

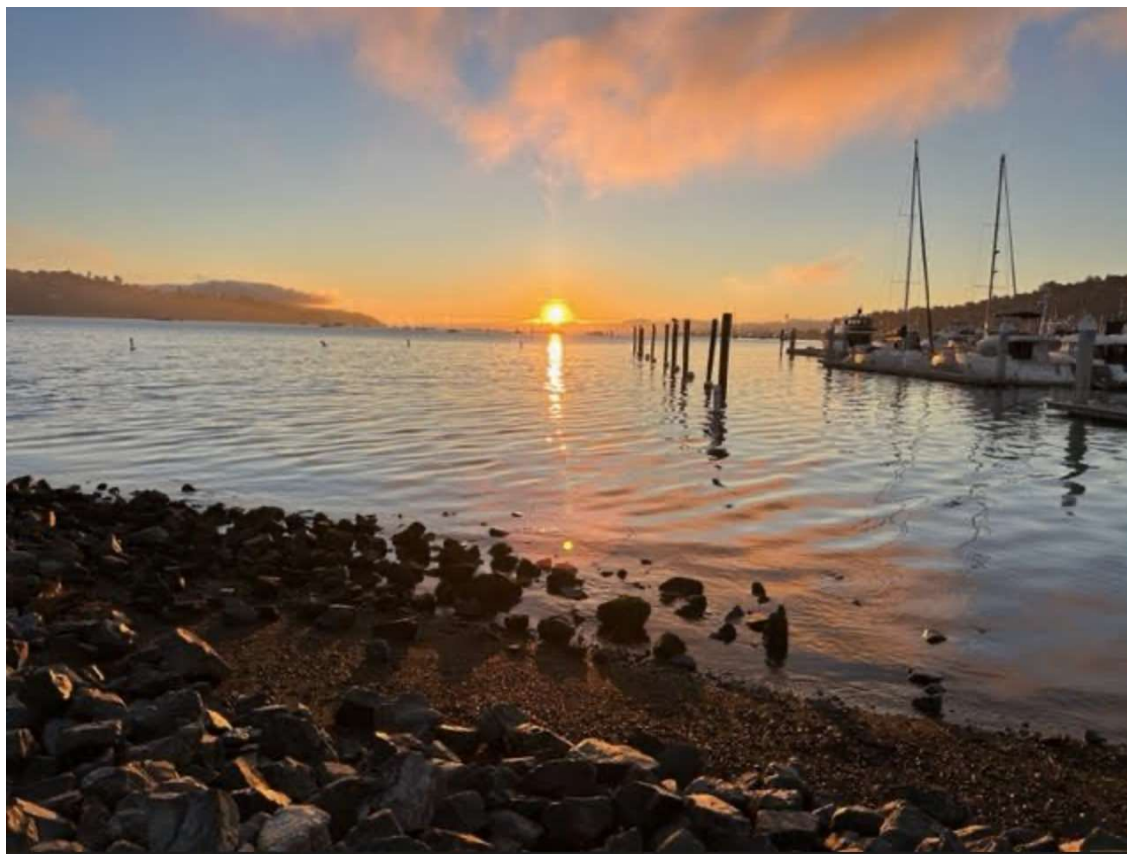
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Photo by Charlie Brown "Sunrise at Clipper Harbor"

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to:

SausalitoVillageTips@gmail.com

Are you forwarding this newsletter to a friend?

Have your friend sign up directly to receive the weekly newsletter by making the request to SausalitoVillageTips@gmail.com

Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV Website:

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SV hosted events in the coming 2 weeks:

December 24 - Dinner delivered to your door(closed)

December 26 - [Afternoon Book Review Group](#)

December 30 - [Line Dancing](#)

January 5 - Morning Book Review Group (closed)

January 7 - [Tales of the Trails](#)

January 8 - [Stretch and Strengthen with Rayner](#)

January 8 - [Souper Monday Club](#)

January 9 - [The Tarot is in every one of us](#)

January 14 - [Line Dancing](#)

To view the Sausalito Village calendar full of events [CLICK HERE](#)

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SPECIAL EVENT!

