



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: New Year's Day Hike in the Headlands by Ingrid Kreis

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Wednesday: [FREE COVID TESTING EVERY WEDNESDAY 10-4 CITY HALL-MUST MAKE APPT.](#) (Appointments through [Curative](#) website)

Thursday: [HICAP PRESENTATION - STILL TIME TO MAKE CHANGES TO MEDICARE PLANS.](#) 11

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Online chair yoga.

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/81422211954?](https://us02web.zoom.us/j/81422211954?pwd=NkdCRIRUTHFhaENlck9ZZk8xM0dmdz09&from=addon)

[pwd=NkdCRIRUTHFhaENlck9ZZk8xM0dmdz09&from=addon](https://us02web.zoom.us/j/81422211954?pwd=NkdCRIRUTHFhaENlck9ZZk8xM0dmdz09&from=addon)

To Dial by your location

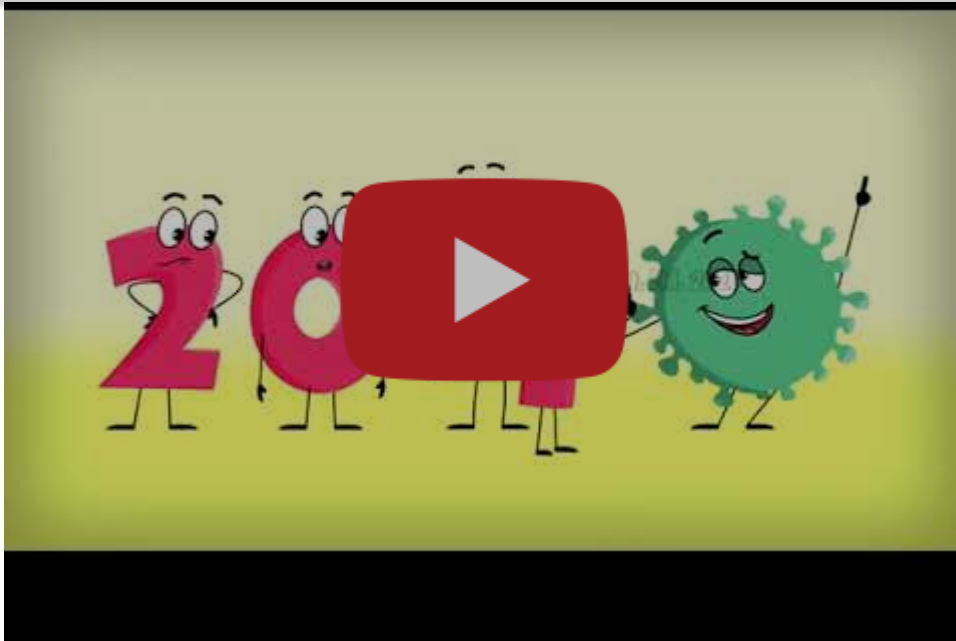
+1 669 900 6833 US (San Jose)

COVID Testing in Sausalito



Marin County's partnership with [Curative Inc.](#) is expanding to bring additional self-administered, oral swab testing to Marin, with testing weekly in Sausalito on Wednesdays *starting January 6*, 10:00 AM - 4:00 PM; Sausalito City Hall (420 Litho Street).

All curative testing sites remain free, but appointments must be scheduled in advance through the [Curative website](#) (available in English and Spanish). Appointment slots open about 3-4 days in advance of each scheduled testing day

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“When you make the present moment
the focal point of your life
instead of past and future, your
ability to enjoy what you do—and
with it, the quality of your life—
increases dramatically.”

—Eckhart Tolle



No Cars Allowed: The 10 Best Pedestrian Streets Around the World

From Glasgow to Beijing, these are some of the most popular pedestrianized streets around the world.





[Register now](#) for a group watch via zoom of
My Octopus Teacher on Wednesday, January 13, 2-3:30

The film is streaming on Netflix.

Then [enjoy the Village Movie Group Discussion](#) at 4pm

Wisdom Bytes

Having plans sounds like a good idea until you have to put on clothes and leave the house.

It's weird being the same age as old people.

Life is like a helicopter. I don't know how to operate a helicopter.

Chocolate is God's way of telling us he likes us a little bit chubby.

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember...Don't sing!

If you can't think of a word say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.

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I'm at that age where my mind still thinks I'm 29, my humor suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet.

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

I don't always go the extra mile, but when I do it's because I missed my exit.

We all get heavier as we get older, because there's a lot more information in our heads...



WE are A
COMMUNITY

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

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