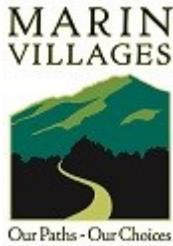


[View this email in your browser](#)



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

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## MARIN VILLAGES

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### THINGS TO DO WHILE SHELTERING IN PLACE

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**November 23, 2020**

On Thanksgiving

- **The Annual Macy's Day Thanksgiving Day Parade.** NBC TV, 9:00am - noon, all time zones.
- **2020 National Dog Show.** NBC TV immediately following the Macy's Thanksgiving Day Parade
- **And, of course, football!** Three NFL Games (check for times on CBS, Fox, and NBC)



As a thank you to our customers, we will be lifting the 40-minute limit for all meetings globally from midnight ET on Nov. 26 through 6 a.m. ET on Nov. 27 so your family gatherings don't get cut short. ❤️🏠 #ZoomTogether



## ART

[Vilcek Foundation Collection](#) – American Modernism, Native American pottery, Pre-Columbian art, and contemporary art by foreign-born artists

[The Henry and Rose Pearlman Collection](#), The Princeton Museum

[The Puffin Cultural Forum Archive](#)

## 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.”

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

**Berkeley Rep** – Hershey Felder returns as Claude Debussy in a livestream production titled [A Paris Love Story](#) -- on-demand viewing 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.

[Jagged Live in NYC](#), a live concert by the cast of Jagged Little Pill. \$27. 5:00pm Pacific Time.

### Music

**E.L.M.** (Enriching Lives Through Music) **Concert**. This local organization that provides free music lessons to children in Marin who could otherwise not afford them is having a free online winter concert on December 13<sup>th</sup> at 2:00 pm. Preregistration is required. Click [here](#) to register.

[Bach and Vivaldi](#) – Two hours of Baroque music!

[Love in Maastricht](#) – Andre Rieu concert with about two hours of upbeat music

[Chopin](#) – Relaxing classical music

[Freddie Mercury and Monserrat Caballe](#)

[ABBA Playlist](#)

[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

[Washington National Opera](#), the Kennedy Center. Free.

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

[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.

**[Medici TV](#)** has a great selection of operas, plus ballets, concerts and documentaries. Subscription required, but you can cancel at any time. \$12.99 per month, with a special offer of \$51.60 for a year subscription.

### [Movies and Short Videos](#)

**[35 Movies to Stream on Thanksgiving Day](#)** – A list of feel-good movies. This site charges (takes you to Amazon for the most part), but you may be able to find titles to watch for free on other sites.

**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](#)

**[Thanksgiving Roast](#)** – Laugh@the Worst of Turkey Day. This is a family friendly show. Cost is \$5, and it airs at 4:30pm on Tuesday, November 24

**The Daily Show:** **[Thanksgiving in the Time of Corona](#)**

### [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](#)**

**[Distinctive Destinations: Sites for the Armchair Traveler](#)**

## **[FUN OR CUTE ONLINE VIDEOS](#)**

**[Olive and Mabel in the Scottish Highlands](#)** – *60 Minutes Australia* show

**[Best Mabel Moments](#)**, so far

## **[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.

**Creating a Book Cover-to-Cover, The Verdenal Journal "Across the Plains 1852"** - A program from the Marin History Museum Wednesday, December 2, 7:00 pm on Zoom. Sign up [here](#).

[Thanksgiving Here and Elsewhere](#)

**Thanksgiving Day** - A [recent article on the history of Thanksgiving](#)

[Thanksgiving History](#) from the History Channel - The truth, myth and controversy on one site

[The Myths of the Thanksgiving Story and the Lasting Damage They Imbue](#)

[How to Celebrate Thanksgiving Alone and Actually Enjoy It](#) - Article with some good advice

**San Francisco Zen Center Mediation Session** -Saturday December 19, 10:30 - 11:30am. \$0-\$25 fee. [Learn how to meditate with an instructor](#) from the SF Zen Center. Additional classes 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

**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.

**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

**Intergenerational Center Classes.** Check the [Intergenerational Center website](#) for information on classes this week.

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

Close to Home

In Marin County Stark Racial Disparities in Housing Persist

Race Counts – A wealth of statistics on race 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  
Impact of Slavery on Scotland

Holy Post: Race in America – Phil Vischner is a Christian writer and the Holy Post is aimed at Christian audiences, but this video went viral and has reached audiences of all beliefs. Matter-of-fact, clear-eyed presentation on race issues. Well worth a watch.

