



Happy Tuesday, 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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**Tuesday:** [Book Group](#) 1:30 - 2:45: The Mountains Sing

**Tuesday:** [TED TALK TUESDAY - SACHA BARON COHEN AND JARON LANIER](#) 4 pm - 5 pm

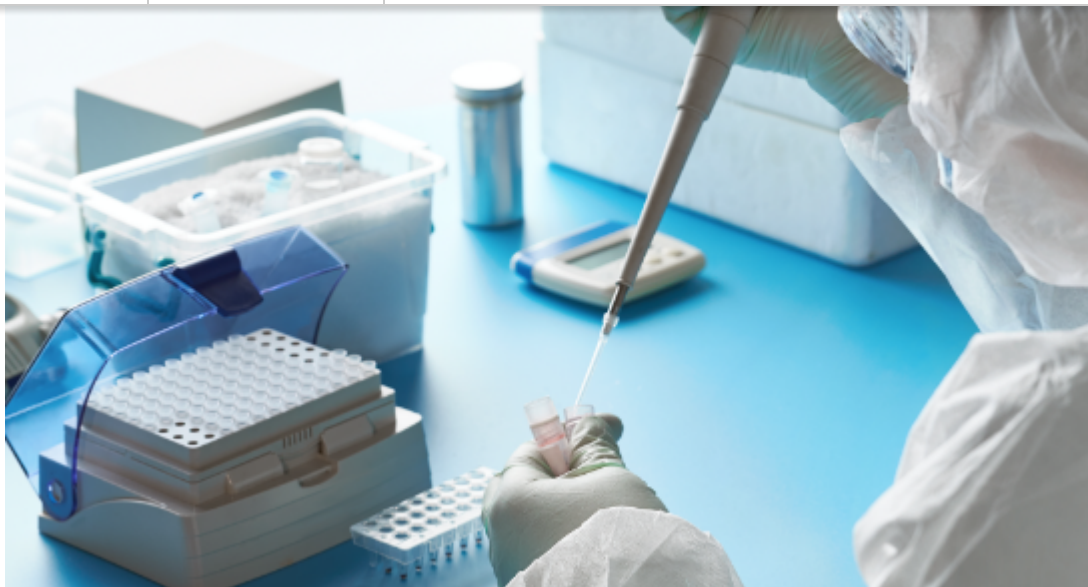
**Wednesday:** [Planning Ahead for Dementia](#), 11 am - 12 pm. RSVP [here](#)

**Thursday:** [Dinner Delivered The Copita](#) 5 pm - 6 pm

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Rayner's Monday Chair Yoga Class.



## Carbon Health Mobile COVID-19 Test Clinic to Visit Sausalito

Residents in Southern Marin will have a new opportunity to get a COVID-19 test locally as Marin County Public Health and its partner Carbon Health are offering a pop-up testing location [June 18 and 19](#) at Sausalito City Hall. [Online appointments](#) are available now.

[Marin County Public Health](#) has called on all businesses and employees working during the [COVID-19 pandemic](#) – especially where workers have frequent contact with the public – to utilize free COVID-19 testing options. While an increase of confirmed cases is a natural byproduct of increased testing, the test results and contact tracing data have revealed spikes of cases among people who work in public service jobs, such as grocery stores, construction sites, gas stations, food service and restaurants, school services, and landscaping.

Specimen samples are taken from the patient's nose or throat, with results in 3-5 days. Patients should expect a light clinical evaluation after checking in and before their test. Testing is confidential and by appointment only.

Marin County Public Health and its partners are aggressively adding testing options because even people without symptoms can have COVID-19 and infect others. Carbon Health's mobile COVID-19



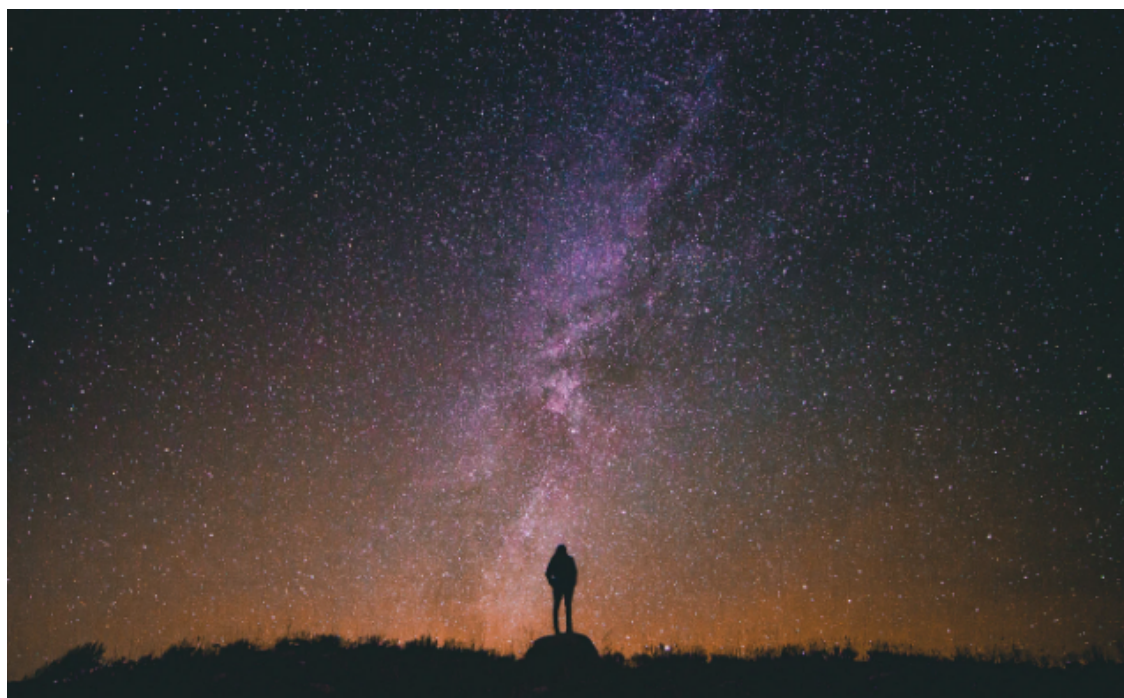
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## DID YOU KNOW?

