



Happy Friday, 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 Tricia Smith

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

12:15

[FREE COVID TESTING EVERY WEDNESDAY 10-4](#) (Bank of America parking lot 2. [Register](#) (Appointments can be made no sooner than four days in advance of a testing date))



[The 4 Steps That Will Increase Happiness, According To Science](#)

Researchers believe these daily habits will train your brain to achieve better overall well-being. (Worth a try, right?)



Can You Guess Which Iconic Movie These Scenes Are From?

Think you're a real movie buff? You might want to think again. Since the first movie studio opened in Hollywood on Sunset Boulevard in 1911, the long-spanning history of cinema includes hundreds of classic and iconic flicks, ranging widely in genre, medium, year, heroes and villains, sound design, and set pieces—but what exactly makes them stand out? What makes them so utterly unforgettable and magnetic to audiences and their collective memories? It could be creative editing, or an unparalleled artistic force in the director's chair. Sometimes, it's a captivating performance from a tour-de-force talent.





[Glimmers Of Hope: A 2021 Poetry Preview, Part 1](#)

It's been a sobering week. But it's a new year, we've got a new president, and, dare I say, there are glimmers of hope on the horizon despite the darkness of the past few days. With that hope in mind, it's time for not just a new poetry preview, but a new kind of poetry preview. [Since 2012](#), I have had the great privilege of kicking off the year in poetry coverage for NPR with an article that looks ahead at the next 12 months of poetry books. As I began thinking about this year's preview, I felt more than ever that contemporary American poetry is far too multifarious for just one person to cover.

Sausalito Woman's Club Event



Sea Level Rise Discussion Jan 21 @ 6:30 PM ZOOM

Did you know Sausalito is vulnerable to and currently experiencing the effects of Sea Level Rise? Please join us for a panel discussion with several top experts and scientists from our area to explain what Sea Level Rise is, where and why Sausalito is vulnerable to its impacts, and as a community, how we can plan and be prepared to manage its effects.

[Make Your Reservations](#)

RESERVE YOUR SPACE

NOW <https://sausalitowomans.club/events/global-warming-sea->



The January blues will hit harder this year – here are 5 practical things you can do to help

For all the [positivity](#) a new year brings, there's an undeniably heavy feeling in the air in [January](#).

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

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