

# Sausalito Village: Tips Of The Day For Body And Brain

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## Happy Friday, Villagers



## For the Brain





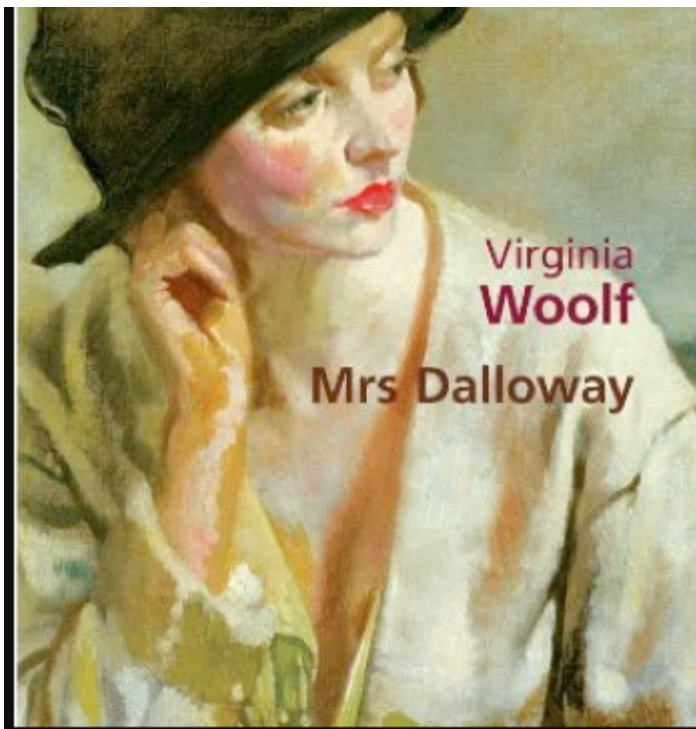
[Join Playbill March 20 for a Movie Night With Rodgers & Hammerstein's Cinderella Starring Lesley Ann Warren](#)

More and more, live musicals are being filmed for PBS or streaming services like Netflix, Amazon Prime Video, BroadwayHD and more. Productions of Off-Broadway's *Puffs* to Broadway's *Indecent* to the West End's *An American in Paris*, new captures of stage productions regularly become available.

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If you need to keep things as light as possible, watch “**Puppy Prep**” (on [Hulu](#)). There are only five 15-minute episodes of this show, but if you need a jolt of joy that is appropriate for all ages, this is it. The series follows puppies who are in training to become service dogs, which is great on its own (see also Disney Plus's “[Pick of the Litter](#)”), and the quirky and bright narration adds another element of fun.





Of course, books can be a balm in these terrifying times—but as the [surge in sales of plague-related literature](#) reveals, sometimes all we want to read are books that speak *directly* to our terrifying times. Well, friends, with a little elbow grease, any book can be a coronavirus book. Behold: the first lines of 10 classic novels, rewritten for these times of social distancing.

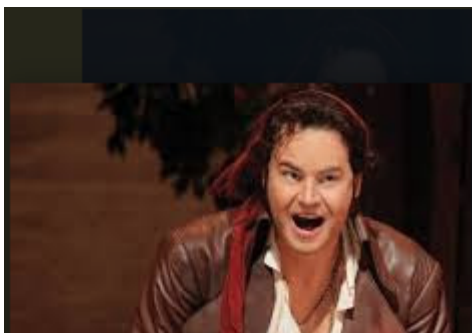
### ***Mrs. Dalloway***

*“Mrs. Dalloway said she would buy the flowers herself. Then she remembered the florist was closed. And the party was cancelled. Finally, some time to rest and reflect on her marital choices.”*

### ***Swann’s Way***

*For a long time, I went to bed early. I wasn’t even that tired. It was more like, hey: here’s a good way to pass the time.*

Read on at [The first lines of 10 classic novels, rewritten for social distancing.](#)





## Opera Lovers

Figaro's famous entrance aria from Rossini's *The Barber of Seville* is almost irresistible, especially when sung by a charismatic baritone such as Peter Mattei! To hear it, just [click here](#).

For those tired of singing "Happy Birthday" twice to make sure hand-washing is long enough, try baritone Lucas Meachem's idea. [Click here](#) to hear it.

From Osher Marin JCC Moments of Joy, Learning & Laughter

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## For the Body

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*qi gong*

[Qigong routine to strengthen the lung with Peter Deadman](#)





## Groceries/Supplies

Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, pet supplies. Call 415-332-3325 or email [sausalitovillageconcierge@gmail.com](mailto:sausalitovillageconcierge@gmail.com).

*From a SV member: Driver's Market is now offering curbside grocery pick-up service....an older member of the club said she needed some groceries and she was willing to pick them up ...so I contacted Graham Driver ([graham@driversmarket.com](mailto:graham@driversmarket.com)) ... gave him the list of groceries she needed with her phone # and he & his wife Carolyn King took care of bagging all her groceries, calling her with the total amount due then changed her credit card and she and her husband went down to Driver's curb and they were handed the groceries while staying in their car! I thought others in the club might be able to use this service as well*

if you are ordering food to go, support our local restaurants! Many of them are registered with delivery services such as [www.grubhub.com](http://www.grubhub.com), [www.doordash.com](http://www.doordash.com), or [www.trycaviar.com](http://www.trycaviar.com) . You can also order delivery from [BevMo's Instacart](#).

Both Target (9 am) and Whole Foods (8 am) continue to limit the first hour of shopping to seniors.



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