

Things to Do While Sheltering in Place!

Below is a collection of ideas, activities, or places to go “virtually” and other things to do while sheltering in place. The end of the list has ideas that don’t require an internet connection or computer. For the online items listed, 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).

We will review the list weekly to keep it up to date, and as new suggestions are brought to our attention. Don’t forget to look back at the prior updates and the original list. Lots of things you may have missed! You might even want to print out the PDF version of this list just to refresh your memory of everything listed.

NEW ADDITIONS: JULY 6, 2020

Art

Richard Diebenkorn Exhibition Online Van Doren Waxter Museum
<https://www.vandorenwaxter.com/exhibitions>

Labyrinth of Solitude, 56henry <https://www.56henry.nyc/solitude>

SF Asian Art Museum Collections Online: <https://collections.asianart.org/>

Museums

Marin History Museum’s Spotlights Section: <https://marinhistory.org/spotlight>

Museum from Home, SFMOMA: <https://www.sfmoma.org/>

Theater, Music, Operas, Movies, Ballet Online

Theater

National Theater Live. New productions every week from National Theater Live at Home
<https://www.nationaltheatre.org.uk/nt-at-home>

SF Playhouse Zoomlets (Monday nights) and fireside chats (Thursday nights):
<https://www.sfplayhouse.org/sfph/upcoming-plays/>

Oregon Shakespeare Festival Streaming in July

<https://www.osfashland.org/en/productions/2020-digital-plays/d-copper-children.aspx>

Music

Zacharia Spellman, Principal tuba with the Marin Symphony in conversation with Maestro Alasdair Neale <https://marinsymphony.org/>. Zacharia has been with Marin Symphony for 40 years and also is principal tuba for the San Francisco Opera. He calls himself a “Musical Terrorist” during this time of the pandemic because of his random street performances. Plus a performance by Zacharia of “Ain’t No Sunshine.” Note there is usually a new video with a Marin Symphony interview posted every Friday.

Live with Carnegie Hall: <https://www.carnegiehall.org/Explore/Watch-and-Listen/Live-with-Carnegie-Hall>

The Longest Time, a Chorus of Canadians, adapted to the pandemic.
<https://enchantmentathamilton.org/20200601ForTheLongestTime.mp4>

Banjoes anyone? Check out the top ten banjo players on this video.
<https://www.youtube.com/watch?v=KP9JMPDCqQA>

Opera

SF Opera. Starting July 10: S.F. Opera Celebrating the Summer Season. A special program starting Friday the 10th and running through the weekend, celebrating artists who would have been part of the originally planned San Francisco Opera Summer season.
<https://sfopera.com/opera-is-on/celebrating-the-summer-season/>

Courses, Talks, Webinars, Podcasts, Games, Comedy

OLLI summer classes online are now available for registration. The cost is \$25 per lecture. Non-premium members must also pay a small registration fee.
<https://www.dominican.edu/academics/adult-and-continuing-education/osher-lifelong-learning-institute-olli/classes-clubs-and-workshops>

Buck Institute Webinars on COVID-19. Mark your calendars. The Buck is offering a second series of free live interviews with experts in research, epidemiology, virology, public health, health care and others working on coronavirus issues. July 8 at 11:00am, **Dr. Julie Hellman**, and July 14 at 9:00am, **Dr. Robert Redfield**. Previous programs can be accessed with the same link. Register at <https://www.buckinstitute.org/news/covid-webinar/>

Watercolors with Debra, from the Age-Friendly Intergenerational Center. Discover the inner artist you didn’t know existed. Monday and Wednesdays at 10:30am via zoom. Meeting ID: 337-280-620 Join URL: <https://zoom.us/j/337280620>

Conversations with Authors, Book Passage, almost every Saturday and Sunday at 4:00 pm.
www.bookpassage.com.

JFCS' Seniors at Home virtual workshop on advance care planning with a dementia diagnosis. Learn from esteemed neurologist, Dr. Catherine Madison, and Andrea Korsunsky, BSW, on what is needed to care for someone diagnosed with dementia. What are their wishes? How do you go about starting these conversations? **Date:** July 14, 2020 **Time:** 11:00am to 12:30am. Register at this link: <https://www.eventbrite.com/o/seniors-at-home-8335846307>

Armchair Travel

Fairytale destinations in the U.S. <https://www.thediscoverer.com/blog/9-fairytale-destinations-in-the-us/XvHyVpKgiwAG5axG>

Exercise and Yoga

The Corte Madera Intergenerational Center Online hosts several exercise and yoga classes via Zoom.

<https://agefriendlycenter.org/> or <https://mailchi.mp/a3c619492753/virtual-intergenerational-center-goes-live-4832308>

Crazy, Interesting or Cute Stories or Videos Online

Bored? Consider making a **domino machine!**

<https://www.youtube.com/watch?v=Q0jeohWnmAQ> or this one:
<https://www.youtube.com/watch?v=pFZipKF5LK8>

Resources for “Moving the Needle” and Deepening Our Understanding of Racism and Social Justice Issues in America

Books and Articles

Interesting articles related to the current “remove or don’t remove” statue debates:

Frederick Douglas’s thoughts on the Emancipation Memorial statue of Lincoln with a freed slave. This letter was only recently discovered as historians and others have been debating what should or should not be done with this particular statue.

<https://www.smithsonianmag.com/history/what-frederick-douglass-had-say-about-monuments-180975225/>

Wikipedia has more on the history of the statue and the current back and forth on whether it should be removed or changed.

https://en.wikipedia.org/wiki/Emancipation_Memorial

Race in America, A Conversation: <https://dividedwefall.com/2019/07/16/a-conversation-on-race-in-america/>

Let America Be America Again, a poem by Langston Hughes <https://poets.org/poem/let-america-be-america-again>

The Fullest Look Yet at Racial Inequity of the Coronavirus.

<https://www.nytimes.com/interactive/2020/07/05/us/coronavirus-latinos-african-americans-cdc-data.html>

Interview with Baritone Sidney Outlaw, SF Opera <https://sfopera.com/blog/leveling-the-playing-field-an-interview-with-baritone-sidney-outlaw/>

Longer Online Presentations

Movements, Monuments and Racism on Campus. Rice University. The live presentation with four historians scheduled for July 6 will be recorded and posted within 5 or so days after July 6.

<https://president.rice.edu/task-force-webinar>

Videos

NFL star Emmanuel Acho has started a series called Uncomfortable Conversations with A Black Man. Here is the 4th of those videos: <https://www.youtube.com/watch?v=jSsoVjTgYJO> Earlier episodes remain available on youtube.

Other Resources

From the Washington Post, July 6, 2020, Resources to Help Understand American's Long History of Injustice and Inequality.

<https://www.washingtonpost.com/nation/2020/06/08/understanding-racism-inequality-america/>

Offline Activities

In the Kitchen

Got plums? They are great this time of year. Try this interesting plum and parmesan salad!

2 Tbsp. sherry or red wine vinegar

1 Tbsp. honey

½ tsp. black pepper

6 ripe plums, some sliced, some in wedges (black, red and or green plums will work, or a combination)

¼ cup shaved Parmesan or Pecorino cheese, plus more for serving

2 Tbsp. extra virgin olive oil

Sea salt (flakey is best, but regular ok too)

Stir vinegar, honey pepper together. Add plums and mix

Add ¼ cup of the cheese and toss together with plums and the vinegar honey mixture

Transfer to bowl and drizzle with olive oil

Add a bit more cheese and the salt, and add a bit more pepper if desired

Indoor Gardening

How about creating an indoor cactus garden? Most grocery stores, and even CVS and Rite Aid, sell small cactus plants that are easy to use in making a small cactus garden. Cactus are easy to grow inside and don't take much time or attention. Besides a few plants, you will need a bowl or vase in which to plant them (about 5 inches deep works well), some pebbles, charcoal or rocks for the bottom layer, some soil that drains well (there is cactus soil available at nurseries if you are worried about drainage), a good spot with lot of light. Then you just have to remember not to water the plants too much—maybe just once a month!

Christmas in July?

Take out those unused holiday cards and write a note to friends you would normally send holiday cards to in December. Nobody seems to get real mail any more, but it's really fun to get an unexpected handwritten note from a friend. No holiday cards left over? Any sort of note card will do, as will just a plain sheet of paper. It's the thought that counts!

NEW ADDITIONS: JUNE 29, 2020

Where to Celebrate the 4th of July online

Escondido, CA <https://artcenter.org/>

The National Archives 4th celebration: <http://www.archivesjuly4.org/> or <https://www.facebook.com/usnationalarchives/> at 1:00pm Pacific Time

Listing of fireworks displays to watch on TV

<https://www.womansday.com/life/entertainment/a32830988/4th-of-july-fireworks-2020/>

Disney will be streaming the movie *Hamilton* starting July 3! It's not free, but it won't cost you \$800 a ticket, either, as it once did in theaters. You will however need a subscription to Disney+, which is about \$7 a month.

https://www.disneyplus.com/?cid=DSS-Search-Google-71700000068845528-&s_kwcid=AL!8468!3!443488418782!e!!g!!hamilton&gclid=EAlaIQobChMI7o7Zg6yn6gIVAz6tBh2i3g_mEAAYASAAEgKWlvD_BwE&gclidsrc=aw.ds

Art

Explore some different artists through the Wallow Foundation showcase online.

https://wallowfoundation.com/oregon-artist-database/?gclid=Cj0KCQjwoub3BRC6ARIsABGhnyZtnuakeQW30IurvKDKZjRwxi7wUgh4UgxvX7PbLEtF4bZjBx8exQcaAgQGEALw_wcB

Theater, Music, Operas, Movies, Ballet Online

Theater

SFPlayhouse Zoomlets (Monday nights) and fireside chats (Thursday nights)

[https://www.sfplayhouse.org/sfph/upcoming-plays/?gclid=CjwKCAjw - D3BRBIEiwAjVMY7PaxwuyNjft8TFIgOkI5nvXFEiGX49AQYpQc_6BDWFozUh-am17GRoCrzcQAvD_BwE](https://www.sfplayhouse.org/sfph/upcoming-plays/?gclid=CjwKCAjw-D3BRBIEiwAjVMY7PaxwuyNjft8TFIgOkI5nvXFEiGX49AQYpQc_6BDWFozUh-am17GRoCrzcQAvD_BwE)

The Aurora Theater has a YouTube Channel with many webinars, conversations, and videos of plays. https://www.youtube.com/channel/UC972yrc_3iyLKrm2SbkW9mA

Music

Principal Steve Machtinger, violist with the Marin Symphony in conversation with Maestro Alasdair Neale <https://marinsymphony.org/>. Steve is also the Board Chair of the Symphony and an attorney when not playing with the symphony. Below the interview is a performance of one of Steve's favorite Mozart string quintet pieces

MTT: An American Icon. Honoring Michael Tilson Thomas on his retirement after 25 years leading the SF Symphony Orchestra

<https://www.youtube.com/watch?v=aggUJX8p3JY&feature=youtu.be>

The Whistle Song, with Michael Tilson Thomas

<https://www.youtube.com/watch?v=PvJ1St0EPRI>

Yo Yo Ma debut at age 7... <https://www.youtube.com/watch?v=dNvAUobb1y4>

...and his most recent performance during COVID-19

<https://www.youtube.com/watch?v=bDZ4gNRKdoc>

Opera

SF Opera will stream *Susanah* by Floyd Carlisle on July 4th and 5th. Check the SF Opera website for times. <https://sfopera.com/opera-is-on/>

Watch the Ring Cycle online from the UK.

[https://www.operanorth.co.uk/the-ring-cycle/?gclid=CjwKCAjw - D3BRBIEiwAjVMY7C5S8amm8WYAu143UgeZ5tJdbbMvPprDB0o2bSfXerfaXgom7GW9khoCMGAQAvD_BwE](https://www.operanorth.co.uk/the-ring-cycle/?gclid=CjwKCAjw-D3BRBIEiwAjVMY7C5S8amm8WYAu143UgeZ5tJdbbMvPprDB0o2bSfXerfaXgom7GW9khoCMGAQAvD_BwE)

Courses, Talks, Webinars, Podcasts, Games, Comedy

OLLI summer classes online are now available for registration. The cost is \$25 per lecture. Non-premium members must also pay a small registration fee.

