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## Sausalito Village message

1 message

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**Sausalito Village** <info@sausalitovillage.org>  
Reply-To: Sausalito Village <info@sausalitovillage.org>  
To: Patricia <triciasmith58@gmail.com>

Mon, Apr 1, 2019 at 5:14 AM

View this email in your browser



*Photo By: John Oppenheimer*  
[Submit Your Photo For Inclusion In A Future Newsletter](#)

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**COMING SOON**



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## **PRIVATE TOUR FOR MEMBERS AND VOLUNTEERS**

Residents of the floating home communities at the north end of Sausalito are an integral part of Sausalito Village. Many of our Village members reside on these unique and lovely docks and several helped to get SV up and running 10 years ago.

Because of this close relationship, Sausalito Village members and volunteers have happily volunteered for the annual past public Floating Home Tours.. It is always a fun way to be of service, meet new people and feel a part of the beautiful communities. It takes nearly 200 volunteers to successfully put on the one day tour and Sausalito Village has always been there to help.

As a gift of thanks, the Floating Home Association is offering our Village members and volunteers (this is an event open to members and volunteers only) a private tour of four homes. The event will take place on Thursday, May 16th from 10:30 to noon. It is open to the first 40 people who sign up and pay the fee of \$10. (The regular fee for this type of tour is \$60 per person or \$1500 for a group of 40). The \$10 fee will go towards transportation costs of future SV trips.

Although parking is tight in the dock parking lot, CARSS will be running and free rides will be available!

Lucky participants will be divided up into groups of 10 and rotate through the four homes led by docents that will provide history and interesting tales. Don't miss out on this special opportunity!

Click here to RSVP: [https://sausalito.helpfulvillage.com/events/1712-special-event-for-members-and-volunteers-only\\_-\\_private-tour-of-floating-homes](https://sausalito.helpfulvillage.com/events/1712-special-event-for-members-and-volunteers-only_-_private-tour-of-floating-homes)



## A DELICIOUS DINNER...WITHOUT THE MESS SV SUPPER CLUBS

Sausalito Village has added a second Supper Club each month, providing affordable all-inclusive dinners for seniors in Sausalito that can be shared in a communal atmosphere. Special thanks to the Sausalito Presbyterian Church and St. Mary's Star of the Sea for opening their halls and kitchens for these non-denominational lively events. At the price of \$15 per meal, this is not a fundraiser, but rather a 'friend'raiser!

The meals at the Presbyterian Church are prepared by Chef Joey and generally happen on the fourth Wednesday of the month. The meals at the Star of the Sea Church are prepared by ITK Catering and happen on the second Tuesday of the month starting in May. Both begin at 5pm and require that you sign up ahead of time.

Please check the event calendar at [www.sausalitovillage.org](http://www.sausalitovillage.org) for more information and to RSVP and pay online. If you do not have a computer, contact the Village at 415-332-3325.



**SPRING HAS SPRUNG  
LET'S GET OUTSIDE!**

SV Advisor Board member Jackie Kudler has been leading hikes for Sausalito Village for nearly one year. These are not just 'walks in the park', but rather, a good moderate exercise that requires balance and a moderate fitness level. It is a wonderful way to commune with nature, meet new friends and breathe the fresh air of Marin.

Hikes are generally the last Tuesday of the month. The April 22nd hike that Jackie has chosen is one of her favorites - starting at Pantoll Station and taking a high 6.3 mile loop to view the birds, Bay and wildflowers. More information here: <https://sausalito.helpfulvillage.com/events/new>

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## WE WANT TO KNOW . . .



We're excited to add this new feature to our Newsletter. Each month, we will be asking a new question. Topics will be varied and we hope you'll join in the discussion.

### **What Are Your Biggest Concerns About Growing Older?**

[Email Us](#) to chime in. Please note that unless you specify otherwise, your name and comments may be shared in a future Newsletter. We are looking forward to hearing from you!

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## INTERESTING ARTICLES



Below are some articles that our volunteers and members thought you'd find interesting. Click through to read the entire article. Read something that other Sausalito Village members might like to read? [Email us](#) and your submission may be included in a future Newsletter.

