

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[View this email in your browser](#)

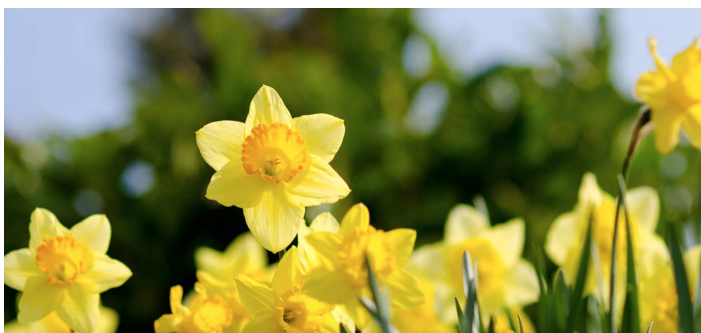
Happy Thursday, Villagers



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

YOUR HOROSCOPE THIS WEEK

 ARIES You'll be spending time in your home	 LIBRA You'll be spending time in your home
 TAURUS You'll be spending time in your home	 SCORPIO You'll be spending time in your home
 GEMINI You'll be spending time in your home	 SAGITTARIUS You'll be spending time in your home
 CANCER You'll be spending time in your home	 CAPRICORN You'll be spending time in your home
 LEO You'll be spending time in your home	 AQUARIUS You'll be spending time in your home
 VIRGO You'll be spending time in your home	 PISCES You'll be spending time in your home



I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine

~~They stretched in never-ending line~~
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

William Wordsworth 1770-1850

FOR THE BRAIN



[Tips for Remaking Your Space While You're Homebound \(NYT\)](#)

As we take shelter, and most likely spend more time than ever at home, we hope the advice in our book, ["The New York Times Right at Home: How to Buy, Organize, Decorate and Maintain Your Space."](#) offers some guidance for the difficult days ahead. Below is a collection of columns, many of them inspirations for our book, that offer practical advice on everything from making space for a home office to preparing for emergencies. We hope they help you through this crisis and maybe offer some inspiration for making your home a nicer place in which to find refuge.

[Bay Area events you can stream during 'shelter in place' order](#)



While patrons may not be stepping in a movie theater or a concert hall any time soon, arts organizations are starting to share their work through technology. Check out our running list of live-streamed Bay Area events [here](#).

Penguins are popular this Spring!



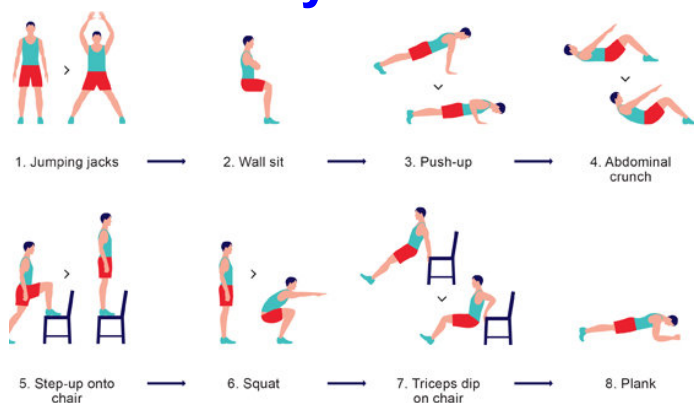
[The Twitter feed from the Shedd Aquarium in Chicago](#) follows the adventures of Edward and Annie, rockhopper penguins who were allowed to explore the empty aquarium. “The pitter-patter of their feet wandering around the exhibits is just the break from the news I needed,” says Remy Tumin of the Briefings team. ([Other aquariums and zoos are also reaching out](#) on social media.)

Broadway Lovers



In the 1951 musical, ***The King & I***, "I Whistle a Happy Tune" is sung near the top of the show by the Governess Anna Leonowens to her son Louis to persuade him not to be afraid as they arrive in Siam to serve the King. Not only does Rodgers' music provide a jaunty opening number, but Hammerstein's lyrics also capture Anna's courageous nature; just what she'll need when she later faces off with the dominating King of Siam. *In our current times, the song just feels like some good advice.* To watch the ravishing **Kelli O'Hara** sing this jaunty tune in the Lincoln Center Theater production, just [click here](#).

For the Body



The Scientific 7-Minute Workout

A short workout you can easily modify depending on your agility level.

Groceries/Supplies (UPDATED)



Local Shopping News for Seniors

GOLDEN GATE MARKET: Curbside Pick Up - Order by phone at 415-332-3040. They will shop for you and have it ready for pick up. Credit card payment over the phone; prefer not to take checks.

Trader Joes (Cost Plus): Opens at 9. They currently only allow 30 people in the store at once. Suggest the least crowded time is around 11.

Target Wednesdays 9-10

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



Safe Shopping

Shopping Tips

- 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.



Subscribe

Past Issues

Translate ▼

You can [update your preferences](#) or [unsubscribe from this list](#).