<https://www.dominican.edu/academics/adult-and-continuing-education/osher-lifelong-learning-institute-olli/classes-clubs-and-workshops>

Buck Institute Webinars on COVID-19. Mark your calendars. The Buck is offering a second series of free live interviews with experts in research, epidemiology, virology, public health, health care and others working on coronavirus issues. July 8 at 11:00am, **Dr. Julie Hellman**, and July 14 at 9:00am, **Dr. Robert Redfield**. Previous programs can be accessed with the same link. Register at <https://www.buckinstitute.org/news/covid-webinar/>

NEED Lectures on the Economy with economist John Haveman: July 2, **Corona Virus Economics**, July 9, **Federal Debt**. Free. Register at https://needelegation.org/upcoming_webinars.php

Watercolors with Debra at the Age-Friendly Intergenerational Center. Discover the inner artist you didn't know existed. Monday and Wednesdays at 10:30am via zoom. Meeting ID: 337-280-620 Join URL: <https://zoom.us/j/337280620>

The Marin History Museum is presenting a series of Zoom events. The first was with Jeff Burkhart, the Marin IJ's Barfly columnist. A recording is available of that program and the History Museum's website lists future programs under their Events tab: <https://marinhistory.org/events>

Armchair Travel

Explore through LiveCam experiences. Fish, oceans, bears, birds, you name it, viewed through live camera feeds. <https://explore.org/livecams>

Exercise and Yoga

The Corte Madera Intergenerational Center Online hosts several exercise and yoga classes via Zoom. <https://agefriendlycenter.org/> or <https://mailchi.mp/a3c619492753/virtual-intergenerational-center-goes-live-4832308>

Crazy, Interesting or Cute Stories or Videos Online

Maurice the Rooster is dead. Here are some Youtube Videos on France's most famous rooster who was taken to court by some city folk for... are you ready? Crowing too early. <https://www.youtube.com/watch?v=QJlNyF3oiO4>
<https://www.youtube.com/watch?v=ShCbWXwm8us>

Resources for "Moving the Needle" and Deepening Our Understanding of Racism and Social Justice Issues in America

Books and Articles

White Rage: The Unspoken Truth of Our Racial Divide, Carol Anderson

Divided We Fall Article: *Race in America, A Conversation* (2019)

https://dividedwefall.com/2019/07/16/a-conversation-on-race-in-america/?gclid=EAlalQobChMIvKP7uYK6m6gIVWh-tBh3QRAVXEAAAYBCAAEgLuLPD_BwE

10 Steps Toward Bridging Our Painful Racial Divide, Margaret Mitchell, YWCA of Greater Cleveland https://www.niot.org/blog/ywca-10-steps-toward-bridging-our-painful-racial-divide?gclid=EAlalQobChMI6f_b4oWm6gIV3z2tBh2x0AeCEAAAYBCAAEgIF3fD_BwE

Longer Online Presentations

Rice University held an all-day symposium on racism titled *Reflections on Juneteenth*. All the sessions are excellent and interesting, but Session 4 may be of particular interest. It's about an hour to listen to the full session, but there are three separate presentations within the hour and they can be listened to independently.

https://www.youtube.com/watch?v=cwbnt1qBbzc&list=PLdyZjWkoCPVv-k-CJVD71qT_FUFeLIGQ1&index=5&t=1503s

The entire Rice symposium can be accessed here: <https://president.rice.edu/juneteenth>

Times Higher Education (THE) Symposium on Racism in Higher Education.

<https://www.youtube.com/watch?v=xYjgnBOU8d0>

Videos

NFL star Emmanuel Acho has started a series called *Uncomfortable Conversations with A Black Man* that has been viewed by millions and there were links to the first three of those shows in last week's Things to Do list. Here are few videos on why he started these conversations.

How Emmanuel Acho is Changing How We Talk About Race

<https://www.youtube.com/watch?v=msxBjxs0pC4>

Emmanuel Acho on White Privilege and His Show "Uncomfortable Conversations with a Black Man." <https://www.youtube.com/watch?v=9-YjmoorwHs>

Emmanuel Acho: Being Antiracist Means Calling Out Racism Whenever You See It

<https://www.youtube.com/watch?v=U4oQNOAUkb0>

Emmanuel Acho: Talk is Cheap <https://www.youtube.com/watch?v=Mo1-9cjZ61Q>

TEDxPSU *Three Myths About Racism*, Candice Wattis Smith

<https://www.youtube.com/watch?v=7CGJDgO4Fs8>

TedTalk-Ibram Kendi, *The Difference between being "not racist" and "antiracist"*

https://www.ted.com/talks/ibram_x_kendi_the_difference_between_being_not_racist_and_a_antiracist

Podcasts

The History of American Slavery (Slate)—available on wherever you download your podcasts.

Black History Year (PushBlack)—available wherever you download your podcasts.

Offline Activities

Poetry

Last chance! Have you written a poem for our Marin Villages poetry book project? No experience necessary. Send poems today (June 30) to Cherie Sorokin.

cheryl.sorokin@gmail.com

In the Kitchen

Red, White and Blue Dessert

1. Place a mix of raspberries, blueberries, blackberries and strawberries in a glass bowl (or any combination, just so some red and some blue)
2. Macerate with 1-2 tablespoons of brown sugar (or more to taste if using a lot of berries) for about 20 minutes (or longer refrigerated)
3. Mix in ½ cup sour cream (adjust amount depending on how many berries—should be enough sour cream to mix with the berries so you see all three colors)
4. Serve immediately with or without ice cream

NEW ADDITIONS: JUNE 22, 2020

ART Online

Kehinde Wiley, *The Yellow Wallpaper* exhibition at William Morris Gallery.

<https://www.artforum.com/spotlight/william-morris-gallery-82937>

Westmorland Museum of American Art exhibitions online.

<https://thewestmoreland.org/exhibitions/>

Theater, Music, Operas, Movies, Ballet Online

Theater

London Theater Online for free. Check out the variety from London theaters. Choose a play then click and enlarge to full screen to watch (Look for the little square at the bottom right of the video you click on once it starts). https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html

Local Bay Area theater options. <https://www.theatrebayarea.org/page/retakingthestage>

Theatreworks, offers a variety of online programming.

https://www.theatreworks.org/tworksfromhome/?gclid=Cj0KCQjwirz3BRD_ARIsAlmf7LPTt6r-Pdx1v9oaRLA1wfUc3ZadYEFV3oWc5gFUaSMQcku_wP5P6SgaArXXEALw_wcB

Music

MARK YOUR CALENDARS! June 28 at 5:00pm. SF Symphony will broadcast a free online tribute to retiring SF Music Director Michael Tilson Thomas. RSVP to receive the link 24 hours before the program. <https://www.sfsymphony.org/MTT25>

Principal Cellist Maddie Tucker of Marin Symphony in conversation with Maestro Alasdair Neale <https://marinsymphony.org/>. Tucker graduated with a joint degree in music from Julliard and in applied mathematics from Columbia. Her other nonmusical work life is as a risk program manager for Stripe. Tucker performing (times 4!) *Kal Ho Naa Ho*.

https://www.youtube.com/watch?time_continue=100&v=kZcPR-5E-AE&feature=emb_logo

Great American Songbook radio. Listen live, or to their archives.

<http://greatamericansongbook.info/>

Opera

SF Opera is *On*—Check out the programs they are offering.

<https://sfopera.com/opera-is-on/>

The Metropolitan Opera is still streaming operas every day. New programs are available starting at 4:30pm Pacific time through 4:30 the following day! <https://www.metopera.org/>

Opera Vision offers a variety of European opera performances. <http://operavision.eu/en>

Ballet

Bolshoi Male Dancers 2019. <https://www.youtube.com/watch?v=1xsYMGy4uY>

Bolshoi Prima Ballerinas 2017 <https://www.youtube.com/watch?v=9yYwRDexKzY>

Eight different dancers perform Le Corsaire. Which is best?

<https://www.youtube.com/watch?v=JBPkOsBLj1g>

Dutch National Ballet Dancers in lockdown. <https://www.youtube.com/watch?v=FuvXG4As80c>

Courses, Talks, Webinars, Podcasts, Games, Comedy

OLLI summer classes online are now available for registration. The cost is \$25 per lecture. Non-premium members must also pay a small registration fee.

<https://www.dominican.edu/academics/adult-and-continuing-education/osher-lifelong-learning-institute-olli/classes-clubs-and-workshops>

Buck Institute Webinars on COVID-19. Mark your calendars. The Buck is offering a second series of free live interviews with experts in research, epidemiology, virology, public health, health care and others working on coronavirus issues. June 24 at 11:00am, **Dr. Warner Greene**; July 8 at 11:00am, **Dr. Julie Hellman**, and July 14 at 9:00am, **Dr. Robert Redfield**. Previous programs can be accessed with the same link. Register at <https://www.buckinstitute.org/news/covid-webinar/>

Watercolors with Debra at the Age-Friendly Intergenerational Center. Discover the inner artist you didn't know existed. Monday and Wednesdays at 10:30am via zoom. Meeting ID: 337-280-620 Join URL: <https://zoom.us/j/337280620>

MasterClass. Online learning from world-renowned experts on many different topics. \$15 per month fee. <https://www.masterclass.com/>

In honor of Pride month, the Exploratorium explores rainbows. June 25 at 7:00 p.m.

<https://www.exploratorium.edu/visit/calendar/full-spectrum-science-rainbows>

Virtual Gay Pride Activities in SF June 25-28. Most activities are on June 25.

<https://datebook.sfchronicle.com/guide/yes-san-francisco-is-still-celebrating-sf-pride-50-how-to-join-the-festivities-from-home>.

Also check out www.SFPride.org That website will be showcasing events throughout this period with 13 hours of event livestreaming.

Armchair Travel

How about a trip to Mars? https://www.youtube.com/watch?v=weCG_yODtvM

Death Valley tour. <https://www.youtube.com/watch?v=5NTreon4EX8>

Hawaii's volcanos <https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour>

Exercise and Yoga

The Corte Madera Intergenerational Center Online hosts several exercise and yoga classes via Zoom.

<https://agefriendlycenter.org/> or <https://mailchi.mp/a3c619492753/virtual-intergenerational-center-goes-live-4832308>

Crazy, Interesting or Cute Stories or Videos Online

SGN (Some Good News) with John Krasinski. Lots of good things to watch!

<https://www.youtube.com/watch?v=TXdKrtmexWU&feature=youtu.be>

Resources for “Moving the Needle” and Deepening Our Understanding of Racism and Social Justice Issues in America

Books (sampling from an extensive list recommended by BookPassage)

So You Want to Talk About Race, Ijeoma Oluo

The New Jim Crow, Mass Incarceration in the Age of Color Blindness, Michele Alexander

Between the World and Me, Ta-Nehesi Coates

Stamped from the Beginning, A Definitive History of Racist Ideas in America, Ibrim X. Kendi

Online Articles and Other Resources

The Resources Center of the World Trust. <https://www.world-trust.org/copy-of-resource-center>

The Smithsonian Museum of African Diaspora website.

https://www.moadsf.org/?gclid=EAlaIQobChMIkrqM1_aV6gIVRAnnCh1qRw4NEAAYASAAEgIE4_D_BwE

Eight Lessons for Talking about Race, Racism and Racial Justice.

<https://www.opportunityagenda.org/explore/resources-publications/lessons-talking-about-race-racism-and-racial-justice>

Harvard Business Review, *Moving Beyond Diversity to Racial Equity.*

<https://hbr.org/2020/06/moving-beyond-diversity-toward-racial-equity>

Videos/Movies/Documentaries

Uncomfortable Conversations with a Black Man

Episode three: <https://www.youtube.com/watch?v=xfo1XJDJKSU>

Episode one and two are available at these links:

<https://www.youtube.com/watch?v=h8jUA7JBkF4>

<https://www.youtube.com/watch?v=CwiY4i8xWlc>

Mohammad Ali, *Why Is Everything White?* <https://www.bbc.com/news/av/world-us-canada-52988605/muhammad-ali-why-is-everything-white>

TED Talks to help understand racism.

https://www.ted.com/playlists/250/talks_to_help_you_understand_r

13th. An Academy-award-nominated documentary on racism.

<https://www.youtube.com/watch?v=krfcq5pF8u8>

Just Mercy. A movie adaptation of the book by Bryan Stevenson.

<https://www.amazon.com/Just-Mercy-Michael-B-Jordan/dp/B082YJ8THX> or

<https://itunes.apple.com/us/movie/just-mercy/id1490719646>. Also try on-demand from your cable provider.

Selma. Highlights tactics and strategy of the civil rights movement and why they were necessary, including the violent opposition to change <https://www.amazon.com/Selma-David-Oyelowo/dp/B00S0X4HK8> or <https://itunes.apple.com/us/movie/id950562460>. Also try on-demand from your cable provider.

The Hate U Give. Highlights the impact of police brutality on the black community.

<https://www.microsoft.com/en-us/p/the-hate-u-give/8d6kgwxn37gr?activetab=pivot%3aoverviewtab>

Ken Burns, *The Central Park Five*. The Story of five Black and Latino teens wrongfully convicted of raping a white woman. <https://www.pbs.org/kenburns/the-central-park-five/>

Greenwood, a ballet on the 1921 Tulsa Massacre.