The Tarot is in Every One of Us

WHEN: Tuesday, January 9th, Noon to 2:00pm

WHERE: Edgewater Room, City Hall downstairs

OPEN TO: Priority to SV Members and Volunteers due to space limitations

RSVP: <https://sausalito.helpfulvillage.com/events/4094-the-tarot-is-in-every-one-of-us>

The Tarot is a 78-card deck used for centuries to mirror your subconscious and help inform your choices. In the past few years, interest in the Tarot has grown as more and more people seek ways to blend inner and outer realities to live their lives more creatively and intuitively.

Village member, Elyn (Kimery Wiltshire), appropriate for those new to Tarot and those wanting to deepen their understanding. If you have a Tarot deck, please bring it – if not, I have some to share. Learning is finding out what you already know. The Tarot is in every one of us.

Thanks to Elyn's generosity, this workshop is free of charge.



What's the point of giving gifts?

Excerpted from TheConversation.com

French anthropologist named Marcel Mauss observed that gifts create three separate but inextricably related actions. Gifts are given, received and reciprocated.

The first act of giving establishes the virtues of the gift giver. They express their generosity, kindness and honor.

renewed. This is a way for the receiver to show their own generosity, that they are willing to accept what was offered to them.

The third component of gift giving is reciprocity, returning in kind what was first given. Essentially, the person who received the gift is now expected – implicitly or explicitly – to give a gift back to the original giver.

But then, of course, once the first person gets something back, they must return yet another gift to the person who received the original gift. In this way, gifting becomes an endless loop of giving and receiving, giving and receiving.

This last step – reciprocity – is what makes gifts unique. Unlike buying something at a store, in which the exchange ends when money is traded for goods, giving gifts builds and sustains relationships. This relationship between the gift giver and receiver is bound up with morality. Gifting is an expression of fairness because each present is generally of equal or greater value than what was last given. And gifting is an expression of respect because it shows a willingness to honor the other person.

In these ways, gifting tethers people together. It keeps people connected in an infinite cycle of mutual obligations.



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WHEN: Saturday, December 30th, 4pm-5pm

WHERE: Exercise Studio, downstairs in Sausalito City Hall

COST: FREE!!

REGISTER: <https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/Class?classId=15e3c83a-0e03-4a45-9791-3d0eb0bda0ef&occurrenceDate=20240114>

Sausalito Village and Sausalito Parks and Recreation host Line Dancing classes taught by Laurie Reemsnyder who will guide you through the dances. Music is old school, contemporary, disco, jazz, R&B, and a little Latin. Trouble registering? You can drop in for class and sign your waiver there.

Open to all, geared to seniors.

Wear comfortable clothing and shoes. Dance shoes encouraged if you have them to provide the right amount of 'slide'.

IMPORTANT: If you are new and want to meet with Laurie ahead of class to go over basic moves, email her: phototeacher94@gmail.com several days ahead

LOOK for new class schedule starting in January on Sundays at 4pm



Feeling Stuck? Try the Dickens Method to Rewire Your Brain and See the World Differently

Excerpted from Inc.com

Have you ever felt trapped in a cycle of negative thoughts or behaviors? The 'Dickens Method,' inspired by the life-altering experiences of characters in Charles Dickens's novels, offers a fresh perspective. This technique involves a deep, introspective journey, encouraging individuals to reflect on past regrets, present challenges, and future fears. By confronting these elements, the Dickens Method aims to reshape your perception and open new pathways for personal growth.

There are three elements of psychological experience that tie in here. Let's look at each in turn.

The power of mental time travel

One key aspect of the Dickens Method is its use of mental time travel. This psychological concept involves revisiting past experiences and imagining future scenarios. By mentally traveling through time, you can gain insights into how past events shape your current mindset and how your present actions influence future outcomes.

This reflective process is not just about reminiscence or daydreaming; it's a structured approach to understanding your life narrative and making conscious

Cognitive reframing a new narrative

The Dickens Method also employs cognitive reframing, a technique widely used in clinical psychology. It's about altering your perception of past events and current challenges, viewing them in a new light. This shift in perspective can break the chains of limiting beliefs and open up new possibilities for action. It's not about denying the reality of your experiences but about changing how you interpret and respond to them.

Emotional resilience

The Dickens Method fosters emotional resilience. This is the ability to adapt to stress and adversity, bouncing back from difficult experiences. Through the process of introspection and reframing, you can develop a stronger sense of self, learning to navigate life's ups and downs with greater ease and confidence.

