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**Happy Friday, Villagers**

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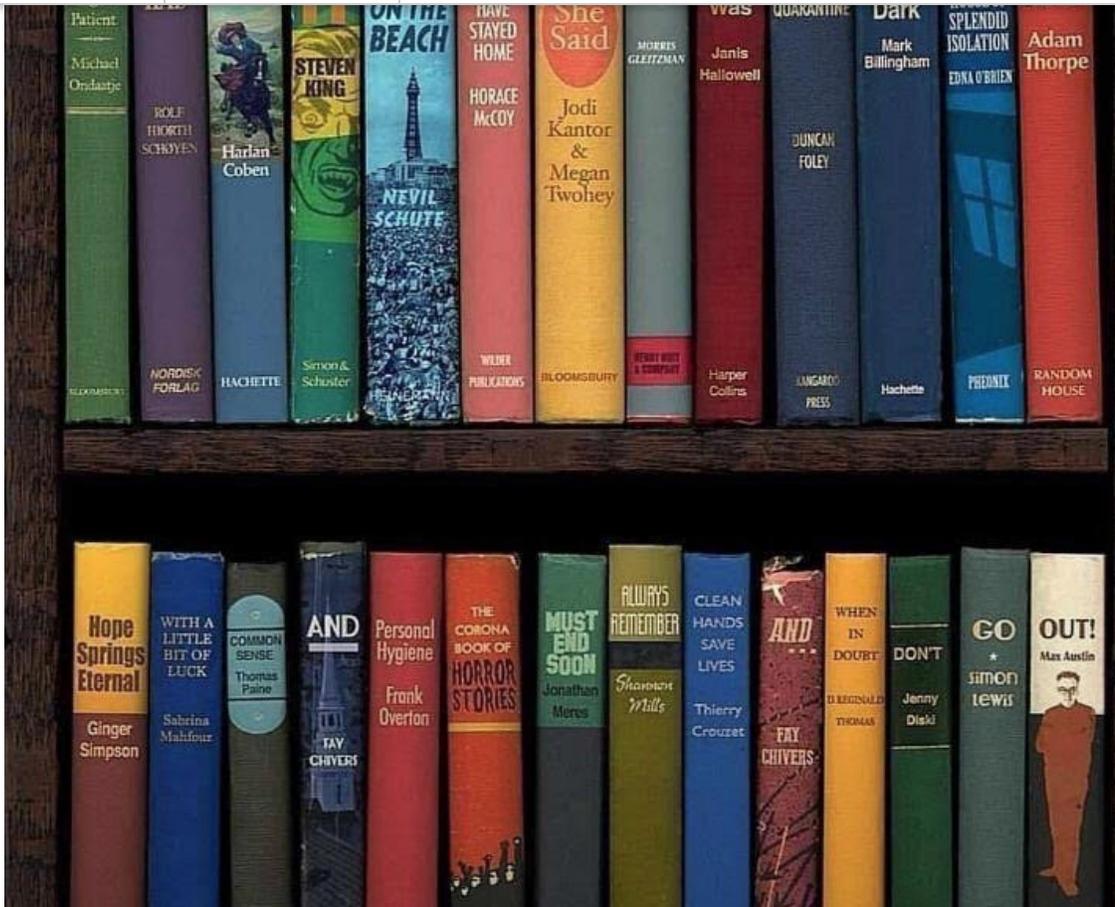


[Andrew Lloyd Webber's Best Musicals Will Be Available to Stream Every Friday During Quarantine](#)

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A librarian did this!



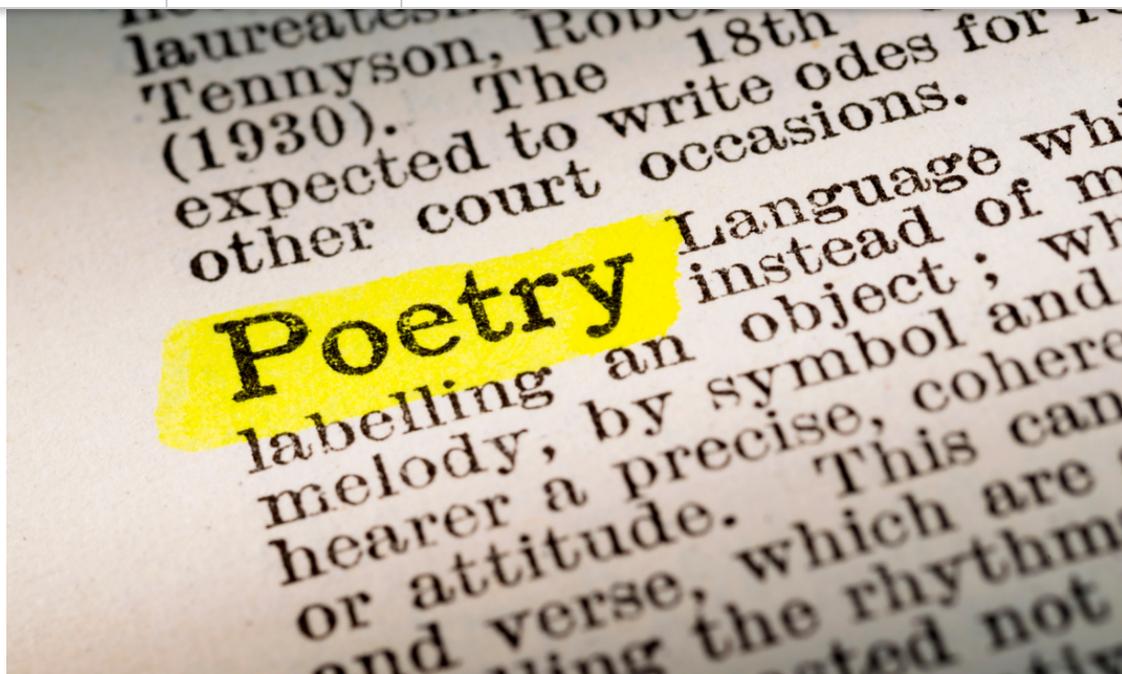
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## Heart in San Francisco”

