



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

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



Befriending Your Nervous System

with Deb Dana

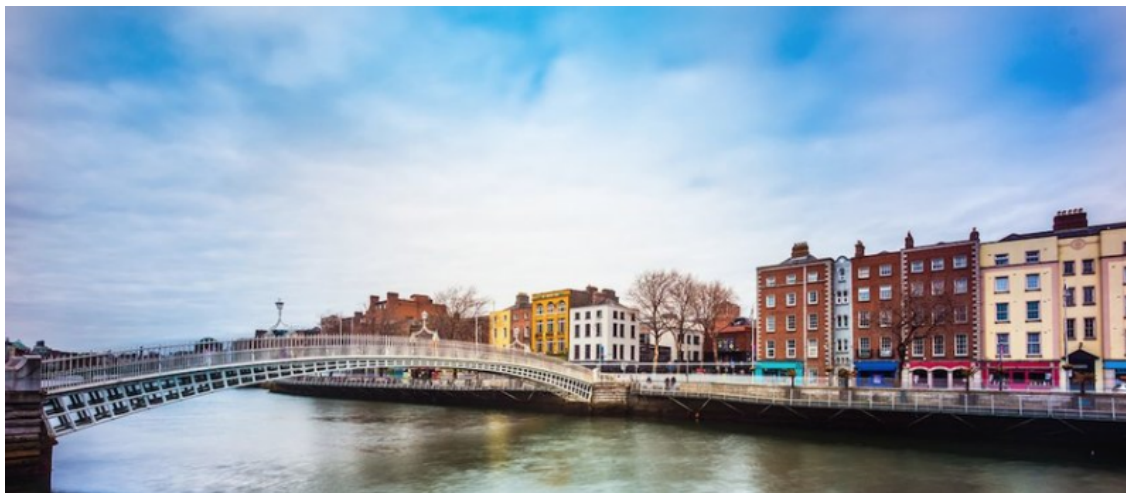


Tami Simon
Host of *Insights at the Edge*

Our nervous system is constantly in communication with the nervous systems of other people, subtly sharing information just under the surface of our conscious minds.

But how familiar are you with your nervous system, its organization, and signals? Do you know at any given moment what state your

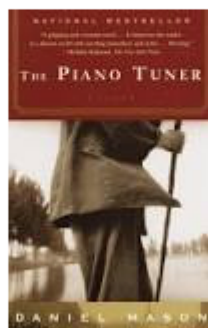
Listen to Deb Dana in this podcast ["Befriending Your Nervous System"](#)



[5 Must See Spots in Ireland](#)

With castles steeped in history, majestic landscapes and the freshest pint of Guinness, it's no wonder the Emerald Isle welcomes millions of tourists each year. Sunny skies and mild temps are an unexpected bonus in this corner of the world but don't let that discourage you from booking. Just put on some Wellies, throw on a Mac and follow this guide to uncover all the beauty this coastal country has to offer - rain or shine.

Sausalito Village Book Club
Tuesday, July 21, 1:30 pm
Via Zoom



Our book for July is *The Piano Tuner* by Daniel Mason. Good Reads says "In 1886 a shy, middle-aged piano tuner named Edgar Drake receives an unusual commission from the British War Office: to travel to the remote jungles of