Emotional resilience is not about avoiding negative emotions but learning to deal with them effectively. Some people refer to this approach as 'stress inoculation'. Just like you are preparing your immune system for the threat of illness through a vaccine, so too are you preparing your psychological 'immune' system by introducing it to a minimal, prepared amount of stress that will boost your response to threats in the future.



WHEN: Sunday, January 7, 7pm

WHERE: On zoom

RSVP: Call or email Sue Dunlap. suedunlap46@gmail.com or 332-3746

Join us as Laurie Nardone presents her tales of la belle France - from Nice to Bourgogne.



Movies in the theaters for the holidays

Excerpted from AARP.com

***American Fiction* (in theaters Dec. 15)**

In a barbed comedy that's also a heartwarming drama, curmudgeonly professor and author Thelonious "Monk" Ellison (Jeffrey Wright, 58) writes a book satirizing every urban gangsta stereotype he hates. He's aghast when it becomes a bestseller with a zillion-dollar movie deal,

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***Wonka* (in theaters Dec. 15)**

Hugh Grant, 63, plays a singing Oompa Loompa who indignantly tells Willy Wonka (Timothée Chalamet), "I will have you know that I am a perfectly respectable size for an Oompa Loompa!" WATCH Trailer [HERE](#)

***Aquaman and the Lost Kingdom* (in theaters Dec. 22)**

Aquaman (Jason Momoa) seeks to save the Kingdom of Atlantis, with plenty of help from his mama (Nicole Kidman, 56). WATCH Trailer [HERE](#)

***Freud's Last Session* (in theaters Dec. 22)**

The film's 1939 debate between atheist Sigmund Freud (Anthony Hopkins, 85) and Christian *Chronicles of Narnia* creator C.S. Lewis (*Downton Abbey*'s Matthew Goode) never happened, but it illuminates the men's private lives and ideas. WATCH Trailer [HERE](#)

***The Color Purple* (in theaters Dec. 25)**

An adaptation of the Tony Award-winning Broadway musical of the Pulitzer-winning novel by Alice Walker, 79, about rural Southern African Americans in the early 20th century, its made stars Taraji P. Henson, 53, Danielle Brooks and Fantasia Barrino all front-runners for Oscar nominations. WATCH Trailer [HERE](#)

***Ferrari* (in theaters Dec. 25)**

Miami Vice producer Michael Mann, 80, presents a biopic about Enzo Ferrari (Adam Driver) in 1957, when he almost lost his company, drivers died in his race cars, and he tried to keep his mistress's child a secret from his wife and business partner (Penélope Cruz) after their own son had died. WATCH Trailer [HERE](#)

***The Boys in the Boat* (in theaters Dec. 25)**

George Clooney, 62, directs a *Chariots of Fire*-like film about the Berlin Olympics in 1936, when an upset victory by Seattle's working-class rowing team, like Jesse Owens' four gold medals in track and field, humiliated Hitler. WATCH Trailer [HERE](#)



Blocking Unwanted Calls, Messages, and Emails on Your iPhone or iPad

Excerpted from Geeky-Gadgets.com

Blocking phone numbers is the most straightforward way to prevent unwanted calls and messages. You can block individual numbers, or you can block all calls and messages from unknown callers.

Blocking Individual Phone Numbers

To block an individual phone number, follow these steps:

1. Open the Phone app on your iPhone or iPad.
2. Tap the Recents tab.
3. Tap the phone number that you want to block.
4. Tap Block this Caller.
5. A confirmation dialog will appear. Tap Block again to confirm.

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If you want to block all calls and messages from unknown callers, follow these steps:

1. Go to Settings > Phone > Silence Unknown Callers.
2. A confirmation dialog will appear. Tap Turn On to enable the feature.

By blocking phone numbers, you can take control of your privacy and reduce the amount of spam that you receive. If you receive a call from a blocked number, you will not see it in your Recents list, and you will not be notified of the call.



Dick Van Dyke going strong at 98 years old

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Invite a neighbor or friend, this event is open to all

Everyone is invited - spread the word. This event is free but registration is required.

WHEN: Monday, January 8th, 11:30am - 1:00pm

WHERE: Campbell Hall, 70 Santa Rosa Avenue

RSVP: <https://sausalito.helpfulvillage.com/events/4110> or email SausalitoVillageRSVP@gmail.com or call 415-332-3325

The idea is simple - enjoy a meal while sitting in community with old friends or new. We have volunteer servers who will get you seated and bring the soup, bread, dessert and hot drinks to you.

