



Happy Sunday, Villagers

Happy Sunday!



Thanks to everyone who has submitted content for the daily tips. Please keep it coming.

Just email directly to us [here](#).

This Sunday edition includes new content as well as some of the best

posts from the previous week.



Face Masks

Thanks to our volunteer seamstresses who are making face masks for villagers who need them and to Jill Giordano of gr.dano for her donations of supplies. Jill also has some mask kits at her shop which include precut masks, elastic, a pattern and sample. If you are interested in ordering one of these she is asking for a \$15 donation to go towards creating more kits. Please contact triciasmith58@yahoo.com if you need a mask (one per customer).

Watch this [YouTube Video](#) on how to simply make your own face mask.



Americans are howling together at night amid isolation for coronavirus

If you haven't yet joined in at 8 pm each evening, why not step out of your house or open your window tonight and join in "the howl." Last night, Sausalito residents were invited to join in the howl by ringing ship bells, wind chimes and dinner bells. The daily practice began over a week ago, apparently spurred on by a Denver

Facebook group. Originally a show of support for the nation's healthcare workers and those who are providing essential services, the howling has rapidly become a way isolated neighbors can feel connected.

"Every night at 8pm in your time zone, take a minute to step outside and let out a cathartic howl!" [the Facebook group reads](#).

"Now a lot of people have put their own meaning on it," Brice Maiurro, one of the creators, [told Denver paper Westword](#).

"We see people who say, 'I'm going to howl for all the hospital workers, the people on the front lines.' I think it was a fun thing. It made sense with being in isolation; it makes people feel connected to each other when they howl and hear someone howl back."

For the Brain



[Tips From Someone With 50 Years Of Social Distancing Experience](#)

View the article + more on [Flipboard](#).

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Follow the [Sausalito Chamber of Commerce on Facebook](#) for information and inspirational posts. Updated daily.



[Virtual Rec Room](#): We created a fun page that highlights outdoor activities, indoor activities, challenges, photos, and fun with pets. We are updating content daily and will have your favorite instructors' classes, podcasts, news, and info. This site is meant to add a little fun, get you a little active, and provide a one stop shop for your Virtual Recreation Needs. More and more content will fill this page as the month progresses so make sure to [check back daily](#)!

Weekly Bird Photo from Richard Pavek



I hope you and yours are safe and well!

Antarctic Petrel Photo taken January 19, 2009, near Kaikoura South Island, New Zealand

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Cheers & Chirps,

Richard

My Photo Gallery is at <http://www.pbase.com/shenmaker>

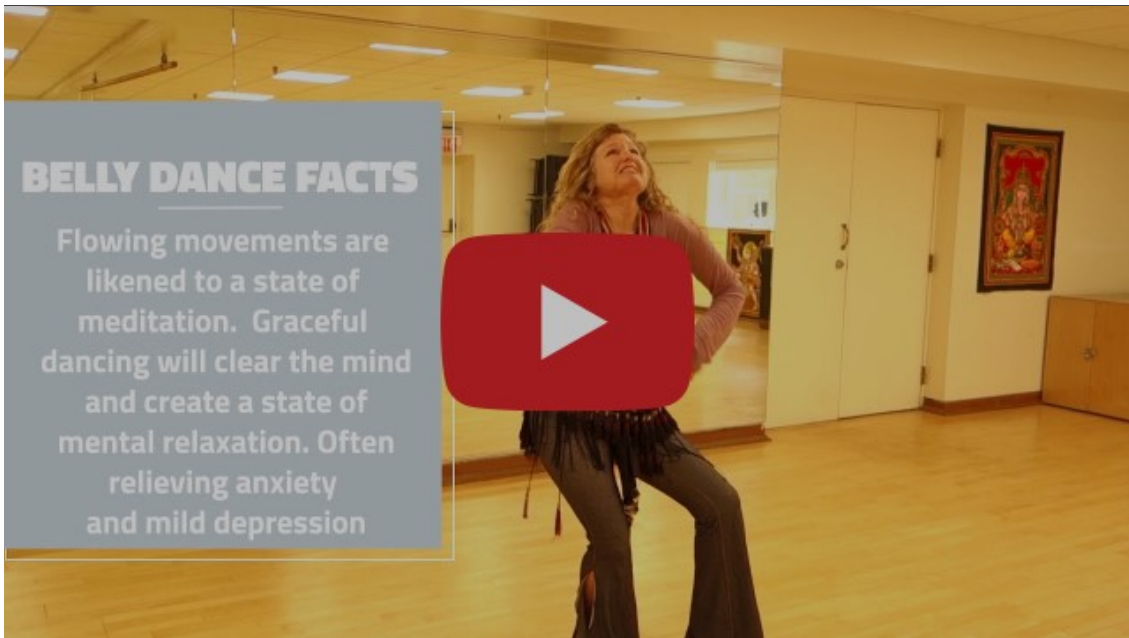
Happy April Birthdays!

Happy Birthday

Members celebrating April birthdays

Annie Antler - Bill Broder - Marilyn Burns- Andy Engler - Linda Jaeger - Charles Kaufman - Connie Latch - Deborah Phelan - Colette Pratt - Joan Saxton - Martin Terplin - Peter Wardle - Jenie Wasser

For The Body



BELLY DANCE FACTS

Flowing movements are likened to a state of meditation. Graceful dancing will clear the mind and create a state of mental relaxation. Often relieving anxiety and mild depression

Start your day with a short belly dance!



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

Good Earth Updates:

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.

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