





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 its own [email address](#) to forward ideas for content. Please correct your email.

Photo: Docks by Tricia Smith



Sunday: [TALES OF THE TRAIL](#). 7-8

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

Wednesday: [VILLAGE MOVIE GROUP WATCH - "JEFF WHO LIVES AT HOME"](#). 2-3:45

Wednesday: [VILLAGE MOVIE GROUP DISCUSSION](#). 4-5

Wednesday: [CANCELLED!! CHAMBER COUCH SHOPPING EVENT!](#) 6-8

Thursday: [SEX, SENIORS AND INTIMACY: FOR EVERYONE](#). 4-5:15

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vaccinations and tests.

[Sutter Health](#) has begun vaccinations for 65 and up.(Read [IJ Article](#))

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

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

[Nominate a Candidate for Sausalito's Next City Manager](#)

Your City Council is hiring a new **City Manager** for Sausalito, and we need your help. This is your chance to provide feedback on the qualities of, or even [nominate a candidate](#) for, our new City Manager. You can help shape the destiny of Sausalito.

Our new City Manager will be the Chief Executive Officer (CEO) of the City. This is the most powerful person in City Government. While the City Council sets policy, the City Manager is the person who most influences whether the City is run efficiently.

Deadline: February 15.

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Treat your days off like a vacation, [even if it's just a staycation](#). Call an old friend and catch up; take a new route on your walk; pick up a book (or [start writing your own](#)), or do the complete opposite of all of that and just [optimize your streaming strategy](#).

It's all about finding ways to keep going — or *Keep Moving*, as the poet Maggie Smith would say. That's the title of her most recent book, which she wrote after a divorce. It's taken on new meaning during the pandemic. [In our recent interview](#), Smith said she “tried on” hope everyday like an old sweater.

"Even though it didn't fit well, like it was scratchy and oversized and I hated it, and I couldn't wait to take it off because I just felt bad," she said, "it started to work. The more I told myself it was going to be OK, and the more I put myself into that mindset as a daily practice, I saw a difference."

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Harriet and Niko Diamantidis, left, were complete strangers to Ellen and Gary Goldberg, right, until they helped the Goldbergs find and reserve vaccination appointments in Brooklyn. Johnny Milano for The New York Times

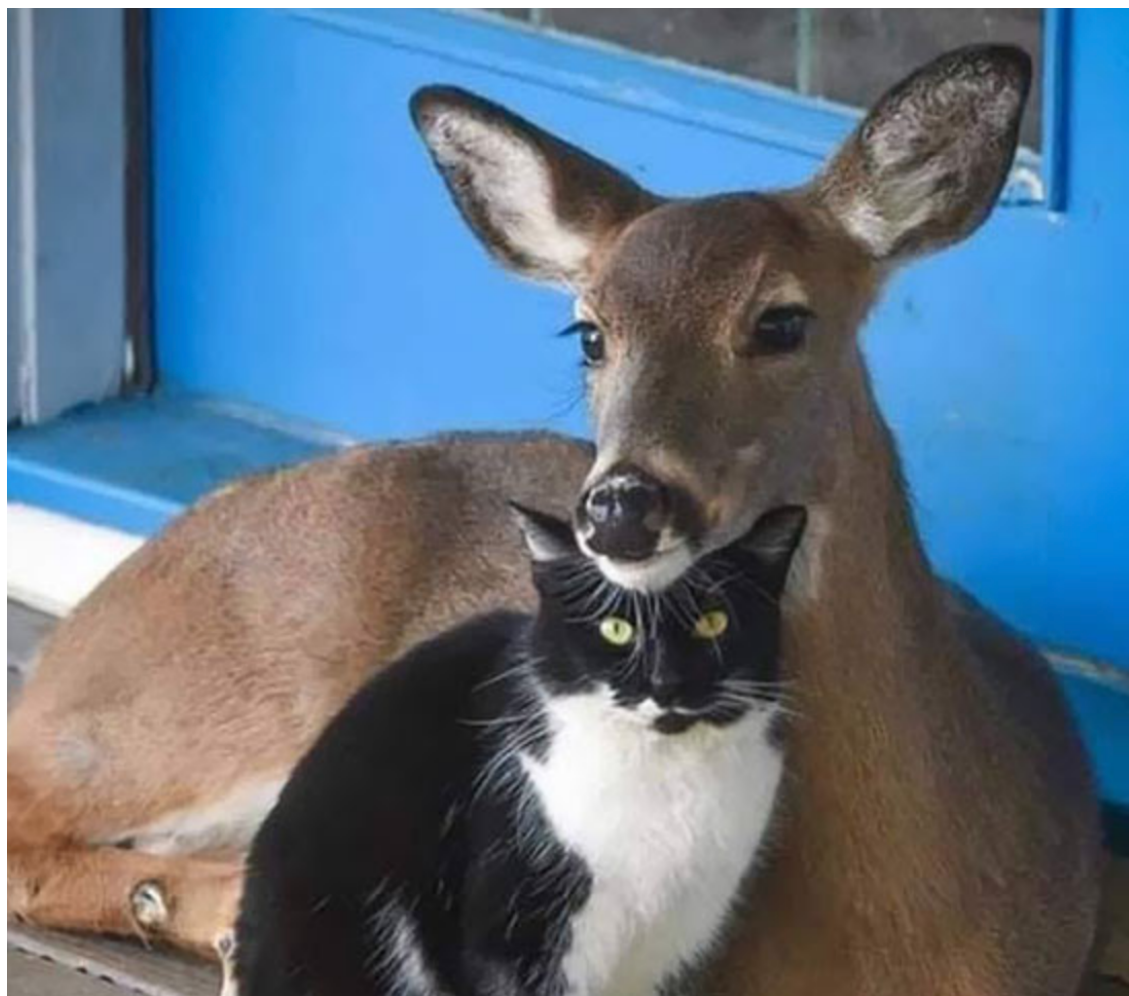
[‘I Am Blown Away’: Strangers Are Helping Strangers Get Vaccinated](#)

After snagging appointments for themselves or their parents, some New Yorkers have joined a growing movement to assist others.



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A national treasure is soon to be reaching its centennial. No, we're not talking about some type of monument or even a National Park, but something far more precious to our nation's heritage. We speak, instead, of the one and only Betty White, who, at the age of 99, just keeps on getting even more amazing.



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**we are A
Community**

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