



## Happy Wednesday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.

*Note: The Tips now has it's own [email address](#) to forward ideas for content. Please correct your email.*

Photo: Taste of Rome Gets New Sign by Tricia Smith

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**Wednesday:** [CHALLENGES, STRATEGIES AND OPPORTUNITIES FOR THE AGING POPULATION IN MARIN WEBINAR.](#) 11-12:30

**Wednesday:** [A TALK WITH A COVID19 SURVIVOR - MARIN VILLAGE HOSTED EVENT.](#) 2-3

**Wednesday:** [SV/CARSS ORIENTATION FOR VOLUNTEERS ONLY.](#) 4-5

Wednesday: [HERRING FESTIVAL.](#) 6-8

**Thursday:** [CARING FOR A LOVED ONE WITH DR. DONNA BENTON.](#) 10-11

**Thursday:** [DINNER DELIVERED FROM THE JOINERY.](#) 5-6

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## COVID NEWS

## Stay-Home Order Lifted for Marin

[Information](#) on what is impacted by the move to Purple Tier.

## Vaccinations

### [COVID -19 VACCINE as of 1/25/21](#)

Ways to get signed up for Vaccination if you are 75+

Register at the [online interest form](#) to pursue a vaccine appointment and receive email or text message notifications when your turn for

For vaccine information, contact [flohoy@gmail.com](mailto:flohoy@gmail.com)

## TESTING

[Register](#)

[FREE COVID TESTING EVERY WEDNESDAY 10-4](#) in Bank of America parking lot 2. (Appointments can be made no sooner than four days in advance of a testing date)



## [Find and Keep New Friends](#)

The coronavirus pandemic has profoundly disrupted some social circles. Here's what experts and new pals have to say about making, and maintaining,





## 'Why Do I Spend Weeks Avoiding Tasks That Will Take Me 10 Minutes to Do?'

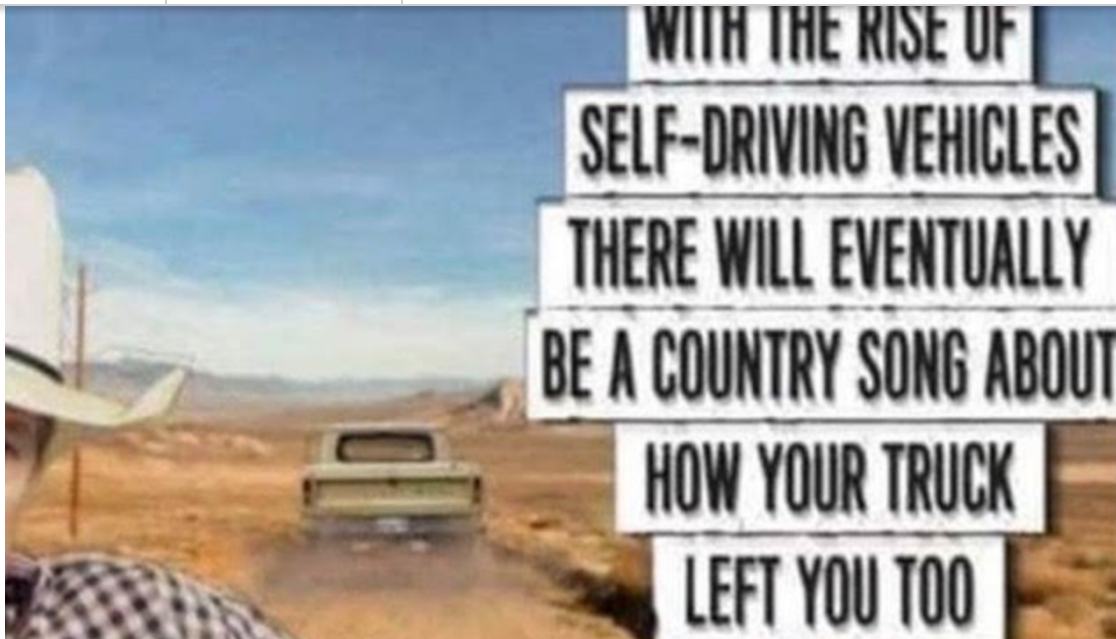
Procrastinating has less to do with time management and more to do with mood management.