<https://www.alvinailey.org/performances/repertory/greenwood>

Some Major National Organizations Fighting Racism Against Black Americans

The NAACP

One of the oldest civil rights organization in the U.S. Their website has a wealth of information. The NAACP mission is to secure the political, educational, social, and economic equality of rights in order to eliminate race-based discrimination and ensure the health and well-being of all persons. It is a c4 organization (contributions are not tax-deductible), but it has a partner c3 organization known as NAACP Empowerment Programs (contributions are fully tax-deductible

as allowed by the IRS). Annual memberships are \$30 and support the work of the c4 organization. Access to the website is free. <https://www.naacp.org/>

#BlackLivesMatter

#BlackLivesMatter was founded in 2013 in response to the killing of Treyvon Martin's murder. Its mission is to eradicate white supremacy and build local power to intervene in violence inflicted in Black communities by the state and vigilantes. The website has a number of resources to deepen understanding of racial issues and inequality and actions needed. <https://blacklivesmatter.com>

Some Local Community-Based Charitable Organizations You Might Want to Know and Possibly Contribute to. Each is Working on Ending Racism or Addressing Its Effects Here in Marin

Performing Stars of Marin

Transforming the lives of primarily multicultural children throughout Marin. www.performingstars.org

The Hannah Project

Builds community and promotes the value of achievement among low-income Black and Brown youth in Marin with the vision of making college and a career both an expectation and a norm. www.thehannahproject.org

Bridge the Gap College Prep

Provides comprehensive educational, social and emotional support with the goal that every Marin City student completes high school and graduates from college. www.btgcollegeprep.org

The Phoenix Project of Marin

A collaborative community program in Marin City that provides integrated mentoring and training services for at-risk young males and adults, guiding them to develop personal, social, and economic skills in order to navigate the world around them www.phoenixprojectmarin.org

Gaines Jones Education Foundation

Mentors youth, promotes youth advocacy, and provides need-based annual scholarships to African-American students in Southwest Georgia and the San Francisco Bay Area. www.gaines-jones.org

Lawyers for One America

Provides civil pro bono legal services in Northern California so that disadvantaged individuals, micro-businesses, and community-based nonprofits may gain economic self-sufficiency to combat community deterioration; advocates nationally for greater diversity in the legal profession. www.lfoa.org

Offline Activities

Poetry

Have you written a poem for our Marin Villages poetry book project? No experience necessary. Send poems by June 30 to Cherie Sorokin. cheryl.sorokin@gmail.com

Dorky COVID Jokes

Wife: Am I getting fat during this quarantine?

Husband: You weren't really skinny before we started sheltering in place.

Doctor: Time of death 11:00 pm, Cause COVID.

Me: Alexa, What's the weather going to be like this weekend?

Alexa: Why, where do you think you are going?

So, in retrospect, in 2015 no one got the answer right to the question where do you see yourself in five years?

I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you get it!

If there is a baby boom 9 months from now, what will happen in 2033. There will be a whole bunch of quaranteens.

In the Kitchen

An Easy Fruit Crisp

Ingredients

1 lb. fresh fruit—peaches, plums, strawberries, blueberries, blackberries and apples all work—and yes you can mix them. Just be sure to cut the larger fruit into about ½ inch pieces.

1/4 cup butter, softened and cut into small pieces
1/2 cup oats
1/4 cup flour
1/3 cup brown sugar
1 tsp cinnamon

Instructions

- Preheat oven to 350
- Mix oats, flour, brown sugar, and cinnamon together in medium bowl
- Use your hands or a fork and mix in the butter, making sure there is little to no dry flour remaining at the bottom of the bowl
- Either split the fruit into four small ramekins, or place in 8 x 8 metal or ceramic pie/cake pan
- Evenly sprinkle the crumble mixture on top, making sure there are no large gaps
- Heat for 45 minutes if using the small ramekins. If using one large dish start checking at 35 minutes. Crumble topping should be golden brown and should have spread slightly.
- Let cool. Serve as is or with ice cream

NEW ADDITIONS: JUNE 15, 2020

ART Online

Vincent Van Gogh art ALIVE

<https://www.youtube.com/watch?v=BbgrHnbgoDU&feature=youtu.be>

Al Jaffe On Creativity

Part 1 <https://www.youtube.com/watch?v=Fo94FxHTA5Q&feature=youtu.be>

Part 2 <https://www.youtube.com/watch?v=wHTnT2TmiWs>

Art Out of Nature <https://www.youtube.com/watch?v=q262DGh6QeM&feature=youtu.be>

Theater, Music, Operas, Movies, Online

Theater

London Theater online for free. Check out the variety from London theaters. Choose a play then click and enlarge to full screen to watch (Look for the little square at the bottom right of the video you click on once it starts). https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html

Music

Boston Baroque Concerts <https://baroque.boston/live-concerts>

The Weight, featuring Ringo Starr and Robbie Robertson and performers around the world.

<https://www.youtube.com/watch?v=ph1GU1qQ1zQ&feature=youtu.be>

MARK YOUR CALENDARS! June 28 at 5:00pm. SF Symphony will broadcast a free online tribute to retiring SF Music Director Michael Tilson Thomas. RSVP to receive the link 24 hours before the program. <https://www.sfsymphony.org/MTT25>

Quartet San Francisco (QSF) Quarantine Concert (from Bolinas)

<https://www.youtube.com/watch?v=SYR7aX3628E&feature=youtu.be>

Principal Harp of Marin Symphony Dan Levitan in conversation with Maestro Alasdair Neale

<https://www.youtube.com/watch?v=30J-b21t0gQ&feature=youtu.be>

Levitan performing Clair de Lune

<https://www.youtube.com/watch?v=qvpn7AD9JLI&feature=youtu.be>

Opera

SF Opera is on. Check out the programs they are offering. <https://sfopera.com/opera-is-on/>

The Metropolitan Opera is still streaming operas every day. New programs are available starting at 4:30pm pacific time through 4:30 the following day! <https://www.metopera.org/>

Opera Vision offers a variety of European opera performances. <http://operavision.eu/en>

Courses, Talks, Webinars, Podcasts, Games, Comedy

OLLI summer classes online are now available for registration. The cost is \$25 per lecture. Non premium members must also pay a small registration fee.

<https://www.dominican.edu/academics/adult-and-continuing-education/osher-lifelong-learning-institute-olli/classes-clubs-and-workshops>

The nonprofit Compassion and Choices is offering this free webinar in June:

Planning Ahead for Dementia

June 17, 11:00am – 12:00pm

In today's world, 1 in 3 adults will receive a dementia diagnosis. Learn about the different stages of dementia and what you can do to make sure your wishes are honored at each stage.

RSVP to https://secure.everyaction.com/vQBzEeLHhUu3AV_YJpRBdA2

Buck Institute Webinars on COVID-19. Mark your calendars. The Buck is offering a second series of free live interviews with experts in research, epidemiology, virology, public health, health care and others working on coronavirus issues. June 18 at 10:00am, **Dr. Keven Tracy**; June 24 at 11:00am, **Dr. Warner Greene**; July 8 at 11:00am, **Dr. Julie Hellman**, and July 14 at 9:00am, **Dr. Robert Redfield**. Previous programs can be accessed with the same link. Register at <https://www.buckinstitute.org/news/covid-webinar/>

Dr. Larry Brilliant's presentation to the Marin Commission on Aging on COVID-19 is now available <https://www.youtube.com/watch?v=0ppNRj1zU8c&feature=youtu.be>

Armchair Travel

The quirkiest US cities: <https://www.thediscoverer.com/blog/the-quirkiest-cities-in-the-u-s/>

The Ultimate Guide to Armchair Travel: <https://www.cntraveler.com/story/the-ultimate-guide-to-armchair-travel>

Exercise and Yoga

The Corte Madera Intergenerational Center Online hosts several exercise and yoga classes via Zoom. <https://agefriendlycenter.org/> or <https://mailchi.mp/a3c619492753/virtual-intergenerational-center-goes-live-4832308>

Crazy, Interesting, or Cute Stories or Videos Online

Watch the summer solstice from Stonehenge on June 20.

<https://www.facebook.com/englishheritage/>

Amish men move a barn. <https://www.youtube.com/watch?v=hZL7TqSeDus>

First responders rescue baby ducks. <https://www.youtube.com/watch?v=fB6K-n0Ky4>

SGN (Some Good News) with John Krasinski

<https://www.youtube.com/watch?v=TXdKrtmexWU&feature=youtu.be>

Resources for “Moving the Needle” and Deepening Our Understanding of Racism and Social Justice Issues in America

Books (sampling from an extensive list recommended by Book Passage)

How to Be an Anti-Racist, Ibram X Kendi; *White Fragility*, Robin Diangelo; *Just Mercy*, Bryan Stevenson; *The Warmth of Other Suns*, Isabel Wilkerson.

Online Articles and Other Resources

Dismantling racism in the food chain, <https://blog.imperfectfoods.com/blog-1/2020/6/1/resources-for-feeding-change-in-your-community>

Dismantling racism in the legal system: Bryan Stevenson and the Equal Justice Initiative
<https://eji.org/bryan-stevenson/>

Performing Whiteness https://www.theparisreview.org/blog/2020/06/08/the-performance-of-white-bodies/?src=longreads&mc_cid=8f5f38b1e8&mc_eid=62a1c5704b

Resource Guide from Gratefulness.org

<https://www.notion.so/Anti-racism-Resource-Guide-ac6189613c6d49c09f40f7d2ee45e65b>

Further information to address/understand racism

<https://docs.google.com/document/d/1hpub-ikm9cLzJWqZSsETqbE6tZ13Q0UbQz--vQ2avEc/edit>

Videos/Movies/Documentaries

Uncomfortable Conversations with a Black Man

Episode One: <https://www.youtube.com/watch?v=h8jUA7JBkF4>;

Episode Two: <https://www.youtube.com/watch?v=CwiY4i8xWlc>

TED Talks to Help Understand Racism

https://www.ted.com/playlists/250/talks_to_help_you_understand_r

BookPassage Conversation with Authors, *Racism in America*. You might have to register but the presentation is free. This program was not aired on the date it was recorded because of a mix-up with YouTube, but the recording is now available

<https://bookpassage.extendedsession.com/session/06102020/>

13th. An Academy award-nominated documentary on racism

<https://www.youtube.com/watch?v=krfcq5pF8u8>

Local Charitable Organizations that Are Working on Ending Racism or Addressing Its Effects Here in Marin

Performing Stars of Marin—transforming the lives of primarily multicultural children throughout Marin (www.performingstars.org)

The Hannah Project—builds community and promotes the value of achievement among low income black and brown youth in Marin with the vision of making college and a career both an expectation and a norm (www.thehannahproject.org)

Bridge the Gap College Prep—provides comprehensive educational, social and emotional support with the goal that every Marin City student completes high school and graduates from college (www.btgcollegeprep.org)

The Phoenix Project of Marin – A collaborative community program in Marin City that provides integrated mentoring and training services for at-risk young males and adults, guiding them to develop personal, social and economic skills in order to navigate the world around them (www.phoenixprojectmarin.org/)

Gaines Jones Education Foundation—mentors youth, promotes youth advocacy, and provides need-based annual scholarships to African-American students in Southwest Georgia and the San Francisco Bay Area (www.gaines-jones.org)

Lawyers for One America—provides civil pro bono legal services in Northern California so that disadvantaged individuals, micro-businesses, and community-based nonprofits may gain economic self-sufficiency to combat community deterioration; advocates nationally for greater diversity in the legal profession. (www.lfoa.org)

Offline Activities

Poetry

Have you written a poem for our Marin Villages poetry book project? No experience necessary. Send poems by June 30 to Cherie Sorokin cheryl.sorokin@gmail.com

Books

Book Passage is able to offer curbside pickup for books you order through them! Some of Marin's public libraries are starting to allow curbside pickup of books. Currently, for East Marin curbside pickup is available at The Civic Center, Corte Madera, Fairfax, Mill Valley, Novato and San Anselmo libraries, but hours vary, and some require an advance appointment. This information is subject to change, but you can check which libraries are available and when at <https://marinlibrary.org/locations/> or by telephoning the library you want to check.

In the Kitchen

Pasta Con Ceci

This one is really easy! Just smash garlic cloves and open some cans/boxes.

Ingredients

4 tablespoons extra-virgin olive oil, plus more for drizzling
3 cloves garlic, peeled and smashed
3 tablespoons good tomato paste
1 teaspoon kosher or sea salt, or more to taste
1 1/2 cups cooked chickpeas (or one 15-ounce can, drained and rinsed)
1/2 cup uncooked ditalini pasta (or another small shape pasta, like macaroni)
2 cups boiling water
Crushed red pepper flakes, for serving

Steps

Heat olive oil in a large heavy-bottomed pot until it shimmers
Add garlic and cook, stirring, until it becomes lightly browned and fragrant
Stir in tomato paste and salt and heat through for 30 seconds
Add chickpeas, pasta and boiling water
Stir to scrape up any browned bits on the pan bottom
Lower the heat and simmer until the pasta is cooked and most of the liquid absorbed—about 15-20 minutes
Taste and adjust seasoning, serve and top with crushed red pepper flakes and a bit of drizzled olive oil

More Brainteasers

1. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?
2. I can't be bought, but I can be stolen with a glance. I am worthless to one, but priceless to two. What am I?
3. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
4. What has cities but no houses, forests but no trees, water but no fish?
5. There is a word in English in which the first two letters signify a male, the first three signify a female, the first four signify a great man and the whole word a great woman. What word is it?

