



Happy Friday, Villagers

And welcome to the our weekly newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays.

[email address](#)



Friday: [JAZZ AND BLUES BY THE BAY TABLE MEMBERS/VOLUNTEERS ONLY](#). 6:30-8

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

Tuesday: [IN PERSON! BOOKS BY THE BAY SV EVENT - SUMMER](#)

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

Friday: [JAZZ AND BLUES BY THE BAY TABLE MEMBERS/VOLUNTEERS ONLY](#). 6:30-8



Stretch & Strengthen with Rayner

Praktikos
 Deepen your Meditation



Tibetan Bowls > Universal Chants >> Silence
Tuesday, 5 PM & 7 PM, Pacific
 Ask for instructions before joining: Praktikos@outlook.com

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CARSS IS BACK!!

Call A Ride for Sausalito Seniors
FREE rides around town - sign up now!

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program that is managed by Sausalito Village, with one goal in mind - keeping our residents connected to the community as they age.

Sign up today to be a Rider or Driver!

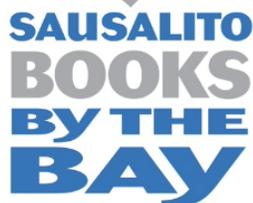
415-944-5474 OR www.carss4you.org

- Free rides around Sausalito, Floating Homes, Gateway Shopping Center, Manzanita and Cavallo Point (no on/off the highway)
- Rides provided by vetted volunteers in their own cars
- Rides available Monday - Friday between 10am-2pm
- Masks and proof of vaccination are required

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**SAUSALITO
BOOKS
BY THE
BAY**



The Best Books for Summer Reading

Exclusive Sausalito Village Event
with Cheryl Popp

Tuesday, July 13th
4 PM

100 Bay Street

Join us for wine & reading recommendations!

10% discount for Sausalito Village Members

415.887.9967 staff@sausalitobooksbythebay.com

Enjoy the ambiance of the Books by the Bay bookstore
Along with sipping some wine and
Listening to the

Summer Reading Picks of
Cheryl Popp and her staff!



Tiger Lily by Ingrid Kreis





Healthy aging

Vivalon Launches New Healthy Aging Program

VITALITY@VIVALON, Thursdays 10 a.m.–12 p.m., starts July 22, 2021

Vivalon, a San Rafael-based nonprofit that promotes the independence, well-being and quality of life for older adults and people living with disabilities, is pleased to announce the launch of Vitality@Vivalon. The new eight-week healthy aging program is offered free of charge and is designed to give participants a baseline assessment of their current health, then provide information, tools, and support to encourage a shift toward new habits that can improve overall health and promote healthy aging.

Vitality@Vivalon consists of eight weekly interactive group sessions facilitated by qualified healthy aging educators. Various health topics will be discussed in a supportive environment designed to engage and educate participants. A personal consultation with deeper insights and advice will be available to all participants. Vivalon's new healthy aging program will also provide check-in visits for participants at three and six months following the completion of the group sessions.

To register, call (415) 456-9062, or for more information, contact JennMangosong-Shankleatjmangosong@vivalon.org.



[A CAVE NESTLED IN THE RUSSIAN MOUNTAINS COULD SOLVE AN ANCIENT HUMAN MYSTERY](#)

A study of Denisovans helps us better understand what makes us “human.”



[Planting trees "doesn't make any sense" in the fight against climate change say experts](#)

While trees capture huge amounts of carbon, they need to remain growing for a long time to be effective carbon stores, experts say.



[Survival of the Richest](#) **The wealthy are plotting to leave us behind**

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was by far the largest fee I had ever been offered for a talk — about half my annual professor’s salary — all to deliver some insight on the subject of “the future of technology.”



For information about our programs, events, emergency preparedness, COVID resources, archived copies of Daily Tips, and weekly newsletters, visit the continuously updated Sausalito Village [website](#).

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