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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. And visit our [website](#) for more information about our organization and programs.



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Wednesday: [UPDATE BY ABBOT CHAMBERS, CITY SAUSALITO COMMUNICATIONS DIRECTOR](#) 3 pm to 4 pm

Thursday: [ADVANCED DIRECTIVE - WEBINAR BY COMPASSION AND CHOICES](#) 12 pm to 1 pm

Friday: [SV MEMBERS/VOLUNTEERS COCKTAIL HOUR](#) 5 pm to 6 pm



Chair yoga, watercolor painting, chair exercise classes, and more are available through Corte Madera's Age-Friendly Intergenerational Center. Check out the [free schedule](#) at the nonprofit's website.



[Oprah Winfrey to host two-night special with black leaders; CNN,](#)

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[Oprah Winfrey](#) has announced plans to host a two-night special looking at the country's civil unrest following the death of George Floyd with "OWN Spotlight: Where Do We Go From Here?" The program views **this evening and tomorrow evening**.

The special will feature Winfrey speaking with black thought leaders, activists and artists on the country's direction.



Charles Dickens in the study at his country house, Gad's Hill Place. Bridgeman Art Library

[When Dickens Died, America Mourned. Our Archives Tell the Story.](#)

The outpouring of grief after the novelist's death, The Times wrote, was no surprise, since his books — “more or less associated with the events of our lives” — had touched people so

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HOW SMART IS YOUR RIGHT FOOT ???

This is bizarre!

How smart is Your Right Foot? ?

Just try this. It is from an orthopedic Surgeon.....

This will boggle your mind and you will keep trying over and over again to see if you can outsmart your foot, but you can't. It's preprogrammed in your Brain!

1. WITHOUT anyone watching you and while sitting where you are at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.

2. Now, while doing this, draw the number "6" in the air with your right hand. Your foot will change direction.

I told you so!!!

And there's nothing you can do about it!

Send it to your friends and frustrate them too.



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A woman wearing a face mask walks past a wall with drawings in a street of Havana, Cuba on May 13, 2020. Cuba is one of several countries that has made masks mandatory. | Yamil Lage/AFP/Getty Images

[The WHO has new guidelines on face masks to fight Covid-19](#)

The general public should wear cloth masks in public spaces where physical distancing is impossible, the agency says.

**WE are A
COMMUNITY**

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

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