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Sunrise over Sausalito by John Oppenheimer

Happy Friday, Villagers

And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to: <u>SausalitoVillageTips@gmail.com</u>



Don't miss the Concert/Singalong next week with Andy Dudnick at the piano!

The Full Calendar of Events can be found on the SV Website, <u>CLICK HERE</u> Most events are open to the entire community. We look forward to seeing you!



Happy Birthday to our Village Members celebrating this month!

Eric Delloue - Myra Berkowitz - Sonja Hanson - Ann Heurlin - Sue Dunlap - Gail Hurley - Carla Berman - Tony Cook Pat Boddy - Anne Bomford - Kimery Wiltshire

Join us for the Monthly Concert and Sing Along!

Monday, November 15, 4pm



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This month's songs:

- 1. Give Me The Simple Life
- 2. Sunny
- 3. My Ship
- 4. Singing in the Rain
- 5. Button Up Your Overcoat
- 6. Blue Skies
- 7. My Girl (Duet)
- 8. More I See You, The
- 9. You've Made Me So Very Happy
- 10. Get Happy
- 11. Under the Boardwalk
- 12. I Can't Give You Anything But Love
- 13. I'm Glad There is You
- 14. I've Got the World on a String



Since the dawn of sound film in the 1920s, people have been misquoting movies. It's a common phenomenon, and one that has only become more prevalent with the rise of the internet. In theory, being able to easily check movie quotes online should have made things better, but errors embed themselves in the cultural psyche faster than ever.

Read the entire story <u>CLICK HERE</u>

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We Miss You, Charlie

On November 3rd, Charlie Arenson passed away at home surrounded by his wife, Lu, and their four adult children, Jourdan, Claudia, Paul and Bret after a brief illness.

Charlie and Lu moved to Sausalito after losing their home in the Oakland fire. They were drawn to the Village concept and became involved early on, and we are so very lucky they did. Charlie served on the Board of Directors and after retiring a few years ago, joined the Advisory Board. Charlie's warm smiles, comforting words and great bear hugs will be sorely missed! We were lucky enough to have both Charlie and Lu join us at the going away party for Stella and Fred in August.

Please take a moment to write your condolences on this special Kudoboard <u>CLICK HERE</u> They will be shared with Charlie's wife and children.

We miss you Charlie!

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Wednesday, November 17 5:00pm on Zoom (Note earlier time to accomodate our East Coast speaker) Marin Featuring Jo Haraf **History** Marriage, Murder, & Betrayal Museum In Nineteenth Century California Left for dead on Monterey's beach in 1832, Scotsman James Black survived to build a Marin county cattle and dairy empire. His privileged life ended in addiction after his wife's death at the hand of their son-in-law. After his death Black's daughter fought her stepmother for four years and across two counties for a fair portion of her father's \$15 million dollar estate. IFORNI Join the Black family and their contemporaries as California evolves from a sea-otter-hunting Spanish colony to a Mexican territory beset by invading Russians and finally into an American state where wealth and influence come to those who embrace the new west's opportunities and risks. A past volunteer at the Marin History Museum, Jo Haraf edited and contributed to MHM's book Journal Across the Plains, the Museum's Newsletter and the Bulletin. After twenty-five years in Marin, she now lives on Florida's Sun Coast with her husband and a scruffy terrier whose adoration sustained her through revisions and rejections. To Register go to marinhistory.org Questions email: info@marinhistory.org



Don't miss the longest partial lunar eclipse of

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The longest partial lunar eclipse of the century is due to take place next week between Nov. 18 and. 19, and the gorgeous phenomenon will be visible in all 50 U.S. states.

NASA forecasts that the almost-total eclipse of the Micro Beaver Full Moon will last around 3 hours, 28 minutes and 23 seconds beginning at approximately 2:19 a.m. EST (7:19 a.m. UTC); reaching its maximum around 4 a.m. EST (9 a.m. UTC); and ending at 5:47 a.m. EST (10:47 a.m. UTC). The Micro Beaver moon is so named because it occurs when the moon is at the farthest point from <u>Earth</u> and in the lead-up to beaver-trapping season.

The partial lunar eclipse, when Earth's shadow covers 97% of the full moon, will be the longest of the century by far, dwarfing the duration of the longest total lunar eclipse this century, which took place in 2018 and stretched to 1 hour and 43 minutes. The forthcoming eclipse will also be the longest partial lunar eclipse in 580 years, according to the <u>Holcomb Observatory</u> at Butler University, Indiana.

