



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.

Photo by Anne Dorsey

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Tuesday: [Book Group](#). 1:30

Tuesday: [TED TALK: THE RADICAL ACT OF CHOOSING COMMON GROUND - NOTE TIME CHANGE!](#) **5:30**

Wednesday: [HOW TO SPOT AND AVOID IMPOSTER SCAMS](#). 10-11

Wednesday: [AGE FRIENDLY MARIN HOSTED: END OF LIFE PLANNING](#).
10:30-11:45

Wednesday: [MARIN VILLAGES HOSTS CONVERSATION AND MINI CONCERT](#). 3-4

Wednesday: [AVATAR'S DINNER DELIVERED](#). 5-6

Thursday: [Local Couch Shopping](#). 5:30

[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)

[AlertMarin.org](#)

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Online Chair Yoga



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

- * Turkey, both light and dark
- * Mashed Potatoes
- * Stuffing

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* Pumpkin Pie

RSVP AND PREPAY BY [Clicking here.](#)

Deadline Nov. 24 @ 5 pm

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.comwww.carss4you.org


Praktikos
Deep Meditation



Chanting > Singing Bowls >> Inner Silence
Tonight 7:00 Sign-in starts 6:50 closes 7:05

Richard Pavek is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

[https://us02web.zoom.us/j/82775358268?](https://us02web.zoom.us/j/82775358268?pwd=YjF5R3NvMkNMWE5EVG1NSWd2Z29SZz09&from=addon)

[pwd=YjF5R3NvMkNMWE5EVG1NSWd2Z29SZz09&from=addon](https://us02web.zoom.us/j/82775358268?pwd=YjF5R3NvMkNMWE5EVG1NSWd2Z29SZz09&from=addon)

Meeting ID: 827 7535 8268

Passcode: 155796 One tap mobile

+16699006833,,82775358268#,,,,,0#,,155796# US (San Jose)

+12532158782,,82775358268#,,,,,0#,,155796# US (Tacoma)

Dial by your location

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+1 253 215 8782 US (Tacoma)

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+1 929 205 6099 US (New York)

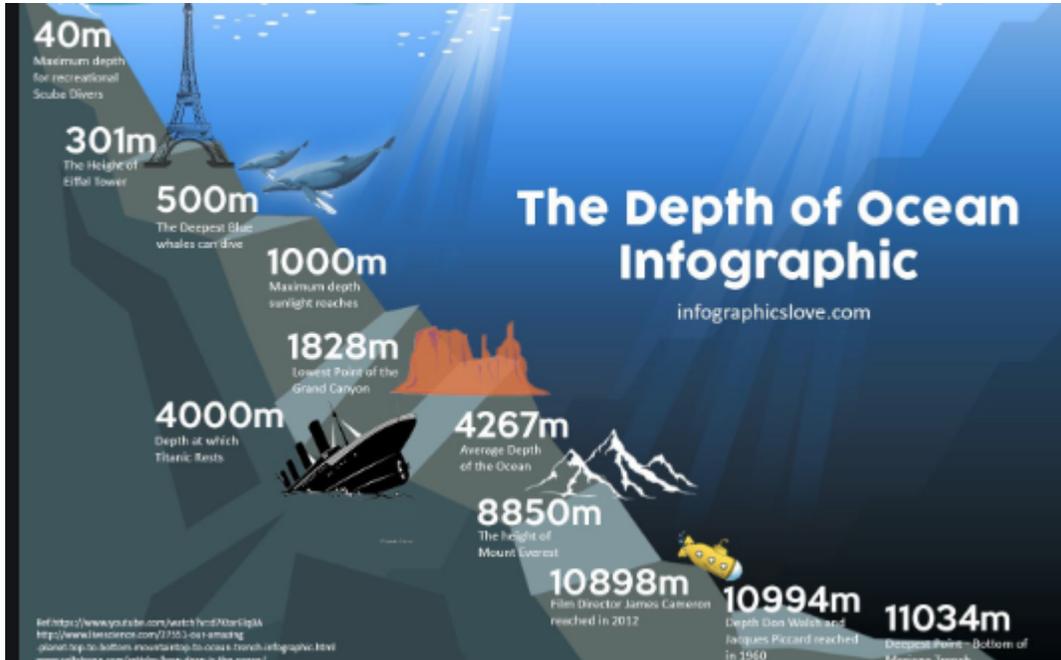
+1 301 715 8592 US (Washington D.C)

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Passcode: 155796 Find your local number: <https://us02web.zoom.us/j/kdSrNav0LS>



[This incredible animation shows how deep the ocean really is](#)

Just how deep does the ocean go? Way further than you think. This animation puts the actual distance into perspective, showing a vast distance between the waves we see and the mysterious point we call Challenger Deep.

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“Give up waiting as a state of mind.
When you catch yourself
slipping into waiting,
snap out of it. Come into
the present moment.
Just be and enjoy being.”

—Eckhart Tolle

**Did some
financial planning
and it looks like I can
retire at 62 and live
comfortably for
eleven
minutes.**



[How to get good at chess](#)

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grumpy but lovable janitor Mr Shaibel at the age of nine and is very soon beating him.



[7 Spectacular Libraries You Can Explore From Your Living Room](#)

You can almost smell the old books.

**WE are A
COMMUNITY**

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recently updated Sausalito Village [website](#).

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