



## 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.

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# What's Happening

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

Monday: [STILL ON ZOOM - MONTHLY CONCERT AND SINGALONG](#). 4-5

Tues: [SV HOSTED COASTAL HIKE WITH JACKIE](#). 10-2

Tues. [ENNEAGRAMS - THEIR VALUE AND HOW YOU CAN LEARN FROM THEM HOSTED BY NEXT SF VILLAGE](#). 11-12

Tues. [BOOKS BY THE BAY WINE TASTING - CARSS RIDES AVAILABLE!](#). 6-8

Wed. [BUILDING BRIDGES BEYOND BIAS - 4 PT WEEKLY SERIES MARIN LIBRARY](#). 6:30-8

Friday: [PICKLEBALL AT MLK COURTS](#). 9:30-11

Sunday: [COCKTAIL HOUR - POTLUCK SOCIAL](#), 3-5



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# Praktikos

Deepen your Meditation



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

[https://us02web.zoom.us/j/81955765433?  
pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09](https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)



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PERFORMING STARS™ and PLAY!!  
PROUDLY PRESENTS MARIN

# Soulful Saturday

**MEET & GREET**  
**CAR & MOTORCYCLE CLUB SHOWS**  
**MARIN CITY MUSCLE CAR CLUB • FOFIFTEEN CAR CLUB**

**SEPTEMBER 4, 2021 • 11 a.m.-5 p.m.**  
**100 Block of Drake Avenue, Marin city, CA 94965**

**MAKERS MARKET VENDORS**  
(food, crafts, produce, non-profits, entrepreneurs)  
**Oldies But Goodies Music • Dominoes • Chess & Checkers • Children Activities**

**MOBILE VAN- COVID19 TESTING & VACCINATIONS**

*Marin City Historical & Preservation Society launching the 80 year celebration of Marin City 1942-2022*

**• MARIN COUNTY COVID19 SAFETY RULES IN PLACE •**

#### COMMUNITY PARTNERS



**contact 415.332.8316 or 415.944.7141**





## Part concert, Part singalong = ALL fun!

We are tripping up the monthly Concert/Singalong. The past year taught us that people enjoy the concert as much as the singalong, and we CAN HAVE BOTH! Andy Dudnick will be with us at the piano along with his wife, professional singer, Janet Lynn...and sometimes a guest singer too.

At this point we need to continue on zoom....but one day soon we'll be singing together again.

This month's song list includes 7 Sing Alongs! Click link to see the song list and to RSVP: <https://sausalito.helpfulvillage.com/events/2954-still-on-zoom---monthly-concert-and-singalong>

### When did you last check your Fire Extinguisher?

**Correct answer: every 4-5 years**

**Need yours refilled or need to purchase a new refillable one?**

Sausalito Village will have a representative from Fire Master available to check the readiness of your fire extinguisher, refill those that are refillable and make available new refillable extinguishers for purchase.

Is your fire extinguisher refillable? (Hint: not if you purchased it from Costco). Here are photos of refillable extinguishers. They have metal handles and a gauge.



COST TO REFILL a refillable extinguisher	\$20
COST FOR NEW SMALL REFILLABLE extinguisher	\$30
COST FOR NEW LARGE REFILLABLE extinguisher	\$50
COST TO CHECK your extinguishers	\$0

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**WHERE:** First parking lot on RIGHT when you turn on to Gate 6 Road

**WHEN:** Saturday, October 24th, 10:00-2:00pm

**WHAT?:** Check your fire extinguishers  
Refill your extinguishers that are refillable  
Purchase a new refillable extinguisher

**Questions?** Email [sausalitovillagersvp@gmail.com](mailto:sausalitovillagersvp@gmail.com)

Healthy Seniors FREE 8week program through Dominican OT Department

Choose In Person or Virtual.

