



## 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: From the Alta Trail by Ingrid Kreis

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

**Tuesday:** [AARP PRESENTATION: AVOID FINANCIAL ABUSE TARGETED AT SENIORS](#). 2-3



## [The joy of steps: 20 ways to give purpose to your daily walk](#)

Has the novelty of a prescribed stroll long since worn off? From tracking animals to uncovering hidden history, here's how to discover a new world in your neighbourhood



## COVID NEWS

The [SausalitoVillage Website](#) has up-to-date information on COVID vaccinations and tests.

The New York Times just published this comprehensive [overview](#) on Covid vaccinations.

An advertisement for "Praktikos Deep Meditation". The top half has a yellow background with the text "Praktikos" in large, bold, grey letters with a red outline, and "Deep Meditation" below it in smaller, bold, grey letters with a red outline. To the right is a photograph of several brass bowls and small containers. The bottom half has a red background with white text: "Tuesdays @ 7:00 PM • Zoom" and "Link coming Tuesday afternoon!".



Celebrate love and Valentine's Day with the Royal Court of Romance Writer's on Monday,

"Bridgerton" launched just a month ago, the Regency-era romance books it's based upon have sold 750,000 copies. Wear red, pour yourself a red drink (I'm thinking Negroni, Cosmopolitan or red wine) and join us for our virtual happy hour event. To register for this fun event: <https://www.sausalitobooksbythebay.com/2021-events>



*"In case of a loss of cabin pressure, oxygen masks will drop down in front of you for two dollars."*

## [Want To Be Happier? Evidence-Based Tricks To Get You There](#)

Tools to help you get it together.



## THE MOST MAGNIFICENT TREES IN THE WORLD

Trees all around the world have been visited, worshipped, celebrated, and even driven through. We found some of the world's most amazing species of trees to show you just how surprisingly awesome they can be. Oftentimes there is some extraordinary quality that draws people to connect with certain trees, such as their beauty, longevity, medicinal qualities, or even mythical legend passed down through generations. These were picked for their fascinating qualities, beauty and overall uniqueness.

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

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