

SUNDAY

Happy Sunday, Villagers

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



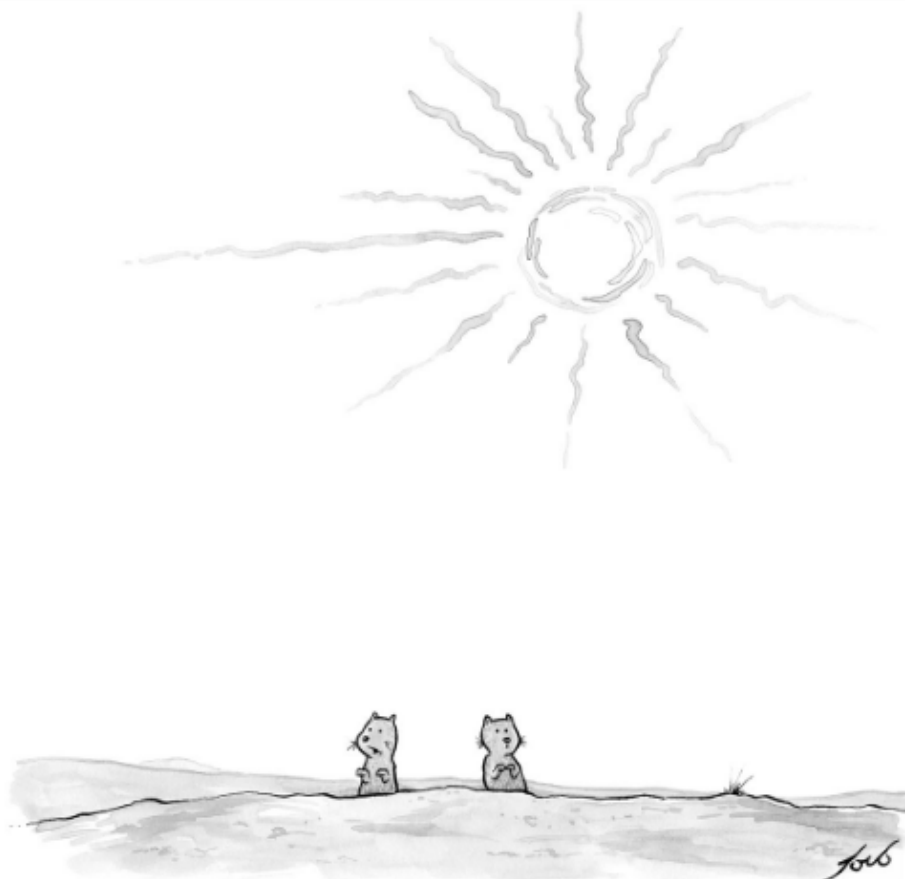


Today:

[WHO: Walk the Talk](#)

WHO and its partners are in day two of this weekend's online Walk the Talk: The Health for All Challenge. The event is running like an online virtual global relay, connecting WHO Regional and Country offices in Geneva after a Saturday global relay which connected partner and WHO offices in different locations around the world.

The event offers opportunities for people to participate in a variety of virtual, timed events – yoga, exercise classes for all ages and abilities, meditation, walking in place (or in locations within the guidelines of your national authorities). The aim is to get people moving for their own health and that of others. There will also be music, information and interactive sessions, and more!



“Other than the constant looming threat of danger, it’s a beautiful day.”



from Secrets of Paris:

[Paris Partially Re-Opened: Yay! But...](#)

As France entered “Phase 1” of our deconfinement on Monday, Mother Nature had another good laugh at our expense by replacing the unseasonably warm and sunny weather Paris has been having for the past two months with icy wind and temperatures hovering around 12°C (low 50°s). So, honestly, I didn’t actually step foot outside of my apartment until this morning (wondering if I still needed a mask if I’m already wearing a wool scarf...). Thus begins the Secrets of Paris’ latest series we’ll call “Yay! But...”



[Gerber's new baby Magnolia is the first adopted spokesbaby in the company's history](#)

This year's Gerber baby just goes to show that family doesn't have to be defined by genes.

Meet the adorable Magnolia. She's the first adopted spokesbaby in the company's history.

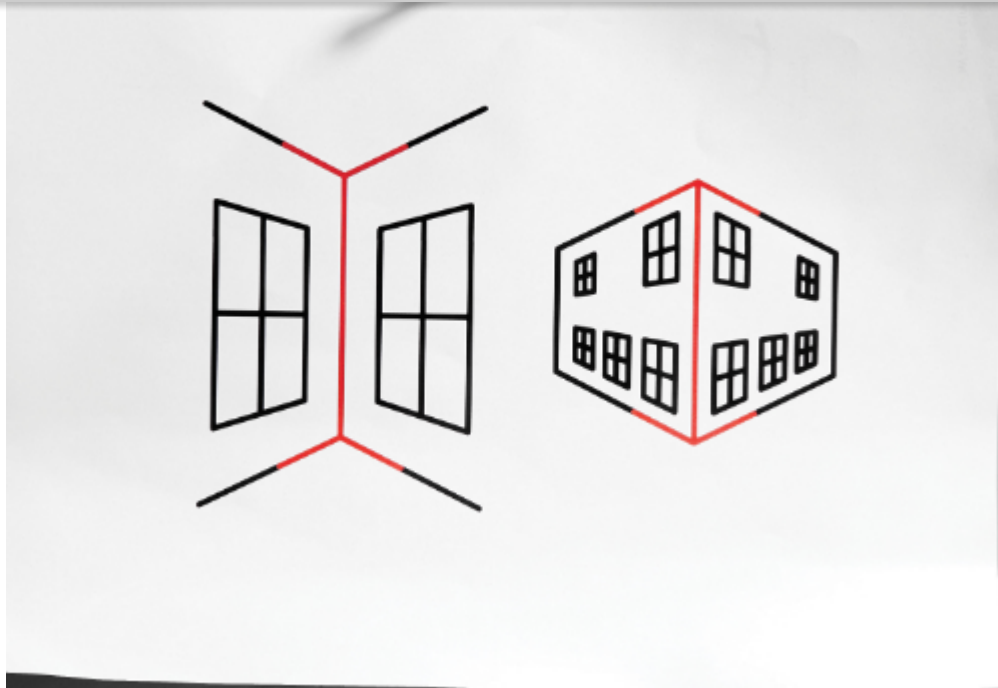
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[Dave Grohl Serenaded a Nurse Recovering from COVID-19 on 'Jimmy Kimmel Live': Watch](#)

Not all heroes wear capes. Some wear surgical masks and scrubs.

[Dave Grohl](#) paid tribute to one of the normal-size giants who walk among us when he Zoomed in for a surprise appearance Monday night on *Jimmy Kimmel Live*.

The real surprise lay in wait for emergency and trauma nurse TJ Riley from Jacobi Medical Center in The Bronx, NY who has battled with COVID-19.

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[PUZZLES AND ILLUSIONS TO CHALLENGE YOUR BORED BRAIN](#)

Bored at home? Test your brain with these puzzles and illusions. Then challenge your friends and family!





[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, and challenge ourselves on a daily basis.

New Zoom Class on Mixology. As part of its [Virtual Rec Room](#), Sausalito Parks and Recreation is now offering a series of Thursday evening Zoom classes on the Magic of Mixology. Participants will learn behind-the-scenes cocktail-making tips from [Katya Larionova](#), professional bartender from *Bourbon & Branch*, San Francisco's oldest speakeasy. You'll also learn the history and mystery around liquors, concoctions, and more. Enthusiasts, beginners, and professional bartenders are welcome! Each week we'll learn a new skill. The next class from 7:00 to 8:00 p.m. on Thursday, May 21 will focus on stirred cocktails. Adults 21+ only. \$12 per class. Please visit the [online registration page](#) to sign up.

The two other new Zoom classes launching this week are Strong Nation Bootcamp from 8:00 to 9:00 a.m. on Sundays and Zumba Gold from 10:00 to 11:00 a.m. on Mondays and Wednesday. Both are taught by Beth Wolly. Strong Nation Bootcamp is \$10 per class; Zumba Gold is \$8 per class.



Community: Food, Supplies & Services

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.

Face Coverings

Face coverings by Sausalito Villagers are still available for free. Contact 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.

Cibo Popup and Sausalito Bakery Cafe.

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

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

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.)**

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.

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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.**



[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.

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