



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.

Photo by Anne Dorsey



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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](#)



What lies behind us
And what lies before us
Are tiny matters compared
To what lies within us.

... Ralph Waldo Emerson

Thanksgiving and COVID

Holidays usually mean gathering with friends and extended family, attending parties, hosting dinners, traveling, and celebrating time-honored customs. But some holiday activities promote congregating and mixing of households, which increase the risk of transmitting COVID-19.

Reduce your risk this holiday season. Follow guidance from the California Department of Public Health (CDPH) and plan safer celebrations.

Tips for a healthier holiday season

ones safe, follow the [guidelines for small gatherings](#). Here are some extra tips on how to celebrate the holidays more safely.

- **Check your county's tier status** to find out what types of activities and gatherings are permitted in your county based on the current spread of the virus.
- **Wear a mask in public settings**, like on public and mass transportation, at events and gatherings, shopping and in stores, and anywhere you will be around people who do not live with you.
- **Wear a mask** not only with people you do not know, but **with anyone you don't live with** including close friends and family.
- **Keep your distance** – especially from older family members and those with chronic health conditions.
- **Do not gather indoors with other households** if your county prohibits it.
- If you are in a county where indoor gathering is permitted, when indoors, **keep windows and doors open** so fresh air circulates and wear a mask.
- If you are in a county where indoor gathering is permitted, use all the space you can indoors; **spread things out**.
- **Don't share utensils or drinks** with anyone.
- **Commit to keeping gatherings short**, whether inside or outside. Shorter is safer.
- **People at higher risk** of severe illness or death from COVID-19 (such as older adults and people with chronic medical conditions) **are strongly urged not to attend** any gatherings, especially indoor gatherings. If you gather with older people or those with chronic conditions, make sure they wear a surgical or N95 mask.
- It is safest to celebrate the holidays with the people who already live with you, but if you invite others, **only invite a maximum of two other households** to your gathering.
- Travel increases your chance of getting and spreading the virus. **Incoming travelers from out of state should self-quarantine for 14 days** after arrival before mixing indoors with others.
- **Wash your hands** often with soap and water for at least 20 seconds or use hand sanitizer. Avoid touching your eyes, nose, and mouth.
- **Stay home if you are sick**.

These holiday tips are derived from CDPH's [Small Gathering Guidance](#).



Zoom is removing its 40-minute limit for video chats on Thanksgiving

- Zoom is removing its 40 minute video call time limit for Thanksgiving 2020, starting at midnight on November 26.
- The change comes amid directions from health officials to not travel this Thanksgiving, as coronavirus cases in the US continue to climb.
- Zoom is calling the gesture a "thank you to our customers." The video chat software has exploded in popularity this year as the pandemic sent millions home.



With trans-Atlantic travel all but suspended, the closest you can get to Paris may be onscreen. These movies will take you there.



The SF Exploratorium – The Exploratorium has a weekly series of programs for adults on Thursday nights at 7:00pm called [After Dark Online](#). The website describes the weekly series as “programs on innovative science, arts and perceptual experiences—compelling conversation and hidden treasures, hands-on how-tos and breaking science news.”

November 19 – Sustenance: Contemplating Creativity

December 3 – Celestial: Rising Tides

December 10 – Celestial: Solar Eclipse

December 17 – Celestial: Winter Solstice

[Met Opera Online](#) – The Met continues its free nightly streaming of previous opera productions. They have cancelled their 2020-2021 season, so seems as if they will continue this streaming for a lot longer than originally planned.



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

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

Deadline Nov. 24 @ 5 pm

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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



WE are A
COMMUNITY

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

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