



## Happy Friday, 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.*

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[Information](#) on lifting of Stay at Home order and what is impacted by the move to Purple Tier.

## Vaccinations

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

<https://sausalito.helpfulvillage.com/pages/10101-covid-19-vaccine>

**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 vaccination has arrived. For assistance with the online interest form, contact [concierge@sausalitovillage.org](mailto:concierge@sausalitovillage.org) or call (415) 332-3325. For vaccine information, contact [flohoy@gmail.com](mailto:flohoy@gmail.com)**

## TESTING

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



## [Cooking Classes, City Tours, and Other Unique Airbnb Experiences You Can Do From Home](#)

Meet people from around the world and learn something new with Airbnb Experiences.





## [Forgiving people is good for your health. Here's how to do it.](#)

Even if they've hurt you—and even if you'll never see them again.



## [Azulejos: Learn About the Beautiful Art of Portuguese Tiles](#)

If you've ever visited or seen pictures of the gorgeous cities of Portugal, you've likely noticed the exquisitely painted tiles that adorn the buildings' façades.

These luminous and captivating embellishments are called **azulejos**, and they are one of the most distinctive features of urban **Portuguese architecture** and





## [What will travel look like in a post-Covid world?](#)

Never has there been a year when understanding the future of travel has been more important. Which countries can you go to without quarantining? Will I have to take a Covid-19 test during my journey? How many times will I need to change my face mask on the plane? Euronews spoke to travel industry insiders about these questions, and the future of travel in 2021 and beyond.



## [Use the 3-6-5 Method for Meditative Breathing To Help You Sleep Better Every Night of the Year](#)

According to [Stephanie Gailing](#), an astrologer and wellness consultant who shares information about the 3-6-5 method in her book [The Complete Book of Dreams](#), many of us rapidly inhale and exhale, with more than 12 breaths per minute—and that's not necessarily helping our ability to drift off peacefully come bedtime. "[It's been found](#) that slower, more mindful breathing can have impacts on the nervous system, helping to tamp down the activity of sympathetic nervous system, which is often associated with being in [a state of] hyperarousal and fight-or-flight [mode] and activating parasympathetic nervous-system activity," she says. To wit, the 3-6-5 method uses mindful, slowed-down breathing to basically help the the body chill out throughout the course of the day.

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

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