

Past Issues

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# Happy Thursday, Villagers

Please <u>send along</u> your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our <u>website</u> for more information about our organization and programs.

Note: The Tips now has its own <u>email address</u> to forward ideas for content.

Please correct your email.

Photo: Star Lily by Ingrid Kreis



Thursday: <u>POSTPONED: IN THE KITCHEN WITH SANTINA!</u> 4-5 Monday: <u>ADU EXPO (ACCESSORY DWELLING UNITS)</u>.2-3:30

Subscribe to the Marin County COVID-19 Status Update for daily updates on COVID TODAY: Vaccine appointments for 65+ open at Marin Public Health's two locations at Marin Center and Larkspur Landing Ferry Terminal Currently, there are no openings for vaccinations this week. Check on Saturdays at noon for all other vaccine locations.



# A scientist's guide to life: How to concentrate

This month, we tackle... oh, hang on, wait a minute, I just need to let the dog out, now what was it again? Psychologist Dr Nick Perham from Cardiff Metropolitan University explains how to concentrate

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To champion their mission that art should be available to everyone, <u>Holy City Arts & Lyric Opera</u> took to the road when SIP first began to perform outside. Now, they are live streaming performances and educational shows. Visit their website to learn about opera and stay informed about their performances.



# Still Traveling: Beguiling Buenos Aires

### Beguiling Buenos Aires Mondays, March 1, 8, 15, 22

11am-12:15pm (PT), 12-1:15pm (MT), 1-2:15pm (CT), 2-3:15pm (ET)

on Zoom

Join trip leader **James Sokol** and zoom away to escape our winter by enjoying summer in "the Paris of South America." Meet our local guide, **Pablo**(above), who will lead four interesting "trips," showing diverse aspects of the beguiling capital of Argentina.

To "meet" our trip leader James and hear about our travel program, click here.

To "meet" our local guide, Pablo, <u>click here</u>. (Through Osher Marin JCC)

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ISOLATION. I FINISHED 3 BOOKS YESTERDAY. ND BELIEVE ME. THAT'S A LOT OF COLOURING.



Topic: SO Happy Hour!

Time: Every Friday, 6 PM Pacific Time (US and Canada)

Join Zoom Meeting

https://us02web.zoom.us/j/83336046359?pwd=NVIHalpDS25KZ2gyZmVyZXhnMksvUT09

Meeting ID: 833 3604 6359

Passcode: 057385

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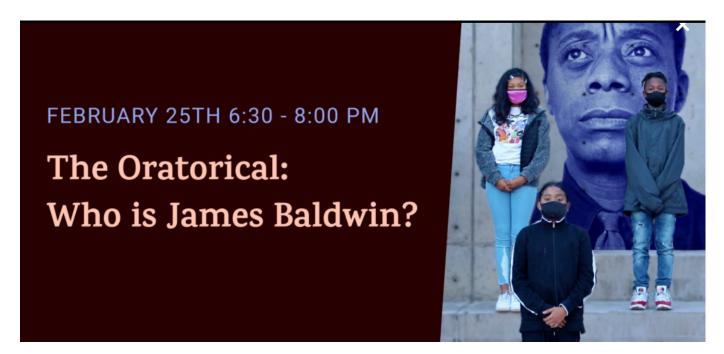




# Stop everything and watch this polar bear play in the snow

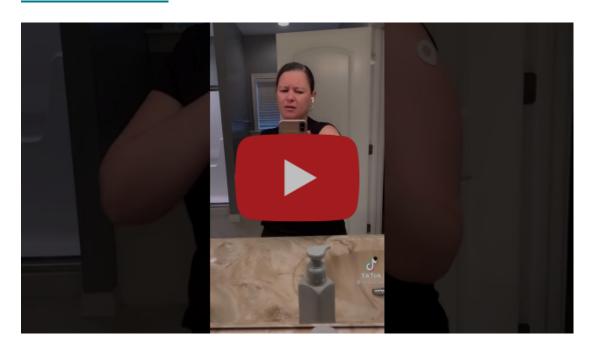
The Point Defiance Zoo & Aquarium and the Oregon Zoo released videos showing some of the animals having a blast after snow fell across the Northwest.

Source: CNN



The Grio Theater Company is staffed by Bayside MLK and other Marin Youth. Join us this evening for our first virtual performance! The Oratorical: Who is James

#### **RSVP HERE**





For information about emergency preparedness and COVID resources, visit the continuously updated Sausalito Village website.

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