Read more from LiveScience: CLICK HERE



Tips for Proper Running Posture from a National Senior Games Champion

Read the story on GrowingBolder.com

CLICK HERE

GrowingBolder.com is a great find (thank you SV Member, Ciji

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There are all types of feel good positive stories about aging -Fitness, Tech, Business, Travel, Arts and more. Let's get inspired!

Speaking of running, did you see the first and second place winners of this years Dipsea Race were over 60 years of age! Read the full story in the IJ: <u>CLICK HERE</u>



Aging with Attitude - Senior Planet's FREE Tech Lectures

Aging with attitude. Senior Planet from <u>AARP</u> harnesses technology to change the way we age. Our courses, programs, and activities help seniors learn new skills, save money, get in shape, and make new friends.

Senior Planet is about much more than just the latest gadgets and apps and websites. Those gadgets and apps and websites are just means to an end: enabling older adults and people of all ages to come together and find ways to learn, work, create, and thrive in today's digital age.

Wherever you are in the world, you can subscribe to our newsletters and participate online.

Click here for more information:

Two Upcoming FREE Webinars:

Explore Tech Lecture: Virtual Museum Tours

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collections and exhibits available to view virtually? In this lecture we'll explore some of these virtual galleries, as well as digital tools that help bring art, architecture, and history to life!

LEARN MORE

Explore Tech Lecture: Google Maps

Thursday, November 18 at 4:00 p.m. ET, 1:00p.m.PT

Visit sites around the world from the comfort of your home, get a bird's-eye-view of your childhood neighborhood, or simply get directions to your friend's house! Google Maps is a mapping application that offers satellite imagery, street maps, and street-view perspectives.

LEARN MORE



Monarch Butterfly Population Sees Thousand-Fold Increase, Likely Thanks to Drought

A silver lining of the drought may be that the monarch butterflies are exploding back after a near-extinction event last year, with one central California beach recording a 3,500% increase in the winged critters.

The great annual monarch butterfly migration is on, and far larger numbers of the little black-and-orange winged beauties are being observed all over North America this autumn. In Texas, the "monarch highway" of Interstate 35 is <u>fluttering with tens and thousands</u> of the majestic insects. Mexico's Rio Grande Valley was crawling with

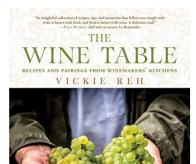
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Read the entire story: CLICK HERE

BOOKS & BOTTLES WINETASTING TUESDAYS





November 16th • 6PM 100 Bay Street Sausalito

"Spectrum of Style"

Are you... Vivacious... Voluptuous... Elegant... Sensuous... or Powerful? Let's see if your wine style matches your personal style! Join us as we explore Boisset Collection's Spectrum of Style and discover why we like the wines we do, which foods pair best particularly for Thanksgiving — and how to use our unique wine navigation system.

Space is limited therefore you must register and pay in advance. Must be vaccinated to attend.

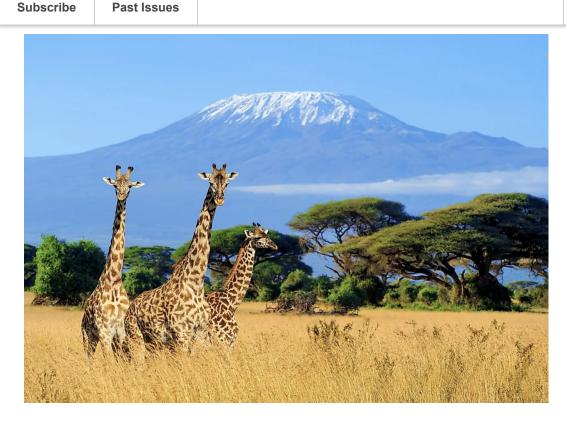
\$25 for tasting flight of 5 wines Register & pay inside or email: angela@sausalitobooksbythebay.com



CARSS (Call A Ride for Sausalito Seniors) is providing free door to door rides for this event. Enjoy the wine and let someone else drive you home. Rides available in Sausalito and the floating homes. Reserve by 5pm the day before. Proof of vaccination and masks required. Call 415-944-5474 or email InfoCARSS4You@gmail.com

CALL CARSS (Call A Ride for Sausalito Seniors) for a door to door ride. Enjoy the wine and don't worry about driving! Call 415-944-5474 or email InfoCARSS4You@gmail.com by November 15th, 5pm.

