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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: Fog 'n Boats by Ingrid Kreis

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Wednesday: [PICKLEBALL AT MLK COURTS - COME LEARN AND PLAY!.](#)

2:15-3:15

Wednesday: [SCHOOL UNIFICATION UPDATE.](#) 7-8:30

Thursday: [HOSPICE AND PALLIATIVE CARE 101 HOSTED BY SENIORS AT HOME.](#) 2-3

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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 invites you to join one of these Praktikos Sessions.

[https://us02web.zoom.us/j/81955765433?](https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)

[pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09](https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)

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eat more art

poetry on a plate

NEW YORK STYLE BAGELS

Warm, toasted, freshly baked **New York Style Bagels** with a good smear of cream cheese and a cup of hot coffee in the morning sets the tone for kickstarting an awesome day!

Check out other ideas on [eat more art](#).



NASA/JPL-Caltech

Thursday, April 8, at 7:00 pm PT

NightSchool: Missions to Mars

Tune into *NightSchool* on April 8 to embark on a fascinating voyage to one of this year's hottest planets: Mars! With multiple countries sending spacecraft to the Red Planet this year, we'll take a look at missions past and future, their breakthroughs and challenges, and what we hope to find when we get there.

[Save the Date!](#)

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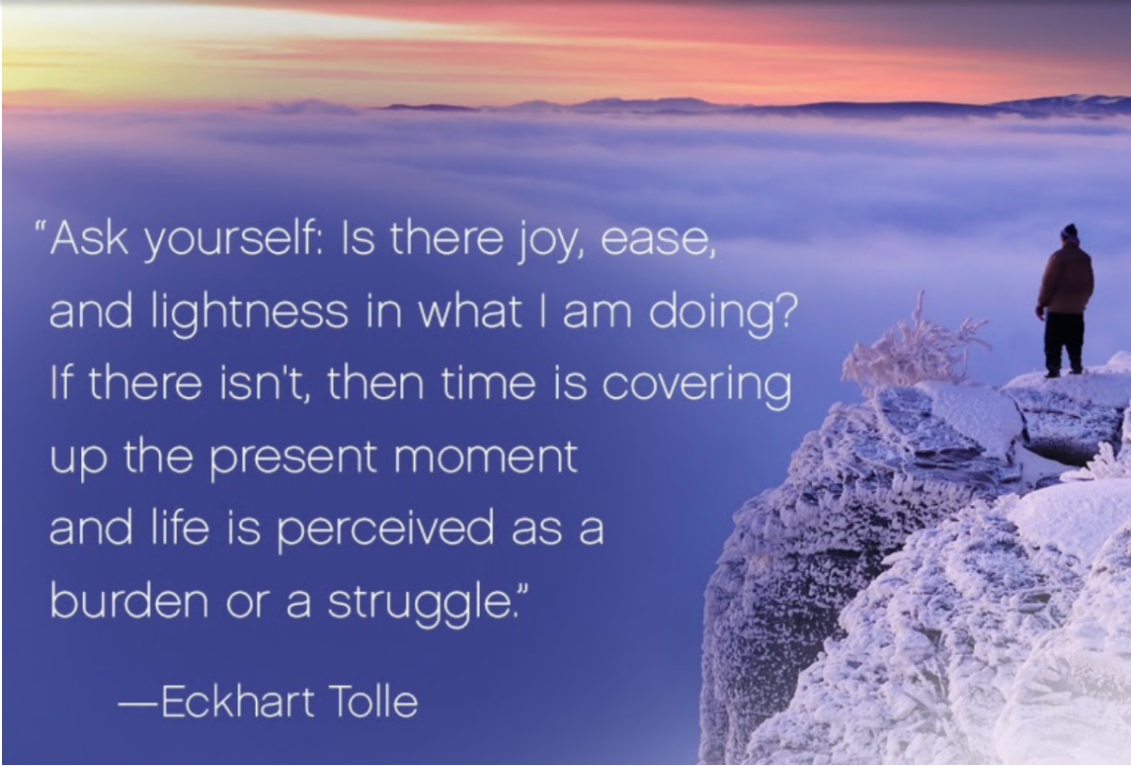
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7 Sleep Myths — Busted

Hitting the hay at the end of a long day should be something we look forward to. Yet for many of us, sleep is full of stress and anxiety. *What if I can't get to sleep? How will I function if I don't get 8 hours rest? Are siestas actually a good idea?*

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“Ask yourself: Is there joy, ease,
and lightness in what I am doing?
If there isn't, then time is covering
up the present moment
and life is perceived as a
burden or a struggle.”

—Eckhart Tolle

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WORLD Affairs

APR 5 AT 8 AM PDT – APR 11 AT 7 PM PDT
[73rd Conference on World Affairs](#)

Free · Online Event

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MANY HANDS MAKE LIGHT WORK

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

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