Answers

1. An apple a day keeps the doctor away!
2. Love
3. The numeral 8
4. A map
5. Heroine

NEW ADDITIONS: JUNE 8, 2020

ART Online

Marin Open Studios online! <https://marinopenstudios.org/>

Theater, Music, Operas, Movies Online

Theater

Ross Valley Players is now showing a video of their 2019 production of *Moll Flanders* for free. <http://www.rossvalleyplayers.com/>

Coriolanus. From June 4 through June 11 NT Live will stream Shakespeare's play about political revenge. <https://www.nationaltheatre.org.uk/shows/nt-at-home-coriolanus>

London theater online for free. Check out the variety from London theaters. Choose a play then click and enlarge to full screen to watch. (Look for the little square at the bottom right of the video you click on once it starts). https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html

Music

...of sorts—bird sounds in NYC.

<https://www.nytimes.com/interactive/2020/05/31/nyregion/coronavirus-birding-nyc.html?action=click&module=Editors%20Picks&pgtype=Homepage>

MARK YOUR CALENDARS! June 28 at 5:00 pm. SF Symphony will broadcast a free online tribute to retiring SF Music Director Michael Tilson Thomas. RSVP to receive the link 24 hours before the program. <https://www.sfsymphony.org/MTT25>

Multiple performances online from the Seattle Symphony. <https://www.youtube.com/seattlesymphony>

Documentaries

Not exactly a documentary, but an interesting biographical video on Elon Musk.

<https://www.youtube.com/watch?v=Crc8re8WKBw>

13th—an Academy-award-nominated documentary on racism.

<https://www.youtube.com/watch?v=krfcq5pF8u8>

Our Planet, a great documentary for animal lovers exploring different forms of habitats around the world.

https://www.youtube.com/watch?v=aETNYyrqNYE&list=PL7rb3uMaYmjHqT_JUcQYCBa4nEtfDKuSa

Opera

Check out offerings from the Royal Opera House online.

<https://www.youtube.com/royaloperahouse>

The Metropolitan Opera is still streaming operas every day. New programs are available starting at 4:30pm Pacific time through 4:30 the following day. <https://www.metopera.org/>

Courses, Talks, Webinars, Podcasts, Games, Comedy

OLLI summer classes online are now available for registration. The cost is \$25 per lecture. Non-premium members must also pay a small registration fee.

<https://www.dominican.edu/academics/adult-and-continuing-education/osher-lifelong-learning-institute-olli/classes-clubs-and-workshops>

The nonprofit Compassion and Choices is offering these free webinars in June:

Advance Directives

June 11, 12:00pm – 1:00pm

This webinar will walk you through the California-specific advance directive and discuss the best way to prepare for a potential COVID-19 diagnosis or other serious illness. RSVP to

<https://secure.everyaction.com/Emcpc1hBi0OBxUWS4qRKDg2>

Planning Ahead for Dementia

June 17, 11:00am – 12:00pm

In today's world, 1 in 3 adults will receive a dementia diagnosis. Learn about the different stages of dementia and what you can do to make sure your wishes are honored at each stage.

RSVP to https://secure.everyaction.com/vQBzEeLHhUu3AV_YJpRBdA2

Buck Institute Webinars on COVID-19. Mark your calendars. The Buck is offering a second series of free live interviews with experts in research, epidemiology, virology, public health, health care and others working on coronavirus issues. June 10 at noon, **Dr. Matt Willis**; June 18 at 10:00am, **Dr. Keven Tracy**; June 24 at 11:00am, **Dr. Warner Greene**; July 8 at 11:00am, **Dr. Julie Hellman**, and July 14 at 9:00am, **Dr. Robert Redfield**. Previous programs can be accessed with the same link. Register at <https://www.buckinstitute.org/news/covid-webinar/>

Presentation to Commission on Aging. Dr. Larry Brilliant of Mill Valley made a presentation to the Commission on COVID-19 that was particularly informative given his background as an epidemiologist and his work to eradicate smallpox. A recording of his presentation is supposed to be posted on this website shortly, if it isn't already up there: livelonglivewellmarin.org

More from Dr. Larry Brilliant. Check out Dr. Brilliant's interview with the IJ that appeared in Sunday's paper. <https://www.marinij.com/2020/06/06/marin-epidemiologist-larry-brilliant-virus-crisis-just-beginning/>

Book Passage Conversations with Authors. Free live interviews with noted authors, usually Saturdays and Sundays at 4:00pm. Special extra session of a panel discussion on *Racism in America*, Wednesday, June 10, at 4:00pm. Register at <https://bookpassage.extendedsession.com/>

Articles of Interest in These Times:

NPR, *How to Spot Fake News*

<https://www.npr.org/2019/10/29/774541010/fake-news-is-scary-heres-how-to-spot-misinformation>

Anti-racism resources

Resource Guide from Gratefulness.org

<https://www.notion.so/Anti-racism-Resource-Guide-ac6189613c6d49c09f40f7d2ee45e65b>

Further information to address/understand racism.

<https://docs.google.com/document/d/1hpub-jkm9cLzJWqZSsETqbE6tZ13Q0UbQz--vQ2avEc/edit>

Spiritual Advice from the Dalai Lama for these times, in written form and with a video interview. <https://savetibet.org/dalai-lama-on-nightline-more-suffering-more-determination/>

Armchair Travel

How about a trip around the Space Station? This is a really interesting 25-minute tour.

<https://www.youtube.com/embed/doN4t5NKW-k>

Exercise and Yoga

The Corte Madera Intergenerational Center Online hosts several exercise and yoga classes via Zoom.

<https://agefriendlycenter.org/> or <https://mailchi.mp/a3c619492753/virtual-intergenerational-center-goes-live-4832308>

Crazy, Interesting or Cute Stories or Videos Online

Another original country western style song moaning about the virus quarantine.

<https://www.youtube.com/watch?v=DIQvaBOuvAs>

Face mask for beer drinkers! <https://www.youtube.com/watch?v=qZcbqaJbOuU>

For the golfers among you, remember these two hole-in-one shots on the same hole during the 2016 Masters? <https://www.youtube.com/watch?v=SphnKBvoSi0>

Volare, played on a giant outdoor keyboard! <https://www.youtube.com/watch?v=ib-aWyctbfQ>

Offline Activities

Poetry

Don't forget to create and contribute a poem or two or three to our Marin Villages poetry book project. No experience necessary. Only criteria are that the poem be written by you during this shelter-in-place time and submitted to us by June 30. Send poems to Cherie Sorokin, cheryl.sorokin@gmail.com

Books

Book Passage is able to offer curbside pickup for books you order through them!

Some of Marin's public libraries are starting to allow curbside pickup of books patrons already have on hold. They are not yet ready to respond to new requests. Currently, for East Marin, curbside pickup is available at The Civic Center Library, the Corte Madera Library and the Fairfax Library. This information is subject to change, but you can check which libraries are available and when at <https://marinlibrary.org/locations/> or by telephoning the library you want to check on.

In the Kitchen

Basic Mason Jar Ice Cream

Ingredients

- 1 cup heavy cream
- 1 ½ tablespoons granulated sugar
- 1 ½ teaspoons vanilla extract
- A pinch of salt
- A 16 oz Mason jar, of course.

Yield: About three servings.

Steps

1. Pour the cream, sugar, vanilla and salt into the jar, and screw on the lid tightly.
2. Shake vigorously, until the cream thickens and almost doubles in size, which should take about five minutes. (Good upper body exercise, too!) You'll know you're done when the mixture doubles in volume and is about the consistency of brownie batter.
3. Freeze for at least 3 hours. Then eat. You're welcome.

Berry Ice Cream. If you want the flavor mixed in, blend ½ cup of fresh berries and add it to the mixture before you freeze it. (You can also cheat: a tablespoon of jam will work.) If you prefer chunks, cut up the berries. Voilà.

Some Pun Fun—Fill in the Blanks

1. We are having venison for dinner. Oh _____!
2. I did a theatrical performance on puns. It was a _____.
3. I got a job at the bakery because I _____
4. I'm reading a book about anti-gravity. I just can't _____.
5. Jokes about German sausage are the _____.

Answers

1. Deer
2. Play on words
3. Kneaded the dough
4. Put it down
5. Worst

NEW ADDITIONS: JUNE 1, 2020

Art Online

Check out these online offerings from local galleries!

San Rafael Artworks Downtown galleries: <http://www.artworksdowntown.org/exhibits>

Desta Gallery in San Anselmo: <https://destagallery.com/current-exhibitions/>

Gallery Route One in Point Reyes: <https://galleryrouteone.org/exhibits/current-exhibitions/>

And check out Gallery Route One's *Art Projects at Home*—including rolling around in paint on a canvas! <https://galleryrouteone.org/art-projects-at-home-index/> If you do this one, take a selfie and send it to us for the next Marin Villages newsletter!

Theater, Music, Operas, Movies Online

Theater

Through Thursday June 4: NT Live is will stream *This House*, an excellent production with still-timely insight into British politics, through mid-morning June 4. Small donation required (your choice: \$5, \$20 or “other”) as this is a fundraiser.

<https://www.youtube.com/watch?v=6vsSHyjEMrg&list=PLJgBmiHpqgs4AvrnkGeeh3-7s61ybSPzp&index=2&t=0s>

From June 4 through June 11, NT at Home presents *Coriolanus*, Shakespeare's play about political revenge. <https://www.nationaltheatre.org.uk/shows/nt-at-home-coriolanus>

Music

The Bells of Banff—a carillon concert. <https://www.youtube.com/watch?v=XdoPjIGFWds>

Quarantine Music Video

<https://www.youtube.com/watch?v=KP8WxCw5VEY&feature=youtu.be>

Documentaries

A Towering Task: The Story of the Peace Corps (\$10 rental for three days)

<http://larktheater.net/movie-category/special-events/toweringtask/#%20%>

Beyond the Visible, Hilma Af Klint (abstract artist from 1906) (\$12 for 5 day rental)

<https://rafaelfilm.cafilm.org/beyond-the-visible-2/>

Opera

Vienna State Opera Live Streaming daily (no supertitles): <https://www.wiener-staatsoper.at/en/staatsoper/news/detail/news/the-wiener-staatsoper-is-closed-but-continues-to-play-daily-online/>

Courses, Talks, Podcasts, Games, Comedy

OLLI summer classes online are now available for registration. The cost is \$25 per lecture. Non-premium members must also pay a small registration fee.

<https://www.dominican.edu/academics/adult-and-continuing-education/osher-lifelong-learning-institute-olli/classes-clubs-and-workshops>

Watercolors with Debra, via Zoom from The Intergenerational Center. 10:30 to 12:30 Mondays and Wednesdays. Meeting ID: 337-280-620 Join URL: <https://zoom.us/j/337280620>

Economics, anyone? Jon Haveman, founder of the Need Delegation, offers many webinars and online conversations on topics related to the economy, e.g., *The Economics of Self-Driving Cars*, *Coronavirus Economics*, *Economic Inequality*, *Climate Change Economics*. Webinars are free, but registration may be required. Check out the website listings.

https://needelegation.org/webinar_videos.php

Not exactly a class, but a ton of summer reading recommended by UC Berkeley for incoming students. Some quite good selections even for those of us past our student days.

<https://reading.berkeley.edu/>

Need a laugh? Check out the funny programs from the 92 St. Y.

<https://www.youtube.com/user/92ndStreetY>

Or how about the new Jerry Seinfeld on married men?

<https://www.youtube.com/watch?v=FA4kxIObK9Q>

Armchair Travel

Here's something you may not have seen while traveling—the airshows over Budapest in 2014 and 2015, <https://www.youtube.com/watch?v=0px9HFIVYjY&t=20s>

<https://www.youtube.com/watch?v=WuAcgHsqLiQ>

Hiking the Pacific Coast Trail: https://kottke.org/20/05/hiking-the-pacific-crest-trail-in-three-minutes?mc_cid=73bc4f6b85&mc_eid=feef426f2f

Exercise and Yoga

The Corte Madera Intergenerational Center Online hosts several exercise and yoga classes via Zoom.

<https://agefriendlycenter.org/> or <https://mailchi.mp/a3c619492753/virtual-intergenerational-center-goes-live-4832308>

Crazy, Interesting or Cute Stories or Videos Online

Working from home...with pets <https://twitter.com/dodo/status/1262387776147918859>

Offline Activities

Poetry

Don't forget to create and contribute a poem or two or three for our Marin Villages poetry book project. No experience necessary. Only criteria are that the poem be written by you during this shelter-in-place time and submitted to us by June 30. Send poems to Cherie Sorokin, cheryl.sorokin@gmail.com

Books

A few samples from the UC Berkeley Summer Reading list mentioned above: *The Gene* by Siddhartha Mukherjee; *Normal People* by Sally Rooney; *The Overstory* by Richard Powers; *Becoming* by Michelle Obama. Libraries are now able to offer curbside pickup!

