



Happy Friday, Villagers

And welcome to the our weekly Sausalito Village 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 to:

SausalitoVillageTips@gmail.com

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Happy Birthday, Sausalito Village Members born in January!

Marilyn Aronowitz - Ceci Browne - Cara Burke - Candace Curtis
Baerbel Drobnis - Jane Clinton - Teddie Hathaway - Valerie Miller
Judianne Eynon - Anne Casey - Jenny Kelley - David Neuman
Cheryl Popp - Rosalie Wallace - Rayner Needleman
Gerald Needleman - Meg Fawcett - Pamela Kahn

IF You are a Village member and don't see your January birthday listed, please let us know! It means we don't have it on our calendar but would love to celebrate you in years to come.

**Ready to say YES in 2022?
Check out these TED Talks**

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Shondra Rhimes: My year of saying YES to everything!



Mark Zmarzly: How Saying Yes Can Change Your Life

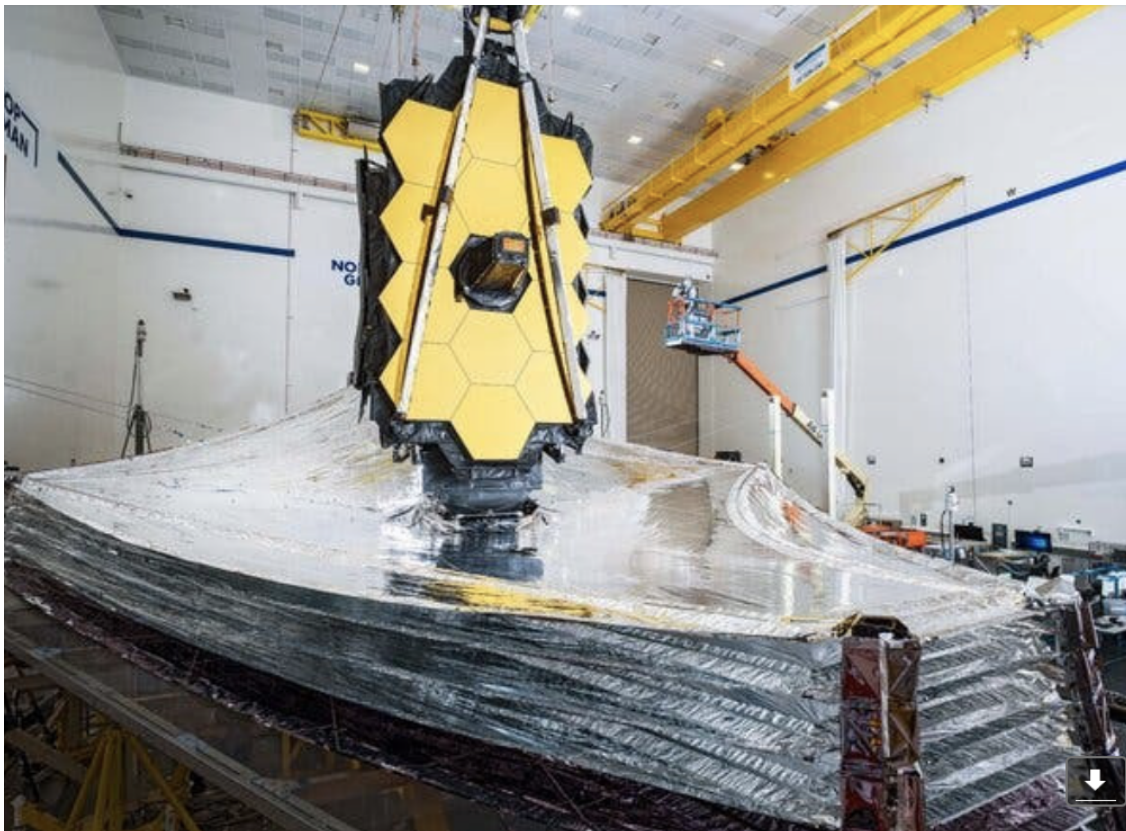
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Mieke Buchan: My year of saying YES!



Webb Telescope Prepares to Ascend, With an Eye Toward Our Origins

The biggest space telescope in history aims to answer

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According to the tale that they have been telling themselves (and the rest of us) for the last few decades, the first stars flickered on when the universe was about 100 million years old.

They burned hard and died fast in spectacular supernova explosions, dispelling the gloomy fog of gas left over from the primordial fireworks known as the Big Bang 13.8 billion years ago. From those sparks came all that we care about in the universe — the long, ongoing chain of cosmic evolution that has produced everything from galaxies and planets to microbes and us.

But is that story right? [CLICK HERE](#) to read the entire NYT article

Tai Chi for Arthritis and Fall Prevention



Free Online Classes for Adults Age 60 and Older

Simple to learn Tai Chi Form for Marin's Older Adults of all Abilities – conveniently taught in-person via Zoom - requires internet computer or tablet with webcam.

Enrollment is Limited - Register [HERE](#) or Call (415) 289-4152

Choose to meet once or twice a week.