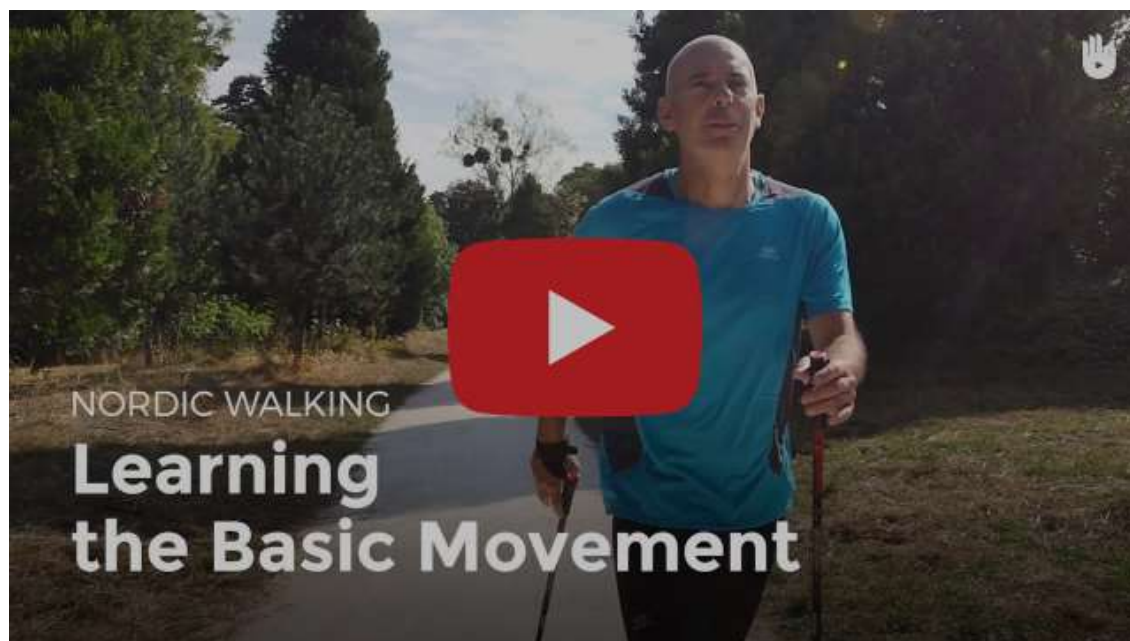
Each month Sausalito Village invites a different business in town to create a hearty soup for attendees, usually there is a vegetarian and a non-vegetarian option. Souper Monday Club takes place the first Monday of the month unless it falls on a holiday, like New Years, then it moves to the next Monday.

We are so happy that Jean Capron will be back playing the piano in the background, lending a warm and inviting atmosphere to our December monthly event. Special thanks to Fr. Chip Larrimore and all of Christ Church for the use of Campbell Hall.

Limited parking is available. If you would like a ride from Dunphy

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Sausalito Village Concierge, at the end of the email
SausalitoVillageConcierge@gmail.com by December 2nd.



Nordic walking



Tai Chi For Arthritis and Fall Prevention Classes

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Beginning and Repeats

Tuesdays 1:00 pm – 2:00 pm

January 16 to April 30 IN PERSON

Location: Sausalito City Hall – Lower Level - Exercise Studio

FREE but registration required

More info and

registration: <https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/CoursesLandingPage?courseId=c8059cdf-1970-4ad9-b125-6641eff1af9d>

Bi-Lingual Spanish Tai Chi (en Espanol)

Tuesdays (Martes) 11:30 am -12:30 pm – ON ZOOM

January 23 – May 7 (23 de Enero – 7 de Mayo)

FREE but registration required

More info and

registration: <https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/CoursesLandingPage?courseId=f9edf575-c41a-485a-992b-c73df85ebf4c>

Tai Chi for Arthritis -Intermediate Part 2

(Prerequisite: beginning Tai Chi for Arthritis & Fall Prevention)

Saturdays 9:00 am -10:00 am – ON ZOOM

January 13 – April 27

FREE but registration required

More info and registration:

<https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/CoursesLandingPage?courseId=b9d6f7d3-38d1-4d8d-9465-636c0af23f46>

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FRIDAY PUZZLE

It's a math question this week:

Can you make 20 using three 3s and any mathematical operations you like? To put a point on it: All the math symbols are fair game, but you can't use any other digits besides three 3s.

