

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)



Happy Wednesday, Villagers

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



[Supply Finder](#)

Locate the hardest-to-find supplies online. This site checks inventory at Amazon, Target and Walmart.



John Di Ri pictured standing in front of the Gate 5 Road outlet for free hand sanitizer.

The Marinship Emergency Medical Manufacturing Group (MEMM) and the [Sausalito Working Waterfront Coalition](#) have produced 45 gallons of hand sanitizer made from 80% ethanol alcohol, in accordance with [U.S. Pharmacopoeia](#) standards.

MEMM is giving away the hand sanitizer free of charge to Sausalito residents

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

container that seals with a lid. They will dispense 6 ounces to each person until supplies run out.



[Locked Together](#) on Audible for Free. Check out a new comedy series from Britain.

Institute on Aging: The Friendship Line

The Friendship Line reaches out to older adults, offering a wealth of emotional support. In the comfort and privacy of their home, seniors receive emotional support, reassurance, counseling, crisis intervention, abuse prevention help, medication reminders, well-being checks, and information and referral for additional care.

The Friendship Line is available 24/7 as a crisis helpline for older adults: 800-971-0016 or you can text HOME to 741741 if you are feeling depressed, sad, or going through any kind of emotional crisis. A crisis worker will text you back immediately if you prefer text over the phone, this is a free service.

To connect with the Volunteer Coordinator please call 415-750-4136

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

How to look your best during Zoom calls



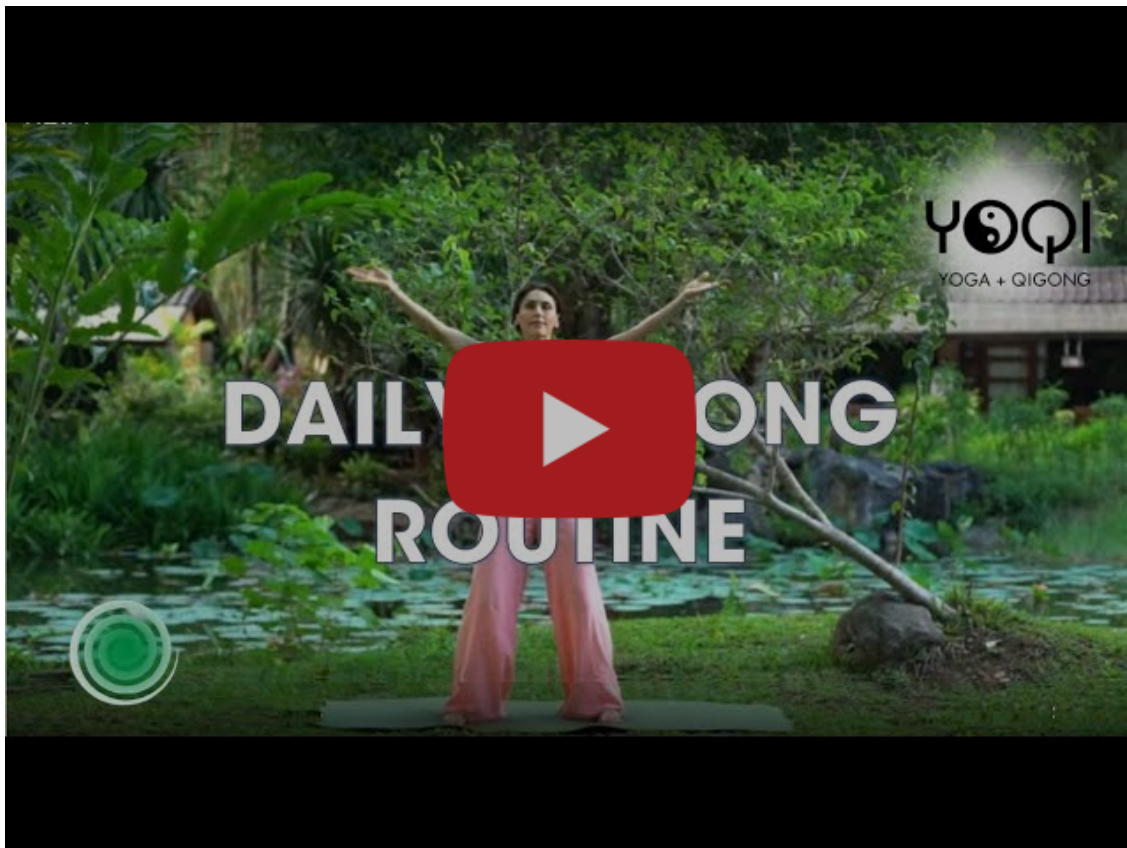
[Ramekon O'Arwisters](#) (AIR '20) has been practicing Vipassanā meditation, as taught by S. N. Goenka, for fourteen years. His spiritual training started in 1984 at Duke University, where he earned a Master of Divinity degree. Ramekon was