Play on Words Brainteasers

Fill in the blank to create a fun conversion table, e.g., 2000 pounds of Chinese soup: A Won Ton

1. 1000 milliliters of wet socks: _____?
3. 8 nickels: _____?
4. Shortest distance between two jokes: _____?
5. Half of a large intestine: _____?

1. 1 literhosen
2. 2 paradigms
3. A straight line
4. 1 semicolon

NEW ADDITIONS: May 25, 2020

ART Online

Art and more art, curated by Google Arts & Culture. Check out the collections at <https://artsandculture.google.com/explore?hl=en>

Sausalito Library's Virtual Art Gallery celebrates Sausalito artists.

<https://www.sausalitlibrary.org/programs/new-virtual-art-gallery#ad-image-5>

Theater, Music, Operas, Movies Online

Now through Thursday, May 28: NT Live is streaming *Streetcar Named Desire* with the amazing Gillian Anderson. Free.

<https://www.youtube.com/watch?v=BJEpYaD3yTw>

May 28 through June 4: NT Live is will stream *This House*, an excellent production with still timely insight into British politics. Small donation required (your choice: \$5, \$20 or “other”) as this is a fundraiser.

<https://www.youtube.com/watch?v=6vsSHyjEMrg&list=PLjgBmiHpqgs4AvrnkGeeh3-7s61ybSPzp&index=2&t=0s>

Berkeley Rep has joined Play at Home, a nationwide theater project that provides micro commissions to playwrights to create short plays you can perform at home!

<https://www.playathome.org/>

Other theater options.

<https://www.playbill.com/article/schedule-of-upcoming-and-current-free-live-stream-broadcasts-com-322823>

Live with Carnegie Hall is a new series of performances you can watch live streamed, or on demand. A wide variety of performers and music. Free.

<https://www.carnegiehall.org/Explore/Watch-and-Listen/Live-with-Carnegie-Hall>

Musical comfort from YoYo Ma. Free. <https://www.wbur.org/hereandnow/2020/03/26/yo-yo-ma-songs-of-comfort>

Over 100 students and alumni created *Bolero Julliard*.

<https://www.youtube.com/watch?v=rqzkn-jX-JU>

It's NEVER too late to put on your dancing shoes. And maybe enter a contest.

<https://www.youtube.com/watch?v=zHYcAEVY9i0>

Courses, Talks, Podcasts, Games, Comedy

Thursday, May 28, at 4:00pm. The Asian Art Museum's Head of Contemporary Art, Abby Chen, leads a conversation with artists Jas Charanjiva, Chanel Miller, and Jenifer Wofford, who share how the COVID-19 lockdown and the rise in anti-Asian racism have impacted their practices. They offer insights into how creativity can nurture positive social change and self-transformation. Ticket start at \$5 (plus a small fee to cover credit card charges).

<https://calendar.asianart.org/event/acting%e2%80%afhealing-learning-artist-talk/>

OLLI summer classes online are now available for registration. No membership required. The cost is \$25 per lecture. <https://www.dominican.edu/academics/adult-and-continuing-education/osher-lifelong-learning-institute-olli/classes-clubs-and-workshops>

The Soldiers, by Uncivil, is a podcast from 2017 that describes the hidden history of women who fought in the Civil War. <https://gimletmedia.com/shows/uncivil/39h3wv/the-soldiers>

Available at the link above, or from Apple podcasts or Spotify.

More podcasts of all sorts on The Moth. <https://themoth.org/>

Armchair Travel

Check out this website which provides you with any number of ways to travel, and places to go, around the world from your armchair at home! <https://careergappers.com/armchair-travel/>

The beautiful Dutch garden Keukenhof photographed (without people!) by Albert Dros, a wonderful Dutch photographer. <https://www.albertdros.com/post/the-most-beautiful-flower-garden-in-the-world-without-people>

Journey to the Edge of the Universe, a documentary. A journey through time and space! <https://www.youtube.com/watch?v=pj9cNnT7PJs>

Exercise and Yoga

The Corte Madera Intergenerational Center Online hosts several exercise and yoga classes via Zoom.

<https://agefriendlycenter.org/> or <https://mailchi.mp/a3c619492753/virtual-intergenerational-center-goes-live-4832308>

Crazy, Interesting or Cute Stories or Videos Online

The “Working from Home Zoom Suit” <https://www.youtube.com/watch?v=xCWgVF-zKV8>

Silly satire of various competing issues and memes related to the coronavirus, put in the context of a horse race. https://www.youtube.com/watch?v=Fn8MxJx_erk

Olive and Mabel, episode 4. A Zoom meeting with two labradors: Olive and Mabel. Put together by Andrew Cotter, Scottish sports commentator, who obviously has too much time on his hands! This is the 4th episode.

https://www.youtube.com/watch?v=nFVHaus_pjI&feature=youtu.be

Prior Olive and Mabel episodes can be found at the following URLs on YouTube:

Episode 1: <https://www.youtube.com/watch?v=vPhpJuraz14>

Episode 2: <https://www.youtube.com/watch?v=f2BZNowCXws>

Episode 3: <https://www.youtube.com/watch?v=26FIEX6muAo>

Offline Activities

Poetry

Don't forget to create and contribute a poem or two or three to our Marin Villages poetry book project. No experience necessary. Only criteria are that the poem be written by you during this shelter-in-place time and submitted to us by June 30. Send poems to Cherie Sorokin, cheryl.sorokin@gmail.com

Books

Re-read one of your favorites. Or how about one of these? *Alice in Wonderland*, *The Lion the Witch and the Wardrobe*, *Don Quixote*, *A Tale of Two Cities*, *The Great Gatsby*, *My Antonia*, almost anything by Jane Austen.

Jigsaw Puzzles

If you don't have one at home, you can order them from Book Passage. Book Passage is now open and can arrange to mail books and puzzles from their store to your home.

Brainteasers

Answers are below but try not to peek!

2. What has to be broken before you can use it?
3. What's always in front of you but can't be seen?
4. What question can you never answer "Yes" to?
5. What goes up, but never comes down?

5. An egg.
6. The future
7. Are you asleep?
8. Your age.

NEW ADDITIONS: May 18, 2020

Theater, Music, Operas, Movies Online

Garsington Opera outside of London has posted Smetana's *The Bartered Bride* and Mozart's *Le Nozze di Figaro*. No subtitles, but glorious singing. <https://www.garsingtonopera.org/whats-on>

How about listening to a theater piece? Try Playing *On Air*, which records one-act theatrical pieces. <https://playingonair.org/>

Virtual choirs are becoming quite a thing on the internet. Here are a few of interest:

Down to the River – Virtual Choir. Lovely voices of women from Southern CA and elsewhere. <https://www.youtube.com/watch?v=BumCkswUUDA&feature=youtu.be>

You'll Never Walk Alone—singers and musicians from all around the world <https://www.youtube.com/watch?v=6gpoJNv5dlQ>

How Can I Keep from Singing? NYC Virtual Choir and Orchestra <https://www.youtube.com/watch?v=VLPP3XmYxXg>

Not exactly music, but interesting! Check out the sound sanctuary. <https://gratefulness.org/resource/sound-sanctuary/>

Courses, Talks, Podcasts, Games, Comedy

National Theatre in London is offering an online quiz using famous actors as the questioners. The quiz is sort of a trivia game; it covers a whole variety of topics, general knowledge, sports, and England's National Theatre. It's hard! But even if you don't know the answers, it's a treat to have Helen Mirren and Ian McKellan, among other actors, as the hosts, and to get a peek into their homes! https://www.youtube.com/watch?v=LJQ160k_VN4

Comedy Night Online. Free, but RSVP required and space is limited. Mostly Fridays, Saturdays and Sundays, but check the website. <https://kocomedy.com/ko-comedy-rsvp-s1>

For other online comedy, check out this website. Programs are free but donations encouraged. https://laist.com/2020/03/30/9_online_comedy_shows_happening_at_a_computer_near_you.php

NPR has lots of interesting podcasts! Check out these from its *Modern Love* podcast. *Modern Love* features top actors performing true stories of love, loss, and redemption. It has included performances by Kate Winslet, Uma Thurman, Angela Bassett, Jake Gyllenhaal, Sterling K. Brown, and more. A recent episode is called *Alone in a Pandemic*, and features stories from

people living alone in the pandemic and how they are doing.
<https://www.npr.org/podcasts/469516571/modern-love>

OLLI summer classes online are now available for registration. No membership required. The cost is \$25 per lecture.
<https://www.dominican.edu/academics/adult-and-continuing-education/osher-lifelong-learning-institute-olli/classes-clubs-and-workshops>

Armchair Travel

Check out Rick Steves' website. <https://www.ricksteves.com/>

Visit our National Parks virtually
<https://parkit.npca.org/tagged/virtualtours>

Japanese Garden Walk
<https://www.youtube.com/watch?v=9FVpmzEoF34>

Exercise and Yoga

The Corte Madera Intergenerational Center Online hosts several exercise and yoga classes via Zoom.
<https://agefriendlycenter.org/> or <https://mailchi.mp/a3c619492753/virtual-intergenerational-center-goes-live-4832308>

Crazy, Interesting or Cute Stories or Videos Online

Is paper dead? http://www.youtube.com/embed/V_gOZDWQj3Q?rel=0

Offline Activities

Poetry

Contribute a poem or two or three for our Marin Villages poetry book project. No experience necessary. Only criteria are that the poem be written by you during this shelter-in-place time and submitted to us by June 30. Send poems to Cherie Sorokin, cheryl.sorokin@gmail.com

Cooking

Here an old, reliable, and delicious recipe for roasting a chicken.

1 3 ½ pound whole chicken
2½ teaspoon kosher salt (or sea salt)
2 teaspoons black pepper
Small bunch of mixed fresh herbs such as rosemary, thyme and sage.

Season the chicken inside and out with salt and pepper and refrigerate, uncovered, for at least an hour, or overnight.

Heat the oven to 450 degrees. Place chicken breast-side up in a roasting pan or large ovenproof skillet. Stuff cavity with fresh herbs. (Or you can sprinkle dry herbs inside if you don't have fresh ones.)

Roast 50 minutes, then baste chicken with pan juices. Continue roasting until the chicken's juices run clear when skin is pierced with a knife, 5 or 10 minutes longer. Let stand 10 minutes before carving.

Brainteasers

Answers are below but try not to peek!

6. What makes this number unique? ---8,549,176,320
7. A sundial has the fewest moving parts of any timepiece. Which has the most?
8. What belongs to you, but everyone else uses it more?
9. Many people have heard me, but none have seen me. I will not speak until spoken to. What am I?

9. It contains each number, zero through nine, in alphabetical order.
10. An hourglass with thousands of grains of sand.
11. Your name.
12. An echo

NEW ADDITIONS: May 11, 2020

Zoo tours

Monterey Bay Aquarium Sea Otter Live-Cam

<https://www.montereybayaquarium.org/animals/live-cams/sea-otter-cam>

Theater, Music, Operas, Movies Online

A lovely concert by the Westminster Boys' Choir. The nephew (in law) of Colin Crawford, one of our great volunteers, is the final smiling face at the end of this video!

<https://youtu.be/jYynXMkvr2k>

Living room concerts features Broadway actors and singers performing from home.
<https://www.broadwayworld.com/topic/LIVING-ROOM-CONCERTS>

Los Angeles Symphony –celebrated artists sharing their music and reflections during this time of quarantine. <https://www.laphil.com/about/watch-and-listen>

Antony and Cleopatra from England’s National Theater --NT Live-- is playing this week until the 14th. <https://www.nationaltheatre.org.uk/nt-at-home>

Courses, Talks, Podcasts, Games

The Smithsonian offers daily classes and programs. Topics vary.
<https://www.si.edu/events/online>

The first round of Buck Institute Lectures on Covid-19 has ended. These were a series of conversations with scientists on the corona virus and Covid-19. They were recorded and you can watch the recordings for free on the Buck website. Two are particularly interesting: Dr. Jon Newman on May 4, and Dr. Larry Brilliant on May 27th.
<https://www.buckinstitute.org/news/covid-webinar/>

Armchair Travel

Google Arts and Culture has also teamed up with other national parks for additional tours. Check them all out with this link.
<https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>

Crazy, Interesting or Cute Stories or Videos Online

Hairstyling during the Pandemic:
<https://www.youtube.com/watch?v=eHKBicFGsWU&feature=youtu.be>

Exercise?

Not sure whether to list these under Videos or Exercise. Check out these musical entries and sing or dance along!

