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Happy Saturday, Villagers

Sausalito Village wants to thank all the members who share such wonderful content. Keep it coming!



Tips for the Soul



Dear Friends,

During this global crisis, we all need pathways to calm, clarity and

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compassion practices can help us find an inner refuge, and deepen our loving connection with each other.

I've put together a care package on my website that includes talks and guided meditations to support you through these difficult times. You will find it here: [Pandemic Care Resources](#)

Here's a preview to what's on the list. In the [short talk and guided meditation](#) below, we'll explore how the practice of RAIN can free us from the grip of fear...

You are also invited to participate via Livestream with a global community of spiritual friends for my weekly class each Wednesday night at 7:30 eastern time—now available on [YouTube](#) and [Facebook](#). We begin with a 1/2 hour guided meditation, and then I offer a talk at around 8. I hope you'll join us!

These are difficult times for all. If you find these resources helpful, please share with others!

With loving blessings,



Tara

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[Watch Live Church Services](#)

[Meet the Women Behind the Inspirational Art Gallery Wall in Lenox Hill Hospital](#)

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The daughter of Sausalito Village Advisory Board Member Linda Jaeger is one of the women inspired to decorate the break room at Lenox Hill Hospital in New York with inspirational posters. The exhibitions rotates the works of 25 artists.

Tips for the Brain

World Ocean Radio Presents: A Viral Opportunity for Change.

World Ocean Radio entitled "A Viral Opportunity for Change" is now available online at worldoceanobservatory.org/wor/viral-opportunity-change. Each week's blog post can be read at [Medium.com/@TheW2O](https://medium.com/@TheW2O).

A VIRAL OPPORTUNITY FOR CHANGE

What kind of world do we want on the other side of this crisis?

ABOUT THIS EPISODE

We interrupt our Ocean Literacy Series to bring you a special episode related to the Covid19 global outbreak. This week on World Ocean Radio we confront the crises caused by the coronavirus. In this episode, host Peter Neill asks, "Is this not an astonishing opportunity for change? Does not logic and practical need demand progress away from demonstrated failure toward new options and

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WORLD OCEAN RADIO is a weekly series of five-minute audio essays on a wide range of ocean issues from science and education to advocacy and exemplary projects, presented by host Peter Neill. Available for RSS feed and for broadcast by college and community radio stations worldwide. Find us at [iTunes](#) or wherever you listen to your favorite podcasts.



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Music Medley

[The Broadway Corona Virus Medley](#)

WHAT KIND OF SHORTS
DO CLOUDS WEAR?



THUNDERWEAR

Puns to Keep Your Busy

his size from too much pi.

2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an

optical Aleutian.

3. She was only a whiskey maker, but he loved her still.

4. A rubber band pistol was confiscated from algebra class, because it was a

weapon of math disruption.

5. No matter how much you push the envelope, it'll still be stationery.

For the Body



Groceries/Supplies



Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, and pet supplies. Call 415-332-3325 or email sausalitovillageconcierge@gmail.com. All of our volunteers have been vetted.

Local Shopping News for Seniors

DRIVER'S MARKET: 9-10 Shopping hour; Curbside pickup call 415-729-9582 with phone number, list of items and credit card or local check.

GOLDEN GATE MARKET: Curbside Pick Up - Order by phone at 415-332-

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Molly Stone's: Senior shopping Tuesday/Thursday/Saturday 7-9 All cashiers have glass shields and there are blue lines to keep distance between customers.

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.

Whole Foods: 8-9

Good Earth: 9-10

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.**

CVS is offering [free delivery](#) of prescriptions and everyday essentials.



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.

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