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Photo By: Christine Darling

COMING SOON



The Story Behind the Building of Waldo Grade **Join us for this informative talk**

Sausalito resident, Mike Moyle, has perfected the art of putting together an engaging presentation combining his passion for history and specifically, Sausalito history, and research. Mike's latest jewel has to do with the building of Waldo Grade.

Waldo Grade is a 3.6 mile passage that runs from the Golden Gate Bridge to Waldo Point at the north end of Sausalito. Think of the excavation required to go through the hills! But, all of this was necessary once the bridge was built to tie Marin to San Francisco.

Mike's presentation will cover all of this - don't miss it! And, if you need a ride (because parking has become difficult at City Hall), call CARSS at least a day ahead at 415-944-5474.

WHEN: June 11, 10:30am

WHERE: Edgewater Room, Downstairs in City Hall



**Do you qualify for this PGE discount?
You might be surprised...**

The PG&E Medical Baseline Program allows discounts for households who have higher monthly bills because of medical conditions requiring increased electricity. Eligibility is NOT based on income and if one person in the household has the medical condition, the entire household receives the lower cost.

Here are some examples of what is included:

- Motorized wheelchairs
- Nebulizers
- IPPB or CPAP machines
- Respirators
- Equipment for other conditions including those requiring special heating or cooling

To check your eligibility, click [here](#).

IPHONE TIP OF THE DAY

CONFERENCE CALLS ARE A SNAP

Did you know you can make a conference call on your iPhone and.... it is easy? In fact, you can make the call from your iPhone to any other type of phone including a landline.

Here are the simple steps:

1. Start by making a normal phone call and wait for the party to answer
2. Tap 'Add Call' (which shows up on your phone when they answer), then call the second person (first person will be on hold during this)
3. Once the second person answers, tap 'Merge Calls' which will show up on your screen
4. Repeat steps 2 and 3 to add more people
5. Hang up to end the call

That's it!! Give it a try!

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.

Healthy Living at Any Age - this older article from HealthNet Pulse offers suggestions for physical fitness and mental wellness.

Better Sex - Help Guide offers tips for having a healthy sex life as we age

Video Games? - Science Daily indicates that older adults may want to consider playing video games to help stay sharp.

Aging In Place - this informative article from Senior Living discusses aging in place - what is it, what to expect.

VOLUNTEERS NEEDED



Floating Homes Tours in September Volunteer and SV Directly Benefits! Sign up now

After taking a one year hiatus, the Floating Homes Association will once again be offering tours of several floating homes on September 14, 2019.

Sausalito Village receives a very generous donation every year from the Floating Homes Association because of the number of members, volunteers and friends from SV who volunteer to help on the day of the tour.

Now, we need your help! Please sign up (and get your friends to sign up too) to volunteer for the 2019 tour on September 14th. It is not only fun and directly benefits Sausalito Village but you also receive a free ticket to the tour. It is a win-win!

IMPORTANT: We want to make sure Sausalito Village gets credit for your volunteer hours!! The Floating Homes Association will keep track of every volunteer who comes to them because of Sausalito Village - whether they are Village members, volunteers or friends. **When you sign up or have a friend sign up, be sure to put SV after the last name so we know you are coming from Sausalito Village.**

It is easy to sign up online and look at the different volunteer jobs by clicking [here](#).

Thanks so very much for your volunteer time!



AGE FRIENDLY MLK PARK

The Age Friendly Features in MLK Park are taking shape now that the winter rains have (almost) subsided.

The circular cement pad which is the platform for the AGE FRIENDLY FITNESS ZONE is in place, and the WALKING PATH surrounding the whole park has been laid out and surfaced. Soon the PICKLEBALL COURTS will come into being, and the whole park will be coming alive.

VOLUNTEERS ARE NEEDED TO INTRODUCE THE NEW AGE FRIENDLY FEATURES AT MLK PARK:

Later this summer, the park will be re-opened so we're asking for occasional volunteers to help folks get familiar with the new equipment and features. Come volunteer to be an Exercise Docent and pass on tips for older adults on best practices for using the outdoor fitness equipment; or give walkability hints on how to get the most benefits out of a walking regimen along the new path; An Immediate Need is for a volunteer who is interested in being trained to lead a simplified TAI CHI For ARTHRITIS class. A two-day Training will take place toward

the end of June, and to secure our place in the train-the-trainer session, we need to confirm our place, so please let us know soon if you may be interested! . We'll provide volunteers with training by experts. Let's make Age Friendly MLK an exercise and recreation destination we can all enjoy.

Call Age Friendly Sausalito at (415) 331-1393 or

email AgeFriendlySausalito@gmail.com

CELEBRATING



Roger Brindle
Christine Darling
Mary Lou Dauray
James DeLano
Amy Farella
Elizabeth Flynn
Allan Hayes
Michael Lewis
David Marshall
Bill Miller
Wally Raymond
Susan Roegiers
Thomas Thoedores
Thomas To
Peter Van Meter
Gillean Yattes

GOING ON AROUND TOWN





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



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