



## 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.**

Photo: Cow Family in Nicasio by Harrie Schwartz

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**Wednesday:** [LEARN ABOUT PLANNED GIVING AND LEGACY FUNDS THROUGH MCF.](#) 10-11

**Wednesday:** [VILLAGE MOVIE GROUP SHOWING - LOVING.](#) 1:45-3:45

**Wednesday:** [Village Movie Group Discussion;](#) 4-5:15

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**The [SausalitoVillage Website](#) has information on COVID vaccinations and tests.**

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Stretch and Strengthen with Rayner.

**Praktikos**  
*Deep Meditation*



*Chanting > Singing Bowls > Inner Silence*  
**Now two sessions: 5 PM & 7 PM Pacific Time**

Richard Pavek is inviting you to a Praktikos Zoom meeting.

<https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09&from=addon>

Meeting ID: 819 5576 5433

Passcode: 763692 One tap mobile

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### Next Monday

## [MONTHLY CONCERT AND SINGALONG - INCLUDING IRISH SONGS](#)

### Andy Dudnick and Janet Lynn in Concert Cocktail Hour, 4-5

### Lyrics will be shown so you can sing along!!

Vocalist Janet Lynn and pianist Andy Dudnick have performed together for more than 10 years. Their repertoire includes a healthy portion of the Great American Songbook, modern jazz, bossa novas, 60s and 70s pop and soft rock. Jan also has a special penchant for Michel LeGrand songs and the music of similar composers.

Jan and Andy perform regularly at wineries, senior residential communities, assisted living facilities, private parties, clubs, restaurants, private events.

### Songlist:

1. Green Dolphin Street
2. Green Eyes
3. Bein' Green
4. When Irish Eyes Are Smiling **SING ALONG**
5. I Only Have Eyes for You **SING ALONG**
6. Up Jumped Spring
7. How Are Things in Glocca Morra
8. Pennies From Heaven **SING ALONG**
9. Sentimental Journey. **SING ALONG**
10. It's Only a Paper Moon **SING ALONG**

13. Route 66

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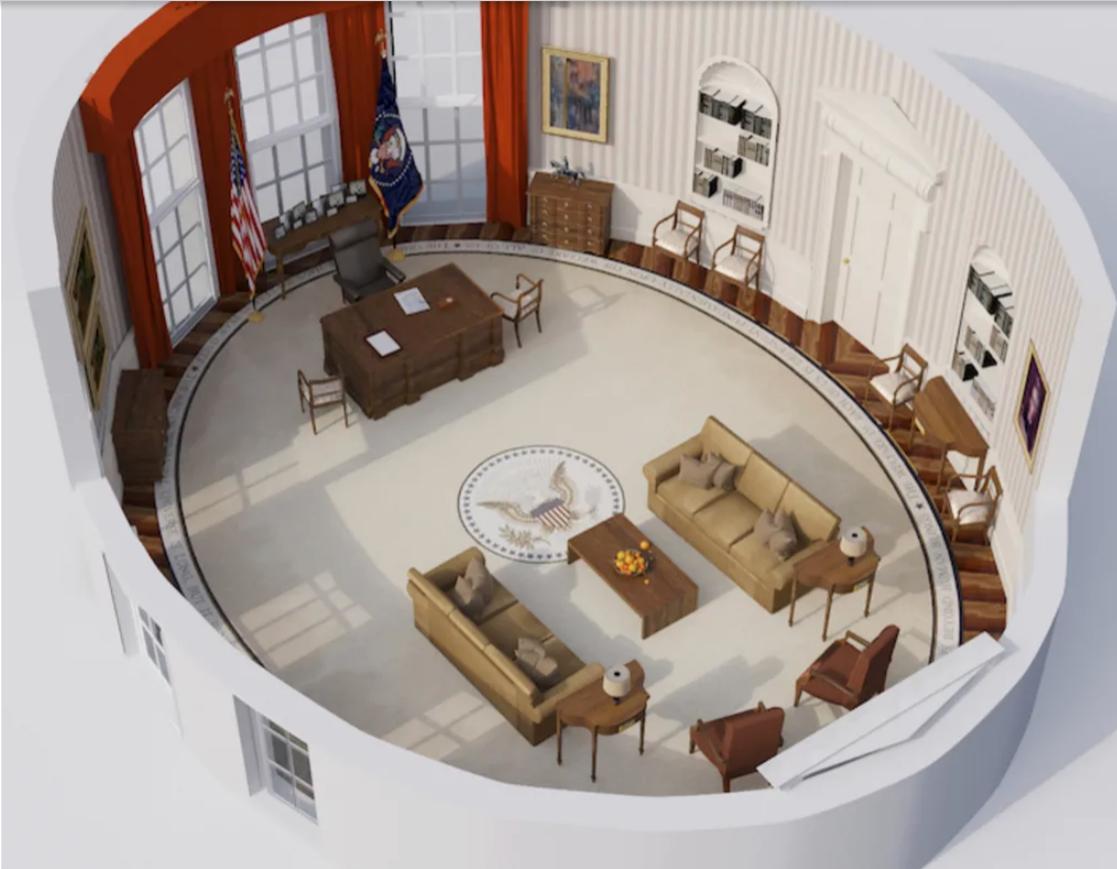
## [CDC Says It's Safe For Vaccinated People To Do These Activities](#)

The Centers for Disease Control and Prevention has issued new guidance for vaccinated people, giving the green light to resume some pre-pandemic activities and relax precautions that have been in place.

Specifically, [the new guidance says](#), people who are fully vaccinated can visit indoors with other fully vaccinated people without wearing masks or social distancing. People are considered fully vaccinated two weeks after they have gotten the second shot of the Pfizer or Moderna vaccines (or two weeks after receiving the single-dose Johnson & Johnson vaccine).