Find the answer at the bottom of the newsletter.



10 Simple 'Childhood Joys' That Benefit People Over 50, According to Psychologists

Excerpted from ParadeMagazine.com

1. Get a literal taste of childhood

Indulging in childhood joys can be a multi-sensory experience. Think ice cream on a hot day or fresh-baked chocolate chip cookies that bring back memories of after-school snacks.

"I find that as we age, we become more mindful of flavors and things that satiate our bodies," says **Dr. Joseph Galasso, Psy.D.**, a psychologist and CEO of Baker Street Behavioral Health and Baker Street Health and Human Performance. "Sweets and rituals around food are one of the most immediate things people gravitate towards as they age."

Not a sweet tooth? No problem.

"Making favorite childhood foods...[like] grilled cheese sandwiches...can quickly transport a weary adult into the arms of childhood glee," Dr. Manly says. "No matter how old we are, childhood foods hold a special power over us. They can create delight almost instantly."

2. Get crafty

Creativity isn't reserved for little ones with big imaginations.

"Doing something with your hands is fulfilling and brings you back to things you might have done when you were younger," Dr. Schiff explains. "Complete a coloring book, learn how to paint, knit or crochet, scrapbook or learn origami."

A 2020 study of 120 adults with an average age of about 65 indicated that coloring could help reduce anxiety.

3. Ride a bike

The old cliché goes that you never forget how to ride a bike. Experts share that you're never too old to get back in the saddle, either.

"Riding a bike is one of the most naturally blissful adult activities," Dr. Manly

the pure, stress-free times of childhood."

(If you have mobility issues, are recovering from a procedure or have an underlying medical condition, it's best to consult your care team before proceeding. This tip applies to people of any age.)

Read the entire list/article [HERE](#)



Do you know about Muttville?

Here is info from the website of this senior dog rescue organization in San Francisco:

Every day...dogs in good health with wonderful personalities are euthanized. Why? Because they're older, and not considered adoptable. A dog is brought in because he can't jog with his guardian anymore. Or he needs a little time to get up the stairs. Or he's simply not a puppy. In some cases, dogs are moved from loving homes to concrete cages because their guardians have died or simply can't care for them anymore.

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and then living forever. Because of the bad car tray, the dog would spend their last days in a shelter. There is so much love and joy in these dogs!

[Watch a live broadcast](#) from Muttville HQ every day from noon to 4pm PT to see some of our adorable adoptable mutts in action.

Learn more about Muttville: https://muttville.org/about_us



Marin Access Catch-A-Ride Pilot Program

PRESENTATION: Learn about Marin Access transportation options for you

Including Marin Access Catch-A-Ride, a program that provides Taxi and Uber discounts available to residents 65+

WHEN: January 25th, 1pm-2:15pm

WHERE: Zoom

RSVP: <https://sausalito.helpfulvillage.com/events/4178>

Meet with Marin Access Travel Navigators on Zoom to learn about

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with a screening. They will also review eligibility requirements and how to schedule rides.

Open to ALL

What is Marin Access?

Marin Access was designed by Marin Transit to coordinate transportation options and resources for older adults (65+) and individuals with disabilities in Marin County.



Next class is January 8th. In the meantime, here is the most recent class taped for you to enjoy at home. We like to know if you have watched the class, please email SausalitoVillageRSVP@gmail.com and let us know!

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10 Best books of 2023 - New York Times List

Excerpted from New York Times.com

[The Bee Sting](#), by Paul Murray

[Chain-Gang All-Stars](#), by Nana Kwame Adjei-Brenyah

[Eastbound](#), by Maylis de Kerangal

[The Fraud](#), by Zadie Smith

[North Woods](#), by Daniel Mason

[The Best Minds](#), by Jonathan Rosen

[Bottoms Up and the Devil Laughs](#), by Kerry Howley

[Fire Weather](#), by John Vaillant

[Master Slave Husband Wife](#), by Ilyon Woo

[Some People Need Killing](#), by Patricia Evangelista

Don't forget to purchase your books at our local bookstore, **Sausalito Books by the Bay** at 100 Bay Street. Free parking right next to the store.

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7 Signs you are aging well

Excerpted from [HuffingtonPost.com](https://www.huffpost.com)

Below, geriatricians share the indicators that someone is aging well, along with a little advice if you feel like you're not hitting the mark. You take time to learn new things.

