



**Happy Friday, Villagers**

**Please send along your suggestions for materials to add to the daily tips. We're always looking for good content.**

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## **TODAY'S EVENTS**

### **MAYOR SUSAN CLEVELAND-KNOWLES GIVES US A CITY UPDATE**

**Today from 1:00 PM to 2:00 PM**

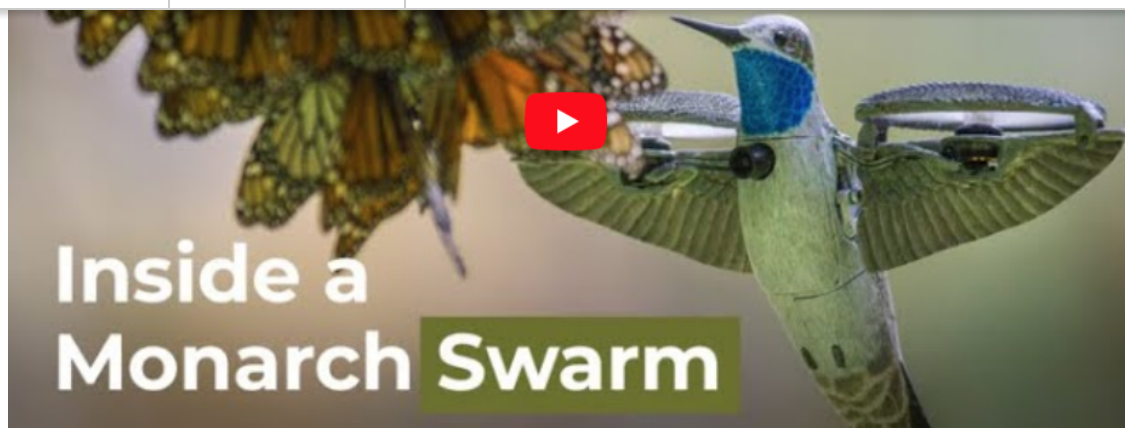
[Register](#)

[Rumi's Spiritual Psychology](#)

10:00 a.m. on Zoom

Please email Augie for Zoom link: [awebb@sausalito.gov](mailto:awebb@sausalito.gov)

Please join author and teacher Robert Darr in the exploration of the sources and applications of Rumi's spiritual psychology.



### [Drone Disguised as Hummingbird Captures Incredible Footage of Monarch Butterfly Swarm](#)

In a recent video from [Nature on PBS](#), you'll be able to get super close to resting Monarch Butterflies. As they wait for the temperature to rise, they huddle together to keep warm. Without disturbing any of the butterflies, they've managed to take close-up footage of the butterflies. The way they've managed to do this is by disguising a drone to look like a Hummingbird. As described in the video, hummingbirds are not a threat to the monarch butterflies, and for that reason they don't react to it at all.

