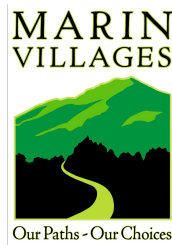


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## THINGS TO DO

March 22, 2021

### ART

[Van Gogh—The Immersive Experience, in person.](#) Opened March 18 in SF. Tickets for March, April, and May can be purchased now. \$39.99 to \$49.00

[Van Gogh—The Immersive Experience, virtually.](#) This link is from the Paris version of this exhibition/show. About three minutes. Free. Almost as good as being there in person.

[Van Gogh—the entire immersive experience from Paris.](#) Wander through the entire Paris exhibition virtually. About a 30-minute video. Free

### MUSEUMS

[Virtual museum tours.](#) Check out these options if you haven't already.

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

#### Dance

[Killer Boogie.](#) Wow, can these two guys move!

[Nureyev and Fontaine excerpt from Swan Lake.](#) Two of the world's best dancers together in a classic ballet.

Chorus Line, *One* (below)



## Theater

[The Sins and Secrets of Tabard Lake](#). A play written during the pandemic by resident artists of the Three Girls Theater. Available as a radio play in a series of nine podcasts.

## Music

**Classical Guitar.** About [three hours of wonderful guitar music](#). Easy listening.

**SF Performances—**[free classical concerts](#). You need to set up an account, but there is no charge to do so and access to programming is free.

[Improvisations on America and the Beautiful](#). Thomas Yee, violinist with the Marin Symphony. Modern! The link to his interview with Alasdair Neale is listed under Talks, etc. In the interview he talks about this piece in particular.

[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).

[Harry Belafonte concert](#). About 45 minutes from this great performer.

[Eh Cumpari](#). An older Julius La Rosa sings the song that helped make him famous.

**Moon River.** Thinking of traveling again? Get inspired with this Andy Williams classic. (below)



### Movies and Documentaries

**Lark Theater Drive–Now Reopened!** 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.

[It's a Mad, Mad Mad World](#). It certainly is! Free on YouTube.

[The Bald Eagle that Would Not Quit](#). A 30–minute documentary.

### ARMCHAIR TRAVEL

[13 of India's best islands](#). Gorgeous places to visit at some point in the future!

### AMAZING, FUN OR CUTE ONLINE VIDEOS/CLIPS

[The Squirrel, the Physicist, and the Bird Feeder](#). Who is the smartest?

**Get your shot.** Sacramento doctors [gamely try to rap](#) to My Shot from *Hamilton*, re-written to apply to COVID vaccinations.

[Funny Concert Moments!](#) Quite a variety!

**Another Eagle Finds His Trainer.** Astounding views of Dubai too!  
(below)



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

A conversation with [Maestro Alasdair Neale and violinist Thomas Yee](#) of the Marin Symphony

[Passover, a Joyful Time for Family.](#) Short article on the meaning of this celebration

[Staying Safe in a Digital World.](#) Great info on all sorts of things we need to know, including what to do if your email is hacked

[The 1-Minute Secret to Forming a New Habit.](#) A new TED Talk

[Stone Paper.](#) Revolutionary technology from China

[A Brief History of the Harmonica.](#) Stevie Wonder is a virtuoso.

**When is a pandemic over?** A good reminder of the value of the public health choice we made in this one. A TED Talk video. (below)



## EXERCISE

[How to Get Strong at Any Age](#). Mary Rawles exercise videos with an arthritis specialist.

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

[7-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 ON RACISM AND SOCIAL JUSTICE ISSUES IN AMERICA

[Tales of Racism and Sexism from 3 Leading Asian-American Women](#). NYT Article.

[For Asian-American Women Misogyny and Racism are Inseparable](#). NPR website article.

**Attacks on Asian-Americans are rising.** [Here's what you can do](#). Info on recent attacks and some history we rarely hear about.



[Why we must talk about the Asian-American story, too.](#) An African-American perspective.

[Progress and Struggle: Race in U.S. Society.](#) Aspen Institute programs from 2019

[A 'Forgotten History' of How the U.S. Government Segregated America.](#) NPR website article.

[African-American Sacrifice in the Killing Fields of France.](#) WWI history.

## HUMOR

### Plays on Words!

An invisible man married an invisible woman. The kids were nothing to look at, either.

I didn't think the chiropractor would improve my posture. But I stand corrected.

I took my new girlfriend out on our first date to the ice rink, and entry was half-price. She called me a cheap skate.

Studies show cows produce more milk when the farmer talks to them. It's a case of in one ear and out the udder.

My cross-eyed wife and I just got a divorce. I found out she was seeing someone on the side.

My wife claims I'm the cheapest person she's ever met. I'm not buying it.

Did you know that a raven has 17 rigid feathers called pinions, while a crow has only 16. The difference between a raven and a crow is just a matter of a pinion.

I told my carpenter I didn't want carpeted steps. He gave me a blank stair.

What did the surgeon say to the patient who insisted on closing up his own incision? Suture self.





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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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