



Happy Monday, Villagers



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



Two Kayakers physically distancing on the SF Bay. Photo by Ciji Ware



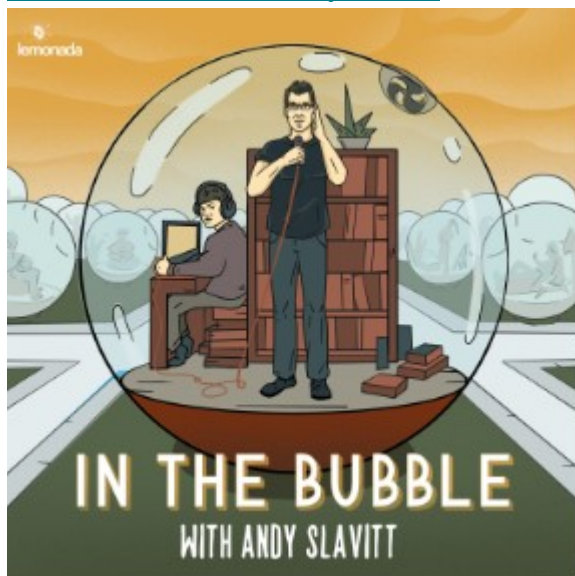
Volunteer seamstress Esther Levandoski shows off her very first completed mask. One down and 49 to go! If you are a senior in Sausalito or the Floating Homes and would like one of the homemade fabric washable masks, email

triciasmith58@yahoo.com. One per senior please, free of charge and delivered to your door.

Tips for the Brain

Podcasts

[In the Bubble with Andy Slavitt](#)



We are now in the early stages of something we've never seen before: a global pandemic. In addition to our health, social isolation and economic uncertainty have left us scrambling to understand our new normal and wondering what the future holds. From his own bubble, health care leader, turnaround expert and #stayhome architect Andy Slavitt is making it his mission to give Americans critical information in real-time but also hope for a path forward. He reminds us of what we can achieve and the deep sense of solidarity that we need during these trying times. Andy is joined each week by leading scientists, cultural icons, and political leaders—together, they will help us process, understand, and adjust to the changes around us.

[Podcasts to Keep You in Good Company During Social Distancing](#)



KQED offers a selection of “podcasts that offer great companionship during these isolating times. With pods that heal, keep the important news coming and spotlight people doing great things in their communities, we’ve put them all in a [Spotify playlist](#) you can follow at the bottom of the page.”



NPR: [We Need Art Right Now. Here's How To Get Into Poetry](#)

Listen, I know how this looks. An NPR piece about "how to appreciate poetry" reads like self-parody. I get it! But — in case you haven't heard — things are extremely bad right now. And if you're holed up at home and have burned through all the TV you can stand, you may just need some art to help you process that sadness or anger or fear. And this might be a good time to give poetry a try.

[Courage & Vulnerability: Corona & the Wisdom of Elders](#)

In every crisis of my life, learning has helped me find my way thru. That means paying attention, allowing myself to feel as well as think, looking at things from different angles,

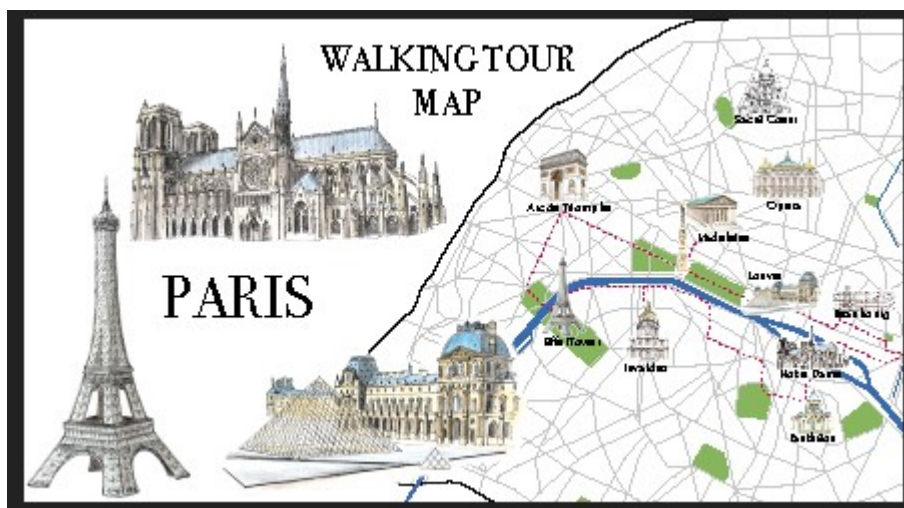
gathering the best info available, trying to connect the dots, and “living the questions” when the answers elude me. That’s why I love this excerpt from T.H. White’s novel “The Once and Future King,” based on the legend of King Arthur. The wizard Merlyn, who’s been entrusted with educating the young Arthur, is speaking to the future king at what we’d call a “teachable moment.”

