



Happy April Fools Day, Villagers



Thanks to everyone who has submitted content for the daily tips. Please keep it coming. Just email directly to us [here](#).

For Your Brain

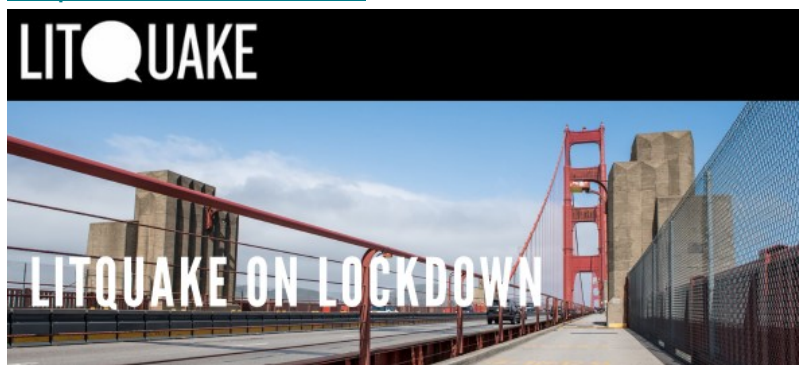


What to Watch on TV

The New York Times is highly recommending "[Unorthodox](#)", the four-hour mini-series on Netflix.

This mini-series tips the scales at just four hours and is the rare streaming series that feels like the right length. The show follows Esty (Shira Haas), a young woman who decides to flee her insular Hasidic community in Brooklyn and forge a different path for herself in Berlin. It's a coming-of-age story paced like a mystery, so you get the "I will now experience an emotional transformation in a body of water" along with the "you can tell this guy is extra bad because he hangs out at brothels." "Unorthodox" is done beautifully, with real emotional literacy and grounding. And because I am a total cheese, I even loved the 20-minute making-of featurette, a format I miss from the DVD age. If you like "Shtisel" or "Deutschland 83," watch this. (Read [James Poniewozik's review here](#))

Litquake on Lockdown



A virtual series of literary entertainment
from our homes to yours
Words matter.

Litquake sparks critical conversations, and inspires writers and readers to
celebrate the written word with diverse literary programming,
interactive workshops, and a ten-day festival.



Fear of Missing Out

The New Yorker

If I don't go into the living room, I will miss my partner talking on the phone to surgeons who are cancelling elective surgeries. And if I do go into the living room I'll miss what's happening in this room—namely, waiting for a Zoom link to load.

And if I go to the kettle-boiling event in the kitchen I'll miss the squirrel hopping around on the fire escape, and you can never predict when that will happen again. But if I watch the squirrel I'll miss our social plan for the foreseeable future: sitting on the couch wearing noise-cancelling headphones.



Protect Your Mental Health During Quarantine

Quarantining yourself at home can play an important role in preventing the spread of infectious diseases. But this doesn't mean that coping with the disruption in your normal routine is easy. Taking care of your mental health is essential, even if your time in quarantine is relatively brief in the grand scheme of things.



[Coronavirus FAQs: Can I Go Running? Is Food Shopping Too Risky? What's Herd Immunity? \(NPR\)](#)



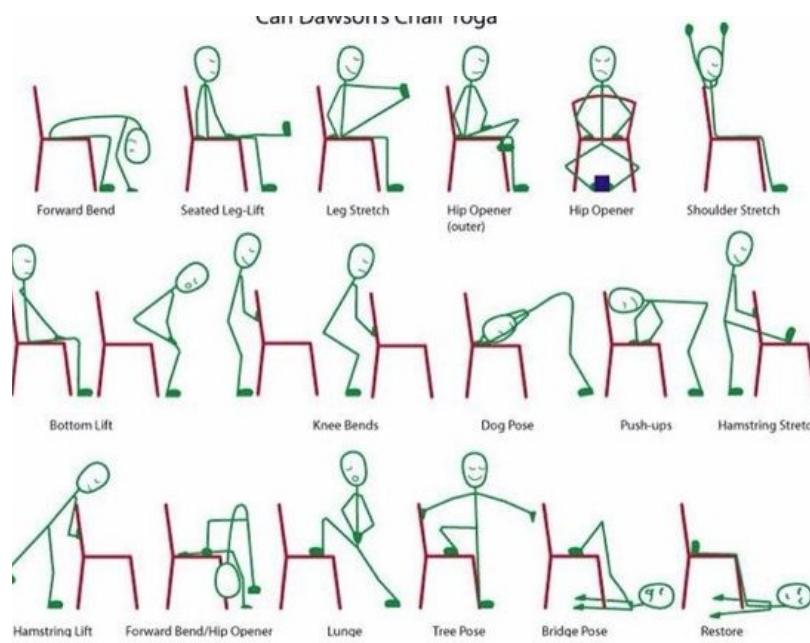
an interview with Albert Ko at the Yale School of Public Health

For Your Body



[Eating well and staying healthy while sheltering in place](#)

Dietitian Cary Kreutzer, director of the USC Master of Science in Nutrition, Healthspan and Longevity program, shares advice for maintaining healthy habits and connections while isolated.



Check out these [“seated workouts”](#)



“Magic Happens” features nine newly designed floats, highlighting magic from classic Walt Disney Animation Studios tales, such as “The Sword in the Stone,” “Cinderella” and “Sleeping Beauty,” to more recent stories, including “Frozen 2,” “Moana” and “The Princess and the Frog,” as well as Disney and Pixar’s “Coco.”



April Fools Pranks.



Food, Shopping. Assistance

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

More and more villagers are having their groceries delivered using online shopping such as [Molly Stone's Instacart](#).

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 415-332-3040. They will shop for you and have it ready for pick up. Credit card payment over the phone; prefer not to take checks.

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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