Do you know that falls are the leading cause of fatal and nonfatal injuries among older adults? More than a quarter of individuals age 65 and older fall each year, and falling once doubles their chances of falling again. [This article](#) from the NY Times has some easy and effective to minimize your risk for falling. *Submitted by: Joyce Alexander*

How To Start Carving Out Your Unique Legacy [This Baby Boomers article](#) reminds us that a legacy doesn't just have to happen to you. You have choices.

[Medical News Today](#) says we can boost our memory using these five tips.

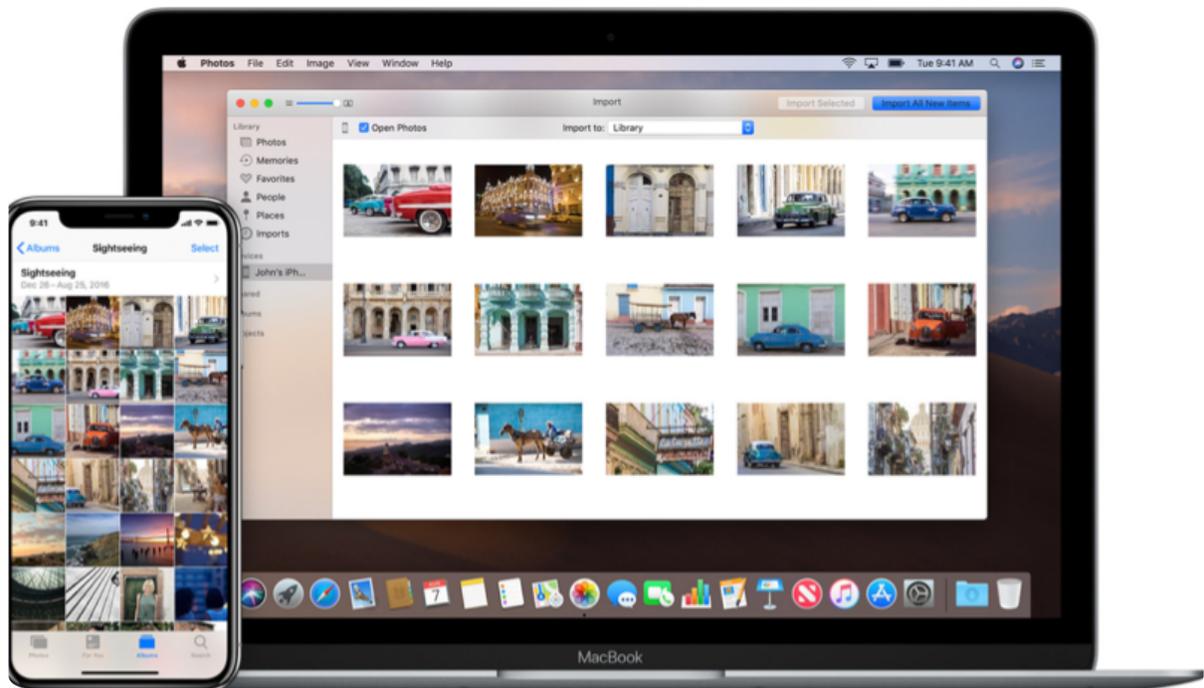
[The Relative Value of \\$100](#) which US states offer the biggest bang for your buck? (Hint: It isn't California)

Boomer Cafe published [this article](#) about unhappiness in retirement. "This is a beautiful prison."

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## GOING ON AROUND TOWN

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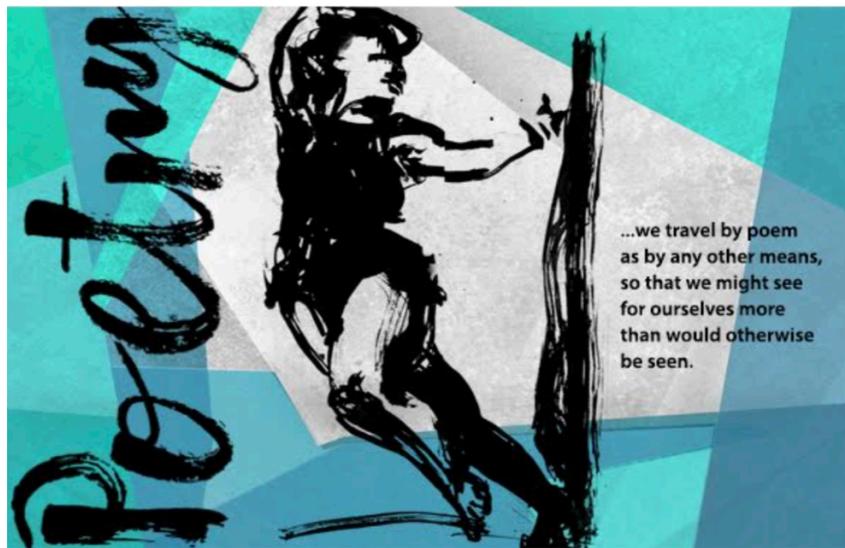


