The Best Humor Websites!](#)

[The Belladonna](#) – Comedy and satire by women but designed for all

[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 Best Islands Outside of Hawaii](#)

[FUN OR CUTE ONLINE VIDEOS](#)

[Cats Waking Up Their Owners](#)

[Why Not to Wear an Inflatable Bra on an Unpressurized Airplane](#)

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

OLLI at Dominican – [Registration for winter session](#) (January 1 – March 15) starts November 23 for premium members and December 1 for others.

San Francisco Zen Center Mediation Session – Saturday November 21 and Saturday December 19, 10:30 – 11:30am. \$0–\$25 fee. [Learn how to meditate with an instructor](#) from the SF Zen Center. Additional class will be held the second Saturday of each month in 2021 at the same time.

Life Kit – [On Mediation](#)

Stress Busters Workshops – In Stress Busters workshops, you learn how stress starts and a simple, effective method to handle it! Learn the five-step method to respond to any situation in a helpful way instead of getting upset. Presentations are fun and practical. Leave each session with new practical insights on how to better handle whatever life throws at you. Stress Busters has been serving seniors in San Francisco for over 30 years, reaching 900 people per month through monthly in-person seminars. Highly recommended by our friends at Next Village in SF. **All sessions are Thursdays at 1:00pm.**

To join by Zoom, [click here](#).

To join as an audio phone call (you cannot see us with this option):

Call **1 (669) 900-9128**

After the first prompt press (meeting ID): **881 8961 4817 #**

After next prompt press **#**

After 3rd prompt press (password): **848262**

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.

Diwali Festival of Lights – Diwali celebrates the victory of light over darkness, good over evil, and knowledge over ignorance. Learn more about this November holiday in India with this [short National Geographic video](#).

Literary Zoom Presentation – Tuesday, December 1 at 11:00am.
Tiburon/Belvedere Library Foundation with Elaine Petrocelli and friends from Book Passage continue this annual tradition, now moved online.
\$50. Registration required.

Free Courses from Top Universities – Check out the vast array!

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](#)

Marin County racial equity project [enters new phase](#)

Marin leaders [stand against hate](#)

Local sportscaster and Marin resident [Vern Glenn shares his thoughts about racism in Marin](#)

[Roots, Race and Place](#), a history of racially exclusionary housing in the San Francisco Bay Area

**[Articles, Videos, Livestreams, or Recorded Presentations or Podcasts](#)
Uncomfortable Conversations with a Black Man, episode 10, [Karens](#)**

and the Cancel Culture

Jason Reynolds, Honesty, Joy, and Anti-Racism – a YouTube BookTube original

Equity vs. Equality and Other Racial Justice Definitions

Racism in America – Films and new specials focused on race; on PBS

Articles on Racial Discrimination

Identity, Visibility, and Radical Love – a video from Google's series on racial equity. This one is with Dr. Andrew Jolivette.

OFFLINE ACTIVITIES

In the Kitchen

Reinvent Your Thanksgiving Meal

Many of us are not celebrating Thanksgiving with friends this year, but there are ways to reinvent the holiday meal to suit staying at home.

1. Instead of turkey, why not stuff and roast a Cornish hen. Looks like a miniature turkey and the stuffing is a great added touch. Only takes about an hour to roast too!
2. Make your one or two favorite side dishes and skip the turkey altogether. Make them ahead so you aren't exhausted with cooking on the day itself. The microwave is great for reheating!
3. Order a one- or two-serving dinner to-go from your favorite grocery store or restaurant.
4. Eat something completely different than the traditional Thanksgiving dinner! Choose something you love that has nothing to do with the holiday.
5. Use your good china, stemware, and flatware (if you still have them around!). Whatever you eat, it will make you feel festive!

Keep Your Sense of Humor

Having plans sounds like a good idea until you have to put on clothes and leave the house.

I'm getting tired of being part of a major historical event.

Coronacoaster *noun*: the ups and downs of a pandemic. One day you're loving your bubble, doing work outs, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.

Marriage Counselor: Your wife says you never buy her flowers. Is that

true?

Him: To be honest, I never knew she sold flowers.

When I was a kid I wanted to be older...this is not what I expected!

Here's what we know so far.



**TODAY, I NOTICED THAT
THE COVER OF MY IRONING
BOARD WAS WRINKLED,
AND I LAUGHED AT THE
IRONY. THEN, I LAUGHED
AGAIN BECAUSE OF THE
WORD "IRONY"**

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

You can look back at recent lists [on our website.](#)

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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