



## Happy Thursday, Villagers



M C S W E E N E Y ' S  
I N T E R N E T T E N D E N C Y

### [A FORCE OUTSIDE MYSELF: CITIZENS OVER 60 SPEAK](#)

*In the past few weeks, the voices and even the lives of older people have been marginalized, scapegoated, written off. Most recently, certain politicians have presented a false and horrifying choice — either we protect citizens over 60 or we save the economy.*

*We thought it was time to hear their voices. They are living this anxious, troubled moment like no one else. Every day we will add more stories to this mosaic — some tragic, some wistful, some full of levity and hope. They will be at the top of this page every morning.*

[guidelines.](#)

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## Broadway Lovers



Could Rogers and Hammerstein's 70+ year old **South Pacific** be any more contemporary, any more relevant? With all of us at war with this virus, couldn't we use a big dose of the upbeat Nellie Forbush, who retains her outlook as "**A Cock-eyed Optimist,**" even as a war rages around her in the Pacific theater of WWII? Maybe we can do the same?

To hear beloved soprano **Julie Andrews** sing this classic, [click here](#).

Top watch the **entire show** from it's gorgeous *Live from Lincoln Center* production, starring the entrancing **Kelli O'Hara** and the debonair **Paulo Szot**, [click here](#).

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## Opera Lovers



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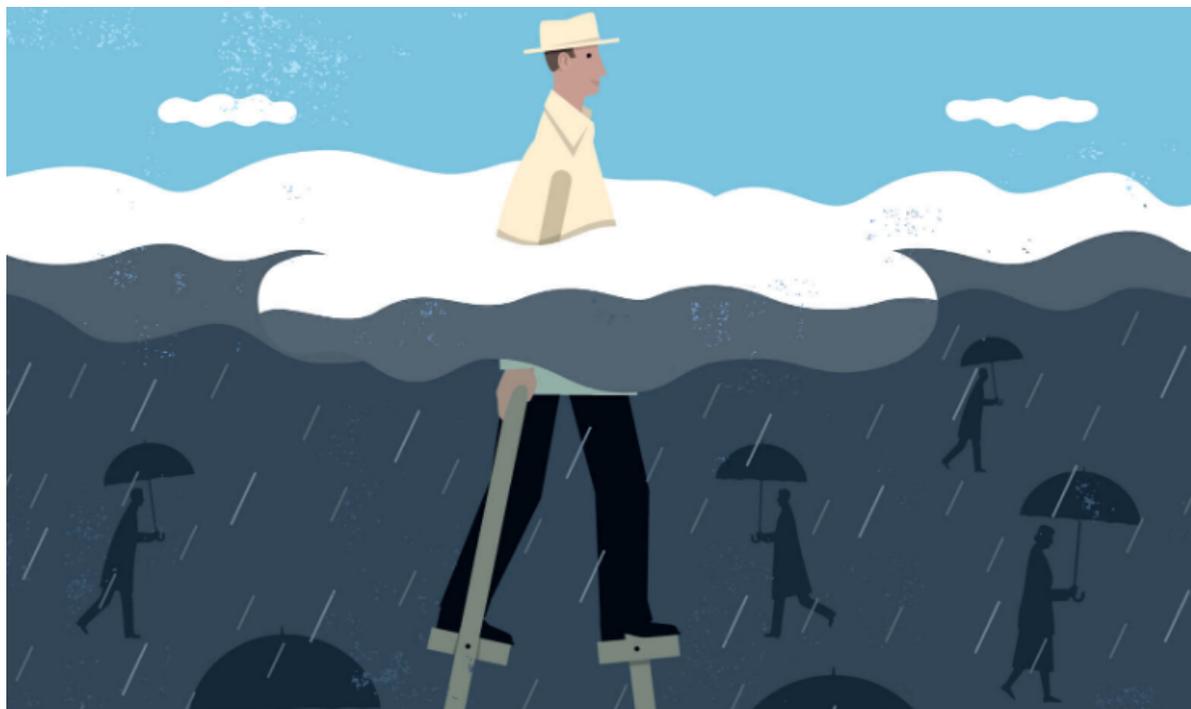
*delight. In Act I, a group of soldiers relax in the square commenting on the passers-by. When it comes time for the changing of the guard, a gaggle of children gather and imitate the soldiers, with the chorus "Avec la garde montante" ("With the changing guard"). To experience this chorus in a production at the Arena di Verona, [click here](#).*