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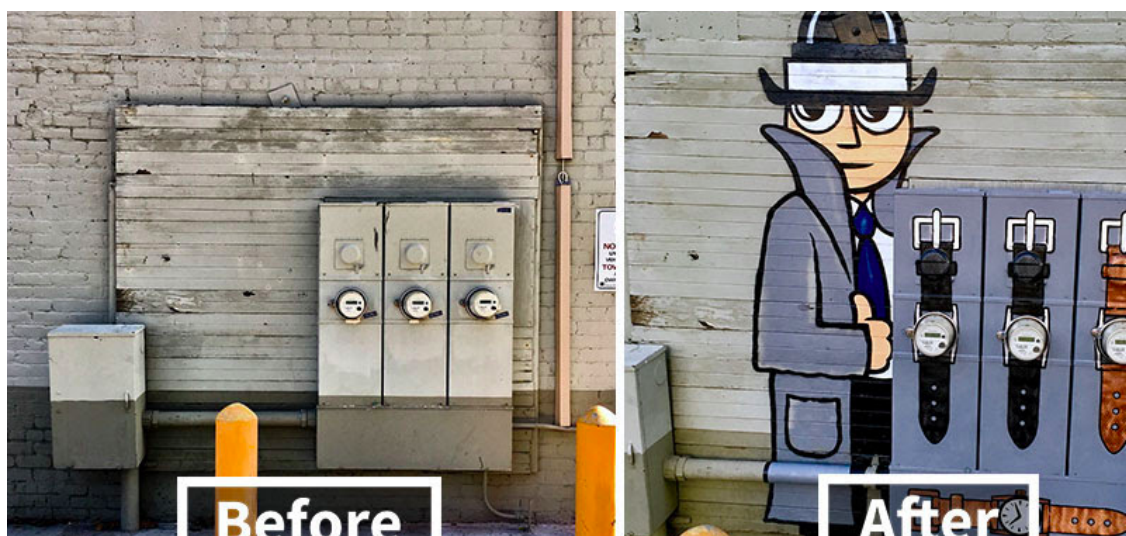
From this irresistible beginning, **The Piano Tuner** launches its protagonist into a world of seductive loveliness and nightmarish intrigue. And as he follows Drake's journey, Mason dazzles readers with his erudition, moves them with his vibrantly rendered characters, and enmeshes them in the unbreakable spell of his storytelling. “

If you are new to the group, sign up on the SV website. The zoom invite will be sent the day before the meeting.

If you have questions, please contact Colette Pratt at colettepratt@sbcglobal.net or 331-0801 or Sharon Seymour, zoom host, at sharon126@aol.com or 331-1362.



The work of a genius street artist in Los Angeles



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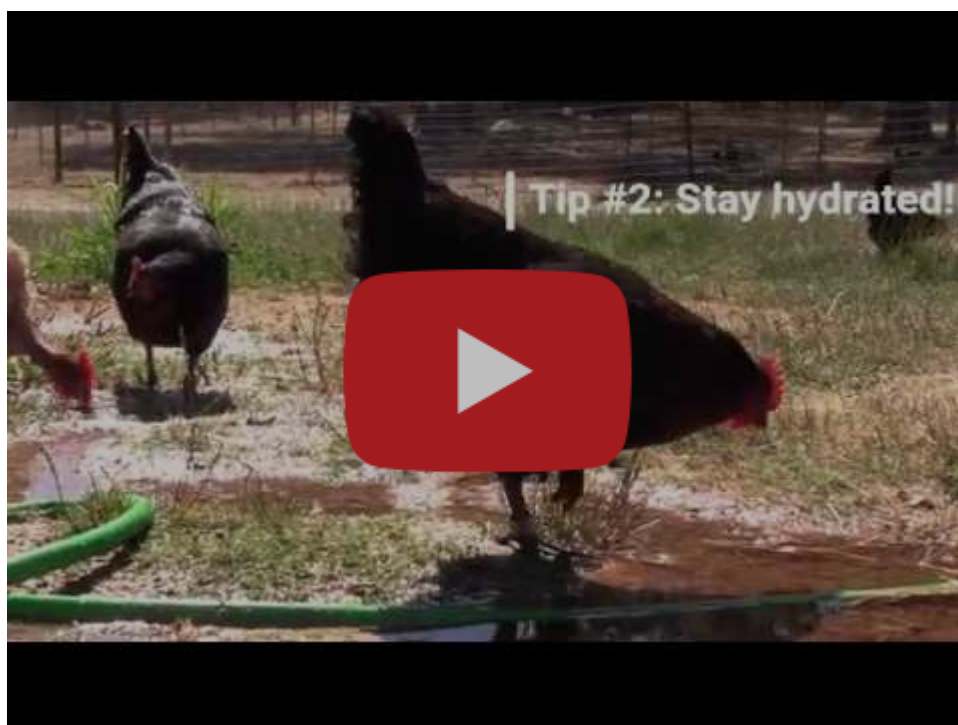
[Reimagine's "Art Responders" Series: Baratunde Thurston](#)

What it means to lose, forget, remember, and use your voice to advocate for racial equity and justice. Join us for "Art Responders" this week with writer/comedian Baratunde Thurston.

Wednesday, June 24

5:00pm-5:50pm PDT

This is a digital event. You should receive information in your ticket or from the host about how to join online.



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[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.



The Curious Webspinner Insect Knits a Cozy Home

we are A
Community

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

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