**What did our  
parents do to kill  
boredom before the  
internet?**

**I asked my 26  
brothers and  
sisters and they  
didn't know either.**



## [The Evolution of the Oval Office Decor, From 1909 to 2021](#)

What differentiates the [Oval Offices](#) of past, current, and future presidents? The decor and design choices, of course. Designed by architect [Nathan C. Wyeth](#) in 1909 for William Howard Taft, the 27th president of the United States, the Oval Office serves as the formal office space for the head of state; the room is also where presidents meet with international dignitaries and record important messages addressed to the nation. Given its prestige, it's customary for presidents to redecorate the room to better suit their personalities — changing up wallpaper, furniture, and more.



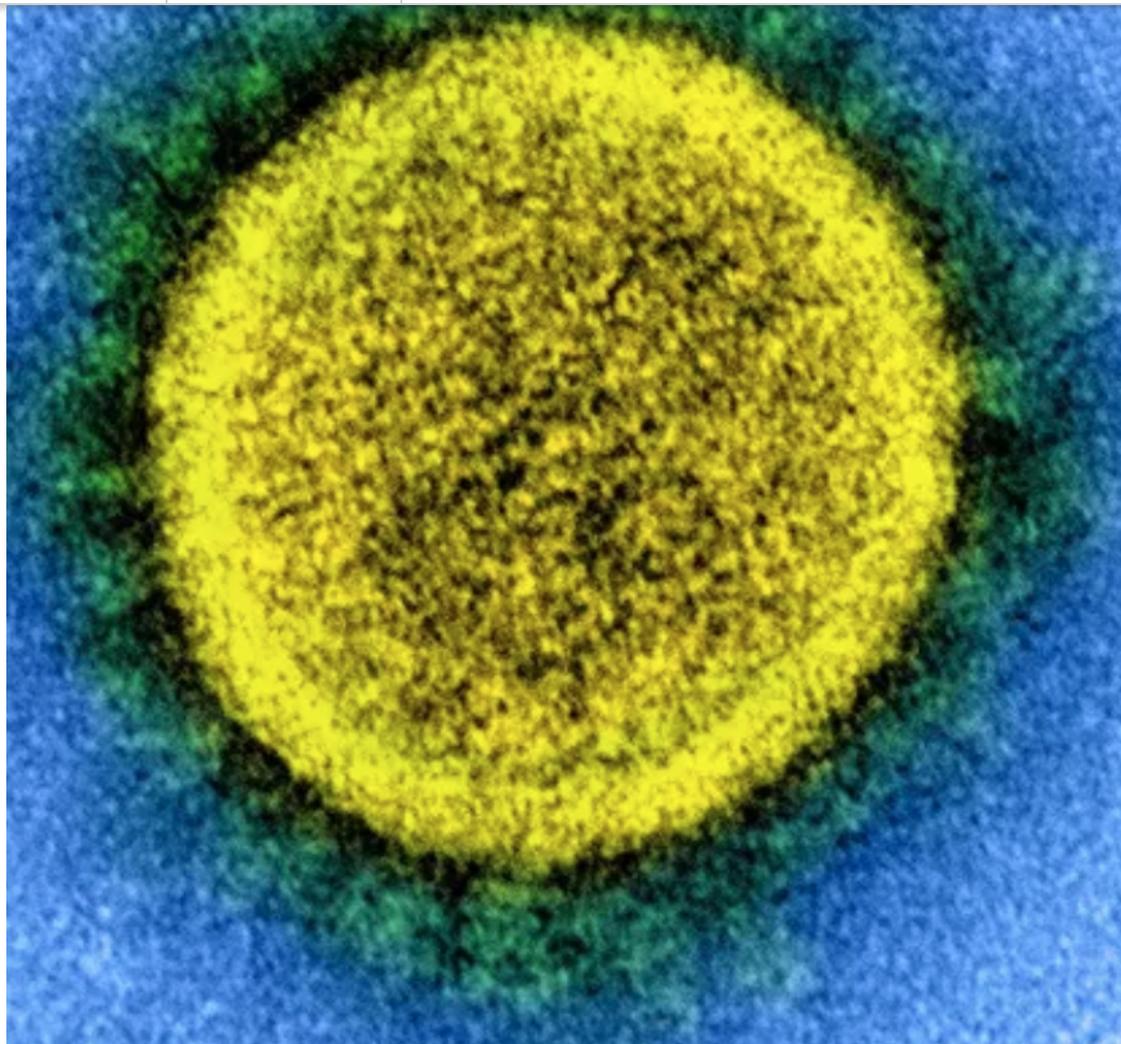
## [FDA continues investigation into dog heart damage linked to diet](#)

Since the first warnings about canine heart failure possibly associated with grain-free pet foods, scientists are still trying to figure out the cause.



## [8 Best Stretches You Can Do Before Bed for Better Sleep](#)

Stretching before bed is one of the best ways to release that built up tension and get the best night's sleep you've had in a while. Most people know to stretch before and after exercise, or in the morning to energize themselves, but there's actually a ton of reasons to stretch before bed as well. Here are eight stretches to add to your nightly routine.

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## [Why all 3 U.S. vaccines are excellent options](#)

You might wonder which Covid vaccine is the "best."

But there's no inferior choice. All the [FDA-authorized](#) vaccines (there are currently three) are outstanding options, according to infectious disease experts. Why?

We will be meeting at the pickleball courts at MLK Park again this **Wednesday at 2pm**. I will bring balls & 4 paddles for anyone, men & women, who want to play.

Harry Schwartz, Stan Hazelroth and Raynor tried to make it but circumstances including a 20mph wind blowing the ball sideways prevented them. Let's try again!

See you on the courts.

John Barbera

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

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