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Sunrise photo by Annie Dorsey

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to:
SausalitoVillageTips@gmail.com

Are you forwarding this newsletter to a friend?

Have your friend sign up directly to receive the weekly newsletter by making the request to SausalitoVillageTips@gmail.com

Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV Website:

https://sausalito.helpfulvillage.com/newsletters?newsletters_month=7&newsletters_year=2023

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SV hosted events in the coming 2 weeks:

March 16 - [SV reserved tables at St. Patricks Day Dinner at Star of the Sea](#)

March 18 - [Stretch and Strengthen with Rayner](#)

March 20 - [Smitty's Luncheon](#)

March 20 - [New gentle mat yoga begins](#)

March 20 - ["Drop In" Computer technology help](#)

March 24 - [Line Dancing](#)

March 26 - Shakespeare with Judy Holmes (Class full)

March 27 - [Group tour of the Redwoods](#)

March 27 - [SV gentle mat yoga](#)

March 28 - [Afternoon book review group](#)

March 29 - [Chip Conley-Learning to love midlife event at SCA](#)

March 29 - [1/2 price for SCA Volunteers/Members ONLY Chip Conley-Learning to love midlife event at SCA Volunteer/Member pricing](#)

Future Events with limited space, sign up now:

April 9 - [Felecia Gaston hosts SV tour of Marin City Exhibit](#)

April 17 - [Resources as you age presentation by Born To Age](#)

To view the Sausalito Village calendar full of events [CLICK HERE](#)



FREE Weekly mat yoga for seniors starts THIS Wednesday

WHEN: Wednesdays, starting March 20th, 4pm-5pm

WHERE: Exercise studio, downstairs Sausalito City Hall

RSVP required: <https://sausalito.helpfulvillage.com/events/4108>

PRICE: FREE

BRING YOUR OWN MAT and TOWEL, they will not be provided and are required for this mat yoga class

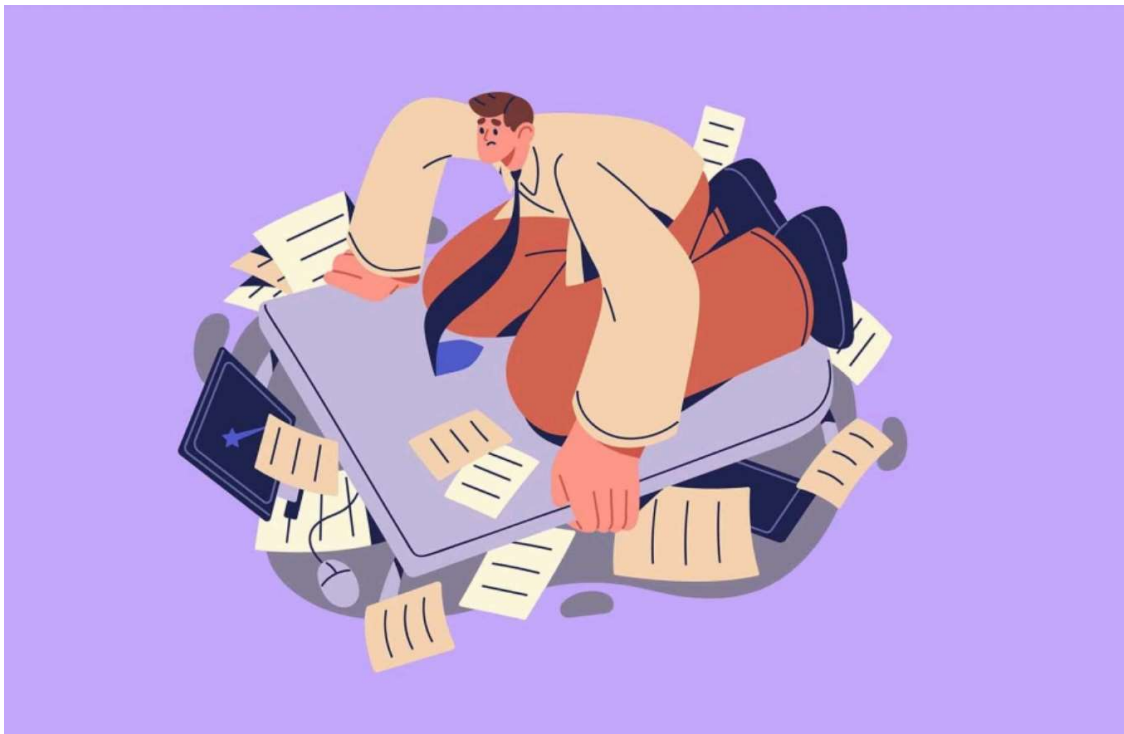
Gentle mat yoga with Barbara Lane and Rayner Needleman. Stretch and strengthen your limbs and improve your balance with this mat yoga class that unites body, mind and spirit. Barbara and Rayner will take turns teaching alternate weeks. They are both certified yoga teachers with many years of experience.

