

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.

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

Photo: "A January Day at Samuel Taylor Park" by Harrie Schwartz



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

COVID NEWS

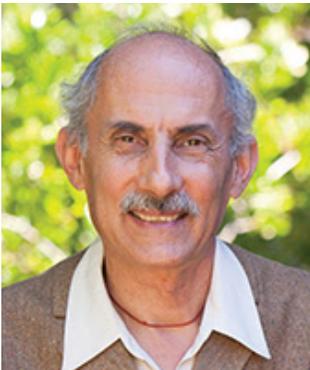
To help Marin residents track when they may be eligible to receive a vaccine, the County is launching a new [online interest form](#). Residents can answer a few questions to be subscribed to receive email or text message notifications when their turn has arrived and how to pursue a vaccine appointment. [The form](#) is available in English and Spanish on Marin County Public Health's [vaccine webpage](#). For assistance with the online interest form, contact concierge@sausalitovillage.org or call (415) 332-

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More vaccine was recently been released and members who are 75 and older have been successful in getting appointments with this link to receive the vaccine on Kerner Blvd:

<https://coronavirus.marinhhs.org/vaccine/MCCpod1>

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))



Jack
JACKKORNFIELD.COM

Dear Friends,

I hope you will join me on Jan. 25 at 7:15pm PT for my Spirit Rock [ONLINE Monday Night Meditation and Dharma Talk](#).

The Spirit Rock Monday Night sitting group is an opportunity to hear the teachings of the Buddha and practice insight meditation together as a community. This [online event](#) is an opportunity to stay connected to one another and our practice.

Register for the livestream [HERE](#). A recording of the event will be available for 90 days but you must register before the end of the day on Jan. 25.



The Legion of Honor's rich collection of European paintings includes masterpieces that debuted in salon-style hangs at 17th- and 18th-century public art exhibitions.

These juried expositions swelled with thousands of paintings hung floor to ceiling, making use of every inch of space. From traditional biblical scenes to flashy and arresting portraits, works were pitted against one another, vying for the viewer's attention.

Explore 15 masterpieces in our collection and learn about their origins in salon-style exhibitions through an interactive presentation.

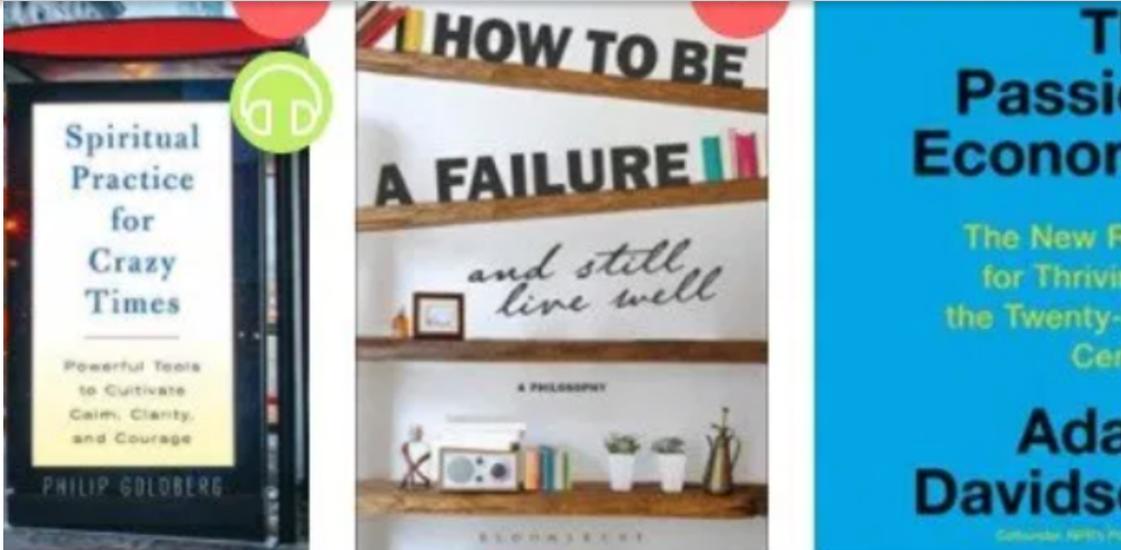
[Learn More](#)

Praktikos

Deep Meditation



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



Best self-help books of 2020

[Five Books](#) asked Oliver Burkeman, author of [The Antidote: Happiness for People Who Can't Stand Positive Thinking](#), to select his five favorite self-help books from 2020.



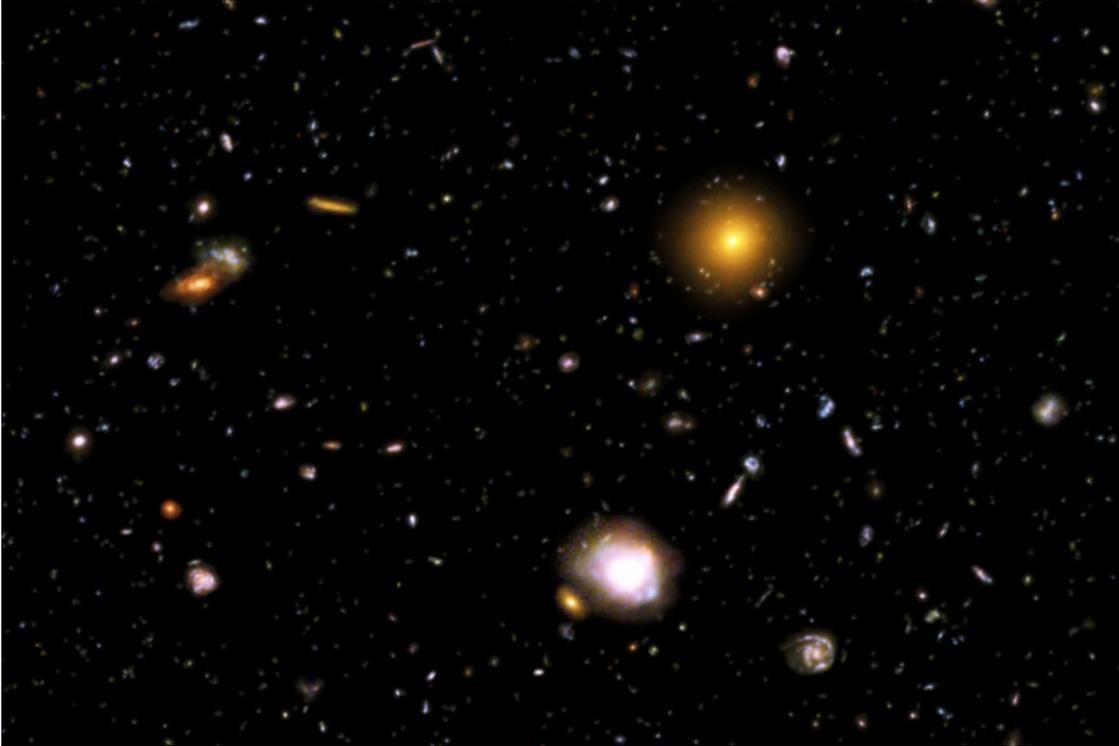
Interactive World Wisdom Map Teaches You Life

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When looking for wisdom, we often turn to witty writers like [Oscar Wilde](#) or sage leaders like [Nelson Mandela](#). That said, there are plenty of less famous people with valuable life lessons to share.



[The universe is 13.8 billion years old—here’s how we know](#)

After thousands of years, we’re getting more consistent age estimates.

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COMMUNITY**

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