## The Secret is out... If you have an Apple device, check this out

The buzz in the Village is that the Sausalito Library Mobile Device Classes are fabulous! Each workshop has a different topic and is led by the very qualified Jon Hartman. Jon is a computer consultant specializing in Apple devices who also teaches classes at the libraries in Mill Valley and Tiburon. Several of our members go to multiple classes at the different libraries - he is that good! No RSVP is necessary but of course bring your Apple device.

The April class will be held on April 25th at 10:30am in the Edgewater Room (downstairs in City Hall) and the topic will be "Getting Started With Your Mac". This introductory class is designed to get you comfortable with the current Mac operating system, macOS 10.14 Mojave. You will learn about basic setup and customizations, and familiarize yourself with the interface. Jon will touch on the basics of System Preferences, Safari, Mail, Time Machine, and file management.

Check the Sausalito Library calendar of events for all of the wonderful classes and events offered. Click here for the link: <https://www.sausalitolibrary.org/Home/Components/Calendar/Event/6262/665?curm=4&cury=2019>



## AN EVENING OF POETRY WEDNESDAY, APRIL 17

The Sausalito Library and the Sausalito Woman's Club invite you to an Evening of Poetry on Wednesday, April 17, from 6:30 p.m. to 9:00 p.m., at the Woman's Club.

This special gathering will celebrate some of the outstanding poetry of today. Hear readings from entrepreneurs, teachers, clergy, community leaders, along with special guest appearances by award-winning SLAM poets from local high schools — brave new voices bringing the noise from the margins to the core. Free admission. No-host bar.

Parking is available at Christ Church, or make reservation with a Call a Ride for Sausalito Seniors (CARSS) before April 15: 415.944.5474.

**April 17, 6:30 - 9:30 pm**  
**Sausalito Woman's Club**  
**120 Central Avenue, Sausalito**

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# CARSS CELEBRATES 4 YEARS and MILES OF SMILES!

CARSS (Call A Ride for Sausalito Seniors) is happy to report that May 2019 marks the 4th anniversary of this very successful City of Sausalito Age Friendly program managed by Sausalito Village!

Each month an average of 170 door to door rides are provided to Sausalito seniors to keep them engaged in our wonderful community. Rides happen during the hours that allow for lunch with friends, a cup of coffee at a local cafe, a trip to the hair or nail salon or a walk along the waterfront.

There are several important ingredients to the success of this program that include first and foremost the VOLUNTEERS!

CARSS Volunteer Drivers are undeniably the best. We have retired attorneys, school administrators, accountants, and more - all with one common goal - to make a difference in someone's life. Most of our drivers have been with CARSS since day one, they are an incredibly dedicated group. All of our drivers volunteer to drive a minimum of one shift for CARSS per month, although many drive more. The miles of smiles of our riders is priceless.

If you would like to join the CARSS team of volunteer drivers, contact the Program Manager at 415-944-5474 or email [infocarss4you@gmail.com](mailto:infocarss4you@gmail.com).





We love pictures of our members at events and around town.  
Have pictures to share? [Email Us!](#)

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**CELEBRATING YOUR SPECIAL DAY**



**Happy Birthday To You!!**

Annie Antler  
Bill Broder  
Marilyn Burns  
Andy Egler  
Linda Jaeger  
Charles Kaufman  
Connie Latch

Deborah Phelan  
Colette Pratt  
Joan Saxton  
Martin Terplan  
Peter Wardle  
Jennie Wasser



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**FCR**

**FIRST CALIFORNIA REALTY, INC.**

Special Thanks to Sherrie Faber and First California Realty for printing and mailing this newsletter to

Sausalito Village members who cannot receive email. If you would like to discuss your real estate needs,  
Sherrie can be reached at 415.331.6100

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Sausalito, California 94966

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