



Happy Sunday, 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.

Photo "San Francisco Wall Art" by Harrie Schwartz

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Monday: [Online Chair Yoga](#). 11 am

Monday: [ANDY AND JAN PERFORM AUTUMN CONCERT AND SINGALONG](#). 4-5

[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)

[AlertMarin.org](#)



**Turkey Dinner with all the trimmings
from Spinnaker Restaurant delivered to your door!**

It is not an ordinary year, by any means! But, even though you may not be enjoying Thanksgiving Dinner around the table with family and friends, you can still enjoy a turkey dinner with the trimmings from our local Spinnaker Restaurant.

\$20 per meal

- * Stuffing
- * Gravy and Chutney
- * Green Beans
- * Pumpkin Pie

RSVP AND PREPAY BY [CLICKING HERE](#):

CARSS Volunteers will be delivering the meals in the late morning so you can reheat them and enjoy them any time during the day.

Open to all seniors signed up with Sausalito Village or CARSS. Not signed up? Just call 415-944-5474. CARSS membership is free.

CARSS (Call A Ride for Sausalito Seniors) is a City of Sausalito Age Friendly Program managed by Sausalito Village.

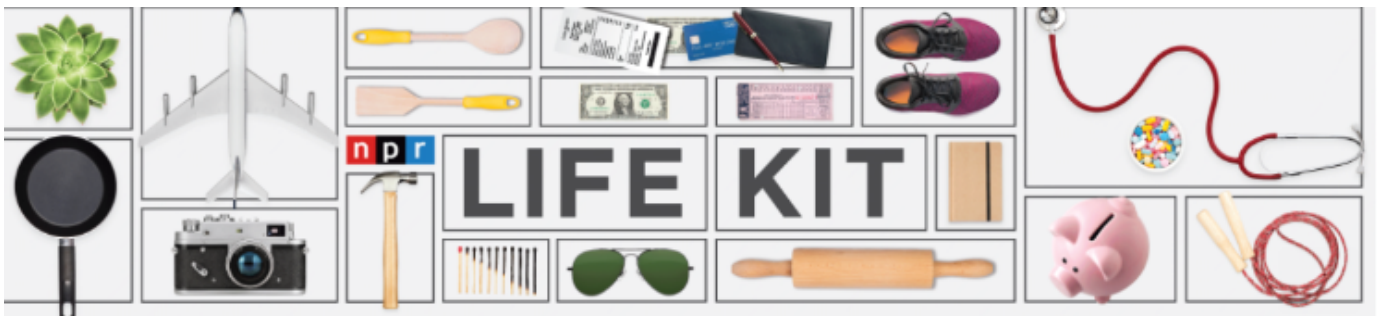
www.sausalitovillage.com

www.carss4you.org



An Out-of-Control Train Was About to Plunge 33 Feet to the Ground— Until a Giant Sculpture of a Whale Miraculously Saved It

The sculpture's title is—kid you not—"Saved by the Whale's Tail."



Maybe you're feeling cooped up, stressed out, spread thin, unsure, or all of the above. Maybe you're so worried about protecting your inner circle that it feels like too much to try and reach out to anyone else. Maybe it feels *really* hard to be kind when this year or this world has been unkind to you. We see you.

The thing is, no matter your situation, raising your kindness quotient is [good for your health and your happiness](#) — not to mention good for the world.

You can start with a simple phone call. Give the older friends and family in your life a ring and see how they're doing. COVID-19 has made life a little lonelier for all of us — and lots of older Americans living far from family could use a call. [Here's how to check in on your people](#)— and make sure that they're getting what they need during this particularly tough time.

[Listen to the podcast.](#)



Music

SF Symphony Throughline: From Hall to Home, on KQED this evening at 7:00 pm. Per the symphony, this will be a concert event that reflects the vibrant creativity

commissioned world premiere of Collaborative Partner [Nico Muhly's *Throughline*](#), a work *The New York Times* calls "a bellwether in the emerging genre of works created for the constraints, and possibilities, of music-making in our moment."

Lambs to the left of me. Mutton to the right. Here I am. Stuck in the middle with ewe. 🐑🐑😊





[Seismic Salons - Amy Tan](#)

The Joy Luck Club, The Valley of Amazement, Saving Fish from Drowning

Sheltering in place doesn't have to mean skipping A-list social events. In keeping with these times, Litquake presents its summer fundraiser: a series of online author salons for very intimate audiences of ten. Grab your adult beverage of choice, kick back in your comfy chair and ask the questions you've always wanted to ask of some of the Bay Area's most acclaimed authors, who between them have written a staggering 50+ *New York Times* bestsellers. Proceeds to help the Bay Area's premiere (and 85% free) literary festival. Join us!

For tonight's event, Amy Tan (*The Joy Luck Club*, *The Valley of Amazement*, *Saving Fish from Drowning*) will answer your many questions, including what it's like to appear with the all-author band Rock Bottom Reminders, and sing "These Boots are Made for Walking."

Weekly Welcome

Viking.TV provides free to watch livestreams and on-demand programming. Our library of programs includes short documentaries and interviews, lectures, classical music concerts, reading lists, filmographies and much more. As we explore the world from the comfort of our own homes, we would like to continually evolve this experience channel for you, and welcome all comments and suggestions to vikingfamily@viking.com.

[Viking TV](#) livestreams begin at 11 am daily.

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For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).

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