Holy Post: Race in America Part 2 – A response to some questions raised after the prior video went viral. A bit more directly aimed at a Christian audience. Confronts issues directly.

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

Articles on Racial Discrimination

Teaching America’s Truth (2019 piece)

[The Case for Reparations](#) (2014 piece)

[The Search for Racial Equity](#)—Talks at Google, a playlist from their continuing series

## OFFLINE ACTIVITIES

### Pen and Paper

**Word Creation** – How many words can you make out of the word Thanksgiving? Let's see who gets the most. Must be in English. Let us know! Email Cherie Sorokin, or call her with your number.

[Cheryl.sorokin@gmail.com](mailto:Cheryl.sorokin@gmail.com) or (415) 789-5305

**Gratitude Journal** – How many things do you have to be thankful for? Write them down!

**Doodle** – Did you know doodling helps improve memory, helps you relax, and relieves stress? Give it a try. All you need is pen and paper. Try filling up at least one entire sheet with abstract lines and shapes, or create cartoon figures. It's all good!

### Keep Your Sense of Humor

**From Jimmy Fallon:** “A new survey found that 80% of men claim they help cook Thanksgiving dinner. Which makes sense, when you hear they consider saying 'that smells good' to be helping.”

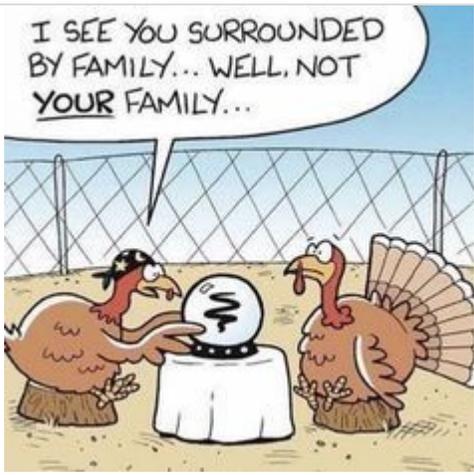
**From Oscar Wilde:** “After a good dinner, one can forgive anybody, even one's own relations.”

**From Erma Bombeck:** “I come from a family where gravy is considered a beverage.”

**From Jim Davis:** “Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.”

**From Jay Leno:** “You can tell you've had too much for Thanksgiving when you have to let your bathrobe out.”

**From Johnny Carson:** “Thanksgiving is an emotional time. People travel thousands of miles to be with people they see only once a year and then discover once a year is way too often.”



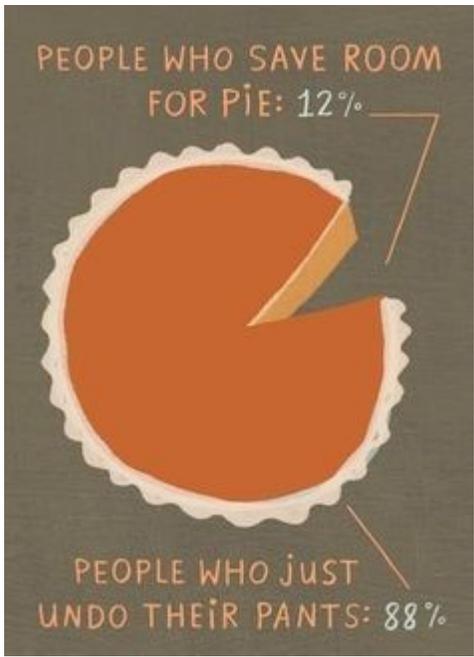
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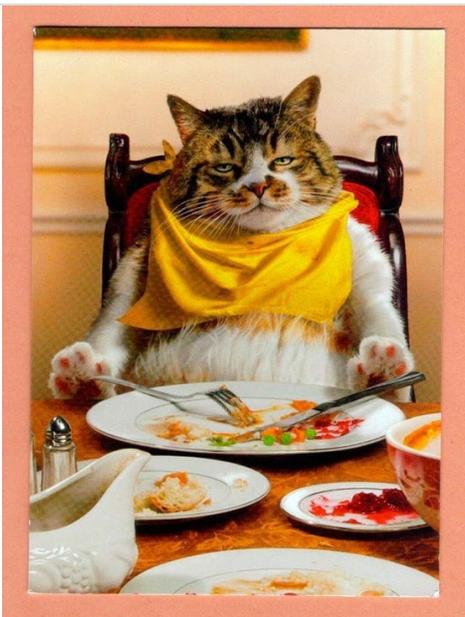
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## LOOKING FOR SOMETHING ELSE, OR SOMETHING ON A PRIOR LIST?

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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