



Happy Thursday, 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.

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

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

COVID NEWS

[Information](#) on lifting of Stay at Home order and what is impacted by the move to Purple Tier.

Vaccinations

[COVID -19 VACCINE as of 1/25/21](#)

<https://sausalito.helpfulvillage.com/pages/10101-covid-19-vaccine>

Ways to get signed up for Vaccination if you are 75+

Register at the [online interest form](#) to pursue a vaccine appointment and receive email or text message notifications when your turn for vaccination has arrived. For assistance with the online interest form, contact

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TESTING

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

The Healthy Senior Program conducted by Dominican University Occupational Therapy Department

- Are you 60 or older and interested in ways to promote healthy living?
- Looking for ideas on how to maintain a more active and meaningful lifestyle?
- Need a little extra help to enhance your health and well being?

Join the Healthy Senior online 8-Week Program

February 8 - April 26

Choose Monday a.m., p.m. or Thursday a.m.

Topics Reviewed:

- Managing daily living and chronic physical conditions
- Fall prevention
- Exploring technology in daily living
- Discovery nutrition health and wellness
- Beginning and maintaining healthy lifestyle changes

SIGN UP NOW: Healthyseniors@dominican.edu or leave a message at (415) 458-3753.



[Essential Art History Books for Putting It All into Perspective](#)

Like history in general, art history is subject to recurrent revisions and reappraisals. Whether it occurs within their lifetimes or posthumously, some artists earn a place in the art-historical record, only to be forgotten and written out of the same . . . until and unless they are eventually rediscovered. Art history, in other words, is a malleable discipline, but understanding developments in art depends on it—or at the very least is enhanced by it. Accordingly, we've assembled a list of books, both mainstream and specialized, that span the saga of art from classical antiquity to the present. Whether you're an artist or lover of art, you might want at least a few of them on your bookshelf.



50 Great Danes Who Don't Understand How BIG They Are

It can sometimes seem like the bigger the dog, the more love it has to give its owner and the world. And while we totally love our smaller canine companions, the gigantic Great Danes are a sight to behold. Friendly, social, and charming, these floppy-eared loveable dogs are considered by some to be the perfect match for families.



[Live Safaris Every Day: The Best FREE Virtual Experience You've Been Missing](#)

Deep within the African bush, the clock is ticking. Two guides are preparing their equipment consisting of the sound gear and portable camera rig one of them will wear on their back. The other is checking out the fully-outfitted Land Rover doubling as a mobile TV studio, which has a mounted camera and enough signal strength to beam everything they see back to their studio in Johannesburg, South Africa. They are about to take the world on safari.



I know, I know, so far, 2021 has felt like 2020, part two—which, to be crystal clear, means not great. But, get ready to breathe a deep sigh of relief, because according to astrologers, the luckiest day in 2021 is predicted to occur in January. On January 28, an astrological conjunction between abundance-bearer Jupiter and the sun, along with a full moon, is expected to shine some much-needed light on the day.



The Right Glass Could Make Your Wine Taste Better

Nothing beats that first taste of your [favorite wine](#), right? Actually, yes. Take that sip from the perfect, built-for-your-blend glass, and it could be your best sip of wine yet.

WE are A
Community

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

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