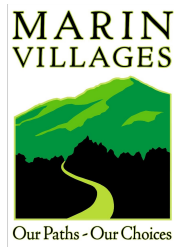


[View this email in your browser](#)



THINGS TO DO

March 1, 2021

ART

Clouds as art. Check out the [Cloud Appreciation Society website](#).

[I am, I was, I will be](#). A virtual exhibition from the Asian Art Museum in SF.

MUSEUMS

[12 World-Class Museums You Can Visit Online](#)

THEATER, MUSIC, OPERAS, POETRY, BALLET, DANCE, MOVIES ONLINE

Dance

[Optical illusion dancers](#). Whose leg is that anyway?

[Hava Nagila](#). Clap your hands and give it a try!

[Sergei Polunin Jumps](#). And how! Another great male dancer.

Shostakovich – The Second Waltz with Andre Rieu. Really hard to not start dancing around the room (below)



Theater

[Kabuki Theater explained](#)

Music

Andy Williams, *Happy Heart!* Dare you not to sing along—to the chorus anyway! (below)



[65 top classical music pieces everyone knows—sort of](#). About 15 minutes of “I think I know that one!” How many can you name?

[Tuba Skinny on the street in New Orleans](#). Ragtime!

[SF Opera’s Virtual Ring Cycle and Festival](#). Each weekend in March, for 48 hours, SF Opera is doing free streaming of its 2018 production of *The Ring*, in sequence starting with Das Rheingold. Plus, throughout March the Opera will be hosting a diverse array of immersive events including lively panel discussions and events. Timeframe is March 5 – 8, 2021. Festival events (other than the operas themselves) require a pass which costs \$99 (\$69 for current subscribers and donors of at least \$75).

[Soundbox: Lineage](#). Julia Bullock, SF Symphony Collaborator and classical vocalist. A program on March 11 from SF Symphony+. Cost is \$15.

[Movies and Documentaries](#)

Anthony Fauci: Virus Hunter. Save the date: Friday, March 19 at 8:00pm on KQED

Lark Theater Drive-In reopens March 18! The north parking lot at the Village at Corte Madera. [Order your tickets](#) before they sell out! Tickets are only available online – \$15 for single person in a car, \$30 for a carful.

[ARMCHAIR TRAVEL](#)

[Iceberg climbing is dangerous!](#) Maybe take this off your bucket list?

[AMAZING, FUN OR CUTE ONLINE VIDEOS/CLIPS](#)

[Bette Midler on getting vaccinated and other things](#). Jimmy Kimmel show excerpt.

[Paul McCartney interview](#). Sir Paul in a fun interview with Conan O’Brien.

[Changing the lightning rods on Christ the Redeemer statue in Rio](#). Don’t watch this if you are afraid of heights!

[You Know You’re Growing Old When](#). Fritz Coleman on the vicissitudes of aging.

[Top 100 Videos of 2020](#). A 30-minute compilation!

The Beauty of Nature. Scenes from western North Carolina, narrated by Roy Lamont (below)



CLASSES, ONLINE GROUPS, TALKS, WEBINARS,
PODCASTS, BLOGS, EDUCATIONAL ARTICLES
International Women's Day is March 8. Learn more [here](#).

[Equal Pay Day](#). March 24, 2021 A symbolic but important date.

[Rebel Girls: The Stories of Unsung Women from Bay Area History](#). Some wonderful stories to check out.

[Europe's last matriarchy](#). Women on the Estonian Island of Kihnu . A BBC photojournalism video.

[How Many of the Great Passages in Literature Can You Identify?](#) This is fun!

[Christopher Walken on Gene Kelly](#). Nice memories and excerpts of Gene Kelly's various performances

[Alasdair Neale and Tod Brody in conversation on how to assemble a symphony season](#). It's complicated, particularly now!

[Is There Life on Mars?](#) A question we might get the answer to soon?

[Aging in Marin Webinar](#). Video from the Marin Coalition.

[CNN's Good Stuff](#). Read and sign up for a weekly dose of good news.

[FDA Approves Johnson & Johnson Vaccine for COVID](#). Another tool against COVID infections.

OLLI Spring Session Coming Up! Premium Member registration opens March 1 and Basic and Session Member registration opens March 8. Classes start March 22. Some scholarships may be available. [Check out class offerings here](#).

ESCOM Spring Sessions at College of Marin Coming Up! Scholarships may be available. [Check our ESCOM activities here](#).

EXERCISE

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

[Seven-Minute Workout for Seniors](#). Seven-minute workouts are all the rage these days. This one is for seniors.

[Strength First Fitness Wellness University classes](#). Lots of different classes to choose from. A friend of Marco's is teaching the Arthritis Foundation Exercise Program. A monthly subscription is required. Most subscriptions run about \$50 per month.

RESOURCES FOR ON RACISM AND SOCIAL JUSTICE ISSUES IN AMERICA

[America's First Black Physician Sought to Heal a Nation's Persistent Illness](#). *From the Smithsonian*.

[NewScientist Online Magazine](#). Many interesting articles on science and racism.

[How American Healthcare is Defined by Systemic Racism](#). An emergency room physician explains how serious the problem is and continues to be.

[Who is James Baldwin, an Oratorical](#). Griot Theater Company in Marin City. A collection of poetry, dance and song performed by Marin City students.

HUMOR

Keeping Track of Time in the Time of COVID

**Until further notice the
days of the week are
now called,
thisday,thatday,otherday,
someday,yesterday,
today and nextday!**



**For those who have
lost track, today is
Blursday the
fortyteenth of
Maprilay.**

THE
JEST



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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