



## Happy Tuesday, 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 its own [email address](#) to forward ideas for content. Please correct your email.*

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**Wednesday:** [VILLAGE MOVIE GROUP WATCH - "JEFF WHO LIVES AT HOME"](#). 2-3:45

**Wednesday:** [VILLAGE MOVIE GROUP DISCUSSION](#). 4-5

**Wednesday:** [CANCELLED!! CHAMBER COUCH SHOPPING EVENT!](#) 6-8

**Thursday:** [SEX, SENIORS AND INTIMACY: FOR EVERYONE](#). 4-5:15

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The [SausalitoVillage Website](#) has up-to-date information on COVID vaccinations and tests.

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Online Chair Yoga

The Marine Mammal Center Presents


## What the 2020 Election Means for Climate Change and Our Ocean

**MODERATOR**




Carol Costello


**PANELISTS**



Gov. Jay Inslee



Rep. Karen Bass



Rep. Jared Huffman

**TUESDAY, FEBRUARY 9, 2021 AT 10:00 AM PST**

[RSVP](#)



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# Praktikos

## Deep Meditation

**Chanting > Singing Bowls >> Inner Silence**  
**Tonight 7:00 Sign-in starts 6:50 closes 7:05**  
**For more information Email: [Praktikos@outlook.com](mailto:Praktikos@outlook.com)**



Join Zoom Meeting

[https://us02web.zoom.us/j/86880784593?](https://us02web.zoom.us/j/86880784593?pwd=cTZmeGpYaEZ0alo5Ylc0eG41OXRDUT09&from=addon)

[pwd=cTZmeGpYaEZ0alo5Ylc0eG41OXRDUT09&from=addon](https://us02web.zoom.us/j/86880784593?pwd=cTZmeGpYaEZ0alo5Ylc0eG41OXRDUT09&from=addon)



Links to [video recordings](#) of past library programs can be found on the library website

## Programs for Adults

- [Joseph James and the Marinship](#), presented by Dana Whitson and Tami Bell of the Sausalito Historical Society (January 13, 2021 - 64 minutes)



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- [School Unification Update](#), presented by Superintendent Itoco Garcia of the Sausalito Marin City School District (October 5, 2020 - 82 minutes)
- [Basic Backyard Composting](#), presented by Marin Master Gardener Joan Irwin (June 11, 2020 - 60 minutes)
- [Introduction to Citrus Tree Gardening](#), presented by Marin Master Gardener Joe Jennings (May 29, 2020 - 69 minutes)
- [Organic Vegetable Gardening 101](#), presented by Marin Master Gardener Joan Irwin (May 21, 2020 - 66 minutes)
- [No Name Bar Stories](#) (May 11, 2018 - 41 minutes)
- [A Tribute to Larry Moyer](#) (February 16, 2018 - 38 minutes)
- [Phil Frank's Secret Sausalito](#) (February 5, 2016 - 49 minutes)



## Exploring Opera: The Divas

Four Thursdays, February 11-25: 1-2:30pm (PT)

“Diva” strikes excitement in some, fear in others. Regardless, an opera diva usually has an exceptional voice. Some are legendary; others almost forgotten. Join James Sokol to discover some of these great ladies. Learn about their backgrounds and experience their brilliance through performance videos. Hear

