



**Happy Saturday, Villagers**

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



**[A Guide to Staying Safe as States Reopen](https://mailchi.mp/c0140f13abad/sausalito-village-tips-of-the-day-1093779)**

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## [Oprah Winfrey Is Launching a Virtual Wellness Tour to Help Fans Cope with Coronavirus Pandemic](#)

[Oprah Winfrey](#) wants to help you live your best life while staying at home during the [coronavirus](#) pandemic.

After selling out her [nationwide wellness tour](#) earlier this year, Winfrey is determined to bring the same wisdom and inspiration straight to fans' homes with *Oprah's Your Life in Focus: A Vision Forward — Live Virtual Experience*.

Viewers can join the virtual experiences by registering at the [website](#).

# RUBIN + YOU



## Explore tough topics of our time through an artful lens

We know many of you have missed visiting the Museum this spring. Since temporarily closing our doors, we've found new ways to bring you art and ideas from the Himalayas, which offer timely perspectives on facing moments of transition and uncertainty.

Many artworks in our current exhibitions, including [Measure Your Existence](#) and [Shahidul Alam: Truth to Power](#), tackle themes of loss, change, and separation, taking on new meaning in today's world. If you enjoy the contemporary installations at the Rubin, you'll want to explore our recent [Art of the Week](#) features, which closely examine these works.



## [Too Much Alone Time? Tips To Connect And Find Joy While Social Distancing](#)

We are social creatures. So it's no surprise that quarantine fatigue has begun to set in.

"Humans are wired to come together physically," says psychologist [Judith Moskowitz](#) of Northwestern University. But, [loneliness](#) has become widespread in modern life. And, social distancing has just exacerbated the problem," Moskowitz says.

Finding ways to connect is essential to our well-being, since prolonged isolation can increase the risk of depression and anxiety, says [Dr. Sandro Galea](#) of Boston University's School of Public Health. "We know from other events, the longer the isolation, the more risk," Galea says.

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### [On Disconnecting: Holding Space \(listen\)](#)

*Holding Space* is a sonic portrait honoring places in Oakland that I return to for their familiarity. These locations have acted as open listeners and active participants in the ways I process and honor my time in the Bay Area. In this constantly shifting landscape, sound is always present for me as a reminder of intimacy and care. In this piece, I pass through a community garden, Oakland Chinatown, and walk along a freeway overpass near my home. *Holding Space* melds field recordings with synthesized sounds as a way to make sense of my cumulative experiences in these locations.

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**WE are A  
COMMUNITY**

**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 [sausalitovillageconciierge@gmail.com](mailto:sausalitovillageconciierge@gmail.com). All of our volunteers have been vetted and*

*are eager to help out!*

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**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.

The Sausalito Bakery Cafe is serving coffee and goodies to go.

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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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*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.*

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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.

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- **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](http://www.grubhub.com), [www.doordash.com](http://www.doordash.com), or [www.trycaviar.com](http://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. Port and Provisions delivers and has a special "no neighbor left behind" service [here](#).

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