



Happy Thursday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.



It's not too late to sign up for **today's**
TED Talk between 12-1

[HOW TO SHIFT YOUR MINDSET AND CHOOSE YOUR FUTURE](#)

CARSS needs your donations now!

The City of Sausalito has historically included the program in their budget. However, due to the pandemic, the City is facing a \$4 million dollar deficit and we need to look elsewhere for CARSS funding. We need to raise a minimum of \$20,000 by July 1, 2020 to keep CARSS operating through the next fiscal year. (Please read the story below.)



Chair Yoga with Rayner Class Replay Now Available

By popular demand, we're now offering replays of Rayner's Monday Chair Yoga class on Youtube!

Starting this week, we will publish the class replay in Tips of the Day email. You will have a few days to view the link before it expires on the following Monday. To get the link to the live class on Mondays, visit the [Sausalito Village Events Calendar](#) and register for next week's class. Everyone who registers will be added to a distribution list with weekly class links, updates, and announcements. If you know of a friend who would enjoy the class or replay, we ask that you have them sign up for a class directly so we can add them to our list.



5 Destinations You Didn't Know Existed

Forget the Acropolis of Athens, Great Barrier Reef and Kruger National Park, because there's hundreds of fascinating places situated around the world that you've probably never heard about. We've chosen five that could make the bucket list of even the most well-traveled among us.





[13 Easy Breads to Bake From Around the World](#)

It's pretty clear that bread baking has become the national quarantine pastime. But while I love to bake, I just can't bring myself to spend hours kneading dough and nursing sourdough starters right now. So here's a baker's dozen for the lazy carb lover—just keep in mind that you still need to account for rise time. You'll find classics (focaccia, brioche) but also a few surprises (Armenian lavash, South African roosterkoek, whaaaat?). Most are possible to whip up with standard pantry ingredients, no bread flour or sourdough starters required. (I noted any exceptions.) Ready, set, BAKE!



[CHECK OUT THE EXPLORATORIUM](#)

Ready to learn? The Exploratorium isn't just a museum; it's an ongoing exploration of science, art, and human perception. Explore our vast [collection of online experiences](#) to feed your curiosity and [education resources](#) supporting online teaching and learning. [Subscribe to our weekly newsletter](#) and get fresh learning resources and virtual programming delivered to your inbox.



With music by Harvey Schmidt & lyrics by Tom Jones, Off-Broadway's 1960 hit ***The Fantasticks*** ran for 42 years, making it the world's longest-running musical. Loosely based on Edmond Rostand's 1894 play *Les Romanesques* ("The Romancers"), the musical tells the story of "two neighboring fathers who trick their children, Luisa and Matt, into falling in love by pretending to feud. From this show comes to famous, almost iconic **"Try to Remember."** Opening with the lyrics "Try to remember the kind of September," the listener is "automatically put into a place where we are nostalgic for a warmer, more reflective time in our life. Taking us back to our innocence, before we are jaded by the world, this pensive number reminds us that 'without the hurt the heart is hollow.' It is only through being hurt by the world that our memories grow warmer and fonder." In the original production, this hit was sung by **Jerry**

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acclaim.



WE are A
COMMUNITY

***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.***



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If you are looking for a way to help Sausalito and its seniors during this crisis, please make a donation to CARSS today!

Established in 2015, CARSS (Call A Ride for Sausalito Seniors) has provided over 9,000 local rides and more than 5400 hours have been logged by our vetted volunteer drivers. When the shelter in place order was instituted, CARSS seamlessly transformed from a transportation program to a free shopping and delivery service for all eligible residents. Since the start of the crisis, over 300 services have been completed by our vetted volunteers including shopping and delivery, companionship calls and technical assistance with Zoom and Facetime. **We have worked hard to keep even our most vulnerable seniors safe at home yet socially connected.**

CARSS plans to continue as an errand service during this critical time and, when it is safe, return to a transportation program. We hope that you can help

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Tax deductible donations can be made directly to the City of Sausalito/CARSS. The tax ID number for the City is: 94-6000429.

Checks: Make payable to '**City of Sausalito/CARSS**' and mail to 420 Litho Street, Sausalito, CA 94965, attn: Parks/Rec Department.

Credit cards: The City can also accept donations by credit card. Please contact the Parks/Rec Department at 415-289-4152. Staff are working remotely, please leave a message and they will return your call. Make the donation to '**City of Sausalito/CARSS**'

CARSS (Call A Ride for Sausalito Seniors) is a City of Sausalito Age Friendly program managed by Sausalito Village. www.carss4you.org

*Tax deductible to the extent allowed by law.



@The Library

[Virtual Rec Room](#)

Featuring new content daily!

[Virtual Art Gallery Page](#)

Calling all local artists! The Sausalito

Library is hosting a new Virtual Art Gallery. While the library is temporarily

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

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

Community: Food, Services, Miscellany.

HAND SANITIZER

AVAILABLE HERE



Once again, the Marinship has free hand sanitizer available. If you have run out, you are welcome to come by for a refill. The Marinship Emergency Medical Manufacturing Group (MEMM) and the [Sausalito Working Waterfront Coalition](#) will be giving away the hand sanitizer to local residents on Wednesday, May 27 from 9:00 a.m. to noon at [170 Gate 5 Road](#). This is the location of WaveAdvance, LLC, where CEO Gary Testa ensured that the hand sanitizer was mixed in accordance with [U.S. Pharmacopoeia](#) standards. Each person who stops by with their own small bottle (with cap) can receive up to 6 ounces.

MEMM will be completing the production of face shields in the next week or so. Approximately 15,000 face shields have been fabricated and distributed to hospitals, first responders, and local businesses.

Production and sales of hand-sewn fabric face masks is now underway in the Marinship. [Designer face masks](#) are 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. (from *Sausalito Currents*)

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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.



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.

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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 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.

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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.

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