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Happy Sunday, Villagers



We've pulled together some of the best tips to save you the time of having to look back through the past week's selections.

For the Brain



OLDER ADULT AND FAMILY RESOURCES

Activities:

- [Virtual museum tours](#)
- [San Diego Zoo animal cams](#)

Visit a virtual theater

- [Metropolitan Opera nightly encore shows](#)

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- [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.

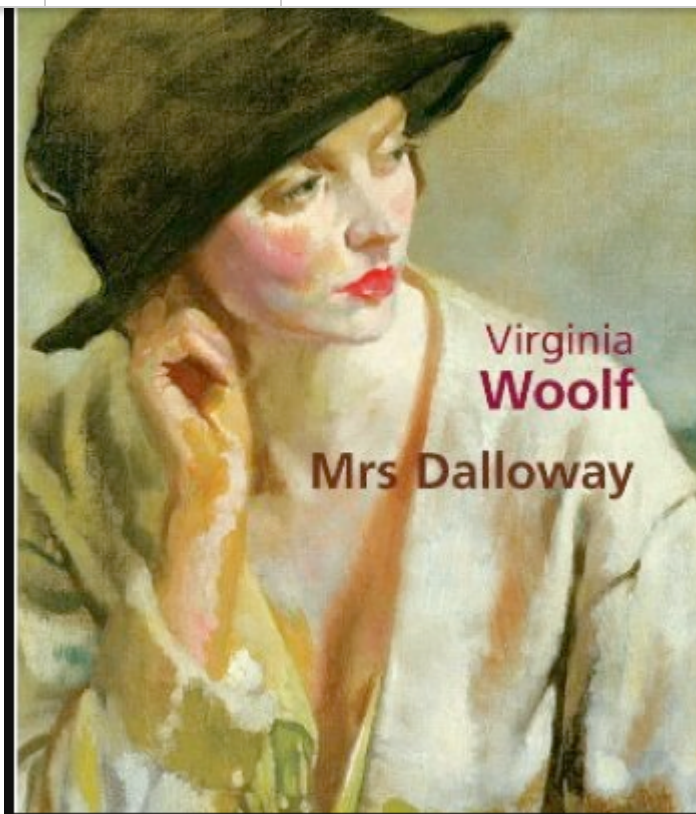
Move around: Below are links to exercise videos you can watch on your computer or phone.

- [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.



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.

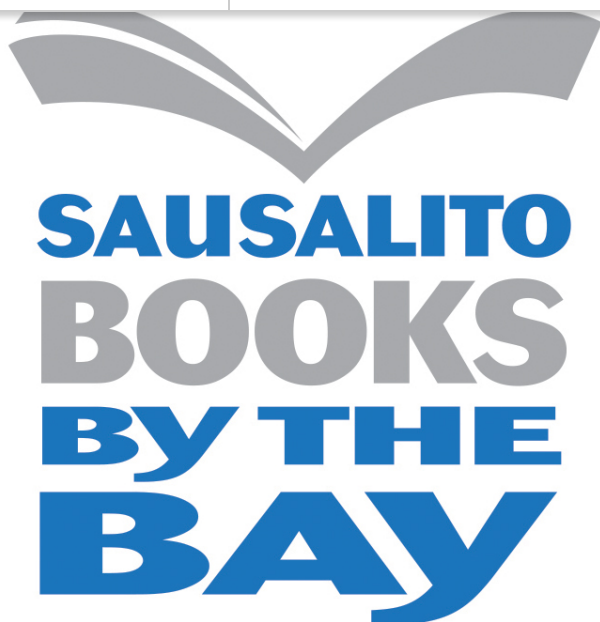
Mrs. Dalloway

“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.](#)

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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@sausalitobooksbythebay.com) 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.

For the Body

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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!](#)



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 sausalitovillageconciierge@gmail.com.

[Driver's Market](#) offers curbside grocery pick-up service. Contact Graham Driver (graham@driversmarket.com) or call [415 729 9582](tel:4157299582).

if you are ordering food to go, support our local restaurants! Many of them are registered with delivery services such as

Whole Foods (8 am) and Good Earth (9 am) limit the first hour of shopping to seniors. Target features senior shopping hour at 9 am on Wednesdays.

Shopping Tips



Safe Shopping

- Avoid using baskets or carts by bringing along your own vinyl shopping bags with handles. If possible, line with a doubled paper bag to create a solid bottom.
- Load heavy stuff first, eggs on top.
- If available use self-checkout.
- Use your car keys or a pen at any keypad device.



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