



Happy Sunday, 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.

Note: The Tips now has it's own [email address](#) to forward ideas for content. Please correct your email.

Photo: Sausalito Bike Path by Ingrid Kreis



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

Tuesday: [CORONAVIRUS RESPONSE: TOWN HALL WITH SENATOR MIKE MCGUIRE](#). 6:30-7:30

Wednesday: [CHALLENGES, STRATEGIES AND OPPORTUNITIES FOR THE AGING POPULATION IN MARIN WEBINAR](#). 11-12:30

Wednesday: [A TALK WITH A COVID19 SURVIVOR - MARIN VILLAGE HOSTED EVENT](#). 2-3

Wednesday: [SV/CARSS ORIENTATION FOR VOLUNTEERS ONLY](#). 4-5

Wednesday: [HERRING FESTIVAL](#). 6-8

Thursday: [CARING FOR A LOVED ONE WITH DR. DONNA BENTON](#). 10-11

Thursday: [DINNER DELIVERED FROM THE JOINERY](#). 5-6

[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))

DEEPA
Deep Meditation



Tuesdays @ 7:00 PM • Zoom
Link coming Tuesday afternoon!



COVID ONLINE INTEREST FORM 75 and older next up

[Marin County Public Health](#) and health care providers have committed to focusing vaccination efforts across the county for residents age 75 and older, in a joint strategy designed to save lives.

To help Marin residents track when they may be eligible to receive a vaccine, the County is launching a new [online interest form](#). Residents can answer a few questions to be subscribed to receive email or text message notifications when their turn has arrived and how to pursue a vaccine appointment. [The form](#) is available in English and Spanish on Marin County Public Health's [vaccine webpage](#).



[‘Moulin Rouge!’ Was Their Ticket. Then 2020 Happened.](#)

It was a Broadway smash with big plans until 25 company members took ill and a shutdown put everybody out of work. Inside a tumultuous year, in the words of those who lived it.



LET THE "JOINERY" COOK DINNER!

DINNER DELIVERED TO YOUR DOOR!

OPEN TO SV/CARSS MEMBERS AND VOLUNTEERS

WHEN: Thursday, January 28th from 5:00 to 6:00 PM PRICE:

\$20 Register and pay online by clicking the link below

ORGANIZERS: Annie Dorsey and Kathleen Maher

MENU CHOICES:

- 1) Half Roasted Chicken plate with Romesco sauce, crushed Yukon Golds, and wild arugula
- 2) Fattoush Salad: little gems, arugula, cherry tomatoes, cucumber, red onion, radish, mint, sheep's milk feta, fried pita, sumac vinaigrette Please indicate your meal choice in the "comments" section on the registration form.

If you have problems using your credit card, contact vetted SV volunteer, Kathleen Maher at kemnjca@gmail.com

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Marin Coalition Presents a Webinar:

Wednesday, January 27, 2021 – 11a.m. to 12:30p.m.

“Challenges, Strategies and Opportunities for the Aging Population in Marin”

Speakers:

Diana López - Vice Chair, the Marin County Commission on Aging

Lee Pullen - Director, Office of Adult and Aging Services, Marin County

Joe O’Hehir - Chief Executive Officer, Vivalon (formerly Whistlestop)

Click [here](#) for more information and to register.

What Local Issues Are Most Important to You?



What local issues are most important to you? To help prioritize their efforts in 2021 and beyond, the members of the Sausalito City Council will host a **virtual town hall meeting** from 6:00 to 8:00 p.m. on Thursday, February 4.

The meeting will provide an open forum for the Council to listen to residents and their concerns. The exact format of the town hall is still being determined, but

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To participate in the town hall on February 4, please connect to the [Zoom meeting](#) in the minutes before the meeting begins at 6:00 p.m. or any time after. You may also join by telephone by calling 1-669-900-6833 and entering the meeting ID of 5421451805#. If you would rather watch the meeting but not participate, it will also be [broadcast live](#) via webcast on the City website.

Any questions about the town hall meeting may be directed to City Clerk Heidi Scoble at hscoble@sausalito.gov.





[How bologna became America's favorite sandwich meat](#)

Here's the real story: no baloney



[10 of the best online exhibitions to visit from your sofa](#)

Completed Netflix? Get your culture fix with one of these compelling exhibitions



[6 Nightly Techniques to Help You Fall Asleep Fast, According to Sleep Experts](#)

Here are some real tactics to help you asleep quickly—and hopefully stay asleep through the night.



"So you're little Bobbie; well, Rex here has been going on and on about you for the last 50 years."

**WE are A
Community**

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

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