



Happy Tuesday, 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.

Photo: Beautiful Mill Valley by Harrie Schwartz

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

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What's Happening

Wednesday: [VILLAGE MOVIE GROUP - SHOWING NOMADLAND](#). 2-3:45

Wednesday: [PICKLEBALL AT MLK COURTS - COME LEARN AND PLAY!](#). 2:15-2:45

Wednesday: [VILLAGE MOVIE GROUP DISCUSSION](#). 4-5



Stretch & Straighten with Rayner.

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Praktikos

Deep Meditation



Chanting ➤ Singing Bowls ➤ Inner Silence
Now two sessions: 5 PM & 7 PM Pacific Time

Richard Pavek invites you to join one of these Praktikos Sessions.

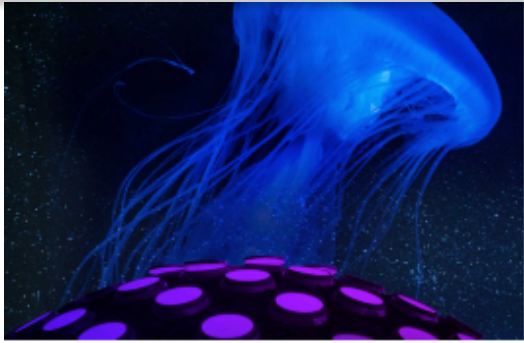
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[pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09](https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)

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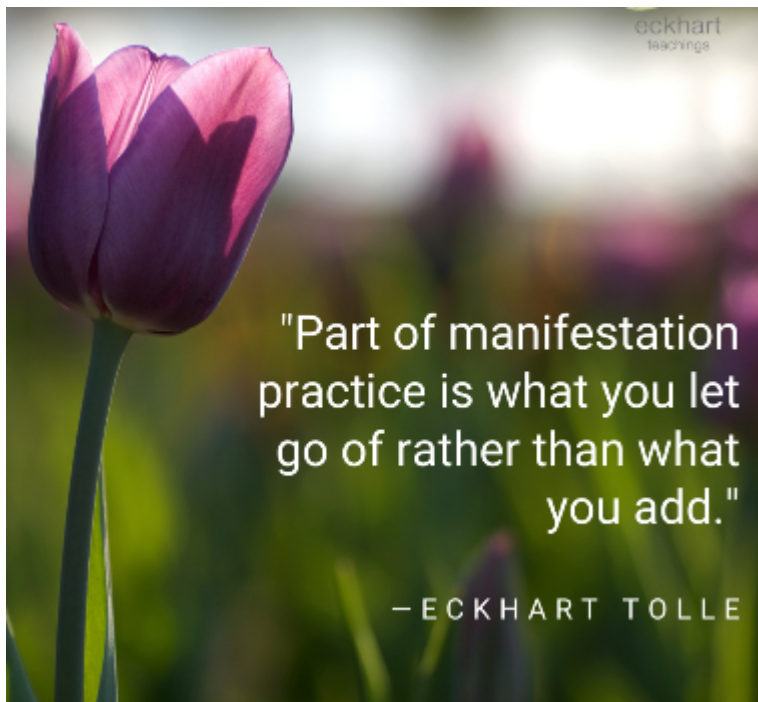
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Visit the Museum at Night(Life)

For adults 21+

Calling all creatures of the night: explore the nocturnal side of the Academy with adult-only evenings as NightLife returns on select Thursdays starting May 13! Reserve your NightLife tickets in advance and see what's revealed once the sun goes down. With live DJs, outdoor bars, ambiance lighting, and nearly 40,000 live animals, the night is sure to be wild.

[Buy your tickets early!](#)



"Part of manifestation practice is what you let go of rather than what you add."

— ECKHART TOLLE



Has the Pandemic Changed Your Brain? **Eight Signs of Possible Cognitive Decline**

Over the last year, older adults have been to staying home in order to stay safe during the coronavirus pandemic. Unfortunately, the social isolation that has come with stay at home orders has taken a toll on many seniors. [The Alzheimer's Association](#) reports that there were approximately 16% more dementia-related deaths than expected in 2020 due to COVID-19 and its effects on emotional and physical health.



THE SIGNIFICANCE OF THE COLORS OF PASSPORT COVERS (YEP, THERE REALLY ARE REASONS)

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you're Egyptian, I bet your passport is green.



[Bird migration is one of nature's great wonders.](#)
[Here's how they do it.](#)

Some fly 11 days nonstop. Others trek 8,000 miles. Each year, thousands of bird species leave home in search of food.



[Ingrid Alice Irsigler Creates Stunning Afro Asian Fashion Photography](#)

If you're into colorful fashion photography, we're sure you'll love these unique and vibrant snaps by Ingrid Alice Irsigler.

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MANY HANDS MAKE LIGHT WORK

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

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