**Beer reduces the Risk of developing Kidney Stones by 40% .**



Over 60 and self-quarantined? Do these 5 exercises DAILY



### [Grieving Circle: Practical Techniques for Navigating Loss](#)

In this grieving circle we will approach grief with both wonder and practicality. Together we will create a space to honour our losses, learn about grief and share coping strategies.

Grieving is a profoundly intelligent, intuitive and sacred experience.

It can be enlightening or absolutely gut wrenching, sometimes both at the same time. We will travel the enigmas of grief, together.



### [The Oakland Ballet:](#)

Don't from Hearbreak Hotel choreographed by Graham Lustig for our 2018 Spring performance, Scene and Heard.

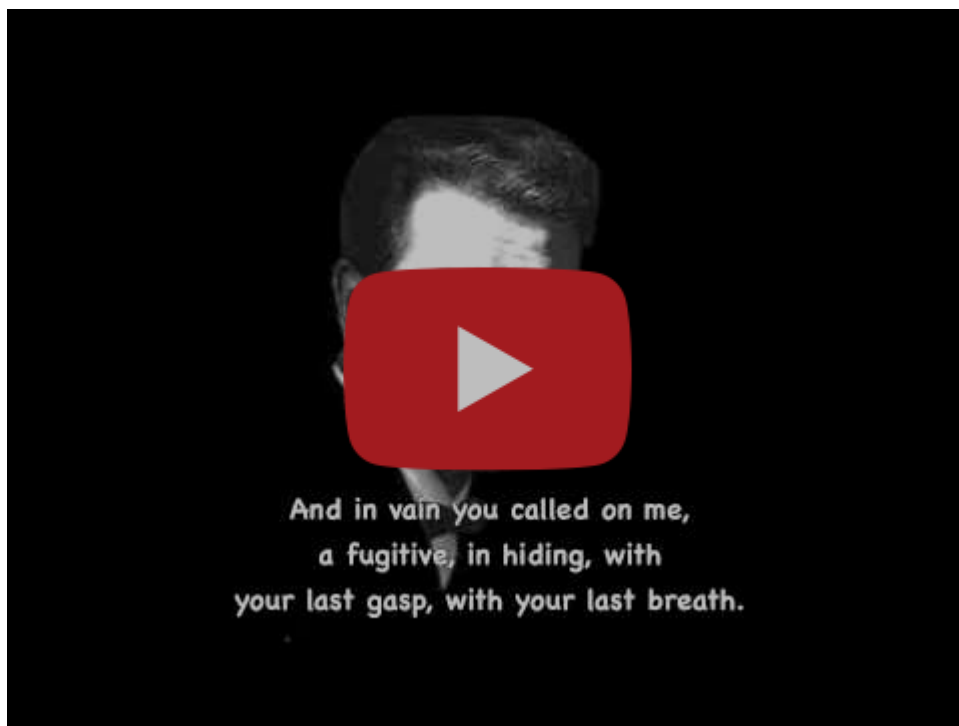
Dancers: Emily Kerr and Landes Dixon



### [When Dieting Doesn't Work ...](#)

Most diets can help you lose weight, but that weight is frequently regained within a few months — a fact supported by an analysis of more than 100



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Giuseppe Verdi's 10th opera was the 1st Shakespeare play that he adapted for the operatic stage. In this scene, **Macbeth** has killed Macduff's wife & children. Grieving their deaths and the fact that he was not home to protect them, Macduff sings the famous recitative and aria "*O figli, o figlio miei!...Ah, la paterna mano*" ("Ah, sons, my dear sons!... Ah! The paternal hand"). **Franco Corelli** sings this scene.

**WE are A  
Community**

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

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