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themselves! **Bring your own yoga mat**, wear comfy clothes, and best to come on an empty stomach.

IMPORTANT NOTE: This class is for those physically able to get up and down from the floor. If you need a chair yoga class, consider Rayner's Stretch and Strengthen class held on zoom every other Monday. More info on the SV calendar. www.SausalitoVillage.org

All participants will be required to sign a waiver at their first class.



8 ways to instantly regain calm in stressful situations

Excerpted from Inc.

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yourself getting worked up and reactive to pain and pressure.

One deep, mindful breath can instantly reset your emotional state.

2. **Check your ego:** Ask yourself if your ego is in the driver's seat. Catch yourself shutting down to other possibilities than yours, feeling threatened, and shallow breathing. If it is your ego, say thank you and see you later.
 3. **Know your triggers/teachers:** Recognize the individuals at work who routinely trigger you. Consider if they are toxic to be around or simply a mirror for you. They may be your "practice person".
 4. **Rehearse in "cold" settings:** Imagine as realistically as you can several scenarios and people that are likely to trigger you. See yourself pausing, calmly processing, and then responding. Repeat as often as necessary.
 5. **Seek perspective:** Ask yourself, "Will this matter in a week, a month, or a year?" This can quickly cool down the heat. Then decide how to respond.
 6. **Visualize a positive outcome:** Shift your focus from the immediate tension to a positive resolution. Seeing it in your mind can reduce stress and reorient your mindset toward constructive outcomes.
 7. **Look for empathy:** Step into the other person's shoes and consider things from their point of view. Let them know you can understand their perspective, even if you don't agree or like it.
 8. **Be kind to you:** Your leadership is a work in progress and always will be. Don't expect perfection or punish yourself if you mess up. Just be sure to really learn from it!
-

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St. Patrick's Day Dinner at Star of the Sea

Sausalito Village has reserved tables for us to sit together. Come join in the spirit of St. Patrick's Day and enjoy the Irish Dancing. Full dinner with choice of Salmon or Corned Beef.

WHEN: Saturday, March 16, 6pm

WHERE: St. Mary Star of the Sea Church, 180 Harrison Avenue

PRICE: \$25

RSVP: Email Gale Brewer to reserve a place at the Sausalito Village table: GaleBrewer@comcast.net

Everyone is invited to the Star of the Sea Church annual St. Patrick's Day dinner. Guests will have their choice of salmon or a traditional corned beef and cabbage dinner.

The event will also feature performers from the [Healy School of Irish Dance](#).

Tickets are \$25 for adults and \$10 for children and will be on sale at the door.



How long is too long to stay in bed?

Excerpted from NYT

Staying in bed after you wake up is appealing because we crave agency, said Eleanor McGlinchey, a sleep psychologist at Manhattan Therapy Collective and associate professor of psychology at Fairleigh Dickinson University. Much like “revenge bedtime procrastination” — the act of staying up too long to make up for the hours you spent working or caring for others during the day — lolling about in the morning is front-loading that “me” time before responsibilities invade. Any parent can attest to how savagely the veil between sleep and packing lunches is torn. Who wouldn’t prefer a cup of coffee and a fluffy pillow to answering “Have you seen my soccer uniform?”

For those who do take part, it’s important to set limits. Quality time for yourself can slip into something more detrimental — such as a mindless hour or even longer on social media (perhaps looking for more Scottish inspiration to stay in bed).

“For some people, picking up their phones and scrolling email or turning on the news while in bed makes them more stressed,” Dr.