An intergenerational offer from Dominican University Department of Occupational Therapy

- Are you 60 years or older and interested in ways to promote healthy independent living?
- Looking for ideas on how to maintain a more active and meaningful lifestyle?
- Need a little extra help to enhance your health and well-being?

If you answered yes to any of the above, please consider attending the Health and Wellness Program, sponsored by the Dominican University of California, Department of Occupational Therapy.

There are two programs for YOU to choose:

In-person or Virtual

✓ In-person program: from September 27 to November 15, every Monday morning at Dominican University of California. Students and participants must have completed COVID vaccine and are fully vaccinated. They are also required to follow safety guidelines from CDC and Marin County Department of Public Health to participate in this in-person program.

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therapy (One of these will be used: Zoom, Google hangout, facetime or skype), each participant will meet with their student partner(s) weekly to learn strategies, make adaptations, and explore habits and routines that support meaningful and healthy lifestyles.

Therapy students are under the supervision of Susan LeBlanc, MS, OTR/L from the department of occupational therapy.

Issues and topics addressed will be individualized, and may include:

- o Managing daily living with chronic physical conditions

- o Fall prevention and home safety
- o Exploring technology in daily living
- o Discovering nutrition, health and wellness

- o Beginning and maintaining healthy lifestyle changes

Ready to sign up? Or have questions?

Please email us at [healthyseniors@dominican.edu](mailto:healthyseniors@dominican.edu) (preferred) or leave a message @ 415-458-3753



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*Sandhill Crane by [Bryan Calk/Macaulay Library](#).*

### [Annual Migration Celebration](#)

Each fall we host a Migration Celebration to mark the billions of birds streaming through the air on their far-flung journeys. Join us for two weeks of online events, family-friendly programs, and ideas and resources for your own migration activities. Join the fun and learn something new—**September 13–24, 2021!**

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## Reframe Burnout and Overwhelm by Chasing Awe

A FREE 90-minute workshop.



**Jeff  
Hamaoui**



**Chris  
Murchison**



**Dacher  
Keltner**

**Reframing Burnout and Overwhelm by Chasing Awe Sept. 18th 9-10:30am  
PT / 12-1:30pm ET**

### Description

Join us for an inspiring, provocative and engaging live program with Jeff Hamaoui, co-founder of the Modern Elder Academy with Dacher Keltner, Founder of the Greater Good Science Center at UC Berkeley and Chris

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Today I bent the truth to be kind, and I  
have no regret,  
For I am far surer of what is kind than I  
am of what is true  
~Robert Brault~