Jailhouse Rock: <https://www.youtube.com/watch?v=MfrC8PAQtIg>

Boogie Woogie Bugle Boy: <https://www.youtube.com/watch?v=8of3uhG1tCI>

Tutti Frutti: <https://www.youtube.com/watch?v=ZSx91WBQLpg>

Let’s Twist Again: <https://www.youtube.com/watch?v=MggQSspSGU8>

Jive Bunny, Let’s Swing Again: <https://www.youtube.com/watch?v=lQBmsGJZIX8>

Sing, Sing, Sing: <https://www.youtube.com/watch?v=mCwI9o7Zu6g>

Offline Activities

Poetry!

Contribute a poem or two or three for our Marin Villages poetry book project. No experience necessary. Only criteria are that the poem be written by you during this shelter in place time and submitted to us by June 30. Send poems to Cherie Sorokin, cheryl.sorokin@gmail.com

Brainteasers!

Answers are below but try not to peek!

10. What comes once in a minute, twice in a moment, but never in a thousand years?
11. You see a boat filled with people. It has not capsized, but when you look again you don't see a single person on the boat. Why?
12. What is special about these words: job, polish, herb?

Answers

13. The letter "M."
14. Everyone on the boat is married.
15. They are pronounced differently when the first letter is capitalized

NEW ADDITIONS: May 4, 2020

Museum Virtual Tours

More museums to visit virtually. <https://www.smithsonianmag.com/smart-news/ten-museums-you-can-virtually-visit-180974443/>

Theater, Music, Operas, Movies Online

This site has a wealth of documentaries on all sorts of subjects.
<https://documentaryheaven.com/>

SF Symphony short performance videos with SF Symphony musicians.
<https://www.sfsymphony.org/Calendar/MusicConnects>

The Marin Symphony continues weekly talks with and online performances by Marin Symphony artists. <https://marinsymphony.org/>

Courses, Talks, Podcasts, Games

Book Passage's Live Interviews with authors—Saturdays and Sundays at 4. Free but registration required. Recordings of prior interviews are also available on the Book Passage web page.
www.bookpassage.com

Amazing Ted Talks! https://www.ted.com/playlists/239/the_most_jaw_dropping_ted_talk

Increase your vocabulary with this great compilation of new words related to the coronavirus!
<https://www.mentalfloss.com/article/623726/new-words-inspired-coronavirus>

Armchair Travel

Wonderful road trips around the world! https://www.thediscoverer.com/blog/best-road-trip-in-each-state/?utm_source=FL&utm_medium=FL101&utm_campaign=1097734518&utm_content=7529941&utm_term=1011351337

Conde Nast's compilation of armchair travel options. <https://www.cntraveler.com/story/the-ultimate-guide-to-armchair-travel>

Junket's 45 ideas for travel without leaving home. <https://www.wildjunket.com/armchair-travel-how-to-travel-without-leaving-home/>

Crazy, Interesting or Cute Stories or Videos Online

Understanding the COVID-19 Rules: <https://www.youtube.com/watch?v=5DXs8xxaMU>

Redwoods Residents get in the spirit of social distancing!
<https://www.youtube.com/watch?v=XuN3vnNDeM4>

Exercise

This is a repeat from last week, but well worth checking out again. Qigong exercises to strengthen the lungs—in light of the fact that the coronavirus frequently seems to target the lungs. <https://www.youtube.com/watch?v=Nqn70IirWKc>

Offline Activities

Comfort Food!

SARDINES ON TOAST

This recipe can be easily varied by adding tomatoes, or changing the sauce with which the sardines are tinned. Sardines can be heated or served cold.

Ingredients

1 tin sardines—either plain or in tomato sauce
1 tablespoon mayo
Juice of ½ lemon (optional)
Parsley or lettuce strips (optional)
Minced onion (optional)
Two slices of toast

Directions

Mash up the sardines (mostly drained if using plain sardines in oil, without draining if using sardines in tomato sauce). Sardines can be heated before you mash them up, or mashed up straight from the can.

Mix in mayo and juice of the lemon. Mix in minced onion (cooked or raw). Top toast with sardine mixture and top with parsley or lettuce strips.

Note: alternatively, don't mash up the sardines, but serve whole on toast covered with mayo and rings of raw or cooked onion and parsley or lettuce.

This week's brainteasers

Answers are below but try not to peek!

1. The names of three countries start with H. Can you name all three?
2. The Yankees have the highest number of World Series wins (27). Can you name the team with the second highest number of wins?
3. There is one word, according to Google, that Californians seem to always have trouble spelling. Can you name it?

Answers to the above

1. Hungary, Honduras, Haiti
2. The St. Louise Cardinals (11)
3. Beautiful (and we live in such a beautiful state!!!)

NEW ADDITIONS: APRIL 27, 2020

Museum Virtual Tours

We have mentioned virtual museum tours before, but here's a reminder of a few offerings by far-away museums we might not otherwise have a chance to visit in the next year or so.

The Louvre in Paris: <https://www.louvre.fr/en>

The National Gallery in Washington DC: <https://www.nga.gov/>

The Courtauld Museum in London: <https://courtauld.ac.uk/>

The Metropolitan Museum of Art in NYC: <https://www.metmuseum.org/>

Theater, Music, Operas, Movies Online

Lincoln Center world-class artists, on your computer screen! Lincoln Center at Home hosts daily pop-up classrooms for families and regularly updates videos of performances—archival, home-made, documentary, or previously broadcast—by our organizations across the campus. at home. <http://lincolncenter.org/lincoln-center-at-home>

Classical music lovers, check out these online offerings from the Royal Stockholm Orcherstar <https://www.konserthuset.se/en/play/> Plus additional offerings from the Orchestra's Conductor Pablo Heras Casado <https://www.harrisonparrott.com/artists/pablo-heras-casado>

Beautiful rendition of I left My Heart in San Francisco by SF Adler Fellows and the SF Opera Chorus last week: https://www.youtube.com/watch?v=WumDp_dmT6w&feature=youtu.be

Two new movies that would have been released in theaters, absent the current quarantine orders, are now streaming on Amazon and/or Amazon Prime: *Selah and the Spades* and *To the Stars*. Not exactly happy fare, but both recommended by the *New Yorker* movie critic. If you have Amazon, check them out!

Courses, Talks, Podcasts, Games

Your chance for an Ivy League education! Harvard offers a whole array of short courses online for free!

https://online-learning.harvard.edu/subject/culture?utm_source=newsletter&utm_medium=email&utm_campaign=atlantic-daily-newsletter&utm_content=20200423&silverid=NTg3NTM5NDg0MDMxSO

Not actually a course, but could be. Check out photos, videos, news releases and articles about our universe from Hubble of our universe. Puts life on earth in perspective!

<https://hubblesite.org/contents/news-releases/2020/news-2020-16#section-id-2>

Slate Magazine has posted a very interesting article featuring stories of survivors of other pandemics

https://slate.com/human-interest/2020/04/coronavirus-life-after-sars-ebola-flu-polio-h1n1-recovery.html?campaign_id=9&emc=edit_NN_p_20200424&instance_id=17910&nl=morning-briefing®i_id=7964662§ion=whatElse&segment_id=25875&te=1&user_id=1861fb898ca00366378463eded04aa95

Marin Symphony Music Director Alasdair Neale interviews Mill Valley resident and Marin Symphony principal violist, Jenny Douglass. <https://marinsymphony.org/>

Crazy, Interesting or Cute Stories or Videos Online

Understanding the COVID-19 Rules: <https://www.youtube.com/watch?v= 5DXs8xxaMU>

Foreseeing the future a month ago: https://www.youtube.com/watch?v=xk_MHfOAFrQ

Exercise

Try these Qigong exercises to strengthen the lungs—in light of the fact that the coronavirus frequently seems to target the lungs. <https://www.youtube.com/watch?v=Nqn70IirWKc>

Offline Activities

This week's brainteaser. Answers are below, but try not to peek!

1. Name two things you can never eat for breakfast.
2. No matter how smart you are, you always overlook this.
3. Name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday or Sunday.
4. Two men are playing chess. They play five games and each wins three. How is that possible?
5. Forward I am heavy, backward I am not. What am I?
6. How can you add (addition only) 8s to get to the number 1000?
7. You throw me away to use me and bring me back when you are done. What am I?
8. A man left home running. He ran a while then turned left and ran the same distance, and then turned left and ran the same distance again. He did the same one more time. When he arrived home, two masked men were waiting for him. Who were they?

9. Always old, sometimes new; never sad, sometimes blue; never empty, sometimes full; never pushes, always pulls. What am I?
10. The more you take of these, the more you leave behind. What are they?

Answers to the above

1. Lunch and dinner
2. Your nose
3. Yesterday, today and tomorrow
4. They aren't playing with each other
5. The word Ton
6. $888+88+8+8+8=1000$
7. An anchor
8. The umpire and the catcher
9. The moon
10. Footsteps

Comfort Food!

EASY SPAGHETTI WITH TUNA

Flavorful and a bit different—about 10 minutes cooking time

Ingredients

- 1/2 package spaghetti (or bucatini)—cooked about 3 minutes less than package directions
- Good olive oil, and lots of it
- 1 pint cherry or grape tomatoes of whatever colors are at hand, halved
- 2 or 3 good sized cloves garlic, minced
- 1 can tuna packed in olive oil, not drained, opened, (packed in water ok, but not as good)
- A couple of generous handfuls of spinach leaves, stems pulled off
- Juice of 1/2 lemon,
- Sea or kosher salt and pepper to taste
- A good Parmesan or Romano cheese (Optional—use sparingly)

Directions

Boil water for the pasta and begin to cook it.

Heat skillet with generous portion of olive oil—don't skimp. Sauté tomatoes and then add garlic when the tomatoes start to soften. Add the tuna with oil (or if using tuna in water—drain most of the water first). Stir and let simmer a few minutes

When the pasta is ready (remember cook about 3 minutes less than package directions), use tongs to add it to the skillet, along with about 2 ladles of the pasta water. Add lemon juice and spinach leaves. Simmer a bit more and add salt and pepper to taste.

NEW ADDITIONS: APRIL 20, 2020

Theater, Music, Operas, Movies Online

San José Opera is streaming a production of Mozart's Idomeneo. See details at <https://www.operasj.org/>

WE Players' actors read from What Alice Found There, an audio presentation of their adaptation of Lewis Carroll's Alice stories. Check out Wonder Story Time with Alice and Friends at www.weplayers.org

The same WePlayers site also has a five-episode Odyssey Audio Drama

Playing on Air offers readings of great short theater pieces from contemporary playwrights. https://playingonair.org/?gclid=EA1alQobChMI_oyhhLL16AIVhMJkCh0u2Q3LEAAYASAAEglShfD_BwE

Like Piano Music? Check out the grand piano series online. <https://www.grandpianoseries.org/post/piano-music-during-covid-19>

Classical concert lovers, check out this listing of concerts available via livestreaming. <https://www.classicalmpr.org/story/2020/03/16/free-online-classical-concerts>

There are lots of sites that offer free movies, though you might have to set up an account or subscribe: check out vudu.com; tubitv.com; lmdb.com; Crackle.com (Sony pictures); Popcornflix.com; YouTube; Pluto.tv. There are also free movies on Amazon if you are already an Amazon Prime member.

The Show Must Go On—YouTube presents excerpts of Andrew Lloyd Weber shows every Friday. Some videos on this link are excerpts, some are full length shows. Some are free, some require purchase.

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag>

Courses, Talks, Podcasts, Games

Marin Symphony's Maestro Alasdair Neale interviews world renowned violinist Vadim Gluzman

<https://www.youtube.com/watch?v=9R5ruvsazi8>

From The Rush Center for Excellence in Aging (CEA), Schaalman Senior Voices honors the guidance and legacy of interfaith leader Rabbi Herman E. Schaalman, celebrating his 100 years of crossing boundaries, posing challenging questions and promoting greater welfare for countless lives and communities. This series aims to strengthen the well-being of older adults and their communities. Lots to listen to and watch. Check out “Aging and Saging” in the Archives section in particular! (Note, you can make the videos and film full screen size by clicking on the little white square at the bottom right as you move your cursor or finger over the small video screen.) <https://aging.rush.edu/schaalman/>

Celebrate Earth Day (April 22nd) at home with NASA
<https://www.nasa.gov/feature/goddard/2020/earthdayathome-with-nasa/> or
<https://www.nasa.gov/content/earth-day-2020>

Kim Churches, CEO of AAUW (American Association of University Women), interviews NPR host Diane Rehm on her newest book When My Time Comes which focuses on end-of-life issues
<https://www.aauw.org/resources/news/diane-rehm/>

Wait, Wait, Don't Tell Me podcasts are fun way to test your brainpower and knowledge of current events. They are available for free at <https://www.npr.org/podcasts/344098539/wait-wait-don-t-tell-me> Lots of similar fun podcasts from NPR are also listed on this link.

The NY Times just made one of its popular games, Spelling Bee, available for free online.
<https://www.nytimes.com/puzzles/spelling-bee>

Crazy, Interesting or Cute Stories or Videos Online

Different ways to protect yourself while shopping. Don't recommend copying any of these, but they are creative!