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So plan ahead for how you want to spend your free minutes in bed.

“I tell people to do whatever they are going to do on purpose,” Dr. McGlinchey said. “Don’t be at the mercy of notifications that come in overnight. Be intentional with the time.” If answering a few urgent emails from bed lets you relax a bit without worrying about diving right into work, for example, it’s a net positive.



What it is like to be 72 years of age in photos

Excerpted from NPR

The world's population is facing a historic shift: By 2030, one in six people will be age 60 or over.

So every nation will face the rising social, economic and health-care challenges that accompany an aging population. Low- and middle-income countries – the world’s fastest growing — will drive the most change: By 2050, these countries will be home to two-thirds of the world's population over age 60.

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positive and septuagenarians bring with them a wealth of experience, wisdom and grit. And that is what photojournalists Ed Kashi, Sara Terry and Ilvy Njiokiktjien want to capture in their project "1 in 6 by 2030," which invites photographers around the world to record the daily lives of 72-year-olds in their communities. (They settled on 72 because it's the global median lifespan although it varies notably from country to country.)

See the photos and read the stories [HERE](#)



We are heading back for lunch at Smitty's! Limited spots left

Thanks so much to owner and CARSS driver Carol Keller
we will be celebrating our 7th trip to Smitty's for Lunch About Town!

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When was the last time you were in Smitty's??

The jukebox will be playing your standards, a free drink on the house and lunch of a selection of sandwiches, salads and chips.

WHEN: Wednesday, March 20th, 12:30-2pm

WHERE: Smitty's Bar, 214 Caledonia Street

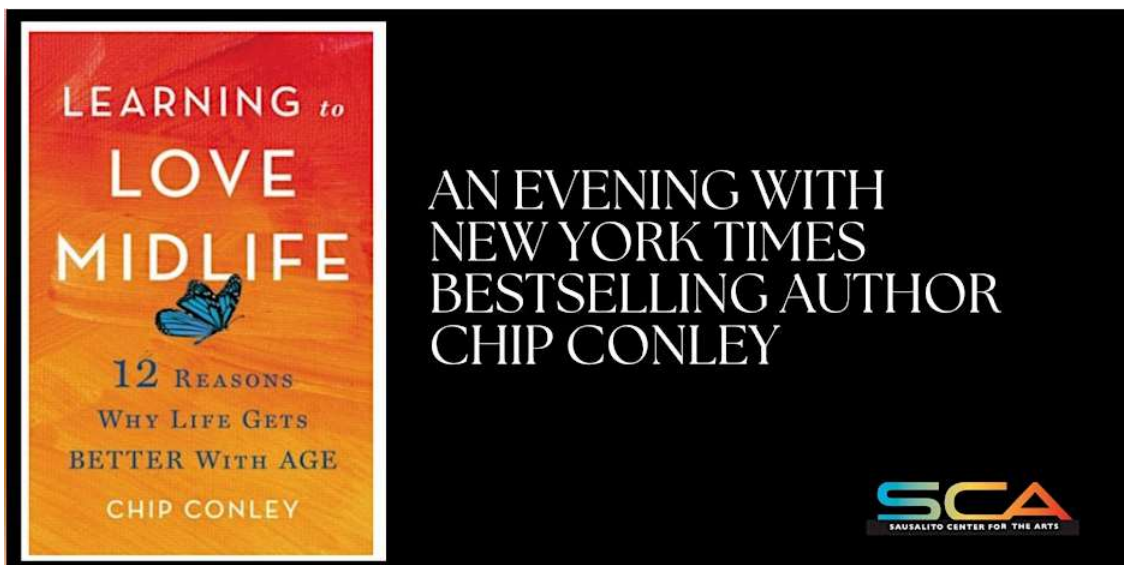
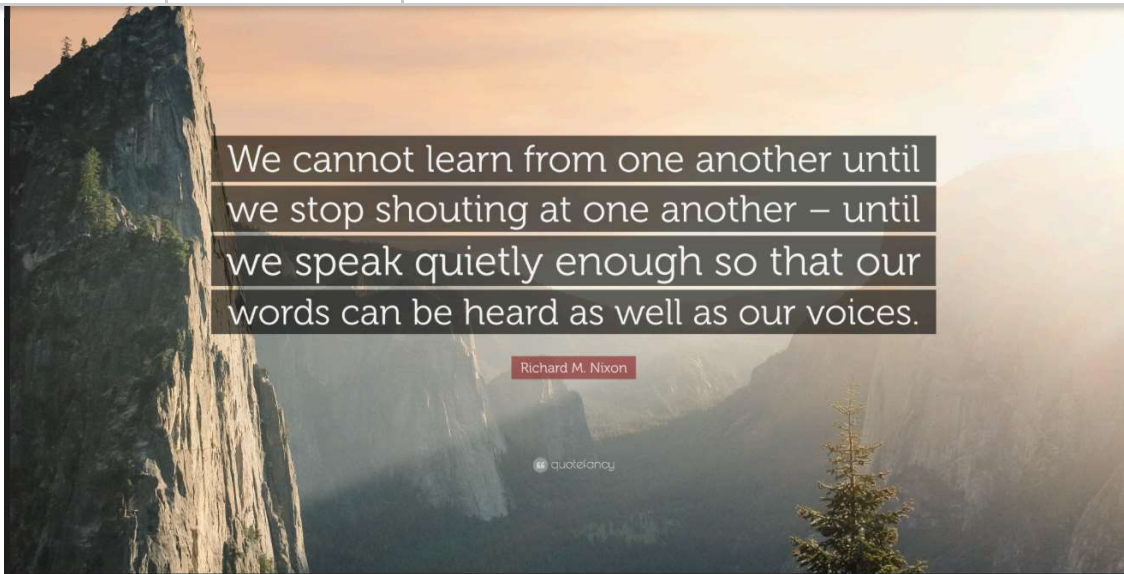
RSVP/PAY: <https://sausalito.helpfulvillage.com/events/4272>

