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Happy St. Patrick's Day, 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 <u>email address</u> to forward ideas for content.

Please correct your email.

Photo: Great Blue Heron Fishing by Ingrid Kreis



Wednesday: <u>BENEFITS OF VITAMIN D - SENIORS AT HOME PROGRAM</u>.

12:30-1:30

Wednesday: PICKLEBALL AT MLK COURTS - COME LEARN AND PLAY!

2:15-3:15

Wednesday: CLOSED ST. PADDY'S DAY DINNER FROM SAYLORS

DELIVERED. 5:15-6:15

Thursday: ESTATE PLANNING AND WEALTH TRANSFER - MARIN

MAGAZINE EVENT. 11-12

The <u>SausalitoVillage Website</u> has the most up-to-date information on COVID, including where to sign up for vaccinations.

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Free this afternoon?

Pickleball is here!

Come learn how to play this active court sport that is easier than tennis or racquetball on your joints and perfect for active seniors.

John Barbera is bringing extra paddles and balls along with his instructional skills.

This is sure to be a fun way to get back outside.

Wear comfortable exercise clothes and tennis-like sneakers.

Every Wednesday at 2:15pm.

RSVP directly to John your first time: jbcommunication@gmail.com

Where are the pickleball courts? Near the basketball courts at Coloma and Olima Streets.



ST. PATRICK'S DAY 2021

WHO WAS ST. PATRICK? WHY DO WE CELEBRATE ST. PATRICK'S DAY?



Meeting the Multigenerational Moment

The United States began the 20th century as one of the most age-integrated societies in the world and ended it as one of the most age-segregated. This restructuring has left the country ill-prepared for a world with more Americans living longer lives and more generations living at the same time. It has also yielded a range of social problems, including wasted human resources,

COVID-19 pandemic.



Songs & Stories: Argentinian Ardor

Wed, March 17: 1-2pm (PT)
Free with Advance Registration

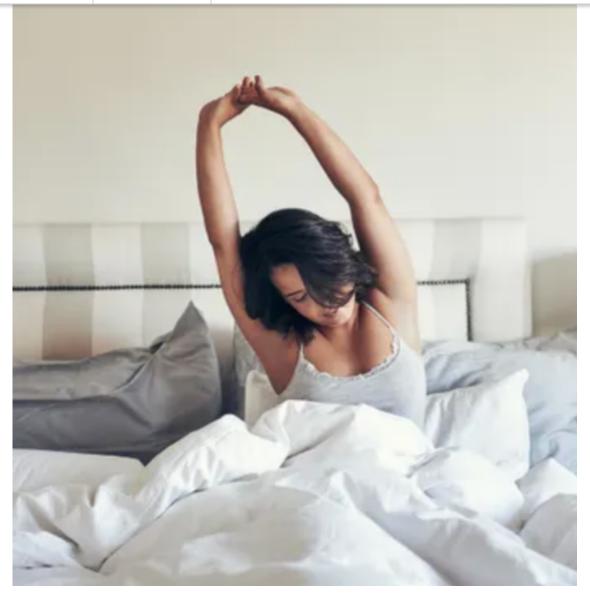
Take a front-row seat at your computer and join songstress & storyteller Gilda Solve for a delightful, live musical journey to explore tango composer Astor Piazzola & the music one of the most influential Argentinian singers of all time, Mercedes Sosa.

<u>Tlckets and Details</u> (through Osher Marin JCC) Subscribe Past Issues

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7 Things You Should Do In The Morning If You Want More Energy

If you roll out of bed feeling tired, add these habits to your a.m. routine to boost your alertness for the rest of the day.



PHOTOGRAPHER DUO CREATES FUN CONCEPTUAL PHOTOS WITH SUPERSIMPLE PROPS

We shared with you <u>some photos</u> by <u>Daniel Rueda</u> and <u>Anna Devis</u> before. The Spanish photographer duo is fun, playful, and creative, and so is their work. While they often combine architecture with portrait photography, this series is a tiny bit different. Using nothing but some simple props, Anna and Daniel create conceptual photos to make you look twice and put a smile on your face.

We first shared Anna's and Daniel's work in 2017 (boy, does the time fly). Even though both of them are architects, they are also passionate about illustration and photography. As a matter of fact, Anna has a master's degree in Design and Illustration, and Daniel works as an architecture photographer. Today, they

When the pandemic began, the duo shared their course <u>Creative Photography</u> for Social Media for free. In this course, I learned a bit about their thought process and how they get from an idea to the final result. I was amazed to see that they mainly use simple things to set the scene, often nothing but cardboard or paper!



The 28 Most Beautiful Abandoned Places in the World

Learn the haunting backstories.



For information about events, emergency preparedness, and COVID resources, visit the continuously updated Sausalito Village website.

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