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Happy Thursday, Villagers



Early Shopping for Seniors

For those seniors who are shopping for groceries and supplies, Whole Foods and Target are limiting their first hour of business exclusively for seniors. Target opens at 9 am and Whole Foods (both locations) opens at 8:00 am. Here is a [link](#) from the County with the latest COVID 19 information, including a call out to businesses to consider this policy. We'll keep you updated as we learn about what other essential businesses are participating.

Health Tip



Even as we shelter in place, some seniors are going to grocery stores, banks, and, in other ways, coming in contact with potential sources of COVID-19. The New York Times provides a video on how to properly wash your hands. [Check it out!](#)

DIGITAL LIBRARY



The Sausalito Library is offering phone support appointments to patrons requiring assistance with [library digital services](#) on their personal devices, including downloading ebooks and streaming movies. Please email Tula Biederman at tbiederman@sausalito.gov to set up a phone support appointment during the hours of 10:00 a.m. - 5:00 p.m., Monday - Friday.

For the Mind ...

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Emotional Support

The [Friendship Line](#) is specifically for seniors and open 24 hours. Here is the link:

[California Peer-Run Warm Line](#) for mental health support



United Way has a COVID-19 Community Economic Relief Fund. They will help with bills, rent, and food. You can call 1-866-211-9966 and provide zip code and will be given a list of local agencies to provide assistance.

OLDER ADULT AND FAMILY RESOURCES



Activities:

- [Virtual museum tours](#)

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Visit a virtual theater

- [Metropolitan Opera nightly encore shows](#)
- [LA Theater Works](#)
- [Kennedy Center Digital Stage](#)
- [Activity Checklist from Stanford University](#)

Take a course online

- [Coursera.org](#)
- [edx.org](#)

Learn something new: [Open Culture](#) offers 1,500 free online courses from top universities.

Listen to poetry: Listen to recordings of Allen Ginsberg and other poets on [Phone-a-Poem](#), the 1970s Poetry Hotline.

Move around: Below are links to exercise videos you can watch on your computer or phone.

- [Go4Life from the National Institute on Aging](#)
- [Fitness Blender Total Body Chair Workout](#)

Think about What Matters: Take time to visit the [Schaalman Senior Voices Film Library](#) to watch inspiring films that aim to strengthen the wellbeing of older adults and their communities.

Turn off the news: Limit the amount of news you read online or on TV. Consider calling friends and family to check-in.

GeroCentral partner organizations contributed to this page. Much gratitude to Brian Carpenter, PhD, Washington University, for curating this content.

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Groceries/Supplies

Remember you can contact Sausalito Village/CARSS if you are in need of essentials this week - food, medication, pet supplies or assistance picking up food from local restaurants who are offering take out menus. Call 415-332-3325 or email sausalitovillageconcierge@gmail.com.

Food Delivery Services

No-contact delivery means that the courier will leave your food in a safe place, and alert you when it's ready for pickup. [Caviar](#) and [Doordash](#) and offering this option.

Doordash has the most local restaurants, including Louie's Deli, Freds, Thai Tanic, Taste of Rome, Fast Food Francais and others.



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