Trouble registering/paying? Email SausalitoVillageRSVP@gmail.com to register and you will be able to pay at the door.

\$10 for SV members and volunteers

\$15 for non-members

RESERVE A door to door RIDE with CARSS. Call 415-944-5474 by March 18th.

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Chip Conley: "Learning to love midlife: 12 reasons why life gets better with age"

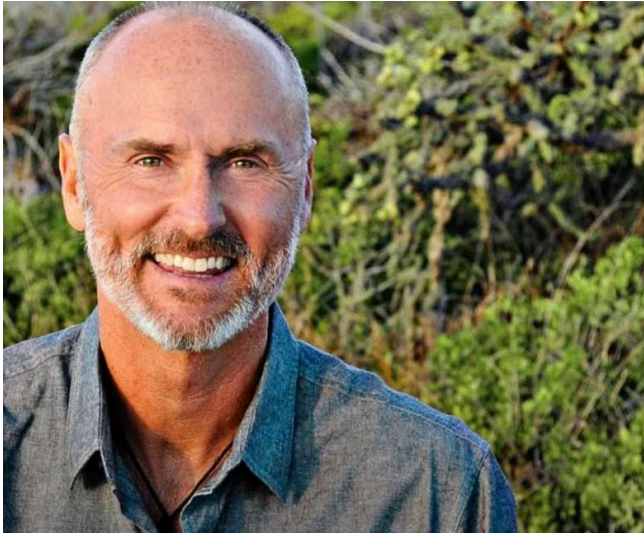
SCA Event in partnership with Sausalito Village, Marin Village and Books by the Bay

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WHERE: Sausalito Center for the Arts, 750 Bridgeway ([map](#)).

PRICE: \$40 with book, \$30 without book - special 1/2 price tickets for Sausalito Village members and volunteers ONLY (\$20 with book, \$15 without book) at this link: <https://sausalito.helpfulvillage.com/events/4345>

NON-SV TICKETS: <https://www.eventbrite.com/e/852939845037?aff=oddttdtcreator>



Chip Conley is a man on a mission. The long-time hospitality industry disruptor and New York Times bestselling author believes the world needs a "pro-aging" message based upon Yale's Becca's Levy's research which shows that when someone shifts their mindset about aging from negative to positive, they gain 7.5 years of additional life.

Chip created MEA (Modern Elder Academy) with a beachfront campus in Baja six years ago and a 2,600-acre ranch campus opening in Santa Fe, NM in spring 2024. His latest TED talk, "An Alternative to the Midlife Crisis," is an insightful, brief hint at the topic of his newest book, "Learning to Love Midlife: 12 Reasons Why Life Gets Better With Age."