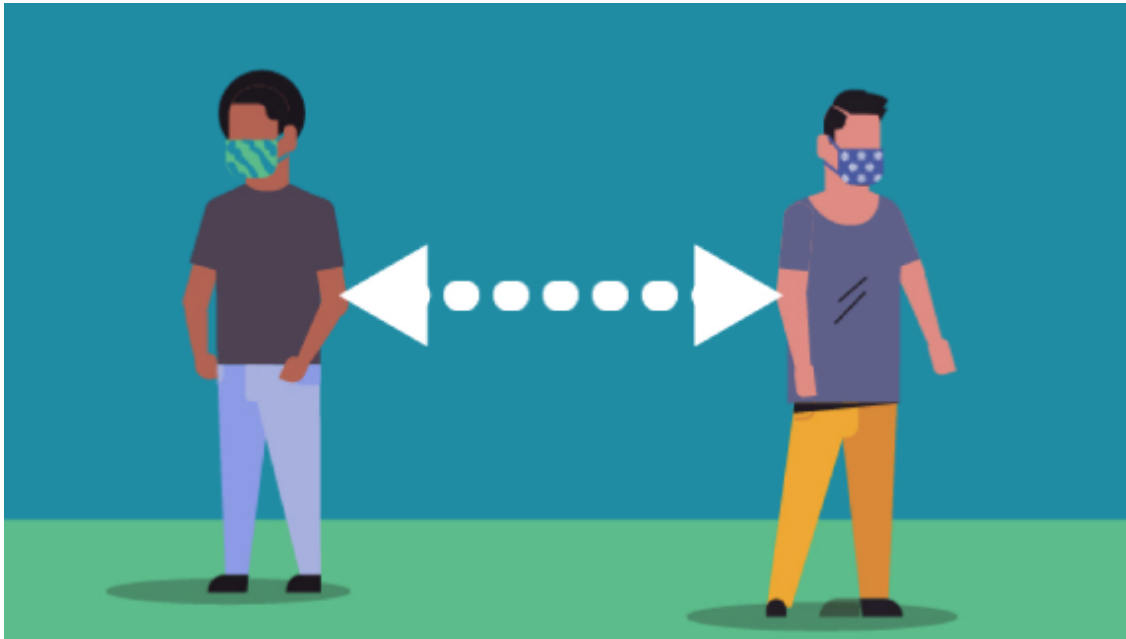


### [The Friendliest Cities in the World](#)

Traveling to a foreign city is a lot more fun when you're greeted with a smile. We've rounded up the top 10 friendliest cities in the world [according to Big 7](#)

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Some Good News



### [COVID-19 Fact Check](#)

Learn the facts and myths so you can prepare better and keep others informed.



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### [‘Pure chaos’ as goats run wild in San Jose neighborhood](#)

Roughly 200 goats escaped from an enclosure in the Silver Creek neighborhood of San Jose on Tuesday, May 12, 2020. Neighbors say the animals are brought in once a year for a few days to clear the brush on a hill near Trowbridge Way and Cannes Place.

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## Community: Food, Services, Virtual Recreation

*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](mailto: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](mailto:sausalitovillageconcierge@gmail.com) or call 415-332-3325.*

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### Face Coverings

Face coverings by Sausalito Villagers are still available for free. Contact [sausalitovillageconcierge@gmail.com](mailto:sausalitovillageconcierge@gmail.com). Residents are required to wear face coverings while shopping and carrying out other essential services. They should carry a face covering along with them when they are out exercising in case they encounter situations where they can not maintain six feet social distancing requirement.

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### Cibo Popup and Sausalito Bakery Cafe.

Cibo bakery popup has moved to Angelinos from 9-1, MTWFS.

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[Sausalito Books By The Bay](#) offers free delivery and curbside pick up.

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### Local Sources for Hand Sanitizer

- The Marinship Emergency Medical Manufacturing Group (MEMM) and the [Sausalito Working Waterfront Coalition](#) on Mondays from 11:00 a.m. - 1:00 p.m. at 170 Gate 5 Road. 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.)

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### [Virtual Rec Room](#)

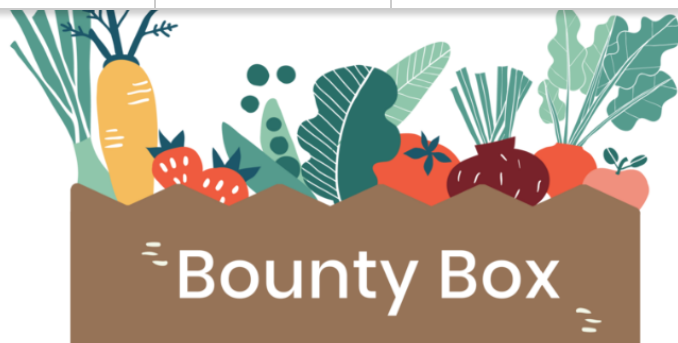


*Welcome to Sausalito's Parks and Recreation Virtual Rec Room. Each day we will be featuring new content from our many instructors, Parks and Recreation Team, and from the web. This Rec Room was designed for our community to think inside-the-box (since you can't go outside), grow by learning new skills,*

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 and orders must be in by 8 pm the night before for 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. Now offering [curbside pickup](#) at both Mill Valley and Fairfax stores.**

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.**

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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. Port and Provisions delivers and has a special "no neighbor left behind" service [here](#).

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