

Happy Monday, 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.

Photo by John Oppenheimer

Note: The Tips now has its own [email address](#) to forward ideas for content.



WHAT'S HAPPENING

Monday: [Stretch and Strengthen with Rayner](#): 11-12

Wednesday: [Movie Group](#). 2-3:45

Wednesday: [PICKLEBALL AT MLK COURTS - COME LEARN AND PLAY!](#).
2:15-3:15

Wednesday: [VILLAGE MOVIE GROUP DISCUSSION](#) - BIGGEST LITTLE
FARM. 4-5

Thursday: [STRATEGIES FOR CAREGIVERS AND CARE RECEIVERS -
HOSTED BY VILLAGE MOVEMENT CA.](#) 10-11

Friday: [BE RED CROSS READY PRESENTATION](#).4-5



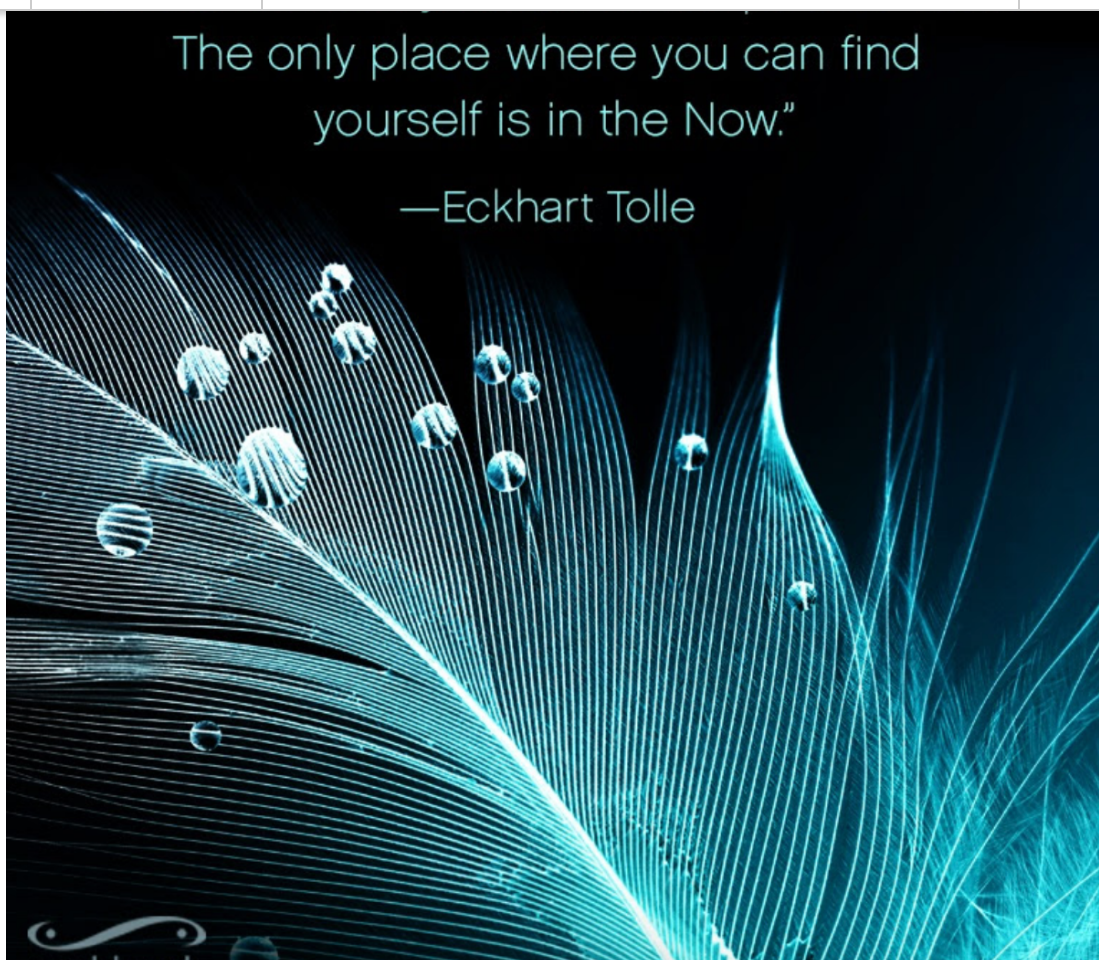
NPR LIFEKIT

Our Emotional Relationships With Money

Money isn't just about numbers. It's about emotions, too. Tiffany 'The Budgetnista' Aliche's new book unpacks the relationships we all have with finances so you can make the most of your cash.

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This month's movie available for viewing via Zoom @ 2 on Wednesday. [Sign up here.](#)



April is Drug Take-Back Month in Marin

Safe disposal saves lives. The 2019 National Survey on Drug Use and Health showed that a majority of misused prescription opioid medications were obtained from family and friends in some way – usually given to them or taken without asking. Medicines that languish and are left in unlocked locations are highly susceptible to diversion and misuse.

April's Drug Take-Back Month is a perfect chance to deposit unused and unwanted medications into one of 24 receptacles located around the county, or take advantage of a mail-back option that is also available. [Read the news release to learn more.](#)

IMPORTANT: Closest drop off is CVS in Marin City. Mail in option is also available.



FIDGETERS, REJOICE: WHY THE VICE IS ACTUALLY GOOD FOR THE BRAIN

One unpopular vice is actually helpful for concentration, scientists say.

WHEN I WAS A KID, I had a problem with falling out of my chair. This was problematic because, at my elementary school, the chairs were connected to the desks. An especially salient memory comes from second grade, when I managed to topple the whole apparatus in a moment of fidgeting, landing on my *Hunchback of Notre Dame* backpack.

My mom, an elementary school teacher, proposed a solution: We'd move my desk to the back of the class, where I could stand while I work. No more falling. Instead, I could finish my work and swivel myself around until the next task.



What Is Planck's Constant, and Why Does the Universe Depend on It?

Planck's constant was devised in 1900 by German physicist Dr. Max Planck, who would win the 1918 Nobel Prize for his work. The constant is a crucial part of quantum mechanics, the branch of physics dealing with the tiny particles that make up matter and the forces involved in their interactions. LIBRARY OF CONGRESS



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MANY HANDS MAKE LIGHT WORK

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emergency preparedness, and COVID
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