



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

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What's on the calendar?

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK HERE](#)

Here are a few highlights:

Pickleball Lessons and Play EVERY Wed. this month: [CLICK HERE](#)

Hike Mt. Tam with Jackie 2/15/22: [CLICK HERE](#)

Register for Housing Element TownHall: [CLICK HERE](#)

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Learn/Play Pickleball Every Wednesday in February, 11:30am-1:00pm at MLK Courts

Sausalito Village is lucky enough to have John Barbera helping to organize and teach seniors on the courts of MLK Park on Coloma Street.

Join in the fun over the next 3 Wednesday's in February

11:30am - 1:00pm

February 9th, 16th and 23rd

Two courts will be reserved, bring your paddle if you have one, a friend if you would like, and of course a willingness to have fun!

Never played?? Make today the day you learn!

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Email John with any questions and to be sure to be on the
Pickleball email list: jbcommunication@gmail.com

Haven't heard of Pickleball?? Get the scoop with this quick
Youtube video [HERE](#)



Hike Mt. Tam with Jackie

Tuesday, February 15th 10:00am start

Join hike leader Jackie Kudler for a scenic walk through woods and along ridgetops on Mt. Tam, which climbs just above Mountain Home from “Four Corners,” affording glorious views of bay and ocean.

Meet at 10 AM at Bayview Drive, Mill Valley, on the Panoramic Highway

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should take approximately 2 1/2 hours.

We will cancel in case of rain.

Pack water, snacks, and a light lunch.

Contact Jackie at j77prospect@sbcglobal.net to RSVP, sign up for a carpool, and get specific directions for meeting place.

If you think you only will join us for part of the loop, bring your own wheels, so you can turn back whenever you choose.



It's The Year Of The Tiger, What You Need To

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The Chinese New Year is based on a lunar calendar and its zodiac. The Chinese zodiac is a repeating 12-year cycle of animal signs: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig. The attributes of the animals are thought to be reflective of the year and people born during it.

2022 will be the Year of the Tiger.

“Tigers are courageous and active people who love a good challenge and adventure in life,” Chinese New Year notes. “Like their eponymous zodiac animal, people born in years of the Tiger are vigorous and ambitious, daring and courageous, enthusiastic and generous, self-confident with a sense of justice and a commitment to help others for the greater good.”

Are you a Tiger? Babies born this year are (or will be!) as are those who were born in 1938, 1950, 1962, 1974, 1986, 1998, and 2010.

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People In An Online Group on Reddit Are Sharing Photos Of The Most Beautiful Places They've Discovered

Brighten your day and view more: [CLICK HERE](#)



Join a Buck Center Brain Study

[The Buck Center](#) is offering an opportunity to help researchers better understand the human brain and how it changes as we age.

Buck scientists are teaming up with colleagues at the University of California, San Francisco (UCSF) on the Brain Health Registry (BHR) to inand we invite you to join us!

The BHR is a free, internet-based research study designed to speed up the discovery of treatments for Alzheimer's, Parkinson's, depression, and other brain disorders through an improved understanding of the aging process. If you choose to join the BHR, you will be asked to answer some questions about your health and lifestyle, and take some online brain tests that exercise your memory and are like games. You'll be asked to check in online once every six months. That's it.

Participation is completely confidential, voluntary, all online, and you can decide to stop being involved at any time. All information you enter is secure and privacy is protected under UCSF policy.

Today one out of every three older Americans die with Alzheimer's disease or another form of dementia. It is through studies like this that we hope to create cutting-edge research programs to speed up treatments. As a Brain Health Registry member, you'll not only contribute to this important research, but also be provided with the option to learn about additional research opportunities such as clinical trials and at-home testing.

To register click [HERE](#)

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February is Black History Month

Nine inspiring Black American heroes you

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By [Kait Hanson](#) for Today

There are a number of hidden heroes that are rarely discussed in classrooms, or around the dinner table, and while their names might not sound immediately familiar, these famous figures have shaped history and deserve the spotlight.