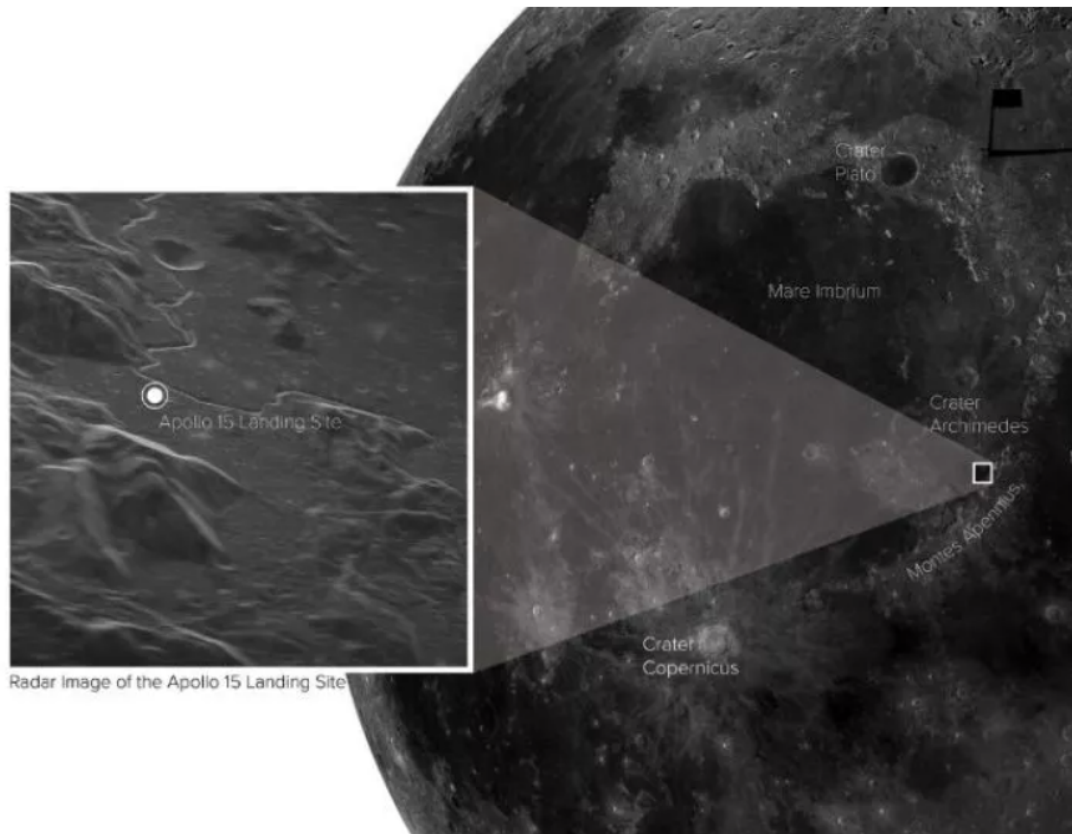
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terrific for opera newcomers and long-time fans!

Cost: \$50

[Register](#)

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## [Apollo 15 landing site is strikingly clear in image captured from Earth](#)

Scientists captured this striking image of the Apollo 15 landing site by shooting a powerful radar signal from [Earth](#) into space and bouncing it off the lunar surface.



## [Left and Right-Brain Age Differently: Alzheimer's Link](#)

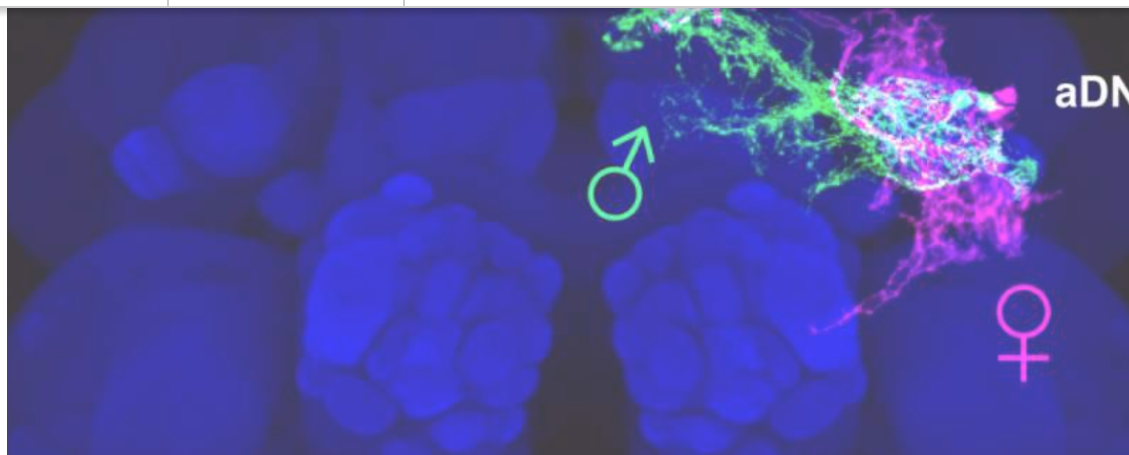
Parts of the brain decline faster from age 30, researchers at the University of Oslo find. These brain changes are accelerated in people with Alzheimer's disease.





## [Turmeric for Joint Pain and Inflammation: Does It Really Work?](#)

**The spice turmeric and its most abundant compound curcumin are both touted to treat inflammation, boost memory and ease digestion. But studies suggests one of these supplements is not like the other.**



## Males and females are programmed differently in terms of sex

Males and females not only behave differently in terms of sex, they are evolutionarily programmed to do so, according to a new study from Oxford, which found sex-specific signals affect behavior.



## Pianist Plays Beethoven, Schumann, and Grieg for Aging Elephant Rescued From Logging

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[Paul Barton](#), an artist and musician living in Thailand, who [plays piano for rescued elephants](#) and [wild macaques](#), performed passages by [Beethoven](#), [Schumann](#), and [Grieg](#) to a rescued elephant name Mongkol.



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

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