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Monday/Wednesday 12:30pm - 1:30 pm, January 17 – March 9

Tuesday/Thursday 11:30am – 12:30pm, January 18 – March 10

OR

Meeting 1x per week for 16 Weeks:

Saturday 10:00am – 11:00am, January 15 – April 30

Sunday 3:00pm – 4:00pm, January 16 – May 1

All Classes are led by Tai Chi for Health Institute Board Certified Community Instructors from Age Friendly Sausalito and Dominican University of California.

For Questions Contact: agefriendlysausalito@gmail.com (415) 331-1393

Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services* and by Marin County Parks

*(voluntary contributions are welcome, but there is no obligation to contribute and service will not be denied based on ability to make any contribution).



21 Most Beautiful Countries in Europe for your Bucket List

Written by the Boutique Adventurer

Europe has an extraordinary range of diverse landscapes in its 44 countries. I appreciate that I have chosen nearly half as being the most beautiful countries in Europe but how on earth do you narrow it down any further? Even this was a struggle.

Europe has natural beauty, culture, long histories and an amazing amount of diversity given how physically close many of these countries are to each other. I have listed a few of the most beautiful places in each country to help you fill out some travel [bucket list ideas](#).

Here are the 21 Most Beautiful Countries in Europe in the opinion of this travel blogger. And just so you know I have personally been to every single country on this list! [CLICK HERE](#)

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Let's Kick off the New Year Right—Here Are 55 New Year's Resolution Ideas for 2022

By Megan Grant for Parade Magazine

Lose weight. [Quit social media](#). Cut out alcohol completely. Blah blah blah snoozefest. These are all good goals, don't get me wrong. But we set the same [New Year's resolutions](#) every single year and then... never really stick to them. So, for 2022, why not shake things up a bit and [try creating resolutions of a different variety](#)? Whether you choose one [new year](#) resolution or all 55, you'll be better off for it.

Read all 55 ideas: [CLICK HERE](#)



Photo by Izixmile

January 2022 Fire-smart Tips from UC Marin Master Gardeners

JANUARY: Time to Prune!

- Prune trees when dormant (except apricot and cherry)
- Trim tall trees to remove limbs 6 to 10 feet from the ground but keep at least 2/3 of the total height in foliage
- Remove branches within 10 ft of chimney. Consult an arborist to consider elimination of branches that overhang the roof to minimize plant debris but not to the detriment of the health of the tree.
- Avoid topping trees and shearing hedges as this causes weak and twiggy growth and more fuel for a fire.

[CLICK HERE](#)



What a House Burglar Would Tell You....

1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
3. Love those flowers. That tells me you have taste... and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.



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Meet on January 5



TUNE IN! To this important meeting

The City's Housing Element Advisory Committee will hold its second meeting at 6:00 p.m. on Wednesday, January 5. The nine-member committee was appointed by the City Council to guide the update of the City's Housing Element, a component of the General Plan that articulates how the City expects to meet its evolving housing needs.

The updated Housing Element will cover the years 2023 to 2031. For this eight-year cycle, the City of Sausalito is required by state law to develop policies and identify sites that can produce 724 additional housing units within city limits by the end of the term. A completed Housing Element update is due to the California Department of Housing and Community Development by January 31, 2023.

Documents for the January 5 meeting and details on attending

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meeting will also be broadcast live via [webcast](#) on the City website.

Any questions about the Housing Element or the Housing Element Advisory Committee may be directed to Principal Planner Rozalynne Thompson at rthompson@sausalito.gov.



**"Hope smiles from the
threshold of the year
to come, whispering
'it will be happier'..."**

**ALFRED,
LORD TENNYSON**



Climate Change Impacts on Older Adults

Hosted by Marin Commission on Aging

WHEN: January 6, 2022, 10am-11am

Climate change has been identified as the biggest global health threat of the 21st century (Lancet, 2009). In a 2019 assessment conducted by the Area Agency on Aging, it was one of the most frequently indicated concerns of all older adults in Marin. This presentation will show that while temperature fluctuations, extreme weather events and climate change impact all populations, they disproportionately impact older adults.

By attending, participants will:

- Understand the impacts of California's wildfires and smoke on health and COVID outcomes.
- Learn about the mental health aspects of disasters associated with climate disruption.
- Understand the impacts of extreme heat on mood, behavior and cognition.

Featured Presenters:

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- Dr. Robin Cooper, Associate Clinical Professor, University of California San Francisco.

Zoom link and more info, [CLICK HERE](#)



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Join Rayner every Monday live (on zoom) at 11am. See Sausalito Village website calendar for more information

Stretch & Strengthen with Rayner



CARSS (Call A Ride for Sausalito Seniors)

RIDERS (AND DRIVERS) ALWAYS NEEDED!

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Shopping Center - for ANY reason! Get your hair done, go to the dentist, go down to the waterfront for a flat walk....whatever! As long as it is within the hours of 10am and 2pm.

Rides are provided by vetted volunteers in their own cars.

All riders and drivers must be fully vaccinated and wear masks in the car.

More information and to download an application, go to www.CARSS4you.org OR phone 415-944-5474

CARSS is a City of Sausalito Age Friendly Program managed by Sausalito Village. Always looking for volunteer drivers too!



10 hours of relaxing music for meditation and sleep

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emergency preparedness, COVID resources,
archived copies of our weekly
newsletters, visit the continuously updated
Sausalito Village [website](#).***

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