The older we get, the fewer chances we have to absorb new information; many of us are far out of school or work. The opportunities to learn are limited if those opportunities aren't sought out.

You're honest about your needs.

"So often, people don't age well because they're not upfront about what their needs are," said Robyn Golden, the associate vice president of social work and community health at Rush University Medical Center in Chicago. "How do we make it OK for people to say, 'This is what I need, I'm feeling lonely, I need someone to go out with on a Tuesday night.'"

Rampant ageism makes it easy for people to feel like a burden or invisible, Golden said, which can encourage silent suffering. But it's important to push against that and let folks know when you're having a tough time. So if you're

What's more, if you're struggling with depression and anxiety, it's important to let your doctor know. There's often a false belief that anxiety or depression after a certain age is more "normal," but Golden said this is not true.

You have a community.

Loneliness and isolation are a big problem, so much so that the surgeon general of the United States declared an epidemic of isolation and loneliness throughout the country.

"As you know, with the COVID pandemic, this has become really important. There was a lot of social isolation among our geriatric patients because they were confined to their homes," Goyal said.

To combat feelings of loneliness and isolation, it's important to bolster your social connections, whether that's with friends, family, your church group or your community, she said.

There isn't one right way to connect with your community, either. Golden said this could look like anything from volunteering at a local food bank to helping a neighborhood child learn to read.

Read the entire article [HERE](#)



Guinness Brewery promotion intended to help settle bar bets

Excerpted from Interesting Facts.com

In 1954, Sir Hugh Beaver, the managing director of Guinness, thought up a way to reduce pub disputes so bartenders could focus on pouring his company's signature beers. He suspected that every bar could benefit from a book filled with verified facts and stats about subjects that might arise mid-conversation over a drink. Two events in particular prompted his decision: Earlier in the decade, he and fellow guests at a hunt in Ireland memorably argued about Europe's fastest game bird, which they had no means of identifying. Then, on May 6, 1954, English athlete Roger Bannister became the first person to run a mile in less than four minutes, causing public interest in records-related news to surge. Norris McWhirter had served as the stadium announcer during Bannister's historic run, and Beaver hired both him and his identical twin, Ross McWhirter — another sports journalist — to assemble *The Guinness Book of World Records*. At the time, the pair had already begun working at a London-based agency that supplied facts to newspapers and advertisers.

The McWhirter twins spent about three months working feverishly on their 198-page compendium. Released in the U.K. on August 27, 1955, the book featured about 4,000 records, ranging from the world's tallest man to the smallest pub. Eight pages of black-and-white photographs broke up the text, along with a few ink drawings. Although initially meant to be given out for free at bars to promote Guinness, the book became so popular, the company started selling it, soon to great success. To date, more than 150 million books from the series — eventually renamed Guinness World Records — have been purchased, educating readers in 40-plus languages. But the brand is no longer beverage-based: Diageo, the alcohol conglomerate that now owns Guinness, sold Guinness World Records in 2001, and it's now owned by a Canadian conglomerate called the Jim Pattison Group.

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HEALTHY LIVING FOR YOUR BRAIN AND BODY

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Date: Monday, February 12, 2024

Time: 10:30-11:30 a.m.

**Sausalito City Hall
Edgewater Room, 420 Litho St.
Sausalito CA 94965**

Please register at
tinyurl.com/2thas3mp or
by contacting Tessa Paoli at
415.289.4100 ext. 501 or
tpaoli@sausalito.gov



In collaboration with:



ALZHEIMER'S ASSOCIATION®

Visit alz.org/CRF to explore additional education programs in your area.

Healthy living for your brain and body presentation Coming in February

This presentation is being brought to you by the Alzheimer's Association in cooperation with Sausalito Library, Marin County Free

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library. Here is the link for the FREE program open to all:
<https://www.sausalitolibrary.org/programs/registration-page-alzheimers-association>



Thanks for attending the Holiday Party and Sing Along!



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THANK YOU to our incredible Holiday Party volunteer team - Charlie, Linda, Belle, Felicity, Flo, Lauren, Nicole, Jacky, Phoebe, Wendy, Tricia, Suzette and drivers Lauri and Kathy.



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One solution to the math puzzle: $20 = (3 + 3)/.3$



***For information about our programs, events,
emergency preparedness, archived copies of
our weekly newsletters, visit the
continuously updated Sausalito Village
[website](#).***

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