



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

***Note: The Tips now has its own [email address](#) to forward ideas for content.
Please correct your email.***

Photo: Wisteria on Santa Rose Ave. by Tony Cook



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

Wednesday: [PICKLEBALL AT MLK COURTS - COME LEARN AND PLAY!](#).

2:15-3:15

Wednesday: [SCHOOL UNIFICATION UPDATE](#). 7-8:30

Thursday: [HOSPICE AND PALLIATIVE CARE 101 HOSTED BY SENIORS AT HOME](#). 2-3



[On Breathing](#)

[Jamieson Webster](#)

From first moments to last rites, the air around us is not only essential to life but also carries our speech. So being silenced can feel like death.

[CDC Guidelines on Travel to other Countries](#)



[30 Things to Do in Marin and the Bay Area This April](#)

Things are opening up, and there's more to do than ever. Catch a movie at the Lark's Drive-In theater, view sculptures at Marin Art & Garden, or check out the San Francisco Film Festival.

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[2021 International Booker Prize longlist:](#)

Only translator Megan McDowell and author Can Xue longlisted before. Ngugi wa Thiong'o is first listed author to translate own work



[How To Store 40+ Fruits & Veggies So They Last Longer — Without Using Plastic](#)

For many people, grocery shopping happens once, maybe twice, a week and the time between buying and consuming purchases can stretch for days and sometimes weeks. Before I went [zero waste](#), I thought plastic was the only way to keep foods fresh at home.

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emergency preparedness, and COVID
resources, visit the continuously updated
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