Man's tiny picnic table for squirrels goes viral, prompts people in quarantine to build their own



Just because we’re all at [home](#) isolating, doesn’t mean nature is.

A man built a tiny picnic table for the squirrels in his neighborhood to eat on -- an idea that has charmed Twitter so much, people in [quarantine](#) all over the United States have started making their own tables for the woodland creatures in their area.

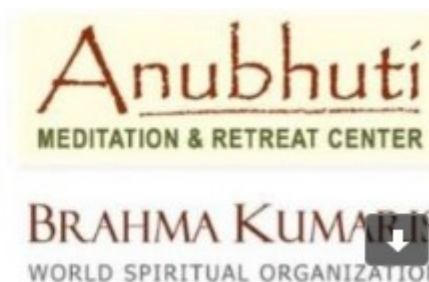


Need a Change of Scenery? These [Walking Tour Videos](#) Will Make You Feel Like You're in Tokyo, Paris, and NYC

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

Find your favorite topics on Flipboard. [Download here.](#)

Anubhuti Meditation and Retreat Center



*We are here to support you and your spiritual practice and to help all of us nurture our hearts and minds as we continue to face these new and unfolding challenges. Since in house programs and events are on hold, we are streaming most of them. You are welcome to share these with your contacts. Please see the program list and **NEW LOGIN** information below.*

All times are Pacific Daylight Time

[Here is a timing converter if needed](#)

Creative Meditation:

Fridays, 6:30 pm to 8:00 pm

Saturdays, 10:00 am to 11:30 am

Sundays, 10:30 am to 12:00 noon

Evening Workshops/Talks:

Sundays, 5:00 to 6:30 pm- SPECIAL

Karma, Destiny and Choice series with Denise Lawrence

Mondays, 7:00 to 8:30 pm - different weekly topic

Tuesdays, 7:00 to 8:30 pm - different weekly topic

Thursdays, 6:00 to 7:30 pm - SPECIAL

Convergence of Psychology and Spiritual work with Denise Lawrence

NEW Conference Login Details:

Join Zoom Meeting

<https://zoom.us/j/3582083701?pwd=R3ZZN2IKekpyMDE1Yzd3VmpFdEdpUT09>

Meeting ID: 358 208 3701

Password: 18011969 (password only needed when logging into Zoom without using the one click link above)





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you can't
accidentally
touch your
face**



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.

Interested in volunteering to help out with errands? Please contact sausalitovillageconcierge@gmail.com or call 415-332-3325.

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: Driver's is opening at 11 am on Tuesdays and Fridays as these are delivery days. Senior Shopping on those days will be 11 am – 12 pm. Regular Monday through Sunday hours are 9 am until 8 pm with the 9 to 10 am hours reserved for senior shopping. 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.

In Sausalito, "Grab and Go" bags of groceries are available at Marinship Park between 8:00 and 11:00 a.m. on Tuesdays and Fridays. The service is provided by Marin Mobile Care in conjunction with the mobile shower service sponsored by the Sausalito Police Department. The School District and Willow Creek Academy are offering free breakfast/lunch provided daily at BMLK campus 10:30 - 12:00 and hot lunches served on Tuesdays and Thursdays. Play Marin is also providing meals to those in need. And Port and Provisions delivers and has a special "no neighbor left behind" service here.

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