



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

Photo: Mill Valley Reflections by Harrie Schwartz

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Monday: [Stretch and Strengthen with Rayner](#). (formerly Online Chair Yoga) 11-12

Monday: [MONTHLY CONCERT AND SINGALONG](#). 4-5

Tuesday: [Book Group](#). 1:30-2:45

Wednesday: [HOSPICE BY THE BAY \(HOSTED BY SWC\)](#). 12-1

Wednesday: [ALIGNMENT WORKSHOP WITH JEN FULLER](#). 2-3

Wednesday: [Dinner Delivered to your Door - Avatars](#). 5:30-6:30

Thursday: [10 WAYS IPHONE RUNS MY BIZ](#). 11:30-12:30

Thursday: [MARTIN TERPLAN M.D.: UNDERSTANDING AGING - BOOKS BY THE BAY](#). 5-6

Friday: [GEN2GEN JAZZ: A COLLABORATION BETWEEN THE GENERATIONS HOSTED BY ENCORE.ORG](#). 4:30-5:30

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

Praktikos

Deep Meditation



Tuesdays @ 7:00 PM • Zoom

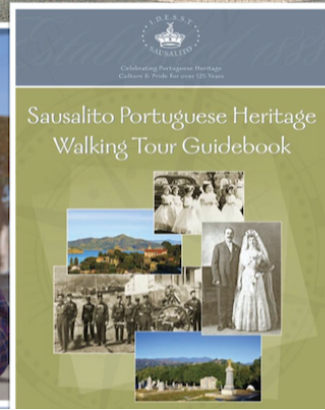
Link coming Tuesday afternoon! ↓

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IDESST History Presented by Mike Moyle

Please join us at **7:00pm** this coming **Wednesday, February 17**, for a presentation on Sausalito's Portuguese history by Mike Moyle. The presentation will be via **Zoom**, which will be accessible that evening via the link at the bottom of this post.

Mike, a Sausalito resident and an IDESST member, has been leading the effort over the last few years to research and preserve the history of our organization and of the Portuguese community in southern Marin. In 2014 he helped to create the Sausalito Portuguese Heritage Walking Tour, a tour with 33 stops in and around Sausalito that highlight our area's Portuguese heritage. A guidebook for that tour can be downloaded without charge from the History page on the IDESST website (<https://idesst.wildapricot.org/history>).

Since then Mike has continued his research, in many cases sharing his findings in posts here on this page. Most recently he has been involved in a project to document the hundreds of dairies have been in Marin, many of them, in particular those in southern Marin, that were operated by members of our organization. For more on that project see <https://link.medium.com/Mw34KQSaRdb>.

Mike suggests that anyone who plans to join the program would benefit from taking a look at the Walking Tour Guidebook in advance. Also, Mike has prepared a timeline with a few events he plans to discuss which is attached to the first comment to this post.

We hope you will join us on Wednesday! To do so, all you will need to do is click on the below

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Join Zoom Meeting:at 7 PM on February 17

<https://us02web.zoom.us/j/88231805567?pwd=SERIZXFQOGZBdklPNENpSXRXNjhtdz09>

Upcoming Events



UNDERSTANDING AGING

A Resource for Living Better

Martin Terplan, M.D.

Virtual Online Event

February 18th 5:00pm

Martin Terplan, M.D.

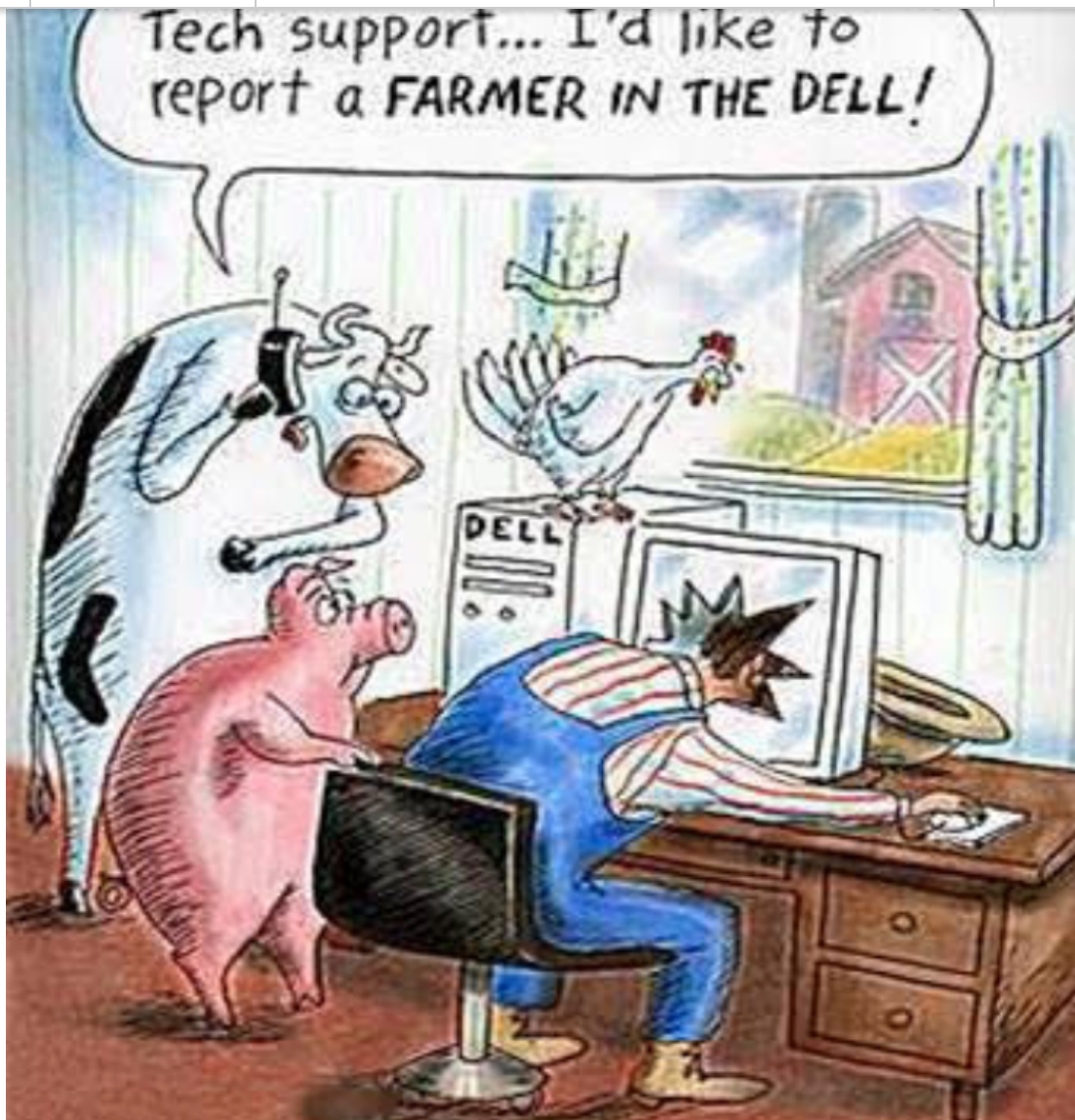
Book Launch Celebration & Interactive Discussion

