



Happy Saturday, Villagers

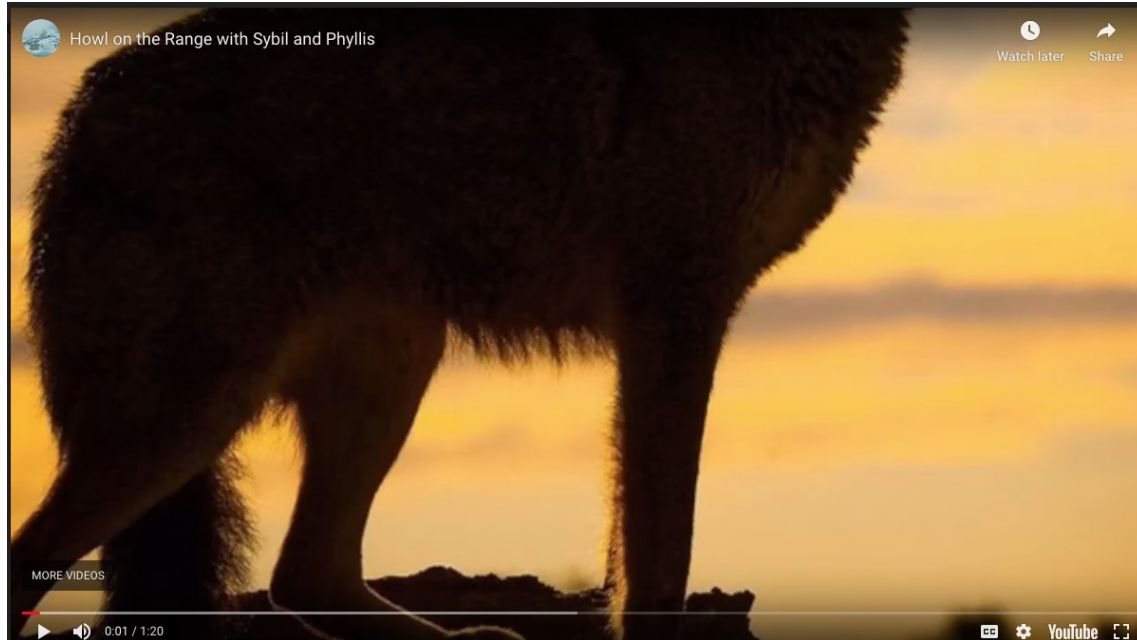


Thanks to everyone who has submitted content for the daily tips. Please keep it coming. Just email directly to us [here](#).



Community Corner

[Howl on the Range](#) (with Sybil and Phyllis)



[How to make a face mask without sewing.](#)

This video provides a seamless and simple way to make your own washable and reusable face mask. All you need is material and two rubber or ponytail bands.





Movie Night

A Google Chrome extension called Netflix Party allows people to Netflix and chill while social distancing for coronavirus. [Here's how it works.](#)

For The Brain



[Aww! The 25 Best Animal Live Cams to Watch While Social Distancing](#)

While the [coronavirus](#) pandemic has forced most zoos and animal conservation sites to temporarily close, there are still loads of ways to keep an eye on the adorable animals and breathtaking nature with animal live cams from around the world.

Why do we love looking at all that wildlife cuteness even when we're stuck at home?

"Studies by neuroscientists have found evidence that staring at cute things can boost one's mood and concentration," says **Tracy Bagatelle-Black, MA**, an [associate marriage and family therapist](#). So don't feel too guilty if you take a break from homeschooling or working from home to stare at baby goats. Besides, you can turn it into a learning experience to teach your children about nature all from the comfort of your home.

[Feel Good Films for Challenging Times](#)



You're not going to see longtime movie reviewer Jan Wahl watching virus-driven movies like "Contagion" and "Outbreak."

There was a time for that, but lately the Sausalito resident seeks out what will take her mind off things, like feel-good musicals and shows that make her laugh.

