



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: Cycling the Bay Trail by Ingrid Kreis
(on Richmond side looking toward Angel Island)



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

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

Wednesday: [PG&E TOWN HALL ON SAFETY](#). 12-1:30

Sunday: [Tales of the Trail](#). 7-8

Latest on COVID Vaccines

- **65+:** for appointments at Marin Public Health's two locations at Marin Center and Larkspur Landing Ferry Terminal and all other Marin locations. <https://coronavirus.marinhhs.org/vaccine/status>
- **Subscribe to the Marin County COVID-19 [Status Update](#) for daily updates on COVID**
- **The online [MyTurn system](#) also doubles as a notification system. Everyone is encouraged to register with the MyTurn system to be notified of when you're eligible to be vaccinated at a nearby large scale vaccine site.**
- **The [SausalitoVillage Website](#) has information on COVID vaccinations and tests.**

New Vaccine Appointment Hotline for Older Adults

Starting March 1, Marin County older adult residents – age 75 & older -- who have struggled to make their own COVID-19 vaccination appointments via the internet can call 833-641-1988 to get assistance from a real live human being. This phone line will operate Monday through Friday, 8 a.m. to 5 p.m., and is targeting those do not have internet connectivity or an at-home computer, tablet or smartphone. If you know of an older adult who does not have reliable internet access

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Praktikos

Deep Meditation



Tuesdays @ 7:00 PM • Zoom
Link coming Tuesday afternoon!

SPRING BOCCE



Mark your calendars, Spring Bocce is coming March 18. This 11 week season takes place Thursdays and Fridays. Click the link for registration details and League info:

[TEAM REGISTRATION](#)

Note: if the league is full, go on the waitlist. we are opening up spaces when we reach 32 and 36 teams.

[REGISTER HERE](#)

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**ONE TIME
WINTER CLEARANCE
EVENT**

FEB 25 - MAR 16

COLUMBIA EMPLOYEE STORE

**SAVE UP TO AN ADDITIONAL 50% OFF SELECT WINTER ITEMS
*WHILE SUPPLIES LAST**

Discount is in addition to already marked employee pricing

Sausalito Village has exclusive access the Columbia Sportswear Employee Store from **March 5th - March 28th** only!

For Invitation, email ljaeger@comcast.net (invite is good for up to four people)





[I Bought a Flock of Chickens During the Pandemic — and It's Been Amazing for My Kids](#)

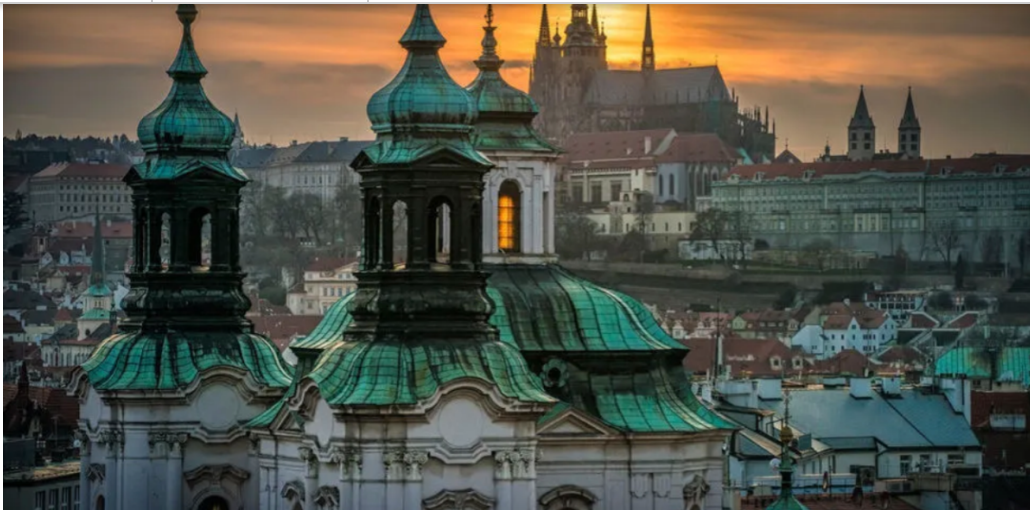
Shortly after shelter-in-place began last year, so did the wild pandemic shopping. ([Remember that phase?](#)) Everything from used bicycles and basketball hoops were swooped up from second-hand neighborhood sites and new recreational equipment was back ordered for weeks and months. Meanwhile, people were adopting cats and dogs in [record numbers](#). A [video](#) went viral of shelter volunteers in Florida celebrating the first time they'd adopted out every single pet.



[The best face mask is one that fits](#)

Proper mask-wearing remains a key factor in preventing the transmission of the coronavirus. A mask slip can leave the wearer extremely vulnerable, as the nasal passage is a common entryway for the virus to get into the body.

According to [a study](#) in *Nature Medicine*, the virus attaches to certain proteins found in the [nasal passage](#). There are actually more of these proteins in the nose than in the lungs, making an exposed nose a serious threat. You don't want any viral particles getting to your nose, so it's imperative that your mask has a tight fit.



[See what it's like to visit Prague on this virtual tour](#)

The enchanting city of Prague ranks among Europe's best-preserved capitals. It's a city of fairy tale architecture, magnificent art and some of the world's best beer. Come along as we tour the Czech capital through stunning photos.

**WE are A
COMMUNITY**

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

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