<https://twistedstifter.com/2020/04/coronavirus-doesnt-stand-a-chance-against-these-shoppers/>

Quarantine Through Art is a video that highlights through relevant art examples the practices and impact of sheltering-in-place. <https://www.youtube.com/watch?v=keXvCkm0FIA>

Corona Virus lyrics to a Les Miz favorite “One Day More”.
<https://www.youtube.com/watch?feature=youtu.be&v=DwlnT3Wxrl&app=desktop>

Amazon Echo for Seniors. Funny Saturday Night Live video about smart speakers designed for “the greatest generation.” https://www.youtube.com/watch?v=YvT_ggs5ETk

SF Ballet artists put together this fun “ballet” with a chain of single dancers
<https://www.facebook.com/sfballet/videos/427144718148549/>

Not to be outdone, the Paris Opera Ballet created a video of their dancers doing what they do best and must really miss, but at home and occasionally with some pretty cute kids joining in!
<https://www.youtube.com/watch?v=OliG14Ggmu0&feature=youtu.be>

Online Exercise

Fitness Blender Total Body Chair Workout

<https://www.youtube.com/watch?v=2AuLqYh4irI>

Fifteen Minute Sample Exercise Routine for Older Adults

<https://www.youtube.com/watch?v=Ev6yE55kYGw>

Offline Activities

Sing-a-long. Try your own private sing-along to records—maybe dance along as well! Or for the brave among you turn up the volume and open your door to see if you can get your neighbors to join in the fun.

Howl! Join the Mill Valley or San Anselmo Howl at 8:00 pm, or start a Howl in your neighborhood. Stand outside (6 feet from others!) and howl like a coyote. Highly therapeutic!

Another Brain Teaser. Try this brain teaser—don't peek at the answers until you've answered the questions!

See if you can figure out what these seven words all have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

No, it is not that they all have at least 2 double letters...Answer below, but don't peek!

Answer: In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

NEW ADDITIONS: APRIL 13, 2020

Theater, Music, Operas, Movies Online

The Kennedy Center is offering a wide variety of excerpts from some great Kennedy Center performances. Free. <https://www.kennedy-center.org/digitalstage/>

LA Theater Works is offering a variety of free and for-purchase theater shows from their archives, including some free science-based or themed theater. <https://latw.org/>

SF Symphony “Keeping Score” documentaries are a great way to learn about some wonderful composers and their lives. Nine 2-hour shows and concerts featuring nine different composers. Free.

<https://www.youtube.com/playlist?list=PLkq747f6SBuwWbGVozRvZv7sCuacoGITa>

World Concert Hall offers free live broadcasts from concert halls and opera houses around the world. <https://www.worldconcerthall.com/>

Courses, Talks, Podcasts, Games

Starting Wednesday, April 15th, join **The Buck Institute** for a series of live online sessions with leaders in health care, epidemiology, and molecular biology as they bring an array of perspectives to our ongoing global health crisis. Or view the video archive of every session, wherever and whenever you want. These sessions will be informed, evidence-based perspectives about the COVID-19 pandemic from scientists at the Buck Institute and other leaders in health care. Free. Registration is required. <https://buck2020.extendedsession.com/>

Open Culture is an amazing one-stop shop for free online classes, movies, e-books, audio books, and language lessons. www.openculture.com

Crazy or Cute Stories or Videos Online

M*A*S*H and the Corona Virus is a compilation of some great M*A*S*H excerpts dealing with handwashing, touching your face, social distancing, TP scarcity, among other things. Very funny. Free. <https://www.youtube.com/watch?v=L5CNHDeF2xA>

[no longer available] Do Re Mi re-envisioned! Not so great on social distancing, but otherwise cute video re-writing Do Re Mi from *The Sound of Music* to reflect practices to help reduce the spread of the corona virus. Free. <https://www.youtube.com/watch?v=MMBh-eo3tvE>

A Cloud a Day: The sky may be blue here, but it isn't everywhere. This site let you watch clouds—different ones every day. Not quite the same as lying on the beach or in the grass and looking up at the sky, but interesting nonetheless. Free.

<https://www.facebook.com/watch/cloudappreciationsociety/240747230635388/>

Check out Marin County's own lively video on protecting yourself and others from the coronavirus—featuring a number of Marin County residents.

<https://www.youtube.com/watch?v=V7pNtZUcqlI&feature=youtu.be>

Offline Activities

Try this brain teaser—don't peek at the answers until you've answered the questions!

Questions:

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole... that measures two feet by three feet by four feet?
5. What word in the English Language... is always spelled incorrectly?
6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
7. In California, you cannot take a picture of a man with a wooden leg. Why not?
8. What was the President's Name...in 1975?
9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in a third field?

Answers

1. Johnny
2. Meat

3. Mt. Everest; it just wasn't discovered yet
4. There is no dirt in a hole
5. Incorrectly
6. Billy lives in the Southern Hemisphere
7. You can't take pictures with a wooden leg. You need a camera to take pictures
8. Same as is it now: Donald Trump
9. You would be in 2nd. Well, you passed the person in second place, not first
10. Neither, the yolk of the egg is yellow
11. One. If he combines all of his haystacks, they all become one big one

NEW ADDITIONS: APRIL 6, 2020

Museum Virtual Tours

The Asian Art Museum of SF has a Museum from Home website that includes browsing their collection and exhibits, as well as meditative art videos designed to help you find some peace during this stressful time. <https://asianart.org/museumfromhome/>

SF MOMA is offering a variety of online videos and articles from around the museum. https://www.sfmoma.org/museumfromhome/?gclid=CjwKCAjwg6b0BRBMEiwANd1_SKwQ3Gn3nq5KG2zUUCTJRFbMeCYHbEZ5OvF_C2PLpmja2wGX2tA1QRoCPvIQAvD_BwE

Presentation by the De Young Museum's Distinguished Senior Curator and Curator-in-Charge of American Art, Timothy Anglin Burgard on the Chiura Obata exhibition. Chiura Obata (1885–1975) was one of the San Francisco Bay Area's most influential, respected, and beloved artists. Throughout his life, and particularly in times of great adversity, he found inspiration in what he termed "Great Nature" (Dai Shizen). Wednesday April 8th from 1:30-2:00 on Facebook. You do not have to be a member of Facebook to attend.

<https://www.facebook.com/events/529576117973935/>

Theater, Music, Operas, Movies Online

Marin Theater Company is streaming *Love* until April 12 for a \$35 ticket price.

https://www.marintheatre.org/?gclid=CjwKCAjwg6b0BRBMEiwANd1_SPTXHc7Ytg_TCixx9cYSt95Fc8EzXgX20a04pNArWny8hQJTF-u3RoC8xAQAvD_BwE

SF Opera is offering a series of daily arias by Merola students under the title *Odes to Joy*. Some wonderful young singers to listen to, plus lots of other free content on the SF Opera website.

<https://sfopera.com/opera-is-on/>

Meet the SF Symphony musicians: a series of videos with individual members of the SF Symphony about their music, instruments and their lives. Starts with Barbara Bogatin, cellist. Free.

<https://www.youtube.com/watch?v=8q7ytYZ-Ke8&list=PLkq747f6SBuzwwHJUWCgEEyBfR5uNBX5&index=25&t=0s>

The Lark Theater in Larkspur is making available films you can stream on your computer for the price of an e-ticket. <http://larktheater.net/>

The Rafael Theater in San Rafael is making available films you can stream on your computer for the price of an e-ticket. <https://rafaelfilm.cafilm.org/>

Variety's new initiative for virtual conversations and events. May Program will be Doclands Documentary Film Festival Showcase, May 3 at 4:00 pm. Free.

https://www.doclands.com/showcase/?utm_source=Doclands+2019&utm_campaign=f49769b3b8-EMAIL_CAMPAIGN_2020_02_19_02_51_COPY_01&utm_medium=email&utm_term=0_04d0fd6142-f49769b3b8-88636247

Check out Jan Wahl's suggestions for fun, happy movies to watch at home:

- 1982's "My Favorite Year"
- 1997's "In & Out"
- 1976's "Murder by Death"
- 1982's "Victor/Victoria"
- 1974's "Blazing Saddles"
- 1967's "The Producers"
- 1959's "Some Like It Hot"

Documentaries also recommended:

- 2019's *Making Waves: The Art of Cinematic Sound* "It stars a lot of Bay Area people, a lot of Marin, too. Fantastic."
- 2019's *Gay Chorus Deep South* "It's about the San Francisco Gay Men's Chorus going to the South and what happens to them there."

These are available on Amazon, YouTube, Netflix, and other streaming services at minimal cost.

Courses, Talks, Podcasts, Games

Book Passage's Conversations with Authors: Live sessions with the writers and thinkers. 4:00 pm, Saturdays and Sundays only. Free but registration required.

<https://bookpassage.extendedsession.com/>

Conversation with Bill Bailey, seriously famous and amateur naturalist –topic is owls!

<https://www.abc.net.au/radio/programs/conversations/bill-bailey-v1/12091080>

Crazy or Cute Stories or Videos Online

Check out the Canadian Hair Freezing Contest. <https://www.cnn.com/travel/article/hair-freezing-contest-canada/index.html>

Weird things people celebrate: <https://www.hostelworld.com/blog/24-weird-and-wonderful-festivals-from-around-the-world/>

A collection of miscellaneous and weird facts from Readers Digest:

<https://www.rd.com/culture/weird-facts/>

Online Exercise

Body Kinetics in Mill Valley is offering a variety of free classes via Zoom (the online video app that you can download for free). <https://www.bodykinetics.com/virtual-zoom-classes-at-body-kinetics?hsCtaTracking=9982b5f3-b309-4ea0-be5e-f777391641f4%7C59a90868-88eb-4e52-85da-03b1ce231a71>

If you are looking for something offline...

Cooking

Pay attention to what you are eating! Try cooking up some comfort food that is also good for you, or try out something more challenging that you've been meaning to test out—maybe a souffle?

Depending on the recipe, you can make a batch just for now, or make more and freeze some for later!

Here are three easy recipes:

Italian Chicken: Chicken thighs (two -four), 1 can stewed tomatoes, some oregano or thyme, or Italian seasoning, salt and pepper. Place chicken in an oven proof dish, cover with tomatoes and seasoning, Bake uncovered at 350 until done (40 to 60 minutes depending on your oven). Serve as is, or with rice or pasta.

Pasta primavera: Spaghetti or fettucine, or really any kind of pasta. Make according to box directions. We add a bit of olive oil and top with cooked vegetables of your choice—cooked fresh or leftovers, e.g., tomatoes, spinach, peas, broccoli, bell peppers, etc.

Easy sandwich on toast: Spark up any sandwich (melted cheese, avocado, egg or tuna salad) by toasting the bread and adding tomato slices, cooked bacon and lettuce or a red cabbage leaf.

ORIGINAL LIST: MARCH 30, 2020—TAKE ANOTHER LOOK IN CASE YOU MISSED ANYTHING!

Museum Virtual Tours

American Museum of Natural History: Explore [three virtual exhibits](#) at this New York City institution (yes, the one featured in *Night At the Museum!*). The exhibit [“Highlights from the American Museum of Natural History,”](#) shows off many of the museum’s most famous features.

The Art Institute of Chicago: A large catalog of pieces are available for [virtual viewing](#) at this world-renowned art museum, hosted by Google Arts and Culture, which has grouped the works by style of art.

Detroit Institute of Arts: This art museum has [four different online exhibits](#), including two focused on feminist icon Frida Kahlo.

Georgia O’Keeffe Museum: Explore [six virtual exhibits](#) at this Santa Fe-based museum, which preserves Georgia O’Keeffe’s artistic legacy.

High Museum of Art: Explore [four exhibits](#) — including an awe-inspiring Civil Rights Photography show — at this Atlanta museum.

Hockey Hall of Fame: Learn about hockey’s finest players, moments and artifacts with [a 3-D tour](#) of this Toronto museum. Don’t stop until you find the Stanley Cup!

Getty Museum: Travel through two different virtual exhibits from this Los Angeles landmark with Google Arts and Culture. <https://artsandculture.google.com/partner/the-j-paul-getty-museum>

The Louvre: Take a quick trip to Paris with [virtual tours](#) of three stunning exhibits at this world-renowned museum.

Metropolitan Museum of Art: Explore [26 online exhibits](#) at this famous New York City icon. A 360-degree peek behind the scenes of The Costume Institute Conversation Lab (the world’s largest costume collection) is a must-see.

MoMA (The Museum of Modern Art): Viewers can go on [a virtual tour](#) of the New York City-based museum’s exhibit of Swiss artist Sophie Taeuber-Arp.

Museum of Fine Arts, Boston: Embrace your artistic side with [16 virtual exhibits](#). Fashionistas in particular will fall head over high heels for their 21st Century Designer Fashion and 20th and 21st Century Fashion Accessories exhibits.

