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Happy Tuesday, Villagers



Today begins our second week of Tips for the Brain, Tips for the Body and I thought I would debut a new category. Enjoy!

Tips for the Soul

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The Rotterdam Philharmonic teamed up with a Dutch healthcare provider to film the finale of Beethoven's 9th with all the musicians . Watch [Ode to Joy](#), played together from their homes by members of the Rotterdam orchestra.

FOR THE BRAIN



[Mill Valley Healthy Fun](#)

From our neighbors next door in Mill Valley, some resources to make your time at home as fun, healthy and enriching as possible!

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[Top Ten Museums you can explore, right here, right now](#)

Browse through some of the most wonderful museums in the world without leaving the comfort of your home.



[Exclusive from the Lark Theater](#)

Start watching now!

PREMIUM CINEMA AT HOME

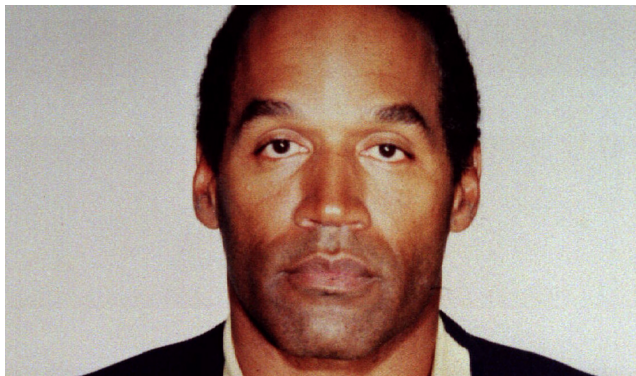
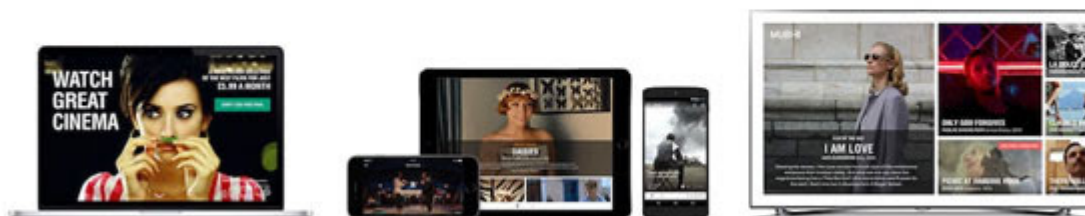
**From forgotten gems to festival-fresh cinema.
From cult classics to award-winning masterpieces...**

While we're all doing our part to help keep the community safe and healthy, we have partnered with premier online streaming media provider, **MUBI**, to give our members three months **FREE access** to hand-curated selection of the most exciting and original new films, and magnificent classics.



WATCH AT HOME ON ANY DEVICE

Watch on your PC, Mac, iPhone, iPad, Apple TV, Apple TV App, Android, Playstation, Roku, and Samsung Smart TV.



Some TV

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When to watch: Starting Tuesday at 7 p.m., on ESPN.

This five-part documentary is among the best nonfiction series ever made. It blew me away when it premiered in 2016, and I have thought about it hundreds of times since, both its literal accomplishments in format and its broader ideas and themes. It's about O.J. Simpson, but it's also about everything — race and sports, of course, but also California history, models of justice and the light-bending heft of fame and power.

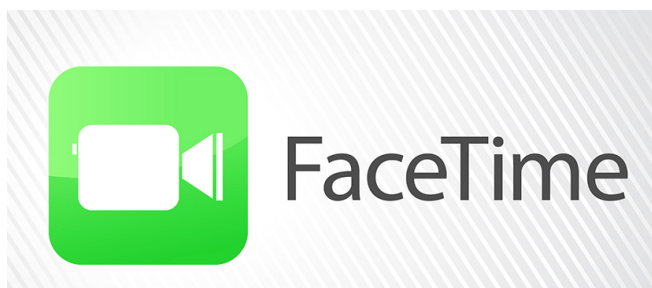
For the Body



Wednesday, March 25 at 1130 AM (ET) I think. Streaming live exercise program presented by Silver Sneakers. You have to have a Facebook account to access. Copy and paste this thread to your Facebook search bar.

<https://www.facebook.com/events/2537792109767386/>

GET CONNECTED



Do you need help with using Facetime?

Making a 3-person call?

Setting up online shopping?

Groceries/Supplies



Driver's Market offers curbside grocery pick-up service..

Email graham@driversmarket.com and the Driver's staff will gather your groceries and bring them out to your car.

as www.grubhub.com, www.doordash.com, or www.trycaviar.com . You can also order delivery from [BevMo's Instacart](#). **Wash your hands after removing food from delivery containers.**



Safe Shopping

Shopping Tips

- Avoid using baskets or carts by bringing along your own vinyl shopping bags with handles. If possible, line with a doubled paper bag to create a solid bottom.
- Load heavy stuff first, eggs on top.
- If available use self-checkout.
- Use your car keys or a pen at any keypad device.

Good Earth (9 am), and Whole Foods (8 am) limit the first hour of shopping to seniors as well as those who are immune-suppressed and pregnant women. Target has a senior shopping hour at 9 am on Wednesdays.



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