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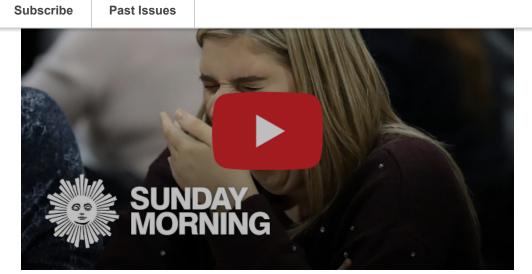


The Seven Summits

The Seven Summits are the highest mountain peaks of each of the seven continents. From the rarified air of the Himalayas to the plains of Africa and polar glaciers of Antarctica, the Seven Summits form a collection of selected peaks stretching to the far reaches of the globe. So far, only 350 people in the world have summited the seven peaks. The Bass list, named after the American climber Dick Bass who completed the summits in April 1985, forms the most accurate list of the summits. The Bass Seven Summits are Asia's Everest (8,848 m), South America's Aconcagua (6,961 m), North America's Denali (6,194 m), Africa's Kilimanjaro (5,895 m), Europe's Elbrus (5,642 m), Antarctica's Vinson (4,892 m), and Australia's Kosciuszko (2,228 m).

Read the entire story and photos <u>CLICK HERE</u>

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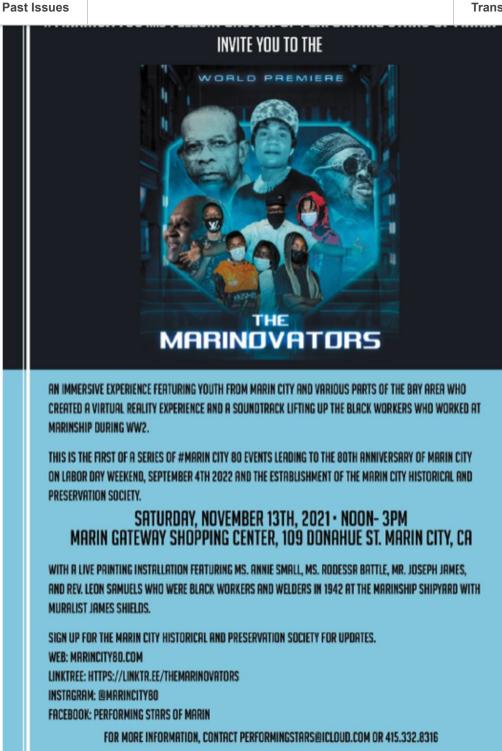


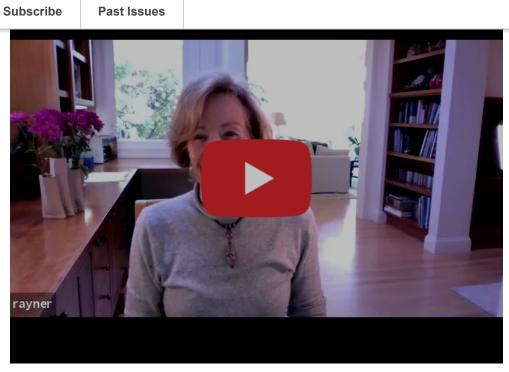
Why do we yawn? The Science of Yawning Explained



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Join Rayner's class live on Mondays 11am. See Sausalito Village website calendar

Stretch & Strengthen with Rayner

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CARSS (Call A Ride for Sausalito Seniors)

RIDERS (AND DRIVERS) ALWAYS NEEDED!

Sign up today for free door to door rides around town and Gateway Shopping Center - for ANY reason! Get your hair done, go to the dentist, go down to the waterfront for a flat walk....whatever! As long as it is within the hours of 10am and 2pm.

Rides are provided by vetted volunteers in their own cars.

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More information and to download an application, go to <u>www.CARSS4you.org</u> OR phone 415-944-5474

CARSS is a City of Sausalito Age Friendly Program managed by Sausalito Village. Always looking for volunteer drivers too!



5 hours of relaxing blues music



For information about our programs, events, emergency preparedness, COVID resources, archived copies of our weekly newsletters, visit the continuously updated Sausalito Village <u>website</u>.

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