



## 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: Muir Woods Tree by Ingrid Kreis

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*content.*



Tuesday: [NEW REAL ESTATE OPPORTUNITIES FOR OLDER HOMEOWNERS HOSTED BY ASHBY VILLAGE.](#) 11-12

Tuesday: [Book Group.](#) 4-5

Wednesday: [SV EMERGENCY PREPAREDNESS PRESENTS: LIFE SAVING PROGRAMS IN SAUSALITO.](#) 10-12

Wednesday: [WHAT IS A COMMUNITY LAND TRUST? HOSTED BY MARIN CITY LIBRARY.](#) 7-8

Thursday: [BECOMING AN ENTREPRENEUR LATER IN LIFE - SPEAKER THROUGH SENIORS AT HOME.](#) 2-3

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Stretch & Strengthen with Rayner

# Praktikos

## *Deep Meditation*

*Chanting > Singing Bowls > Inner Silence*

**Now two sessions: 5 PM & 7 PM Pacific Time**

A photograph of several brass singing bowls of different sizes arranged on a wooden surface. Some bowls are empty, while others contain small amounts of water or beads.

[https://us02web.zoom.us/j/81955765433?](https://us02web.zoom.us/j/81955765433?pwd=NVNYRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)

[pwd=NVNYRkZJRkZ3aUFwQkpRYjZmdU5Ddz09](https://us02web.zoom.us/j/81955765433?pwd=NVNYRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)

Meeting ID: 819 5576 5433

Passcode: 763692



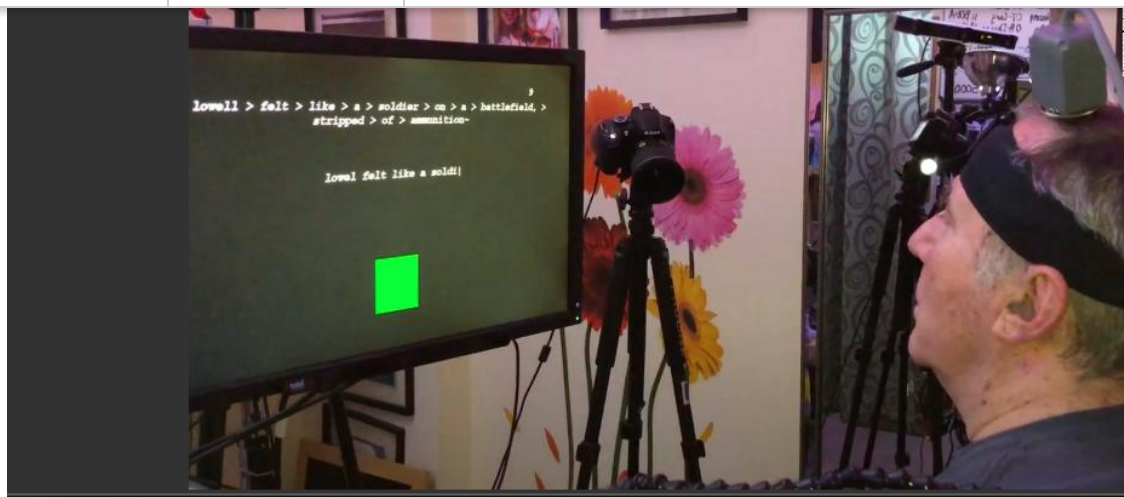
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## Cheat Sheet: Critical Fire-smart Steps

### Step 1: Know your evacuation route.

Keep it cleared of vegetation so fire fighters can gain access in the event of an emergency.

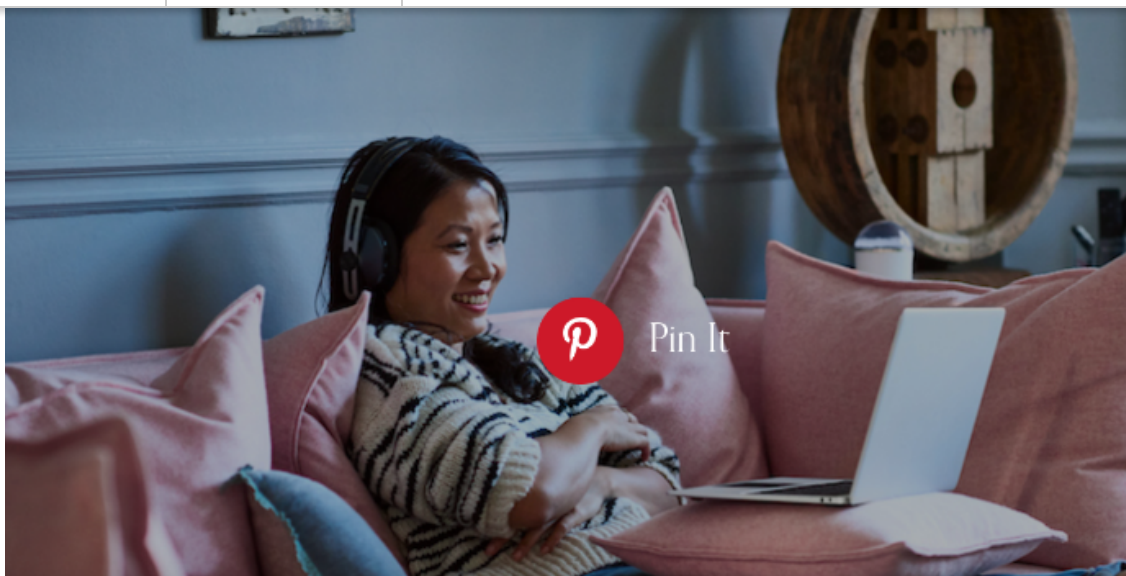




Have you ever heard of "mindwriting?" It's a term used by scientists for a very specific skill that could spell hope for millions of people who have lost mobility or the ability to communicate.

A man paralyzed from the neck down for almost a decade recently completed an amazing feat of "mindwriting," and used his brain to compose whole sentences in real-time. Scientists implanted two tiny sensors into his brain, and then asked him to imagine holding a pen and paper and then try to write. As he visualized it, an algorithm then decoded the motion for each letter, translating it into text which appeared on a computer screen. Eventually, he was able to communicate at the same rate, or faster, than someone texting.

The innovation could one day allow people with paralysis to rapidly type without using their hands, and researchers are hoping it will only take a few years to become widely available.



## [Curiosity Is Key for Keeping Your Memory in Top Shape as You Age—Here Are 4 Exercises That Are Better Than Brain Games](#)

When it comes to brain health, we know a *ton* of different components can influence our capacity for lasting memory and cognition. [Staying hydrated](#), practicing yoga, and [even doing household chores](#) can all help keep our brains in tip-top shape as we age. But one of the best exercises for the brain, according to experts? Experiencing new things.

“The enemy of neuroplasticity is status quo thinking, or going on auto-pilot,” says [Jennifer Zientz](#), MS, CCC/SLP, head of clinical services at [Center for BrainHealth](#) at the University of Texas at Dallas. “Cultivating curiosity and being an active participant in life keeps neuroplasticity going.”





## Humans Could Develop a Sixth Sense, Scientists Say

This skill will help you “see” in the dark.

- *Scientists in Japan have proven that humans may have a sixth sense: [echolocation](#).*
- *Fifteen participants used tablets to generate [sound waves](#), just like bats, to figure out if a 3D cylinder was rotating or standing still.*
- *The results show that humans are better at recognizing moving objects than idle ones.*



## How Much Income You Need To Be Considered Rich In Every State In America

It's not how much you make, it's how much you keep. Unless, of course, you're talking about this list of how much income you need to make to be considered rich in every state in America.



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



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