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Happy Sunday, Villagers

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



[4 Ways to Soften Loneliness](#)

Mindfully meeting your loneliness can transform feelings of emptiness into possibility.

The practice of mindfulness is an invitation to pay attention to the present moment with kindness and curiosity. This means dropping all of the judgments that we have about loneliness and acknowledging the way things are right now. It's only from this gentle place of acceptance that loneliness can loosen its tight grip.



[Live Experiences from Your Living Room](#)

Just because you're spending your days at home doesn't mean you can't enjoy awesome live experiences from all over the country. In fact, all it takes is a wifi connection and a screen to transform your living room into a concert hall, zoo, museum or wherever else your imagination takes you. If your wanderlust is off the charts right now, here's a guide to some extraordinary virtual experiences that will transport and inspire you.



COVID TRUTHS

someday, yesterday, today and nextday!

2. Can we uninstall 2020 and reinstall it again?... I think it has a virus ...

3. Just asked a 6 year old if he understands why there is no school. He said yes

because they are out of toilet paper.

4. On the bright side, I am no longer calling this shelter-in-place. I am an artist-in-residence.

5. After years of wanting to thoroughly clean my house but lacking the time, this week I discovered that wasn't the reason.

6. Where is your next travel destination?

- Las Kitchenas

- Los Lounges

- Santa Bedrooms

- Porto Gardenas

- Los Bed

- Costa del Balconia

- St Bathroom

- La Rotonda de Sofa

7. You're not stuck at home, you're safe at home. One word can change your attitude and one cough can change your life.

8. Coronavirus has turned us all into dogs. We roam the house all day looking for food. We're told "no" if we get too close to strangers and we get really excited about car rides.

9. If you thought toilet paper was crazy ... just wait until 300 million people all want a haircut appointment.

10. 2020 is a unique Leap Year. It has 29 days in February, 300 days in March and 5

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11. **Wearing a mask inside your home is now highly recommended. Not so much to prevent COVID-19 but to stop eating.**
 12. **If you keep a glass of wine in each hand, you can't accidentally touch your face.**
 13. **This cleaning with alcohol is total B.S. NOTHING gets done after that first bottle.**
 14. **Kinda' starting to understand why pets try to run out of the house when the door opens.**
 15. **Does anyone know if we can take showers yet or should we just keep washing our hands???**
 16. **You think it's bad now? In 20 years our country will be run by people home schooled by day drinkers....**
 17. **Homeschooling Day #3: they all graduated. #Done.**
 18. **Day 7 at home and the dog is looking at me like, "See? This is why I chew the furniture."**
 19. **My Mom always told me I wouldn't accomplish anything by lying in bed all day, but look at me now! I'm saving the world!**
 20. **I miss the days when we were terrified of Romaine lettuce. Ahh, the good times....**
 21. **I swear my fridge just said: "Not you again—what do you want now?"**
 22. **Whoever owes you money, go to their house now. They should be home**
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[Around the Globe, Face Masks Are a Canvas for Creativity](#)

Personal protective equipment can be a source of personal expression.



[Bandcamp Recs: Escapist Tunes and Mood-Lifting Grooves to Melt Away the Blues](#)

Since shelter in place started, I've lost my taste for mainstream pop songs.

At first, being home alone 24/7 made me antsy. But now, instead of hustling from work to gym to party, I'm meditating, journaling and trying to become

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email sausalitovillageconciierge@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 sausalitovillageconciierge@gmail.com or call 415-332-3325.

Face Coverings

Face coverings by Sausalito Villagers are still available for free. Contact triciasmith58@gmail.com.

Local Sources for Hand Sanitizer

- **The Marinship Emergency Medical Manufacturing Group (MEMM) and the [Sausalito Working Waterfront Coalition](#) from 11:00 a.m. - 1:00 p.m. at 170 Gate 5 Road, across from the Cibo Bakery Outlet. Bring your own container that seals with a lid. They will dispense 6 ounces to each person until supplies run out.**
- **Sausalito Market on Caledonia @ \$7.50**
- **Hanson Tasting Room /Gallery on Bridgeway at Princess (open Friday-Saturday 11-5.)**



Welcome to Sausalito's Parks and Recreation Virtual Rec Room. Each day we will be featuring new content from our many instructors, Parks and Recreation Team, and from the web. This Rec Room was designed for our community to think inside-the-box (since you can't go outside), grow by learning new skills, and challenge ourselves on a daily basis.

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 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.

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- **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 those in need. And Port and Provisions delivers and has a special "no neighbor left behind" service [here](#).

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