## Take a Peek Into One of the Last Studios Still Making Globes by Hand

**Spinning a globe is one way to 'travel' the world during the pandemic**





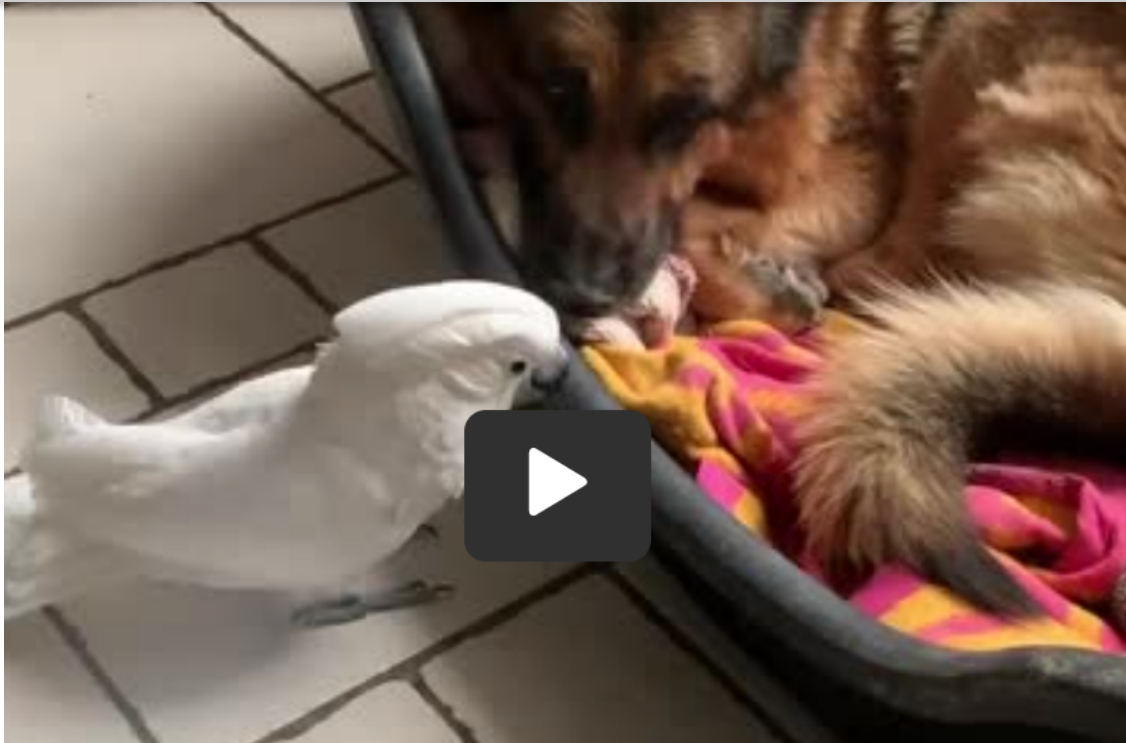
## [Wander through Wales \(virtually\) on this photo tour](#)

Wales, a country in southwest Great Britain, packs immense beauty in a relatively small package. This country of just over three million people features endless miles of pristine coastline, rugged national parks and a seemingly unending collection of medieval castles. This, paired with its Celtic culture and Welsh hospitality, make Wales a truly captivating destination.



## [Broken New Year's Resolutions Already? It's OK To Give Yourself A Break](#)

It's mid-January, and maybe you've resolved to lose 20 pounds this year, exercise every day, or quit drinking. And — so far — you have failed. So you give up. Sound familiar?



### Barking Bird Tries to Wake Sleeping Dog

A seemingly indignant cockatoo barked loudly at a drowsy dog who was just trying to get a little shuteye. When there was no response, the bird jumped onto the bed and barked directly in the sleeping canine's face. That didn't work either. Either dog was sleeping soundly or deliberately ignoring the barking bird. Either way, things didn't go the way cockatoo wanted.

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COMMUNITY

***For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).***



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