



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: Lily Pads San Francisco by Harrie Schwartz



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

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

Tuesday: [MAHJONG REFRESHER VIA ZOOM- INTERGENERATIONAL CENTER](#). 1-3

Tuesday: [Book Group](#).

Wednesday: [BENEFITS OF VITAMIN D - SENIORS AT HOME PROGRAM](#). 12:30-1:30

Wednesday: [CLOSED ST. PADDY'S DAY DINNER FROM SAYLORS DELIVERED](#). 5:15-6:15

Thursday: [ESTATE PLANNING AND WEALTH TRANSFER - MARIN MAGAZINE EVENT](#). 11-12



Sleep Awareness Week® 2021

CELEBRATE YOUR SLEEP HEALTH

Join us March 14–20 for Sleep Awareness Week 2021
for a weeklong celebration of sleep health

If you're worried about your sleep schedule, fear not. We've got plenty of episodes to help you drift off just in time to celebrate [Sleep Awareness Week](#).

- [Hedge body clock blues](#) with our episode on strategies for adapting your sleep schedule to the time change. **One tip from the experts?** Ditch your afternoon coffee, stat. (I know, it hurts me too.)
- [Learn better bedtime rituals](#) with help from neurologists and sleep researchers. **Hint:** Counting sheep isn't actually a thing.
- [Think your way out of insomnia](#) with this episode centered on cognitive behavioral therapy for those sleepless nights.



SCIENCES



We're excited to announce that the Academy is reopening on **Wednesday, March 17**—and we can't wait to see you again! Reserve your tickets now and get ready for more science-filled adventures in the heart of Golden Gate Park. [Plan your next visit today](#)—and take comfort in knowing that safety and science inform all that we're doing to ensure a comfortable and healthy experience at the museum.

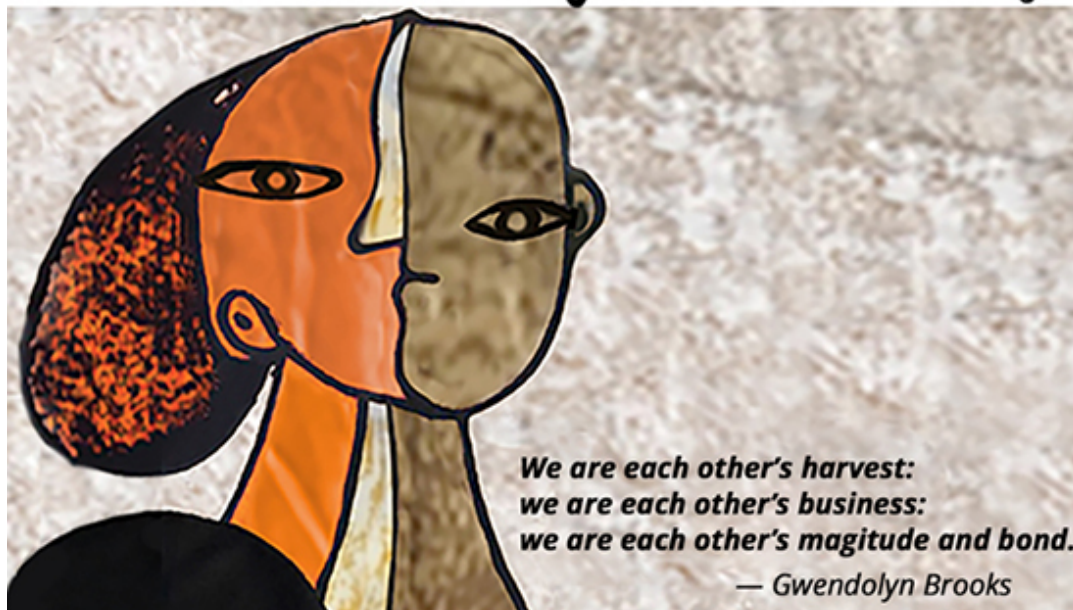
Academy members and donors will enjoy exclusive access to members-only preview days on Monday, March 15 and Tuesday, March 16 as a special thank you for your unwavering support during our closure.

A few don't-miss details:

- All guests (including members and donors) will need to reserve tickets on our website for a specific entry timeslot and follow a few simple steps to protect yourself, our staff, and our San Francisco community.
- Embrace our three favorite Ws: Wear a mask, Wash your hands, and Watch your distance.
- We're limiting museum capacity to 20% and requiring timed-entry tickets to help keep everyone safe and provide even more space to enjoy a physically distanced day at the museum.
- Check out this short video to [see how we're keeping you safe!](#)

Save the Date

An Evening of Poetry



Thursday April 22, 7:00 - 9:00 p.m.

Hosted by the Sausalito Woman's Club

Co-sponsored by the Sausalito Library

Join us for a special virtual gathering celebrating some of the best poetry of our time.

***...Poetry not only reflects the heart and soul of people,
It has a wisdom all its own.***

Hear readings from students, teachers, clergy, moms, dads, and special guest appearances by award-winning SLAM poets and more.



RSVP

https://zoom.us/webinar/register/WN_26m2R-vPT-2LOlyBnLQByg



[Sausalito Parks and Recreation's](#) upcoming in-person and virtual programs. The world is opening back up, Protect yourself and get back to the things you love doing!

Adult Programming

Virtual and in-person classes are here! More programs will be added as we move towards the Orange and Yellow Tier.

[Sausalito Swagger Zumba](#) (in-person)

With 3 morning classes and 2 evening classes this class is rain or shine! Drop in or buy a Fitness Pass.

[Virtual Fitness](#) (via ZOOM)

Gentle Flow Hatha Yoga and Full Body Movement for Seniors are great ways to strength your body and maximize your bodies full potential.





[Staying Safe in a Digital World](#)

This article covers what to do if your email list is hacked, Email and Telephone Scams, Malware, Ransomware, how to make secure Passwords, and what you can do to protect your computer and phone.



[This is the world's most expensive bar of chocolate](#)

A budget-busting chocolate bar, a 'smart' bottle of Louis XIII and the rarest coffee on the planet all make our luxury larder list

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MANY HANDS MAKE LIGHT WORK

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

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