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Photo by Annie Dorsey

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:

SausalitoVillageTips@gmail.com

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UPCOMING
EVENTS

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](#)

Concert/Sing Along Monday 4pm: [CLICK HERE](#)

Book Review Group Tuesday 4pm: [CLICK HERE](#)



National Village Movement Celebrates 20 Years

The Village movement started in Beacon Hill area of Boston 20 years ago. It is now a nationwide movement with hundreds of villages, each unique in how it runs, but each with the goal of helping older adults stay engaged in their communities.

Click here to watch the celebration: <https://youtu.be/pxq6rIHwcSI>

Special thanks to Sausalito Village founding President, Betsy Stroman for her passion and tenacity in creating the Village we enjoy today! As well as all of the members and volunteers who have been dedicated to creating and maintaining a Village that enhances all of our lives.



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Foreshadowing the Arrival of Spring Concert and Sing Along Monday 4pm

The past year taught us that people enjoy the concert as much as the singalong, and we CAN HAVE BOTH! Andy Dudnick will be with us at the piano his wife Janet Lynn will be singing as well as leading the 6 sing alongs.

At this point we need to continue on zoom....but one day soon we will be singing together again!

Here is the Spring Song List:

It Might as Well Be Spring

Thou Swell

The Thrill is Gone

Ain't Misbehavin' SING-ALONG

Crazy SING-ALONG

Fly Me to the Moon SING-ALONG

Tracks of My Tears DUET - ANDY & JAN

Recado Bossa Nova (The Gift)

Prisoner of Love

How About You SING-ALONG

I Left my Heart in San Francisco SING-ALONG

Sunny SING-ALONG

One Note Samba

That's All

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The greatest opening lines in movies - 50 amazing movie quotes

From Shortlist.com

The best opening lines set the scene for the movie that follows. Whether it's a quote from a book or a sly quip that encapsulates the entire plot of the film, finding the right way to open a movie is essential.

The best opening lines in movies aren't the same as the best openings for a movie. The endless star ship crawl, Indiana Jones' battle with a rolling ball, a night swimmer that acts as dinner for a great white are all memorable scenes (perhaps the most memorable) but for these opening scenes it's not about what's said but what's happening.

Here we look at the movies where the first things muttered are sublime - lines of dialogue that will be forever remembered.

Here is our pick of the 50 best opening lines in movies of all time.

CLICK [HERE](#)



3 Friends Quit Their Jobs, Sold Their Homes & Set Out On An Adventure Of A Lifetime

Three retired professionals dubbed “The Wander Women,” have made it their bucket list goal to complete hiking the “Triple Crown.”

Long-time friends Kristy Burns, Annette Demel, and Lyn Edmiston quit their jobs and sold their homes in Colorado Springs in 2015 with the mission of reinventing themselves.

They moved into motor homes and began exploring different places all over the country. Soon, the women agreed to hike the country’s three main long-distance national scenic trails.

“We wanted to write a new chapter of our life,” Burns [said](#). “We just felt like life is short and there’s many things to do, so we wanted to have as many experiences as we could before we die.”

In 2019, they hiked 2,190 miles from Springer Mountain in Georgia to Mount Katahdin in Maine on the Appalachian Trail.

In 2020, they hiked nearly 3,028 miles on the Continental Divide Trail, from the Montana border with Canada all the way to New Mexico’s border with Mexico.

The three friends are documenting their journey on [YouTube](#), and hope their channel inspires others to live their lives without fear and to pursue their own dreams.

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Supper Club with Chef Joey is BACK!

Wednesday, April 27th, 5pm

Tickets available NOW

[Click HERE](#)

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[Where joy hides and how to find it | Ingrid Fetell Lee](#)



Living with Alzheimer's and Dementia

Managing the challenges of patients, families and our health care system

Hosted by MARIN COUNTY COMMISSION ON AGING Health and Nutrition Committee

Monday February 21, 2022, 3:30-4:30 p.m.

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[https://us06web.zoom.us/j/85887379075?
pwd=clRwK3p1RkxkN0szQnJzSG1wUHI0dz09](https://us06web.zoom.us/j/85887379075?pwd=clRwK3p1RkxkN0szQnJzSG1wUHI0dz09)

Meeting ID: 858 8737 9075 Passcode: 369660 Call In: +1 669 219 2599

Description:

There are 690,000 Californians living with Alzheimer's disease, a devastating illness with physical, emotional, and financial tolls on individuals, friends, families, caregivers, communities and health systems. The California Master Plan on Aging has identified reimagining Alzheimer's and dementia care as a focus point. The expert speakers of this presentation will address ways for California to do so.

By attending, participants will:

- Review how families and caregivers can care for themselves and manage issues with memory, language, vision, behavior, agitation, aggression, incontinence, sleep and more.
- Learn about methods and challenges of providing care, including which medications can be helpful and which can make things worse.
- Hear the latest news from the Governor's Task Force on Alzheimer's Prevention, Preparedness & Path Forward.

