



## 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.

Photo: Galilee Harbor by John Oppenheimer

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

**Monday:** [ARE YOU A CAREGIVER? JOIN IN THIS CONVERSATION](#). 7-8:30

**Wednesday:** [GROUP WATCH: MY OCTOPUS TEACHER](#). 2-3:30

**Wednesday:** [Village Movie Group](#). 4-5

**Friday:** [BRAIN HEALTH AND REDUCING RISK OF COGNITIVE DECLINE](#). 9-12:15

[FREE COVID TESTING EVERY WEDNESDAY 10-4  
CITY HALL -  
MUST MAKE APPT.](#)

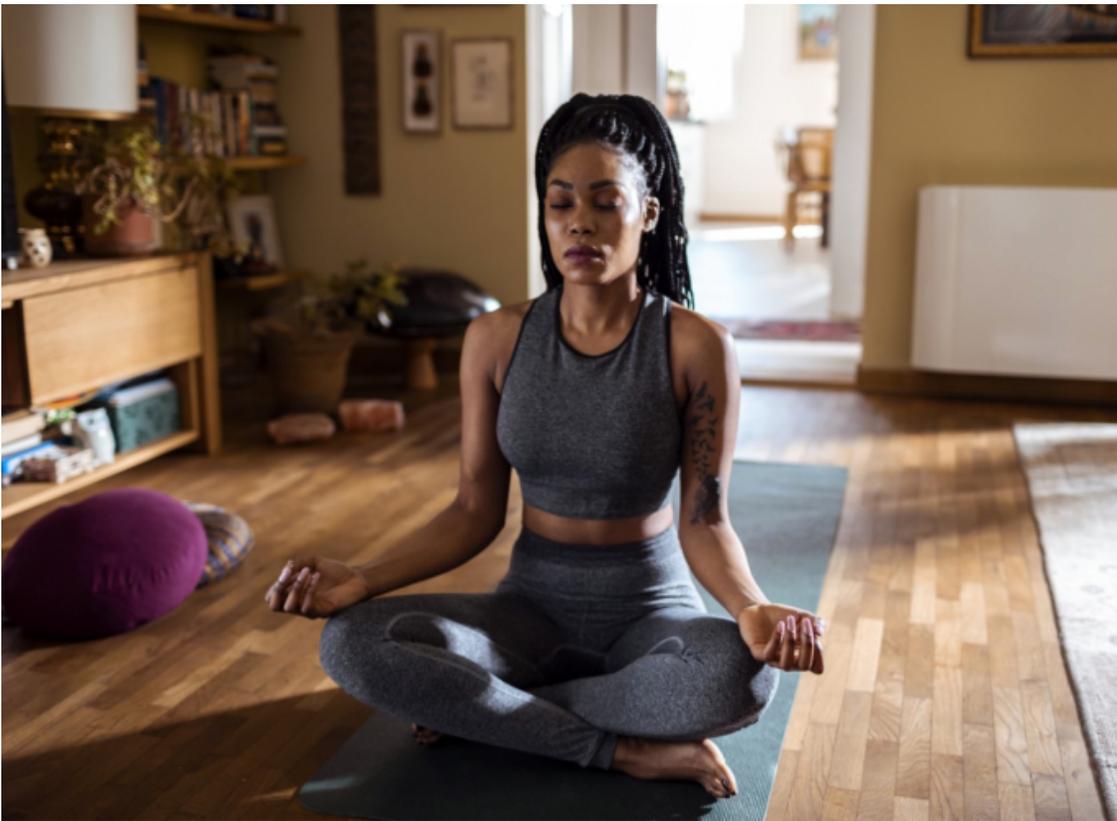
## Night In a Bookstore

*Ever been in a bookstore all by yourself after hours? It's almost like being in a museum or a library all alone. It's pretty cool. Even inspiring.*

**SCHEDULE A PRIVATE  
APPOINTMENT BEFORE OR  
AFTER HOURS**

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are offering private, on-site book buying sessions. While you won't be *all* alone (a bookseller will be on site to help curate books and gifts) you will have the shop to yourself; you can wander on your own and browse. Yes, you will have to wear a mask & and sanitize your hands. We are always COVID-careful. Email for an appointment: [staff@sausalitobookbythebay.com](mailto:staff@sausalitobookbythebay.com)



## [Meditation Advice for Absolute Beginners](#)

It may seem like a strange era to be mindful and present. But experts say it's just the right time to meditate.



## What is Biomimetic Architecture?

In 1941, Swiss engineer George de Mestral was coming back from a hunting trip with his dog when he noticed that some seeds kept sticking to his clothes and his dog's fur. He observed that they contained several "hooks" that caught on anything with a loop, and from studying this plant, seven years later, he invented the hook and loop fastener, which he named Velcro.

**WE are A  
COMMUNITY**

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

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