*To watch an inventive animation combining the audio of this Act I chorus with the visual of the tarot deck Carmen deals in Act III, [click here](#).*

*After Bizet's death, composer Ernest Guiraud, who wrote the sung recitatives for Carmen (as opposed to the spoken dialogue in the original version), arranged two Carmen Suites for orchestra. The 5th section of Suite #2 uses the music of the Children's Chorus. To hear this section played by the Orchestre Symphonique de Montréal conducted by Charles Dutoit, [click here](#).*

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### [Teens Launch Hotline for Isolated Seniors to Listen to Pre-Recorded Jokes, Stories, and Messages of Hope](#)



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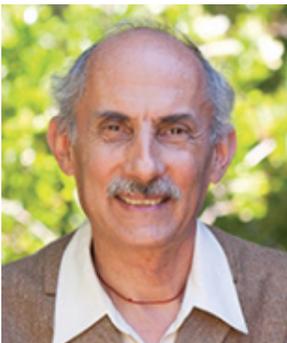
positivity.

The [Joy4All project](#) was launched by students from the Ever Active Schools recreational leadership program run by the Calgary Board of Education.

The youngsters say they created the free hotline as a means of comforting quarantined seniors across North America. However, people of all ages are encouraged to dial 1-877-JOY-4ALL in order to enjoy the regularly updated selection of jokes, stories, guided meditations, and educational messages.



Yet another episode of [Some Good News](#)



Jack  
JACKKORNFIELD.COM

## [Pandemic Care Package Jack Kornfield](#)

The need for the dharma is stronger than ever as we navigate the current global health emergency. We can choose to live in our fears, confusion, and worries, or to

demonstrate patience, compassion, mindfulness, and mutual care.



### [What Shakespeare Teaches Us About Living With Pandemics](#)

Plague erased social, gender and personal differences. Shakespeare responded by emphasizing people's unique and inerasable difference. His work is a narrative vaccine.

# THE FIRST WORD YOU SEE IS WHERE YOU ARE GOING IN APRIL

N O W H E R E N O W H E R E  
O W H E R E N O W H E R E N  
W H E R E N O W H E R E N O  
H E R A B S O L U T E Y O W  
E R E N O W H E R E N O W H  
R E N O W H E R E N O W H E  
E N O W H E R E N O W H E R  
N O W H E R E N O W H E R E  
O W H E R E N O W H E R E N  
W H E R E N O W H E R E N O  
H E R E N O W H E R E N O W  
E R E N O W H E R E N O W H



A fun, uplifting video of Marin residents, staff and healthcare workers at work and home.



## Tips on Food, Shopping, Other 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 [sausalitovillageconciierge@gmail.com](mailto:sausalitovillageconciierge@gmail.com). All of our volunteers have been vetted.

Interested in volunteering to help out with errands? Please contact [sausalitovillageconciierge@gmail.com](mailto:sausalitovillageconciierge@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. The Chamber of Commerce has [information on all the local restaurants providing take out and delivery](#).

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**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 is every day but Sunday for curbside pick up and orders must be in by 8 pm the night before and pick up between 11-12. 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 7-8** 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.**



[Bounty Box](#)

*Fresh from the farmer's market to curbside*

CVS is offering [free delivery](#) of prescriptions and everyday essentials.

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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](#).



## FOR YOUR BODY

Note: On many of the videos we choose, continue watching for a series of additional videos from the same link.

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