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Happy Wednesday, Villagers

Hope today finds you well. Today features a question of the day, a new website, and more information about getting supplies and food delivered right to your door.



Question of the Day.

What's the best book you've read recently. Or what book would you readily read again?

Send your suggestions to rsvpsausalitovillage@gmail.com and we'll start putting

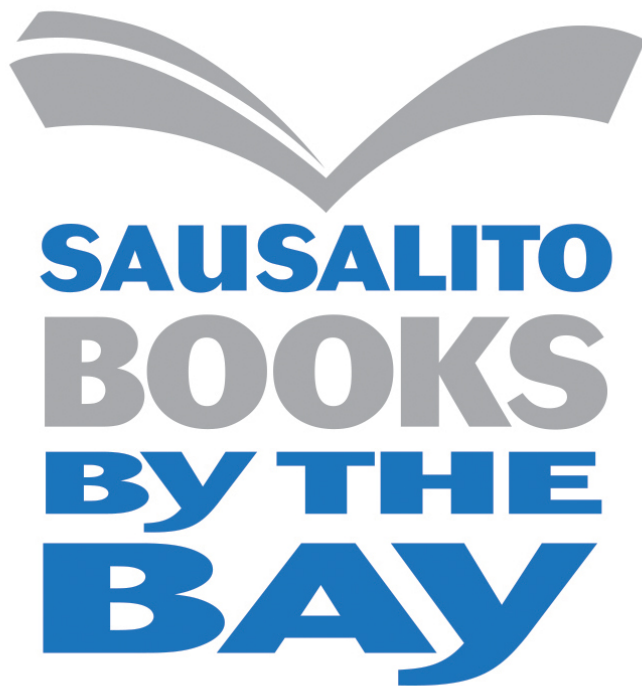
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be delivered to its temporary home.

Quote of the Day

As Zen Master Thich Nhat Hanh explains: "When the crowded Vietnamese refugee boats met with storms or pirates, if everyone panicked all would be lost. But if even one person on the boat remained calm and centered, it was enough.

It showed the way for everyone to survive."



Sausalito Books by the Bay is offering free delivery of books during the Shelter in Place.

Visit their [website](#) for info on new arrivals. Call 415-887-9967 or email

(staff@sausalitobooksbythebaycom) to place an order and receive a 10% discount.

Staff is also available for reading suggestions and the store is working on a "suggested reading" list.

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For the Mind ...

Introducing ...[Quarantown](#)

... a web experience assembled by Kelly English, chock full of "homebound activities:" audiobooks, podcasts, tv binges, and ideas on how to brighten up your space with Fresh Flowers - House plants - LED fairy lights - Cozy blankets - Pictures - Candles - Essential Oils, all of which can be ordered online. Check out Quarantown, which does a fine job of making good on its promise that quarantine "doesn't have to suck."

[Qi Gong: 7 Minutes of Magic \(for Health\)](#) -

Practicing individually on your own is still a powerful way to promote health and well being. Lee Holden's "7 Minutes of Magic" includes a short collection of Qigong exercises you can do standing or sitting to help cultivate and circulate healing Qi.



[Soulstice Mind & Body Spa is offering Live-Streaming Yoga + Meditation](#)

SOULSTICE LIVESTREAM SCHEDULE

Monday-Wednesday-Friday Morning Class: 9:30AM

Monday-Tuesday-Wednesday-Thursday-Friday Midday Class: 12:30PM-1:30PM

Tune in live via Instagram at @soulsticemindbodyspa or Facebook at [Soulstice Mind + Body Spa Sonoma County](#).



Groceries/Supplies

- Remember you can contact Sausalito Village/CARSS if you are in need of essentials this week - food, medication, pet supplies. Call 415-332-3325 or email sausalitovillageconcierge@gmail.com.

Many local restaurants are offering delivery or drive through pick up. Your meals can be delivered via [Uber](#) which is waiving delivery fees.

Target stores will be closing at 9 pm everyday and doing a deep clean and restock.

The first hour of the morning will be for seniors 65 and older only.

Whole Foods is also providing senior shopping time during their first hour after opening.

Farm Fresh to You delivers organic fruits and vegetables to your doorstep. Sign up and order online.

See you tomorrow with more ideas as well as information on Sausalito businesses that remain open and are offering delivery and drive-by pick up.

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