Co-hosted by Sausalito Village

Sausalito resident & author Dr. Martin Terplan retired from private practice in 2013, but has continued to teach and has focused on geriatric medicine.

Understanding Aging : A Resource for Better Living is a comprehensive, yet concise overview of what causes aging, how it impacts us and how we can mitigate and manage these impacts to ensure healthy longevity.

[RSVP](#)

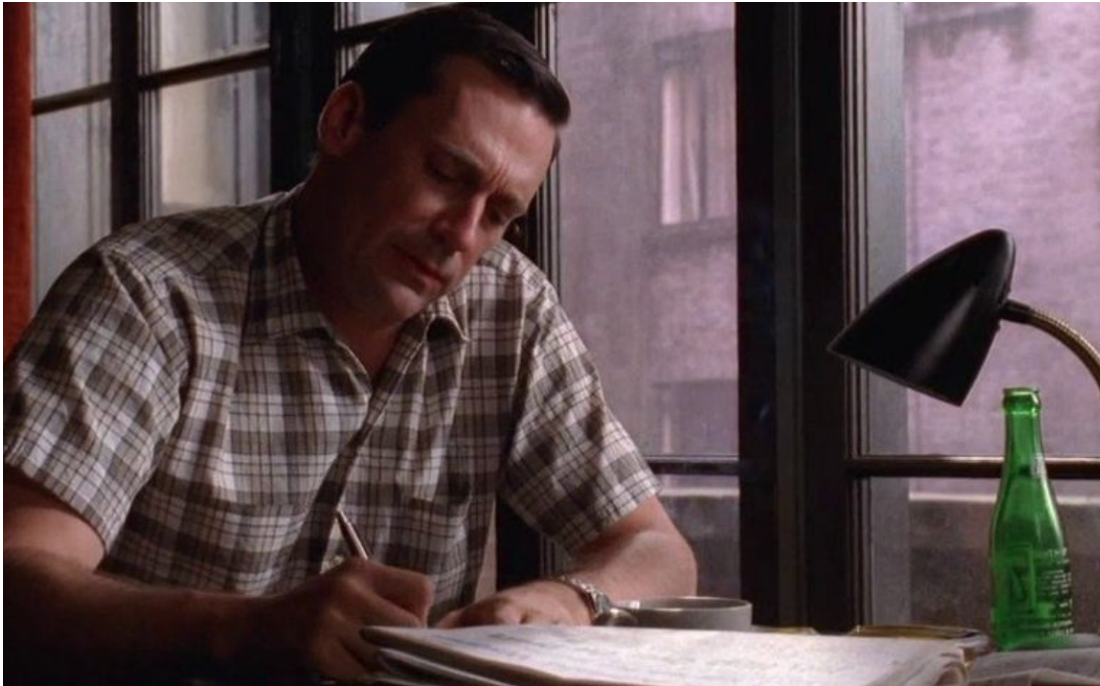


de Young
museum

[The Creation of "#SayHerName Women Of The Black Panther Party Mural"](#)

February 17, 2021, 5:00 pm – 6:00 pm

Help us celebrate the completion of the first-ever public art installation honoring the Women of The Black Panther Party and their historic contributions. Hear from Jilchristina Vest, organizer of the [Women of the Black Panther Party Mural](#), and a few key team members talk about the artistic process, significance, and social impact behind this monumental project.



[How to Write a Novel, According to 10 Really Good Novelists](#)

Take notes everywhere, embrace Wikipedia wormholes and other handy tips



[Sustainable architecture: innovative and inspiring building design](#)

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not only look good but also do good



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

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