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## Happy Tuesday, Villagers

We're planning on providing you with helpful daily tips to keep you busy and healthy during the Shelter in Place order issued yesterday for six counties in the San Francisco Bay Area.



### Groceries/Supplies

Members are reporting that online grocery stores are backed up and orders are taking days to more than a week to fulfill. 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](mailto:sausalitovillageconcierge@gmail.com).



For your Body.....locally prepared meals delivered to your door!

*Davey “Jones” Johnson and I (Mollie, SV member Bill Finn’s daughter) have just started a meal delivery plan for Sausalito, Marin City and Mill Valley. We’re preparing one dinner for Monday, Wednesday and Friday evenings, with vegan/vegetarian options and add-ons of soup, salad and dessert. We are sourcing it from Marin Farmers Markets and local fishermen and farmers as much as possible. You can pay online and leave a cooler outside for delivery, so there will be minimal contact. As well, we have a “No Neighbor Left Behind” policy for people who are isolated/quarantined but can’t afford to pay - we will deliver the food for no charge, so please pass this along to people who might be interested or in need. You can also donate to this effort if you’d like. Visit the [website](#) for more details.*

*And please subscribe on the [webpage](#) so you can receive the weekly menus!*

### **First Week Menus & Prices:**

You can add a salad, healthy soup, or delicious dessert to any main meal order for \$7 each.

Cost

Single \$18

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Price includes delivery

**Orders must be placed by 5 pm Saturdays and Wednesdays so sign up by tomorrow for Friday's wonderful selection.**

### ***Friday March 20<sup>th</sup>***

Herb crusted albacore tuna loin from Fort Bragg & farro, asparagus, pistachio and arugula salad with ricotta cheese and preserved lemon dressing.

Add-On: Salad of blood orange, fennel, cucumber & walnuts

Add-On: Carrot Ginger soup

Add-On: Sticky Meyer lemon cake (gluten free cookie option)

If you have any questions, drop us an [email](#) or call [415-306-2773](tel:415-306-2773).



And for your brain ...

### ***Get a little culture***

#### **Visit some museums**

Stuck at Home? These 12 Famous Museums Offer [Virtual Tours](#) You Can Take on Your Couch (Video). Experience the best museums from London to Seoul in the comfort of your own home.

#### **Listen to some Opera**

#### [Nightly Met Opera Streaming](#)

The New York Metropolitan Opera is streaming encore presentations from its

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17), Verdi's "Il Trovatore" (March 18), Verdi's "La Traviata" (March 19), Donizetti's "La Fille du Régiment" (March 20), Donizetti's "Lucia di Lammermoor" (March 21), and Tchaikovsky's "Eugene Onegin" (March 22).

"Nightly Met Opera Streams" will begin at 4:30 p.m. and will remain available via the homepage of [metopera.org](https://metopera.org) for 20 hours.



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