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

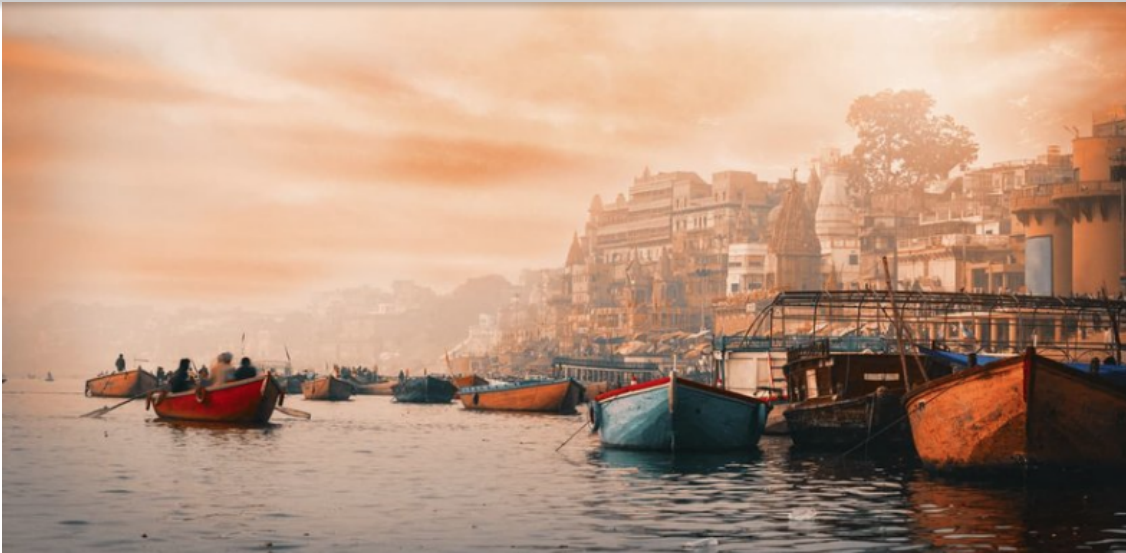
instructor at San Francisco International Airport.

Ramekon's Mindful Meditation sessions are designed for participants at all levels. The session includes a brief introduction to the history of mindfulness and an overview of its benefits, principles, and techniques, and culminates in a guided meditation session of approximately twenty minutes.

Sessions will be held weekly, Wednesdays at 3:30PM. [Please register in advance for the April 29 session.](#)



For Your Body



[The Oldest Cities in the World](#)

Can you imagine what life was like thousands of years ago? It's hard to fathom civilizations, cities, infrastructure and daily routine dating back 5,000, 11,000, even 13,000 years ago. But relics from these ancient civilizations have been found in present-day Europe and Asia to show us what life was like.



The cast of Wicked sings its thanks to frontline workers.



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](#).

- **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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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. 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

Subscribe

Past Issues

Translate ▼

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA