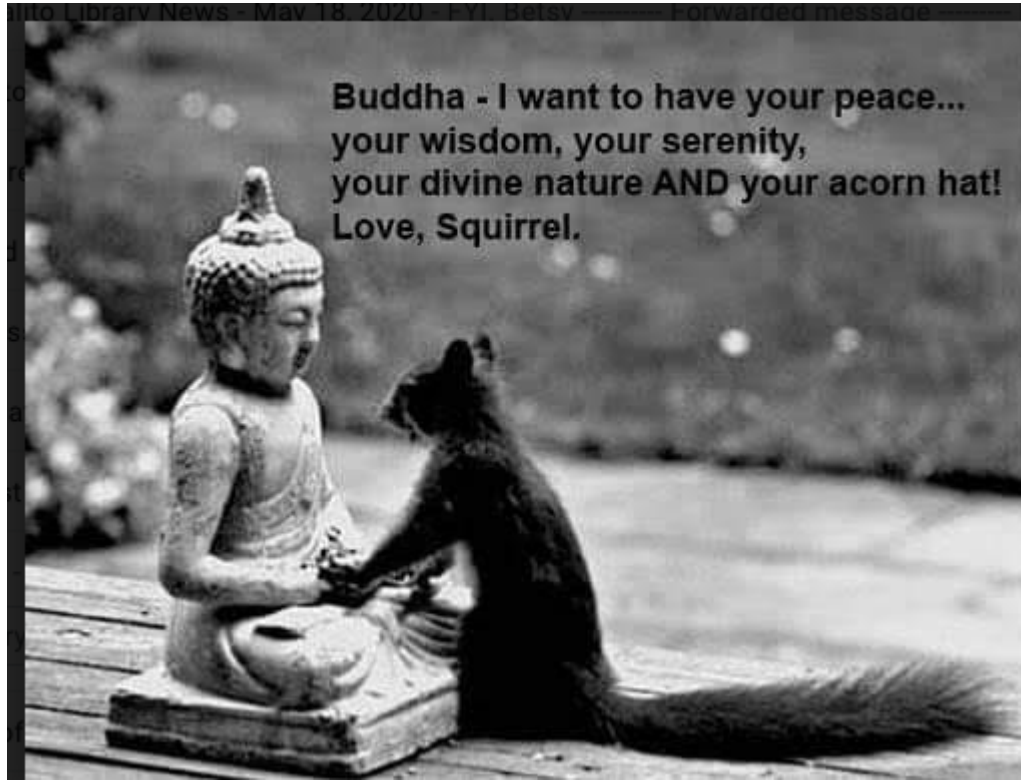


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Happy Wednesday, Villagers

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

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“ But I know, somehow, that only when it is dark enough can you see the stars. ”

— Martin Luther King, Jr.

TODAY'S EVENTS

OSHER MARIN JCC
KURLAND CENTER FOR
ADULT LEARNING
AND LIVING



TODAY Virtual Music & Morsels 1 PM. [Register by 10 AM](#)

@The Library

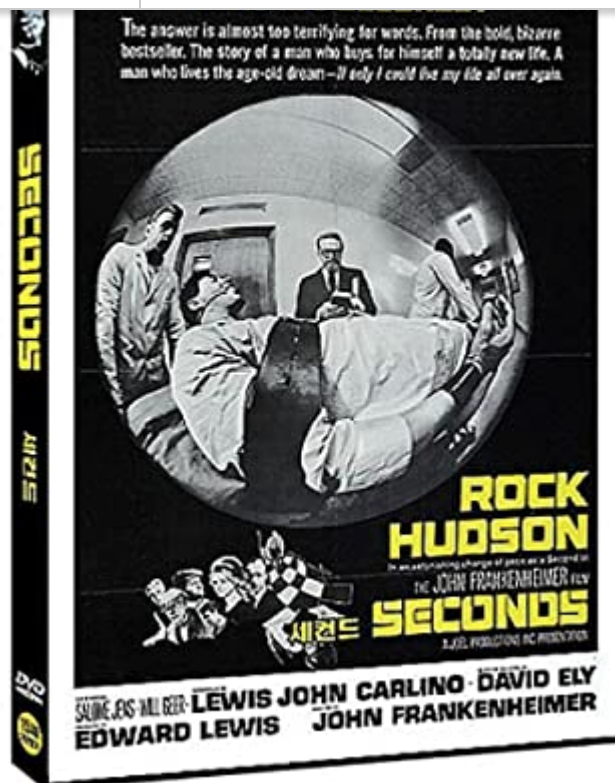
Organic Vegetable Gardening 101

7:00 p.m. on Zoom

Please [register online](#).

Growing your own vegetables at home is back.

For more information, email Tula at tbiederman@sausalito.org.

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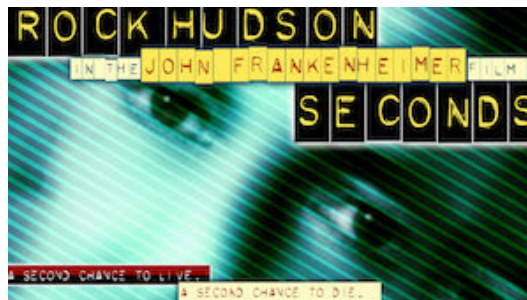
Upcoming @ The Library

Kanopy Film Club for Adults

Tuesday, May 26, 4:00 - 5:00 p.m.
on Zoom

Please [register online](#).

If you love classic films, world cinema, or documentaries, you've come to the right place! Use [Kanopy](#),



the library's free movie streaming service to watch the film at any time, then meet with us on Zoom to chat about the film. Feel free to bring your own refreshments and film critiques.

We will be discussing John Frankenheimer's [SECONDS \(1966\)](#), starring Rock Hudson. (Rated R · Sci-fi/Psychological thriller · 1h 47m)

For more information, email Rebecca at rburgan@sausalito.gov.



[Photographer Spent Days Waiting For Museum Visitors To Match The Artworks They Observe, And it Was Worth It](#)

While most of us visit art museums to see art (duh, right?), others, like France-based photographer Stefan Draschan, are there to create their own pieces. And Stefan does it by camping in galleries for days, waiting for visitors who perfectly match the artworks they observe.



Dr. Peter A. Levine shares simple somatic practices to relieve stress and self-soothe.

We are all impacted by this time of great challenge and uncertainty. Evolution has gifted us with an ability to discern situations of safety from danger. Part of this ability includes our capacity to sense when others in our family, our tribe, or our community are feeling threatened or highly fearful. The more our tribe or family is anxious and fearful, the more we become anxious and fearful. This phenomenon is called "fear contagion."

During this time, while we are each facing our own fears and concerns, we are also resonating with others' fears and concerns through fear contagion. In this way, a feedback loop is established that can leave you spiraling in worry, fear, and exhaustion, and ultimately shut down.

[In this video](#) by Dr. Peter A. Levine, originator of the Somatic Experiencing® method, and three senior faculty from the Somatic Experiencing Trauma Institute, you will be taught powerful tools and practices to help you interrupt this disturbing cycle and help you soothe your body and mind.

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We published this before, but it's just so good!



[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.

Fabric Masks Made in the Marinship. The Marinship Emergency Medical Manufacturing Group (MEMM) is winding down production of plastic face shields and starting up the production and sales of hand-sewn fabric face masks. Designer face masks are now available for purchase, with a portion of the proceeds going to fund COVID-19 response and resiliency projects. DIY

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.

[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**

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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** Ample supplies of disinfecting gel and wipes at door. One way aisles. 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.**



[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

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