"There're so many classic movies that people don't know about. Give yourself a film festival. Like Billy Wilder movies, movies about strong women or about sports or about sex and cinema, just a million ways you can go. It's a chance to see things you haven't seen," she says.



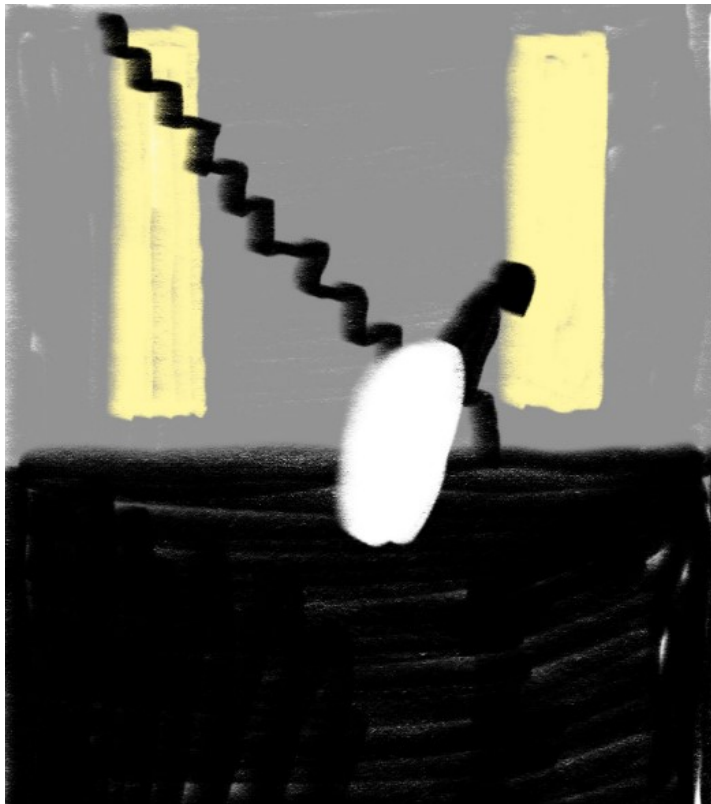
[Going Stir Crazy? Here Are Some Tips](#)

Experts recommend that even healthy people should stay inside as the coronavirus outbreak spreads. We have 100 ways to avoid going stir crazy indoors.


Check out this story on [USATODAY.com](https://www.usatoday.com/story/entertainment/2020/04/01/stir-crazy-indoors/5144444002/).

The New York Review of Books

Ed Park on the enduring appeal of [East Goes West](#), David Quammen on [what Darwin really learned](#) in the Galápagos, plus an [Occupy Wall Street novel](#) reminiscent of Henry James. From the Daily: a [psychoanalyst in quarantine](#) and [photographs](#) of New York City on lockdown.



[Liana Finck](#) in [Rear Window](#) observes her neighbors during quarantine in Brooklyn, New York.



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For Your Body



[20-minute workout](#) for seniors and older people. A total body routine.

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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 Mollie Stone's Instacart. If you need help setting this up, call 415-332-3325

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: Senior Shopping 8-9 with 15% discount. 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.

Mollie 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 Joe's (Cost Plus): Senior Shopping 8-9.

Whole Foods: 8-9

Good Earth: 9-10

Target Wednesdays 9-10

News from Good Earth:

New Protocols:

- As part of Marin County's mandated Social Distancing Protocols, we are no longer allowed to accept personal bags, cups, containers, or any other reusable item from home in our stores
- We've temporarily closed our self-serve water machines
- We are no longer allowing customers to serve themselves from our gravity bins in the bulk department. Instead, the department will have dedicated staff to fill orders for customers. Making this change may result in temporary closures in parts of the department over the next day or so
- We are now collecting all Straus bottles and Ball jar returns at our store entrance
- Whenever possible, we ask that customers use Apple Pay at our registers. If you do not have Apple Pay, we ask that you use a stylus to enter your pin number and sign for credit card transactions. This will make it easier for our team to sanitize our payment portals after each use

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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