



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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[Should I Adopt A Dog During The Coronavirus Crisis? Read This First](#) (podcast)

If you're thinking this might be a good time to adopt a dog, you're not the only one.

[City Dogs Rescue](#) usually adopts out 20 to 30 dogs in one month, according to [adoption counselor](#) Jillian Molina. In March, it adopted out 40 dogs. Colleen Bernhard, the director of operations at [Lucky Dog Animal Rescue](#), told me that in *one week* in March, "we brought in 149 animals from high-kill shelters and adopted out 134. That is our average for one month normally."



[Now, More Than Ever](#)

A series of performing arts videos for a time of physical distancing,

May is Mental Health Awareness Month and this month mental health issues are front and center as we struggle to cope with the isolation and sense of loss and uncertainty during the SIP.

IF you are experiencing on-going anxiety and would like to have a conversation with one of our members who are mental health professionals, contact Connie, the Concierge at 415 332 3325 and she will arrange the connection.

IF you are or begin to have bouts of anxiety and need to speak to a professional immediately, the following hotlines are open 24/7:

The Friendship Line - 24/7 hotline for seniors through Institute on Aging 800-971-0016

The Warmline - 24/7 peer-supported line through the mental health association 855-845-7415 the Warmline also has online chat available: <https://www.mentalhealthsf.org/peer-run-warmline/>





[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.

@ The Library

Virtual Art Gallery

Ongoing exhibit

[Virtual Art Gallery Page](#)

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home? We are accepting submissions from local Sausalito residents for Sausalito

Library's new Virtual Art Gallery. While the library is temporarily closed, we are moving our art exhibit online. Please submit up to three images of your best work to share with the community. All ages may participate.

[Click here to submit your art.](#)

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

Stay Home and Read Book Club

Month of May

On Goodreads--sign-up info below

Want to join an online book club, but don't want to meet on video? The Stay Home and Read Book Club is a low-pressure group that posts discussion topics as we go along. We will start a new book at the beginning of each month. E-books and e-audiobooks are available on MARINet Overdrive and Amazon. May's book is [At the Water's Edge](#) by Sara Gruen.

[Join Stay Home and Read Book Club on Goodreads](#)

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



WE are A
COMMUNITY

Community: Food, Supplies & Services

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- food, medication, and pet supplies. Call 415-332-3325 or

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 sausalitovillageconciierge@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 mask kits with filters are also available in five and ten packs and are perfect for community fundraisers and family activities.

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 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** 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.**

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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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