To read a short story about each of these nine heroes [CLICK HERE](#)



All About Car Names

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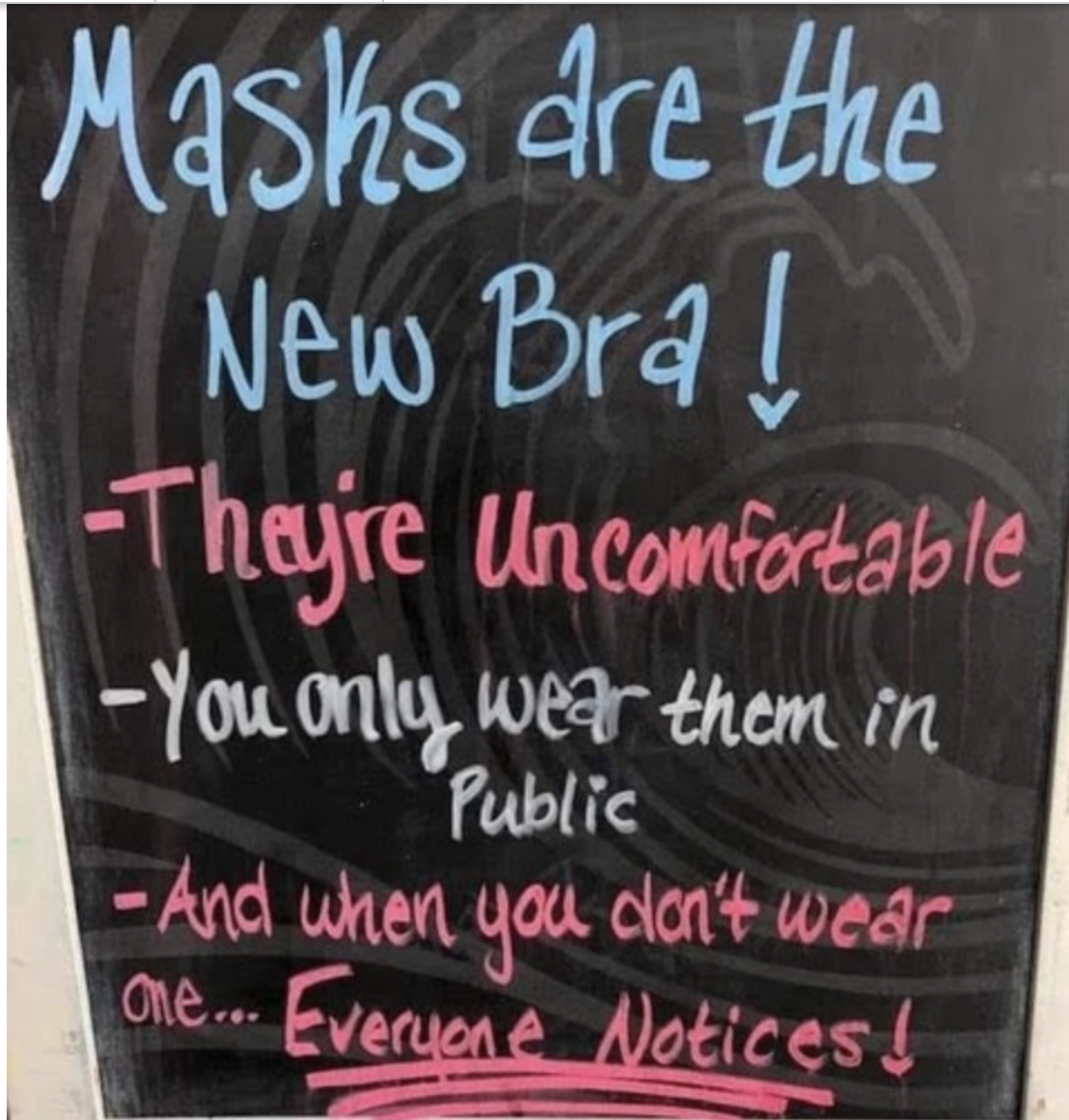
Creativity can't be forced. Take restorative breaks, zone out to find new inspiration

NPR article by Andy Tagle

Do you ever try to be creative but despite all your efforts, struggle to access that creative voice in your head? If you're anything like me, you may feel the pressure to immediately snap out of this creative rut — kind of like the artists we see in movies, who overcome their slumps by magically finding a new source of inspiration.

Overcoming a creative rut isn't easy. But it isn't at all impossible — and it doesn't require a eureka moment. Here are tips from our experts to help you recharge your creativity.