Chip will be in conversation with Cheryl Popp, owner of Books by the Bay. The focus will be on MEA's core curriculum: navigating transitions, cultivating purpose, owning one's wisdom, and reframing our relationship with aging by being "age-fluid."

Village. Call 415-332-3325 by March 27th to reserve yours.

Read last weeks SF Chronicle article about Chip Conley [HERE](#)



29yo is the first American woman to sail solo nonstop round the world



Support Sausalito Restaurant Week March 18th - 24th

Excerpted from Marin Magazine

You're invited to wine, dine and have a great time at the first ever Sausalito Restaurant Week.

Boasting unique local flavors and spectacular seaside views, this bohemian town has become one of the Bay Area's most desirable dining destinations.

In honor of the city's culinary renaissance, *Marin Magazine*, LocalGetaways and The Marin Dish are teaming up with Sausalito Chamber of Commerce to host Sausalito Restaurant Week (March 18–24).

Diners can enjoy mouthwatering three-course dinner menus from \$55–\$75, as well as two-course lunch menus for \$25–\$45 (at select locations). Select restaurants will also offer a specialty cocktail for the week featuring spirits by Sausalito Liquor Co.

Check out the price fixed brunch, lunch and dinner menus offered [HERE](#)



Artist Reception at SCA for Chris Feller and Douglas Sandberg

WHEN: Saturday, March 23, 2:00 PM - 5:00 PM

WHERE: SCA, 750 Bridgeway

DOUGLAS SANDBERG'S "BETWEEN FIRE & ICE"

Join us as we welcome Chris Felver and Douglas Sandberg to the Sausalito Center For The Arts. Meet the artists and learn about the inspiration behind their creative works of art while enjoying live Jazz music and our no-host bar.

Please RSVP by [clicking here](#).

The exhibit runs March 20 - April 14. More information [HERE](#)



Body Mechanix-Silver Fox & Friends Conditioning Program

Thursdays

1:00pm-2:00pm

Exercise Room, City Hall

Drop in

FREE for all ages!

Ready to embrace vitality and wellness at any age? Join our "Dare to Be 100" functional fitness class led by Elana Yonah of Body Mechanix. Designed for those with injuries and individuals over 60, this class

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Whether you're a beginner or already an expert, Elana's experience ensures a supportive and motivating environment.

Elana, with a background in medicine and 20+ years as a world-class athlete, brings invaluable experience to each session. Plus, the class is FREE for all ages! Don't miss out on this opportunity to invest in your health and well-being.

Join us for a fun and engaging fitness experience!



Are you constipated? These foods may be to blame

Excerpted from Huffington Post

You may become constipated due to dehydration, lack of exercise, changes to your routine ([such as travel](#)), stress, [certain medications](#) and health conditions such as irritable bowel syndrome.

But below, we'll focus on some of the ways your diet could be contributing to your constipation woes. The main takeaway: Foods that are high in fat but low in fiber tend to be the worst offenders. No one specific food or drink is likely to *cause* constipation on its own for most individuals — however, your daily eating habits can worsen an existing issue, [according to Medical News Today](#).

the fiber our bodies need to facilitate digestion is stripped away [during the milling process](#).

Dairy products

Dairy products like cheese tend to be high in fat, yet low in fiber, which can make constipation worse, gastroenterologist [Dr. Rabia A. De Latour](#) told HuffPost.

For those with a lactose intolerance, consuming dairy products typically leads to diarrhea and gas. But [according to a 2022 literature review](#), about 30% of lactose-intolerant individuals experience constipation after eating dairy.



This is Rayner Needleman's most recent Stretch and Strengthen Class. Enjoy this youtube any time and be sure to join Rayner for the next scheduled 'live' zoom on the Sausalito Village calendar.

