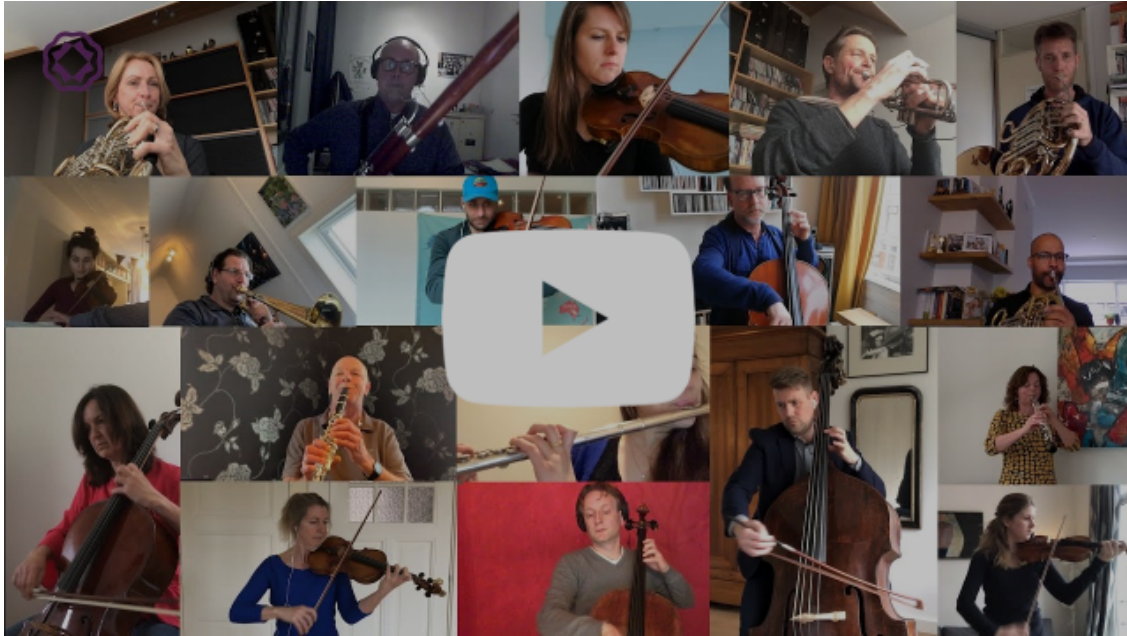


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The Rotterdam Philharmonic teamed up with a Dutch healthcare provider to film the finale of Beethoven's 9th with all the musicians. Watch Ode to Joy, played together from their homes by members of the Rotterdam orchestra.

Happy Sunday, Villagers

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We've pulled together some of the best tips to save you the time of having to look back through the past week's selections. Please send your tips along to us by [clicking here](#).



[Satire from The Borowitz Report](#)

Andy Borowitz is a Times best-selling author and a comedian who has written for The New Yorker since 1998. In 2001, he created [The Borowitz Report](#), a satirical news column that has millions of readers around the world, for which he won the first-ever National Press Club award for humor.

Read a selection of his columns at the New Yorker.

Pastimes: A treasure trove of resources, repeated again from last week.



OLDER ADULT AND FAMILY RESOURCES

Activities:

- [Virtual museum tours](#)
- [San Diego Zoo animal cams](#)

Visit a virtual theater

- [Metropolitan Opera nightly encore shows](#)
- [LA Theater Works](#)
- [Kennedy Center Digital Stage](#)
- [Activity Checklist from Stanford University](#)

Take a course online

- [Coursera.org](#)
- [edx.org](#)

Learn something new: [Open Culture](#) offers 1,500 free online courses from top universities.

Listen to poetry: Listen to recordings of Allen Ginsberg and other poets on [Phone-a-Poem](#), the 1970s Poetry Hotline.

Move around: Below are links to exercise videos you can watch on your computer or phone.

- [Go4Life from the National Institute on Aging](#)
- [Fitness Blender Total Body Chair Workout](#)

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adults and their communities.

Turn off the news: Limit the amount of news you read online or on TV.
Consider calling friends and family to check-in.

GeroCentral partner organizations contributed to this page. Much gratitude to Brian Carpenter, PhD, Washington University, for curating this content.



[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.

[TravelZoo Presents 20 Amazing Places You Can Visit Without Leaving Home](#)

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Some day—and we hope it's soon—readers who find this page will wonder why a travel publisher would suggest they take virtual tours of some of the world's greatest sites instead of simply *visiting*. After all, aren't the places on this list among the enduring reasons we go?

From Osher Marin JCC: Moments of Joy, Learning & Laughter!
To be added to the list and receive their emails contact
JSokol@marinjcc.org

For the Body

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yoga is Magic

An [assortment](#) of free online gentle yoga classes to choose from.



Health Tip

Even as we shelter in place, some seniors are going to grocery stores, banks, and, in other ways, coming in contact with potential sources of COVID-19. The New York Times provides a video on how to properly wash your hands. [Check it out!](#)

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Groceries/Supplies

Food, Shopping. Assistance

Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, and pet supplies. Call 415-332-3325 or email sausalitovillageconciierge@gmail.com. All of our volunteers have been vetted.

Local Shopping News for Seniors

DRIVER'S MARKET: 9-10 Shopping hour; Curbside pickup call 415-729-9582 with phone number, list of items and credit card or local check.

GOLDEN GATE MARKET: Curbside Pick Up - Order by phone at 415-332-3040. They will shop for you and have it ready for pick up. Credit card payment over the phone; prefer not to take checks.

Molly Stone's: Senior shopping Tuesday/Thursday/Saturday 7-9 All cashiers have glass shields and there are blue lines to keep distance between customers.

Trader Joes (Cost Plus): Opens at 9. They currently only allow 30 people in the store at once. Suggest the least crowded time is around 11.

Whole Foods: 8-9

Good Earth: 9-10

Target Wednesdays 9-10

if you are ordering food to go, support our local restaurants! Many of them are registered with delivery services such 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.

and everyday essentials.

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.



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