Read the entire article with 5 important pointers [HERE](#)

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**Taxes at the Mill Valley Recreation Center
BY APPOINTMENT ONLY; MASK REQUIRED**

**Tuesdays & Thursdays, 8:30 am to 1:00 pm,
Tuesday, Feb 1 to Thursday, April 14, 2022**

To schedule an appointment, email
millvalleytaxaide@gmail.com
or leave a message at 415-322-9361

You can prepare your taxes online at irs.gov and ftb.ca.gov
Helpful information can be found at aarp.org/taxaide

The logo for "the Solo Ager". The word "the" is in a small, grey, lowercase serif font. "Solo" is in a large, bold, sans-serif font where each letter is a different color: 'S' is dark blue, 'o' is red, 'l' is green, and 'o' is light blue. "Ager" is in a large, grey, serif font. A small "TM" trademark symbol is to the right of "Ager". The entire logo is set against a light grey and white checkerboard background.

5 questions to ask yourself if you're aging alone

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Examine your health, social connections, housing, finances and transportation to see how prepared you are to age independently.

Planning for the long-term can be unsettling, because aging is complicated and stacked with complexities and risks. But if you are a solo ager — someone without a spouse or children — enacting a plan will, over time, turn out to be one of the smartest things to do. Starting out, the toughest question to address is, where do I begin? That in itself elevates one's stress and worry to the point that it causes people to delay or put off making a plan entirely.

Most singles and adults aging alone give little regard to the risks until they have firsthand experiences. If you've ever been or are currently in the throes of elder care, you can relate. That's why it is imperative to learn healthy, connected, and supportive behaviors long before you need help.

Read entire article and assessment questions [HERE](#)

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Join Rayner every Monday live (on zoom) at 11am. See Sausalito Village website calendar

Stretch & Strengthen with Rayner



Sea Glass: Learn All About These Beautiful Baubles Found on Ocean Shores

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Even the recycling indicates that the soda and lime content (the common additives in [glass production](#)) has dissolved due to the saltwater, and there are tiny holes all over the surface.

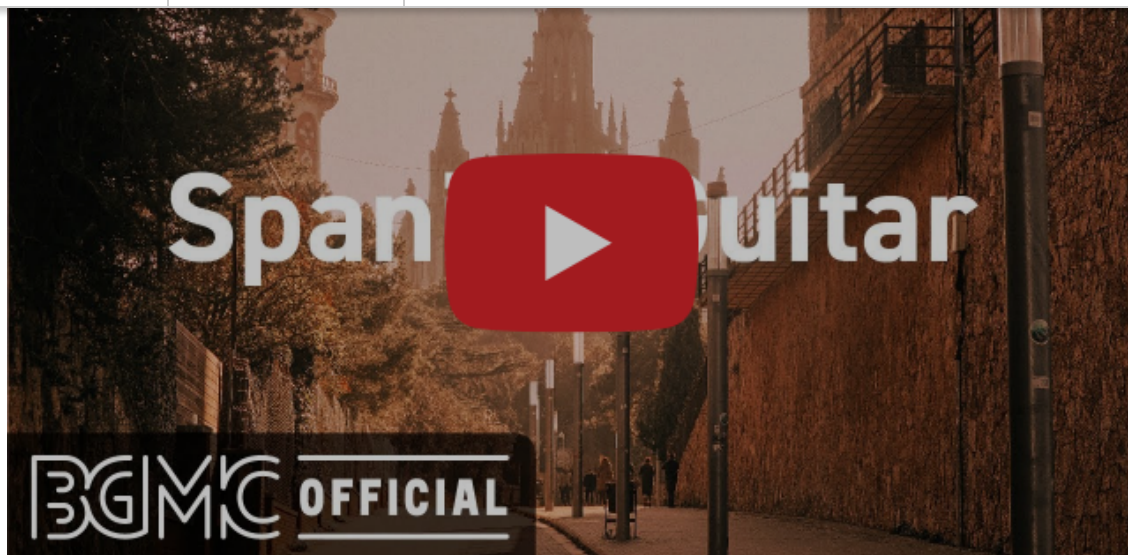
You'll notice that sea glass comes in all sorts of colors. But when you consider that all sea glass comes from discarded bottles, it's no surprise that brown, green, and white are the most common colors.

SEA GLASS VS. BEACH GLASS

You might've heard the term **beach glass** and wondered if it's the same thing as sea glass. The short answer is *no*, the two are not the same. Sea glass is found on saltwater beaches, whereas beach glass is on freshwater or seawater beaches. Sometimes, it can be found on a lake, such as the Great Lakes of the United States.

The main difference between sea glass and beach glass is the appearance. Because the water isn't as rough (especially on a lake), beach glass won't get as much tumbling and tossing. This may lead to glass with a less frosted appearance and some shiny spots still on it.

Read entire article in My Modern Met [HERE](#)

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8 hours of Spanish Guitar music



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