## Street Artist Uses Flowering Trees as “Natural Hair” To Complete Portraits of Women and Girls

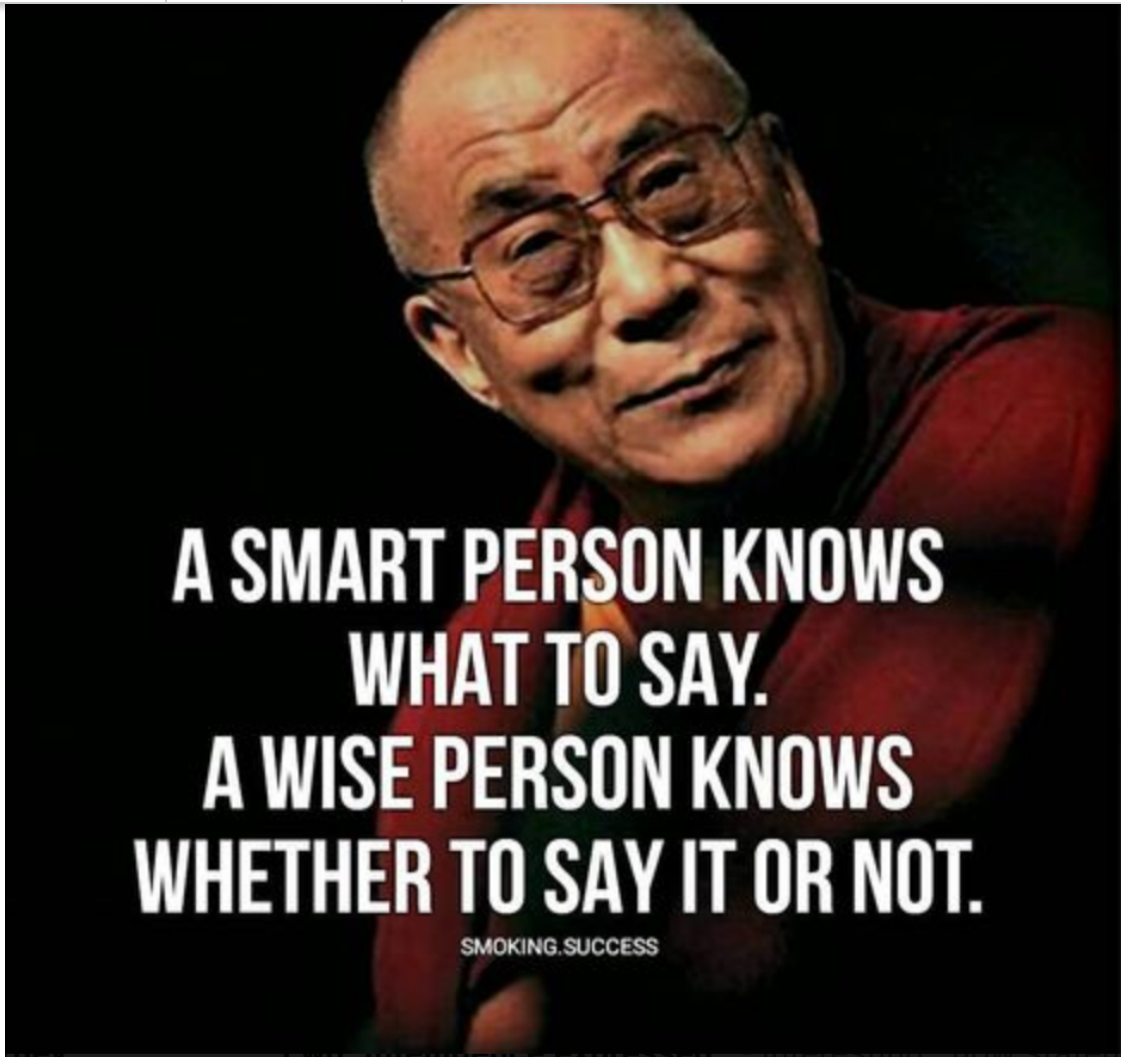
Brazilian [street artist Fábio Gomes Trindade](#) combines painting and nature to create singular works that are only complete when viewed together. With the help of tree branches that sit above his vibrant murals, he produces portraits where only part of the head is present—such as the face and a portion of the hair. But when paired with colorful flowering trees and green leaves, the portrait has a full, beautiful coif. It's a clever and charming way to combine elements of the urban environment with the natural one.

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**Hike The Coast**  
**Tuesday, September 21**

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Join hike leader Jackie Kudler for a lovely loop out in the Marin headlands highlighted by beautiful sea vistas and a Rodeo Beach walk.

Meet at 10 AM at the Headlands Center for the Arts parking lot.

Plan for a 4 1/2 to 5 mile hike with one moderate uphill and downhill. This should take approximately 3 hours.

We will cancel in case of rain.

Pack water, snacks, and perhaps a light lunch.

Contact Jackie at [j77prospect@sbcglobal.net](mailto:j77prospect@sbcglobal.net) to RSVP and to sign up for a carpool.

If you think you only will join us for part of the loop, bring your own wheels, so you can turn back whenever you choose.

[RSVP Here.](#)



## [7 animals that humans brought back from the brink of extinction](#)



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**MANY HANDS** MAKE LIGHT WORK

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