



## Happy Thursday, 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: Blackie's Pasture Clouds and Fog 2018 by Harrie Schwartz

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### **Local Vaccination opportunity for Sausalito Residents age 65+**

Vaccination opportunity for Sausalito residents age 65 and older is coming to Sausalito on March 19.

For older adults who have not yet had any vaccine. Also if the older adult has a younger formal or informal family caregiver, the caregiver may also be included.

Contact: [AgeFriendlySausalito@gmail.com](mailto:AgeFriendlySausalito@gmail.com) or call (415) 331-1393

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

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棚 Ward-off



捋 Roll back



挤 press



按 Push



## Tai Chi for Arthritis and Fall Prevention Virtual Spring Classes for older adults

This is a [free](#) virtual online program for Marin County Residents ages 60+.

Participants must have access to the internet and a computer or tablet with a webcam.

This easy-to-learn form of Tai Chi for Arthritis and Fall Prevention will improve movement, balance, strength, flexibility, relaxation, and overall health-related quality of life while also decreasing pain and preventing falls in older adults.

The program will take place over 16 sessions, meeting twice weekly, for one hour per session. Classes are led by Tai Chi for Health Institute Board certified community instructors from Age Friendly Sausalito, and Dominican University. Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services and Marin County Parks.

Classes meet 2 times per week for 8 weeks

March 15 – May 5

Monday/Wednesday

12:15 – 1:15 pm

Or

April 6 – May 27



Radio Sausalito broadcasts on 1610 AM in Southern Marin, simulcast on Marin

County Cable TV 26(SAP), 27 and 30, and [streaming live online!](#)

Radio Sausalito is Southern Marin's only community radio station with foot stomping' jazz and local information – 24 hours a day. Tune in anytime to hear tasteful jazz and local programming commercial free. *"We're proud to continue our 20 year history of providing great radio"*, said Jonathan Westerling, Founder and President. Radio Sausalito serves the residents, merchants and visitors of Sausalito by creating a seamless local broadcast system which promotes local events, produces local programming, and broadcasts jazz to the community. Have a listen..... Radio Sausalito is a nonprofit organization and relies on donations to continue operating. [www.radiosausalito.org](http://www.radiosausalito.org)



**THURSDAY, MARCH 11, 2021 AT 4 PM PST – 5:30 PM PST**  
[Virtual Guided Tour of Cartagena Colombia](#)

Travel to South America to one of Colombia’s most popular destinations!

Travel to South America to one of Colombia’s most popular destinations! Our virtual guides will take us on a historic and modern tour of this port city

Take a virtual time machine back to the 16th Century as we explore the walled city of Old Town, aligned with squares, cobblestone streets and colorful colonial buildings. Including stops at Castillo de San Felipe, the Rosario Islands, Plaza de Las Bóvedas, the Volcano de Lodo El Totumo and much more!



[Opera 101: The Tales of Hoffmann with William Berger](#)

HALO recently also launched "Devouring Opera From Soup To Nuts with Will Berger."

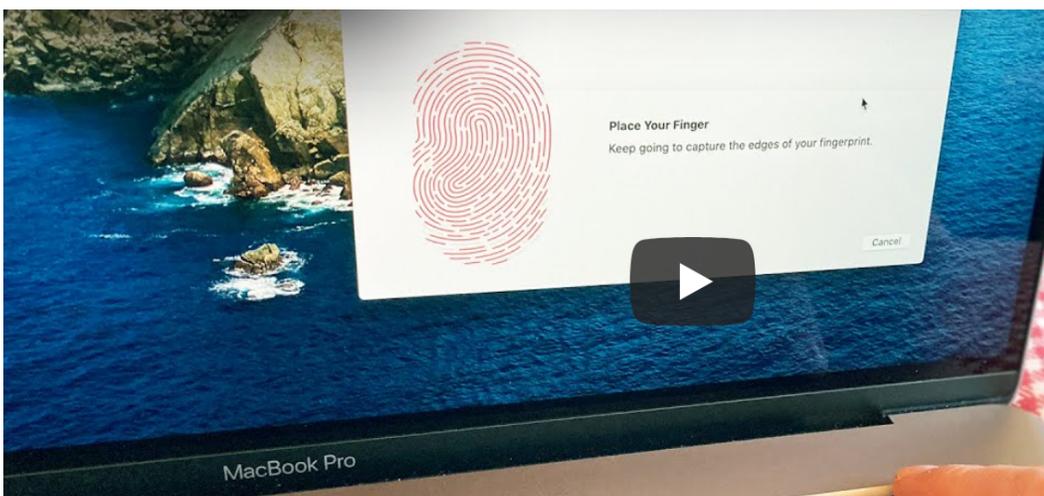
next four weeks.

### Classes are every Tuesday at 2pm Eastern

Zoom link: <https://zoom.us/j/3568835048>



Size comparison between Australia and the United States



## [know right now](#)

We'll show you tools and techniques to level up your Mac knowledge. Here's how to get started.

### A little humor

My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it."

I thought the dryer made my clothes shrink. Turns out it was the refrigerator.

I thought growing old would take longer.

Camping: where you spend a small fortune to live like a homeless person.

Just once, I want a username and password prompt to say: "close enough."



## [France Puts Its Historic Bayeux Tapestry Online for Virtual Viewing](#)

See every single thread in new detail — from home.

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**WE are A  
COMMUNity**

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

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