



Happy Wednesday, 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.



Sign up early for Dinner Delivered to your Door: This **Thursday**, it's Avatar's

**Wednesday:** IMPORTANT MEDICARE DATES - HICAP. 9:30 am to 10:30 am.  
RSVP Required and

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## [EPIDEMIOLOGIST DR. LARRY BRILLIANT](#) - COMMISSION ON AGING MEETING: 10 am to 11 am.

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### 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! You 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.



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and will increase as we move into the 2020 election.

Join us for a series of TED talks hosted by Sausalito Village where we listen to leaders on political interaction and then discuss how we can use their ideas to help us navigate the looming storm of the next several months.

We'll explore how we can come together sanely and productively despite our differences to eliminate the fear and dehumanization that has taken over our political process.

Our first talk, **Why We Need to Put Politics in its Place** by Dr. Robert Talisse, be on **June 9 at 4 PM**. Subsequent talks will be at 4 PM on the first Tuesday of each month until the election.



**Penguins at Chicago Aquarium welcome distraction from COVID-19**

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### [The 8 Most Underrated Places in Switzerland](#)

Switzerland's spectacular mountain scenery and chocolate box villages draw satisfied crowds year after year. From mountainous sheep farms to metropolitan cities, this tiny European nation offers plenty for its crowds of tourists. But where should you go if you need some space for yourself? Here are eight of Switzerland's most underrated places and why you should visit.

## SOULSTICE MIND + BODY SPA

### [LIVE VIDEOS with Soulstice Mind + Body Spa: Santa Rosa + Sausalito](#)

To keep connected with our greater community, we're excited to offer daily live-streamed classes - join us, and share widely with anyone you feel would benefit!

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Mozart's 1781 opera *Idomeneo, King of Crete* is set circa 1200 B.C. and opens at the palace on Crete, where the ruler's prisoner, Ilia, is grieving for her father and brothers, who were killed by the Cretan army in the siege on Troy. Though she hates Idomeneo, Ilia has fallen in love with his son, Idamante, who has ruled Crete in his father's absence. Although Idamante proclaims his love for her, Ilia, cannot bring herself to admit her feelings for him. As a gesture of goodwill, Idamante releases the Trojan captives; they join the Cretans in rejoicing this newfound peace in the chorus "*Godiam la pace*" ("Let us enjoy peace"). Listen to the **Met Opera Chorus & Orchestra**.

## Resilience in Challenging Times

**A care package for the Sounds True community**

In response to the growing uncertainty and heightened stress during this unprecedented time, we have created this [special digital care package](#) to help you navigate the coming days with mindfulness, compassion, and presence. Please share and enjoy these free resources—we can all use some support!

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***For Information about food, supplies, and services visit the Sausalito Village website's [COVID Resources page](#).***

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