



## Happy Wednesday, Villagers



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

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## Community

# Book Download

## کرنے کا طریقہ

Join us on Thursday when Sausalito librarian, Tula Biederman presents a live session on how to download books from our County library system with the Libby app. Thanks to SV volunteer, Kristina Wallender, this will be offered on Zoom.

**WHEN:** Thursday, April 9th, Noon

**WHERE:** Comfort of your own home

**NEEDED:** Computer plus a device such as smartphone or tablet, (to read your books) and a library card

Click here: [More information and to register](#)

If you have any issues with the online registration, contact Tricia at [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)



## Tech Corner

### How to have a cool background on Zoom

On your Zoom calls, you may have noticed that a few meeting participants look like they're on top of a mountain, at the beach, or perched with a perfect view of the Golden Gate Bridge. This is because they're using Zoom's Virtual Background. You have one too! [Learn how to set a virtual background on Zoom.](#)

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## Tips for the Brain

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[Museum Asks People To Recreate Paintings With Stuff They Can Find at Home, Here Are The Results](#)

*Even though most of us are stuck at home during [Coronavirus quarantine](#) and can't go out and enjoy art in museums, that doesn't mean that life has to be boring or uncultured. [The Getty Museum](#) in Los Angeles challenged art fans to post photos of themselves recreating their favorite works of art from the safety of their homes. People responded with a lot of*

*enthusiasm and flooded social media with their unique artistic interpretations. Scroll down to see the best examples! From [Sad and Useless: The Most Depressive Humor Site on the Internet](#)*

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## Opera Lovers



*Ok, ok, we're the first to admit that a mother, handing a dagger to her daughter and imploring the girl to kill a High Priest may not be the most joyful of "Moments...", but add **Mozart's** compelling orchestral music and thrilling vocal fireworks - including high-Fs (re: an "F" above a high-C!!!) - it's a whole other story! To listen to soprano **Diana Damrau** as the Queen of the Night tackle this almost superhuman vocal challenge in Mozart's **Die Zauberflöte**, [click here](#).*

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**[10 of the best virtual tours of the world's natural wonders](#)**



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

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



[Insights at the edge](#)

**An in-depth interview with Thich Nhat Hanh:**

## Meditation is for Everyone

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### [California Academy of Sciences: Start Streaming](#)

While the Academy is temporarily closed during this difficult time, our biologists are still attending to the nearly 40,000 animals in our care. Tune into our HD webcams daily and try to catch live feedings with our [African penguins](#), and be mesmerized by the colorful array of fish in the [Philippine Coral Reef](#) tank. Plus, keep up with more delightful animal stories on [social media](#).

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## How to Wear a Cloth Face Covering



Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

For more information, including tips on making sew and no sew masks, visit the CDC: [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#)

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**I've eaten 14  
meals and  
taken 6 naps  
and it's still  
today. are you  
kidding me**





**Food, Shopping. Assistance:**

*Updates on local store hours, online shopping, storing food and more*

**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](mailto:sausalitovillageconcierge@gmail.com). All of our volunteers have been vetted.**

**Interested in volunteering to help out with errands? Please contact [sausalitovillageconcierge@gmail.com](mailto: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](#). All of the local stores using this service can be accessed via this link. 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
- **Target** Wednesdays 9-10
- **Good Earth:** 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](http://www.grubhub.com), [www.doordash.com](http://www.doordash.com), or [www.trycaviar.com](http://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](#).



Surprising foods you can't freeze and a reminder of what you can

**Savvy use of your freezer space is more important than ever.**

**From cheese to eggs and even avocado, we answer the most asked questions about what you can and can't freeze so you can cut down on food waste, while also limiting how much you need to venture out shopping.**

Give and Get Local



**Local businesses need your support. You can give your favorite Square merchants a boost by buying digital gift cards.**

### Amazon com : Shipping Delays? Out-of-Stock Items? Amazon Isn't the Only Shop

#### Online

*I ordered some gifts -- a hand salve, some tea, soap and a cookbook -- from a Washington, D.C.-based boutique on March 19, a Thursday. My friend's birthday wasn't for another week and I figured the package could take a while. But it arrived on her New York doorstep two days later. I was stunned. The same cookbook on Amazon is currently delayed until late April.*

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