Smithsonian: Explore a [self-guided tour](#) of the D.C. museum’s National Museum of Natural History.

The Vatican Museum: Explore the New Wing, Sistine Chapel and more with [360 degree virtual tours](#).

Aquarium and Zoo Virtual Tours

Atlanta Zoo: This Georgia institution has a [dedicated panda cam](#) sure to put a smile on kids’ — and grown-ups’ — faces.

Cincinnati Zoo: Every day, this zoo is hosting “[Home Safari Facebook Lives](#)” showcasing one of their animals and offering a fun, educational activity you can do at home. Pull up the zoo’s [Facebook page](#) every day at 3 p.m. EST. All of the safaris will also be posted to [the zoo’s website](#) and on their [YouTube page](#) for later viewing.

Georgia Aquarium: Have a soothing look under the sea with [live cams](#) of beluga whales, African penguins, jellyfish and more.

Houston Zoo: This Texas zoo has [webcams](#) focused on gorillas, giraffes, rhinos, elephants, leafcutter ants and more for your viewing pleasure.

Monterey Bay Aquarium: Dive under water with [livestreams](#) of sharks, sea otters, jellyfish, and turtles. A live cam of the crashing waves in the Monterey Bay itself is particularly calming.

National Aquarium: Explore winding, sea life-filled floors with this [virtual tour](#) of the Baltimore-based aquarium.

Oregon Zoo: This zoo is sharing daily video updates on their [Facebook page](#) of different animals during their temporary closure.

San Diego Zoo: This zoo has a [number of different live cams](#) monitoring their furry and feathered friends, including penguins, pandas, koalas and elephants.

International Landmark Tours

Buckingham Palace, England: Flights to the U.K. may be canceled, but you can still visit Buckingham Palace thanks to the official Royal website, which offers [a virtual tour](#) of the Queen’s official residence.

Doge’s Palace, Italy: Google Arts and Culture offers [a virtual tour](#) of one of Venice’s most iconic landmarks — a 14th century palace — complete with views of the canals that surround it.

Galapagos Islands: Embark on [a guided video tour](#) of the incredible wildlife and culture of the Galapagos with National Geographic Expeditions.

Great Barrier Reef, Australia: Swim through [Australia's Great Barrier Reef](#) with the help of several David Attenborough-narrated videos and an educational, interactive map.

Great Wall of China: Take [a virtual tour](#) of one of the Seven Wonders of the World with The China Guide and explore its most visited sections.

Hang Son Doong, Vietnam: Take a [360 degree adventure through the world's largest cave](#), located in Vietnam, with National Geographic.

Johnson Space Center, USA: Boeing and Discovery Education take viewers on a [virtual field trip](#) through this innovative, Houston-based space center.

National Parks, USA: [113 virtual tours](#) of National Park Service locations are available on Google Arts and Culture. Some favorites include [Yellowstone National Park](#) (for miles and miles of beautiful views), [Kenai Fjords National Park](#) (for an icy adventure) and [Hawai'i Volcanoes National Park](#) (for lots of lava).

Tower Bridge, England: This famous London bridge isn't going down anytime soon — and you can [explore it virtually](#) (by boat!).

White House, USA: No need to look your best for this trip to the White House in Washington, D.C.! Google Arts and Culture has [virtual tours](#) of several of the presidential spaces.

The Gardens of Versailles, France: Choose your own adventure and [virtually explore](#) the famously over-the-top royal gardens of King Louis XIV.

Theater, Music and Operas Online

BroadwayHD: This site has streamed favorite Broadway shows — like *Cats*, *Kinky Boots* and *Phantom of the Opera* — straight from New York and London for years, but they're currently offering [a one week free trial](#) before their \$8.99 monthly subscription fee kicks in.

Aurora Connects: An experiment in weekly online conversations with Berkeley's Aurora Theater staff and artists. Live every Friday night and replays available until the next Friday. Free. https://www.youtube.com/watch?v=r2GFjIQ6M_M&feature=youtu.be

National Theater Live (NT Live): NT Live (Theatrical productions from the National Theater in London, England) has announced they will begin free live streaming select NT Live productions starting April 2 at noon Pacific Time via their YouTube Channel. Each production will be available for viewing on YouTube for a week. The first show is *One Man Two Governors*, a

hilarious production starring James Cordon. Free.

<https://www.youtube.com/channel/UCUDq1XzCYONIOYVJvEMQjgw>

ABS at Home Every day, American Bach Soloists is providing "a short musical work -- something beautiful or fun or lively or calming -- in the hope that it will be a welcome and warming contribution to your day." You can access the music on their website, or sign up to have links emailed to you, or follow them on Facebook or Twitter. Free.

<https://americanbach.org/ABS-at-HOME.html>.

Chamber Music Society of Lincoln Center: This New York-based chamber music ensemble is [currently streaming](#) several recorded performances. Free.

Melbourne Symphony Orchestra: This Australian symphony is [livestreaming their performances on YouTube](#) while they are closed to the public through April 13. The shows will then be saved to the YouTube channel for later viewing.

Seattle Symphony: <https://seattlesymphony.org/live>

SF Jazz: Fridays at Five. For a \$5 a month membership you will have access to an hour-long digital concert between 5:00pm and 6:00 pm Fridays. The website has the playlist.

https://www.sfjazz.org/watch/?utm_source=wordfly&utm_medium=email&utm_campaign=1920S032020Fridaysat5-pub&utm_content=version_A

Metropolitan Opera: Every night beginning at 4:30 Pacific time, New York City's Metropolitan Opera will be [streaming](#) a *Live in HD* opera performance, which will then be viewable for 20 hours. Free.

OperaVision: This website offers [free streaming](#) of a number of recorded opera performances from famous opera houses across Europe and beyond, including the Royal Swedish Opera, Teatro dell'Opera di Roma and National Theatre Prague.

YouTube Music: YouTube has many offerings of musical performances, including some produced only recently in light of in-person concert cancellations. Here's a good example of that—the [Rotterdam Orchestra plays Ode to Joy](#) as musicians shelter in place. Click [here](#) and enter your search terms!

Books Online

Marin Libraries: If you have a library card in Marin, most local libraries allow you to "check out" books online and download them to your smart phone, iPad or computer. Google your local library to see how the program operates. They vary somewhat.

The Internet Archive Library: Check out this link for free books of all sorts including 1.3 million modern e-books available for free once you open an account. Available until June 30th or until the end of the National Emergency. <https://archive.org/details/nationalemergencylibrary>

Want to listen to books instead of reading? Try one of these sites.

Audible: Amazon's platform stands out for its extensive library, but requires a monthly paid subscription. <https://www.audible.com/>

Kobo Audiobooks: This is a somewhat more affordable audiobook subscription platform. <https://www.kobo.com/ww/en/audiobooks>

Google Audiobooks: This site lets you buy premium audiobooks without being locked into a subscription. https://play.google.com/store/books/category/audiobooks?hl=en_US

Librivox and Digitalbook: These are free audiobook sites which make available books in the public domain. No current best-sellers, but many great classics.

<https://www.digitalbook.io/>

<https://librivox.org/>

Good for the Soul

Spirit Rock Meditation Center: All retreats online now and free until April 15th.

<https://www.spiritrock.org/>

Courses, Talks, Podcasts, Games

Yale University: Yale is offering a free online course called, [The Science of Well-Being](#). It focuses on how to be happier and is the most popular undergraduate course at Yale. Free registration opened on March 29. <https://www.coursera.org/learn/the-science-of-well-being>

Ted Talks: These shows (available on YouTube or the Ted Talk Website) offer some really interesting talks on a whole variety of topics. They have a special series now on the coronavirus situation, including a very recent interview with Bill Gates on the work his foundation is doing to help. www.ted.com

Stanford: Stanford Online offers more than 100 free courses online.

<https://online.stanford.edu/courses>

OLLI (Osher Lifelong Learning Institute) at Dominican: OLLI is planning on live streaming several classes and lectures. They are offering these mainly to OLLI members who previously

signed up to attend these in person. Check the OLLI at Dominican Website.

<https://www.dominican.edu/academics/adult-and-continuing-education/osher-lifelong-learning-institute-olli>

Coursera.org. Coursera allows you to audit online courses at a number of universities for free. Check out <https://www.coursera.org/>

Podcasts: If you've never listened to a podcast, now might be the time. Test out RadioLab, or The Daily, or The Happiness Lab, or Revisionist History. Just google the names. These are free short (usually ½ hour) shows that you can listen to whenever the mood strikes you. There are tons of free offerings on line. You can listen from your smart phone or on your computer.

Online Word Games: There are hundreds! If you have internet access google "Word Connect." The page that comes up will lead you to the Word Connect game and to lots of other fun word games. Or check out the iTunes App Store for even more games. Some are solo games, and some you can play with friends online.

Set Game: Games like Set, Quiddler and Karma, and all free! www.setgame.com

See next page for some offline options!

If you are looking for something offline...

Radio and TV

KDFC: This is the Bay Area's classical music station. 24 hours of free classical music on your radio or livestreamed on your computer, with very few interruptions. Turn to 90.3 or 104.9 on your FM dial, depending on which part of the county you live in, or google KDFC.

KQED Radio and TV: KQED stations are well known in the Bay Area and offer a wide variety of program and solid news reporting. 88.5 FM or KQED.org, or Comcast TV Channels 9, 22 and 28

Comcast On Demand (free with your TV cable) or Netflix (by paid subscription): Pull up some funny shows from the past. Seinfeld; Curb Your Enthusiasm; Veep. Look for things to make you laugh! Old Movies are good too, but look for fun ones: Roman Holiday, Adams Rib, Solid Gold Cadillac, etc.

Games and other things to do, by yourself or not

Word Games: Below are three are simple word games—no internet needed—the sort we used to play as kids or with our own kids, plus a fourth listing of an internet site where you can download lots of different word games to play on your smart phone or computer.

Animal Alphabet

Start with the letter A

Write the name of an animal that starts with A

Next you, or another player if you are playing with more than one person, write the name of an animal that starts with the LAST letter of the previous animal.

Continue on until you, or others you are playing with can't name an animal starting with the last letter of the prior animal name.

You can start again using a different animal as the first named one, and see if you get further through the animal kingdom and alphabet!

20 Questions

You need a friend to play this with—but can be by phone or Facetime

Think of a person, place or thing.

The other person has to guess what it is using Yes or No questions only in 20 tries.

The game I Spy is an alternative—but they think you are thinking of has to be an object you can actually see.

Naming Game

Name something that starts with the first letter of your last name that is appropriate to the word listed below (e.g., if your last name starts with S, every word you list must start with S).

Do it once with “obvious” choices, then do again and try for a more esoteric or maybe funny vocabulary choice! Play it alone, or with a friend.

Something to wear

Something to drink

A place

A food

An animal

A girl’s name

A boy’s name

A profession

A word to describe someone

Something in your home

A body part

Your last name

Writing, Painting, Drawing, Doodling

Poetry: Poetry can be helpful to read in difficult times, but also both challenging and fun to write anytime. How about trying to write some Haiku, or maybe a limerick, if lengthy serious poetry is not your thing. Haiku is just three lines 5, 7 and 5 syllables respectively, evoking images or objects, and frequently with a twist or surprise. No rhyming! Haikus can be serious or funny. Here are two examples:

Today reminds me I need you so much closer Than six feet apart Attribution: Kwekwaxawe (pseudonym)	First autumn morning the mirror I stare into shows my father's face. Attribution: Murakami Kijo
---	--

Or how about a limerick? Limericks are five-line poems, or a series of verses, with a rhyme scheme of AABBA. The meter is lilting with the first, second and fifth lines having 8-9 syllables, and the third and fourth having 5-6 syllables. Limericks have a reputation of being off-color, but they don’t have to be! For example:

I used to get out every day
Now staying at home is my way
Sheltering in place
Putting on a good face
But wishing to be out on the Bay

Drawing and Painting: Bring out your inner artist. Here's an activity suggested by the Fine Arts Museums of SF: Take a tour of your home, studying the views from each of your windows. With each view, quietly consider: what do you notice, what shapes do you see, and how do these shapes layer and intersect? Select the window that appeals most to you. Using pencil and paper, create a contour drawing—a drawing consisting only of outlines. When creating your drawing, give your eye time to study the shapes that you see, then investigate how the shapes layer upon one another. Experiment with different thicknesses of line, as Diebenkorn did. The museums want to showcase your creativity! Send a photo of your drawing to digitalmarketing@famsf.org. Please include your full name, city of residence, and a sentence or two about your work. But Hurry! Deadline for submission: April 3, 2020.

Not comfortable with representational art drawing? Try doodling and filling in your doodles with colored ink or pencil.

Journaling: A useful way to keep track of feelings or how you are spending your day. Who knows, it might turn into a novel someday! You don't have to do it every day, but try it at least once a week on the same day and more or less the same time. You'll enjoy looking back at it at some point in the future.