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Happy Saturday, Villagers

We're always looking for new tips! Drop us an [email](#).

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This 4-Year-Old Boy Singing ["Three Little Birds"](#) by Bob Marley Will Instantly Brighten Your Day

HOT TIP!



Hanson Tasting Room /Gallery on Bridgeway at Princess has hand Sanitizer in 3 sizes!

Their Sonoma distillery is making it.
Open Friday-Saturday 11-5.

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Governor Newsom Announces Initiatives to Support Older Californians During COVID-19 Pandemic

First-in-the-nation program will partner with local restaurants to prepare meals for older Californians

Social Bridging Project will mobilize 1,000 callers to check in on older Californians

Friendship Line California is expanding to serve older Californians statewide

SACRAMENTO – Governor Gavin Newsom today announced a series of initiatives to support vulnerable older Californians who are isolating at home during California's stay at home order. California is launching a first-in-the nation meal delivery program, a partnership to make wellness check-in calls, and the expansion of Friendship Line California to help combat social isolation. These actions will support the approximately 1.2 million Californians over the age of 65 who live alone.

Friendship Line California: 1-888-670-1360

California is expanding Friendship Line California to support lonely and isolated older Californians across the state. Friendship Line California is toll-free and available to provide emotional support to older Californians facing loneliness, isolation and anxiety. The California Department of Aging is partnering with the [Institute on Aging](#) to support this effort.



[Life Tips from NPR](#)

Food waste was a big issue before the pandemic — an estimated [30 to 40 percent of the food produced in the US](#) never makes it to our plates, with much of that waste often piling up in landfills and increasing our carbon footprint.

Now, as we all endeavor to go to the store as little as possible, it's even more important to make the most of everything in your fridge. But that can be a little daunting: Think twice about those extra lemons, or else! We're not going back to the market for two weeks, don't you dare waste that bunch of asparagus!

The good news? Reducing food waste can be easy, good for your wallet, great for the planet, and — this may just be several weeks of social isolation talking — even a little fun! Cleaning out your fridge often means getting creative, and [our episode](#) has lots of great tips to help with that.

So to honor Mother Earth, and perhaps your own mom too (Was anyone else not allowed to leave the table until their plate was empty?), learn to reduce food waste.



[Now Virtual and in Video, Museum Websites Shake Off the Dust](#)

In times of adversity, we look to art to give form to chaos. But where do you go when the chaos keeps you from art entirely? It will have to be online. As the coronavirus pandemic stretches into yet another month, keeping arts institutions closed across the globe, museums' websites are now posting traffic numbers that were once unimaginable.



[Welcome to Sausalito Library's Virtual Art Gallery.](#)

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The physical library is currently closed to the public, but we will continue to provide an ongoing exhibit showcasing art by local Sausalito residents.

New additions will be added to the Virtual Art Gallery as they are submitted.

Join the exhibit by [clicking here](#).

All ages are welcome to submit their art.

Gallery coming soon. Stay tuned!

If you or your friends are arty and live in Sausalito, please consider contributing to our new online art gallery:

Questions? Please email Rebecca at rburgan@sausalito.gov

FOR YOUR BODY



[Healer Collective's Love is Contagious Virtual Series](#)

Love Is Contagious is a virtual healing series curated by Healer Collective on WellSet Discover. This is the perfect time to come together. You are not alone!

Some of Healer Collective's practitioners and thought leaders are graciously setting up full-scale meditations, anxiety-reducing technique workshops and other conscious inspiring classes for you to experience



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 sausalitovillageconcierge@gmail.com. All of our volunteers have been vetted.

Interested in volunteering to help out with errands? Please contact 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-

- **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, www.doordash.com, or www.trycaviar.com . You can also order delivery from [BevMo's Instacart](#). **Wash your hands after removing food from delivery containers.**



[Bounty Box](#)

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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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