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SAUSALITO VILLAGE



Saturday

**Happy Saturday, Villagers**

If you have something you'd like to send along to Tips, drop us an [email](#).

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[One Life Together At Home.](#) A global broadcast & digital special to support frontline healthcare workers and the WHO. Coverage begins tomorrow at 2 pm.



### [Metropolitan Opera Live Streams](#)

Saturday, April 18

[Cilea's \*Adriana Lecouvreur\*](#)

Starring Anna Netrebko, Anita Rachvelishvili, Piotr Beczala, and Ambrogio Maestri, conducted by Gianandrea Noseda. From January 12, 2019.

Sunday, April 19

[Strauss's \*Der Rosenkavalier\*](#)

Starring Renée Fleming, Elīna Garanča, Erin Morley, and Günther Groissböck, conducted by Sebastian Weigle. From May 13, 2017.

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Tenors sing Nessun Dorma during lockdown in Italy.



As we continue to Shelter In Place, we at Sausalito Parks and Recreation are working to produce recreation opportunities for you.

#### [Virtual Rec Room:](#)

We created a daily stop during your ever-increasing virtual life. Each day you'll find indoor activities to keep your body moving, fun daily photo challenges, and fun activities to do with you pets. We will also be posting our current and future virtual Classroom offerings.

#### [Virtual Classroom:](#)

If you are looking to increase your physical workouts, see some familiar faces, and workout your brain, we have started offering virtual classes currently

contact Bryan Vitale at [bvitale@sausalito.gov](mailto:bvitale@sausalito.gov)

Note: If there are more classes you'd like to join, please reach out directly and we will do our best to offer them in the future.



## Safety Guidelines for Food, Clothing, Surfaces

### [NPR Life Kit](#)

*Remember when grocery shopping was an innocuous task on the to-do list? In these pandemic days, going to the store is fraught. Should I even be going? [Should I shop with gloves](#)? Do I need to use a disinfectant wipe for each apple I bring home? [In a recent episode](#), NPR science correspondent Maria Godoy talked with infectious disease, virology and food safety experts to get the facts about safe grocery shopping.*

*A key thing to remember: focus on the risk of being around other people at the store. It's easy to obsess over what germs might be on the conveyor belt at checkout, but experts say the biggest risk comes from being around people who might be infected.*



### [Is the Virus on My Clothes? My Shoes? My Hair? My Newspaper?](#)

*When we asked readers to send their questions about coronavirus, a common theme emerged: Many people are fearful about tracking the virus into their homes on their clothes, their shoes, the mail and even the newspaper.*

*We reached out to infectious disease experts, aerosol scientists and microbiologists to answer reader questions about the risks of coming into contact with the virus during essential trips outside and from deliveries. While we still need to take precautions, their answers were reassuring.*



### [5 virtual reality tours of South America... for keeping your wanderlust dreams alive](#)

*Though travel may not be an option in these times of coronavirus, the situation doesn't prevent us from knowing the world from isolation in our homes. Even if you're bored of lockdown strolls in the local park, you can still explore several South American destinations with just a click.*

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AND GOD SAID, I WILL SEND  
THEM WITHOUT WINGS SO NO  
ONE SUSPECTS THEY ARE ANGELS.





## 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 [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. The Chamber of Commerce has [information on all the local restaurants providing take out and delivery](#).

- **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

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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.

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



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[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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