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Happy Tuesday, Villagers

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

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[Spring Cleaning: How To Turn Your Trash Into Treasures](#)

Three excellent reasons why you might find yourself with more time than usual to tidy things up. (I don't even have to mention Marie Kondo, right?)

Broadway Lovers



The curtain rises on a pastoral setting; a woman sits alone working a butter churn. From off-stage a solo voice begins to sing about "the bright golden haze on the meadow..." As Alfredo Drake enters the stage, continuing the song, its composer and lyricists **Rodgers & Hammerstein**, respectively, change the course of history of the American Musical Theater. After the 1943 premiere of ***Oklahoma!***, Brooks Atkinson's review in *The New York Times* stated, "After a verse like that, sung to a buoyant melody, the banalities of the old musical stage became intolerable." Indeed, the song (and the rest of the show) ushered in the "Golden Age" of American musical theatre. Let's revisit th bright and sunny classic "**Oh, What a Beautiful Morning**" in a few versions:

To watch **the full *Oklahoma!*** from the BBC Proms, starring Nathaniel Hackmann (Curly), Scarlett Strallen (Laurey), Robert Fairchild (Will Parker), Lizzy Connolly (Ado Annie), [click here](https://mailchi.mp/a2d04116baff/sausalito-village-tips-of-the-day-1087463).

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NEW SLEEP STORY
NARRATED BY
Laura Dern



Drift away to Laura Dern's reassuring voice in a soothing tale of rolling trains, cresting waves, and a quest to the edge of the sea.

[TRY CALM FREE TONIGHT](#)



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or the new PBS Documentary series, [Asian Americans](#).

Following the preview, KQED Forum host [Mina Kim](#) will be joined by the Vice President of Race Forward [Jeff Chang](#) and poet [Jason Bayani](#) to discuss the role of Asian Americans in shaping California's history and culture.

[Reality Rules](#)

What's going on in our world right now is exactly as it should be. How do we know? Because it's what's happening. Reality rules. When we resist what is, we suffer. Accepting it expands rather than restricts our consciousness, and helps us understand how to better navigate through the challenging times. Perhaps this is a wake-up call demanding us to take notice of our ways. It's forcing us to respect with humility that the power that animates us all has the last word. When we surrender to the message, we have a better chance at riding it through...

In flow.



For Your Body

Qi Gong for Beginners



Updates on Food, Supplies, 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 and are eager to help out!

Interested in volunteering to help out with errands? Please contact sausalitovillageconcierge@gmail.com or call 415-332-3325.

Local Source for Hand Sanitizer: Sausalito Market on Caledonia @ \$7.50 a tube and at Hanson Tasting Room /Gallery on Bridgeway at Princess (open Friday-Saturday 11-5.)

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](#).

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](#)

Fresh from the farmer's market to curbside

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

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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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