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“When you make the present moment  
the focal point of your life  
instead of past and future, your  
ability to enjoy what you do—and  
with it, the quality of your life—  
increases dramatically.”

—Eckhart Tolle

**Happy Monday, 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:** [PHONE MEETING: CA INSURANCE COMMISSIONER - FIGHTING BACK FRAUD AND SCAMS](#) 1-2

**Thursday:** [DINNER DELIVERED FROM ANGELINO'S](#) 5:15-6:15

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### [Aging is a woman's secret power — and the data proves it](#)

This advantage isn't simply a feel-good rallying cry to give older women a self-esteem boost, but based on qualities and traits they develop over time.



Pearls.



- **["Art Responders" with Baratunde Thurston.](#) Wednesday, June 24 @5 PST/8PM EST**

Baratunde lost his mother, the only parent to raise him, to colon cancer when she was just 65 years old. It's been 15 years since her passing, and with that time, Baratunde has

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that led to not rare diagnoses, and the inequity of not premature death and the early, avoidable deaths of so many black Americans.

This Wednesday, he'll share new work, reflecting on what it means to lose, forget, remember, and use your voice to advocate for and shift the culture around racial equity and justice. [Register here.](#)

[Baratunde Thurston](#) is an Emmy-nominated host who has worked for The Onion, produced for The Daily Show, advised the Obama White House, and cleaned bathrooms to pay for his Harvard education. He's the creator and host of [Live On Lockdown](#), an interactive, entertaining, and informative show made for the pandemic, author of the New York Times bestseller *How To Be Black*.

Art Responders is an ongoing Wednesday evening series.







### [5 Train Routes in the U.S. You Can't Ignore](#)

**Next time you're planning to take a vacation, why not invest a bit more time and make the journey part of the adventure? Ditch the airport in favor of traveling by rail and you'll be surprised at just how much more you'll see. Here are five train routes in the U.S. you just can't ignore.**

[SF Opera is on](#). Check out the programs they are offering. [The Metropolitan Opera](#) is still streaming operas every day. New programs are available starting at 4:30 pm pacific time through 4:30 the following day! [Opera Vision](#) offers a variety of European opera performances.

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**services visit the Sausalito Village  
website's [COVID Resources page](#).**

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