*What better song to pick up our spirits and what better artist to bring the people together?*

*Let us all join legendary singer Tony Bennett as he leads a singalong on Saturday, April 25 at 12 noon. The 93-year-old crooner is asking not only the Bay Area residents but everyone around the world to come together for a mass singalong to his signature tune, “I Left My Heart in San Francisco,” in honor of the frontline workers engaged in responding to the coronavirus pandemic.*





## How the light comes by Jan Richardson

I cannot tell you  
how the light comes.

What I know  
is that it is more ancient  
than imagining.

That it travels  
across an astounding expanse  
to reach us.

That it loves  
searching out  
what is hidden,  
what is lost,  
what is forgotten  
or in peril  
or in pain.

That it has a fondness for the body,  
for finding its way  
towards flesh,  
for shining forth  
through the eye,

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I cannot tell you  
how the light comes,  
but that it does.  
That it will.  
That it works its way  
into the deepest dark  
that enfolds you,  
though it may seem  
long ages in coming  
or arrive in a shape  
you did not foresee.

And so  
may we this day  
turn ourselves toward it.  
May we lift our faces  
to let it find us.  
May we bend our bodies  
to follow the arc it makes.  
May we open  
and open more  
and open still  
to the blessed light  
that comes.



## Metropolitan Opera At-Home Gala

**Saturday, April 25**

*In its most ambitious effort yet to bring the joy and artistry of opera to audiences everywhere during the Met's closure, the company will present an unprecedented virtual At-Home Gala, featuring more than 40 leading artists performing in a live stream from their homes all around the world. The event will take place Saturday, April 25, at 1 p.m. EDT, and will be available for free on the Met's website. General Manager Peter Gelb and Music Director Yannick Nézet-Séguin will host from their homes in New York City and Montreal, respectively. Mr. Nézet-Séguin will also participate in the gala as a pianist, and will be featured as conductor in pre-recorded performances by the Met Orchestra and Chorus, which will be created from individual takes from the homes of each of the musicians in the days leading up to the gala.*



This form will sign you up for the AlertMarin emergency notification system. This system is used to alert the public of potentially life safety situations such as shelter in place for a hazardous materials spill or evacuation due to a wildfire. By signing up on

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

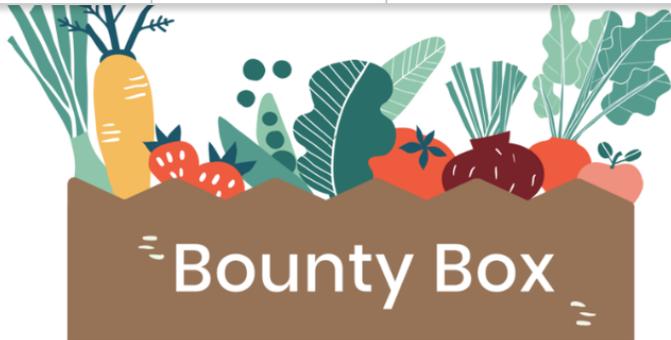
Interested in volunteering to help out with errands? Please contact [sausalitovillageconciierge@gmail.com](mailto:sausalitovillageconciierge@gmail.com) or call 415-332-3325.

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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 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.**

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## [Bounty Box](#)

*Fresh from the farmer's market to curbside*

CVS is offering [free delivery](#) of prescriptions and everyday essentials. The local 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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## For Your Body

## Fitness

Experts who study exercise and aging offer tips for older adults during the coronavirus lockdown.

*Past science suggests that any health impacts from prolonged home confinement are likely to be greatest among older people. [In multiple studies](#), when adults of any age become more inactive because of illness, injury or requests from scientists, they rapidly lose strength and endurance and develop early signs of insulin resistance and molecular changes related to muscle loss. In younger people, such physiological weakening typically reverses as soon as they start moving and exercising normally again. But in older people, the [effects can linger and accelerate the onset of frailty](#).*

- Incorporate mobility into sedentary parts of your day by walking around in the house
- Aim to walk around or up and down stairs if possible at least three times a day
- The Wall Squat: Stand upright a foot or so from a wall, legs shoulder distance apart. Press your back against the wall and slide down until your thighs are almost parallel with the ground
- Use cans or water bottles and with your arms by your side, palms forward, and slowly bend your elbows to curl the can or bottle upward
- Shoulders: Partially fill an empty gallon milk jug with water, hold it with both hands in front of you, arms straight, and slowly raise it to about face height
- Reseat yourself several times
- Do counter push ups in the kitchen

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