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## Happy Saturday, 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: Sign of the Times by Ingrid Kreis



**Monday:** [STRETCH AND STRENGTHEN WITH RAYNER](#). 11-12

**Monday:** [ADU EXPO \(ACCESSORY DWELLING UNITS\)](#). 2-3:30

### **Vaccine Appointments**

**If you are 65+: Check the status of vaccine availability at <https://coronavirus.marinhhs.org/vaccine/status> for appointments at Marin Public Health's two locations at Marin Center and Larkspur Landing Ferry Terminal and all other Marin locations.**

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**FEBRUARY 27, time TBD.**

**Available appointments - Marin Center:**

**Appointments for the week of March 1 will open FRIDAY,  
FEBRUARY 26 at/around 12:00pm.**

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

**Subscribe to the Marin County COVID-19 [Status Update](#) for daily updates on COVID**



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## [Here's What It's Like to Begin a Meditation Practice](#)

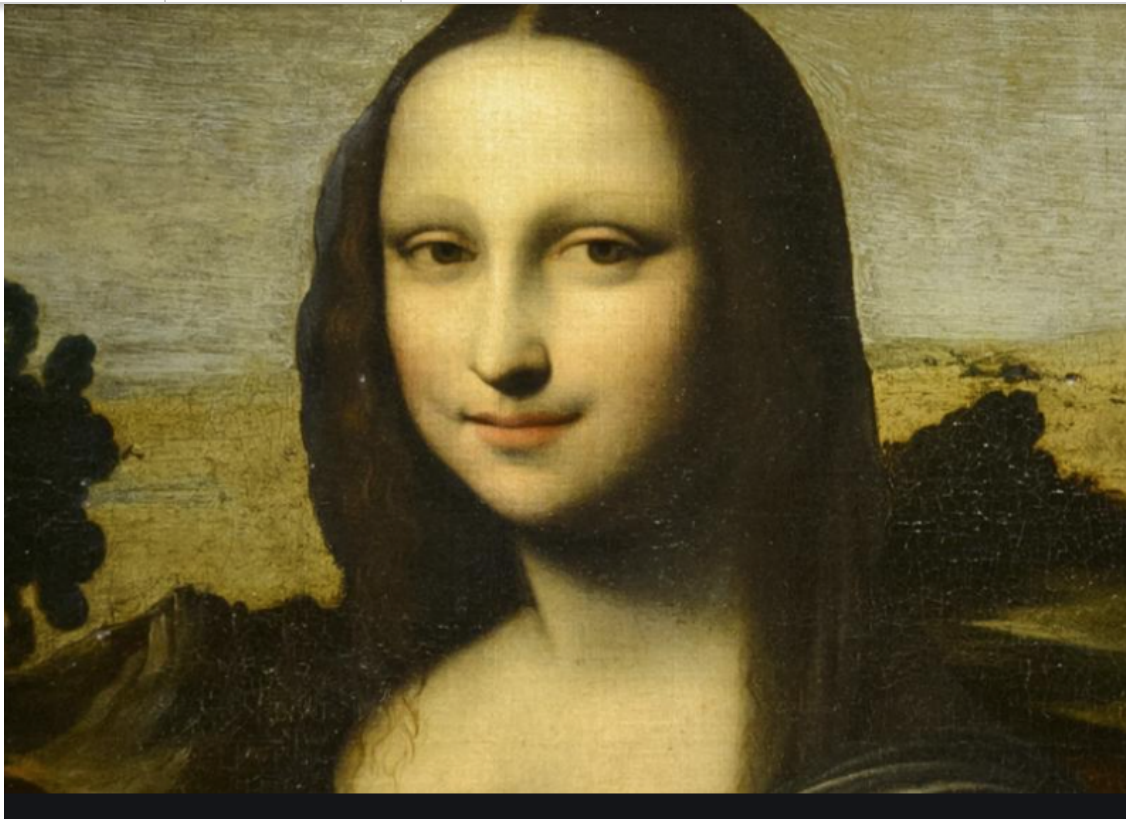
For the next few weeks, I'll be taking over the [Lifehacker Fitness Challenge](#) by developing a healthy meditation routine for mental and physical wellness. The idea of meditation is actually quite stressful for me, so attempting to clear my mind (which is continually racing) has always been anxiety-inducing. I've actually never been great at managing stress—even while traveling, I tend to give myself a packed itinerary of forced relaxation, defeating the purpose.



## [Ouch! Why Does My Arm Hurt After a Shot?](#)

If you have ever received a vaccination, you know your arm may feel a bit sore for a few days after the fact.

The pain you are experiencing is usually soreness of the muscle where the injection was given. This pain is also a sign that your immune system is making antibodies in response to the viruses in the vaccine.



## [The detail that unlocks the Mona Lisa](#)

The 1503 painting by Leonardo da Vinci is the world's most famous piece of art. Kelly Grovier explores an overlooked object that offers a different perspective on the masterpiece.





## [How to Be Happy Right Now, With Dr. Laurie Santos](#)

It's no surprise to anyone that the pandemic has had a huge impact on our mental health. The virus has caused loneliness, depression, and anxiety to run rampant throughout the world. So this week, we sit down with [The Happiness Lab](#) host and Yale University psychology professor Dr. Laurie Santos to learn some of the science-backed strategies we can use to help us cope, and even find some happiness. Listen to hear Dr. Santos discuss how techniques like reframing and mindfulness can help us be more resilient in the face of tragedy, and how we can get better at accurately assessing the things that bring us joy.





## Can an Active Lifestyle Help Ward Off Alzheimer's?

Research suggests that non-drug treatments based on mental and social stimulation can help older adults fight neurological degeneration.

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