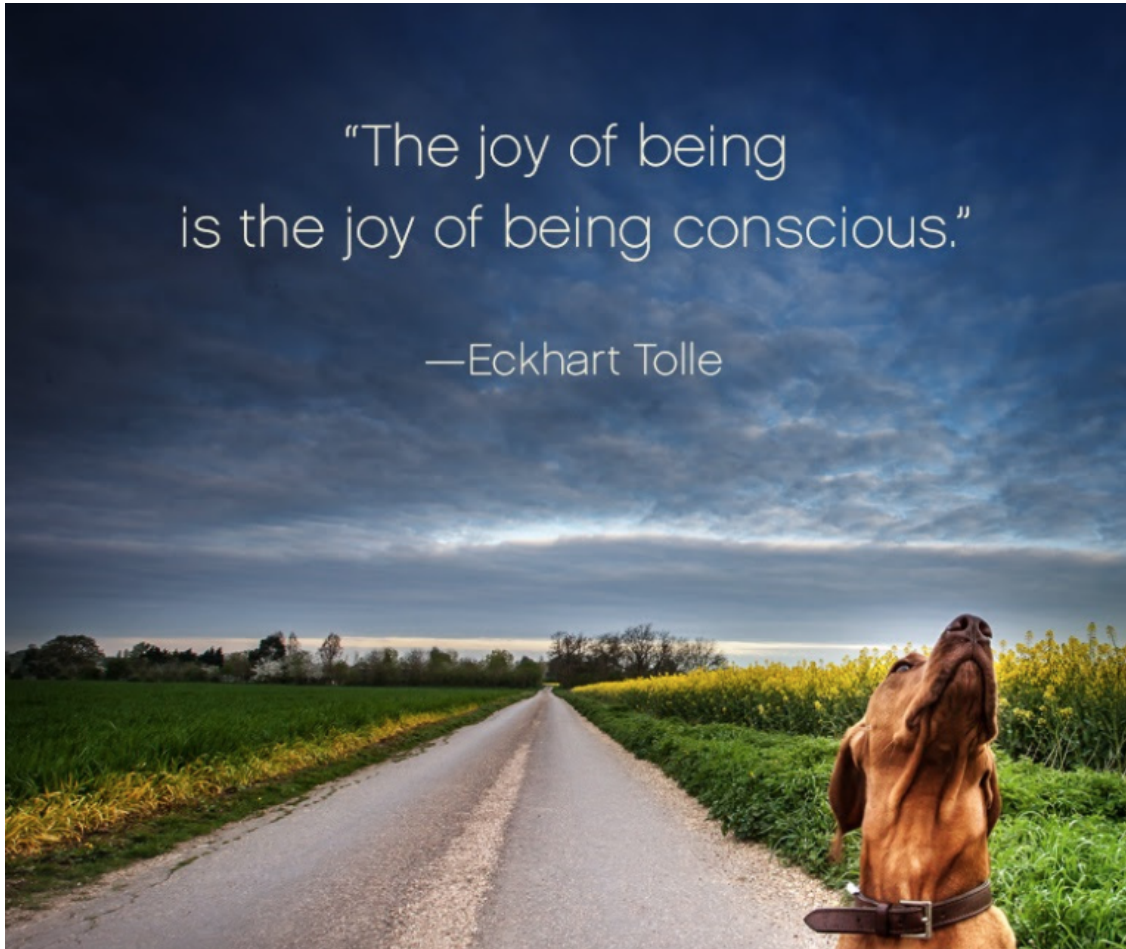


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"The joy of being  
is the joy of being conscious."

—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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**Monday:** [Online Chair Yoga](#). 11-12

**Tuesday:** [TED TALK WITH PICO IYER – THE ART OF STILLNESS](#)

4 pm

**Wednesday:** [SHARE YOUR EXPERIENCES...SHOPPING DURING COVID.](#)

4-5

Is there a particular prepared meal delivery service that you have been using and would recommend?

If so, let us know! Email [sausalitovillagersvp@gmail.com](mailto:sausalitovillagersvp@gmail.com)

We plan to compile a list to share with readers.



You are not alone!

[Coping with Pandemic Stress Support Group](#)

Every day, new numbers emerge detailing the toll coronavirus is taking on our communities, but there's also an emotional cost. If you have pent up feelings of anxiety and stress due to covid-19, join the Sausalito Village weekly support group. The purpose is to have a community where you feel safe with other people who will listen without judgment.

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patient and outpatient settings. MaryKae will be leading this weekly group every Friday afternoon at 2 pm through the month of August.

Open to Sausalito Village members and volunteers only.  
The Zoom link will be sent to you in the confirmation email.  
Questions? Contact MaryKae at [mkstaccato@aol.com](mailto:mkstaccato@aol.com)



### [Slice of Sausalito - Pie of the Week](#)

Pies at [Karl the Store](#) at 11 am on Sundays that do not need to be pre-ordered ~available until they are sold out (they go fast!) variety depends on seasonal fruit - this coming Sunday will be peach and blueberry. Peaches are so good right now! (You can always ask us to hold one for you.) Order pies anytime you want: full size 9" (\$35) or small 5" (\$15). Special orders accepted depending on the availability of fruits.

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### [Thursday, July 30th – 5pm via Zoom](#)

**Virtual Art Tour & Book Talk** with award-winning conservation photographers Nita Winter & Rob Badger who are also the authors of ***Beauty & The Beast – California Wildflowers & Climate Change.***

This beautiful coffee-table book features stunning photography(190 wildflower portraits & landscapes) as well as short stories penned by passionate scientists and nature writers. The book is both art and activism and inspires hope. A great gift for yourself or others.

To register for the live, online event via Zoom and / or purchase a copy of the book [click here.](#)

The authors are local and will sign and/or personalize the book for you (in absentia of course!)



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## [9 Underrated U.S. Towns](#)

While they may not have the electrifying thrill of [bigger cities](#), small towns are still ideal weekend getaways. Not only do they provide a dose of much-needed charm, but they're often littered with eateries, [watering holes](#), and local attractions that will keep you busy on a more laid-back itinerary. Not sure which [small town](#) to visit next? Check out our list of nine underrated U.S. towns and see why you need to pay them a visit.



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

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