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The 50 Hardest Colleges and Universities to Get Into, Ranked

Excerpted from 247WallStreet

1. Massachusetts Institute of Technology (MIT)

- **Admissions rate:** 4.0%
- **Median SAT scores:** 760 in reading and writing, 800 in math
- **Undergraduate students:** 4,629 (77% receive financial aid)
- **Avg. annual cost of attendance:** \$5,084
- **Graduation rate:** 96%
- **Median annual earnings 10-yrs. after entry:** \$124,213
- **Location:** Cambridge, MA

2. Harvard University

- **Admissions rate:** 3.2%
- **Median SAT scores:** 760 in reading and writing, 790 in math
- **Undergraduate students:** 7,938 (46% receive financial aid)
- **Avg. annual cost of attendance:** \$13,259
- **Graduation rate:** 98%
- **Median annual earnings 10-yrs. after entry:** \$95,114
- **Location:** Cambridge, MA

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FRIDAY PUZZLE

Brain Teaser



A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

Find the answer at the bottom of the newsletter.

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SATURDAY MARCH 30 * 3-5 PM

SAUSALITO CULTURAL TRIANGLE

EXPERIENCE SAUSALITO'S AMAZING CULTURAL OFFERINGS!



1

Enjoy Tacos from Two Mamacitas along with wine & beer while exploring the NEW Sausalito Center for the Arts (SCA) & view an exhibit by world-renowned photographers & local residents, Chris Felver & Doug Sandberg.

FREE FOOD!
TACO CART!
WINE & BEER!
DESSERT!



2

Visit the Sausalito Historical Society's newly reimagined ICE HOUSE MUSEUM featuring a modern interactive, multi-media exhibit tracing the history of our town through the words of some of Sausalito's most famous residents.



3

Enjoy dessert at our beloved independent bookstore & gift shop, Sausalito Books by the Bay — an amazing combination of bestsellers, great children's section & beautifully curated gift items.

ADULTS!
WIN \$150 gift cards to SUSHI RAN & POGGIO!
Get your "passport" stamped at all 3 venues, & enter to win!

KIDS!
FACE PAINTING & BALLOON ART

Sausalito Cultural Triangle sponsored by:
NADINE GREENWOOD & CAMARA SCREMIN
#1 SAUSALITO AGENTS
WWW.NADINEANDCAMARA.COM

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3 Important 10 minute videos on creating or updating your Grab and Go Bag

Sausalito Village's Emergency Preparedness Committee Chair, Flo Hoylman, created these three informative videos that can be found on the SV website.

- [Basic Grab and Go Kit Video](#)
- [Personalizing your Grab & Go Kit Video](#)
- [10 in 10 List Video](#)

Also: Sign up for Fire Safe Marin's monthly email newsletter [HERE](#)

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Aging Backwards with Miranda Esmonde-White



March... News, Events and What We are Reading!

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March 15th, 6pm

Special Event!

**Celebrate the Persian
New Year – Nowruz –
with Author & Artist Shiva
Jafarzadeh**

**who will also be celebrating
publication of her children's
picture book *The Orange
Blossom***

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SPRING 1/2 OFF SALE



Everything in the Bookstore is Half-Off

Saturday, March 16, 2024

12:00 p.m. – 3:00 p.m.

and

Monday, March 18, 2024

10:00 a.m. – 1:00 p.m.

and

Saturday, March 23, 2024

12:00 p.m. – 3:00 p.m.

and

Monday, March 25, 2024

10:00 a.m. – 1:00 p.m.

The Sausalito Friends of the Library Bookstore is located on the top floor of Sausalito City Hall,
[420 Litch Street](#), in central Sausalito.

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Son does carpool karaoke with dad who has Alzheimer's



Sketching in the deYoung Galleries on Saturdays

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permanent collection galleries. To ensure your preferred date, advance tickets are recommended: [FREE Saturday general admission](#)

Join others for Sketching in the Galleries on select Saturdays from 11 am to 3 pm. This free drop-in activity provides all skill levels with a chance to experiment with materials and enjoy the collections from a creative perspective. All materials are provided, including gallery stools

Dates + locations

- Sat, Mar 16, Gallery 13
- Sat, Mar 23, Gallery 26
- Sat, Mar 30, Gallery 23



3 hours of relaxing spring music

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FRIDAY PUZZLE

ANSWER

Answer: He is playing Monopoly



SAUSALITO VILLAGE

***For information about our programs, events,
emergency preparedness, archived copies of
our weekly newsletters, visit the
continuously updated Sausalito Village
[website](#).***

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