Presenters:

- Andrew E. Budson, M.D. Chief, Cognitive & Behavioral Neurology and Associate Chief of Staff for Education, VA Boston Healthcare System. Author of [Six Steps to Managing Alzheimer's Disease and Dementia: A Guide for Families](#).
 - Dr Wynnelena Canlas Canio, MD, AGSF Geriatrician and Psychiatrist
-



NO cost Home Improvement Program

Marin CIL Extends Availability for No Cost Home Improvement Program Within three minutes, you could be qualified for Marin CIL's no-cost home improvement program, [Dignity At Home](#), for owners and renters alike. Applicants should have an annual household income below \$119,980 to qualify and we can provide over-the-phone assistance for all applicants. Renting? Landlord / management company navigation is provided free of charge.

Home Modification Packages May Include:

- HOME SAFETY ASSESSMENT
- SMALL HOME REPAIRS
- GRAB BARS
- RAISED TOILET SEAT
- HANDHELD SHOWER
- COMPLIMENTARY PILL BOX
- [Apply Today & Get Started](#), Application [HERE](#)

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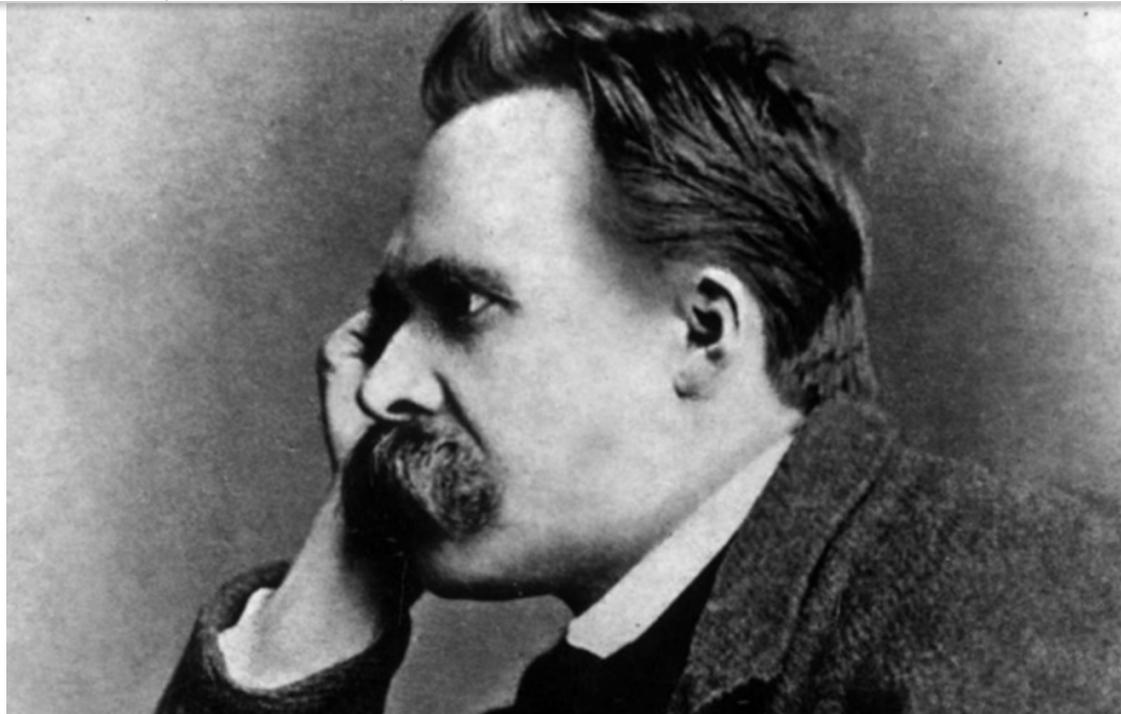
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out directly to **Tonique McNair, Assistive Technology Navigator,**
via email at tonique@marincil.org or via phone **415-459-6245 x20.**



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

Stretch & Strengthen with Rayner



Friedrich Nietzsche's 10 Stylistic Rules of Writing

Excerpted from Open Culture, read full article [HERE](#)

The life of Russian-born poet, novelist, critic, and first female psychologist Lou Andreas-Salome has provided fodder for both salacious speculation and intellectual drama in film and on the page for the amount of romantic attention she attracted from European intellectuals including Friedrich Nietzsche. Emotionally intense Nietzsche became infatuated with Salomé, proposed marriage, and, when she declined, broke off their relationship in abrupt Nietzschean fashion.

Nietzsche had some very specific ideas about literary style, which he communicated to Salomé in an 1882 note titled “Toward the Teaching of Style.” Nietzsche “set down ten stylistic rules of writing,” which you can find, in their original list form, below.

- 1. Of prime necessity is life: a style should live.*
- 2. Style should be suited to the specific person with whom you wish to communicate. (The law of mutual relation.)*

...to say and present, before you may write. Writing must be mimicry.

4. *Since the writer lacks many of the speaker's means, he must in general have for his model a very expressive kind of presentation of necessity, the written copy will appear much paler.*

5. *The richness of life reveals itself through a richness of gestures. One must learn to feel everything — the length and retarding of sentences, interpunctuations, the choice of words, the pausing, the sequence of arguments — like gestures.*

6. *Be careful with periods! Only those people who also have long duration of breath while speaking are entitled to periods. With most people, the period is a matter of affectation.*

7. *Style ought to prove that one believes in an idea; not only that one thinks it but also feels it.*

8. *The more abstract a truth which one wishes to teach, the more one must first entice the senses.*

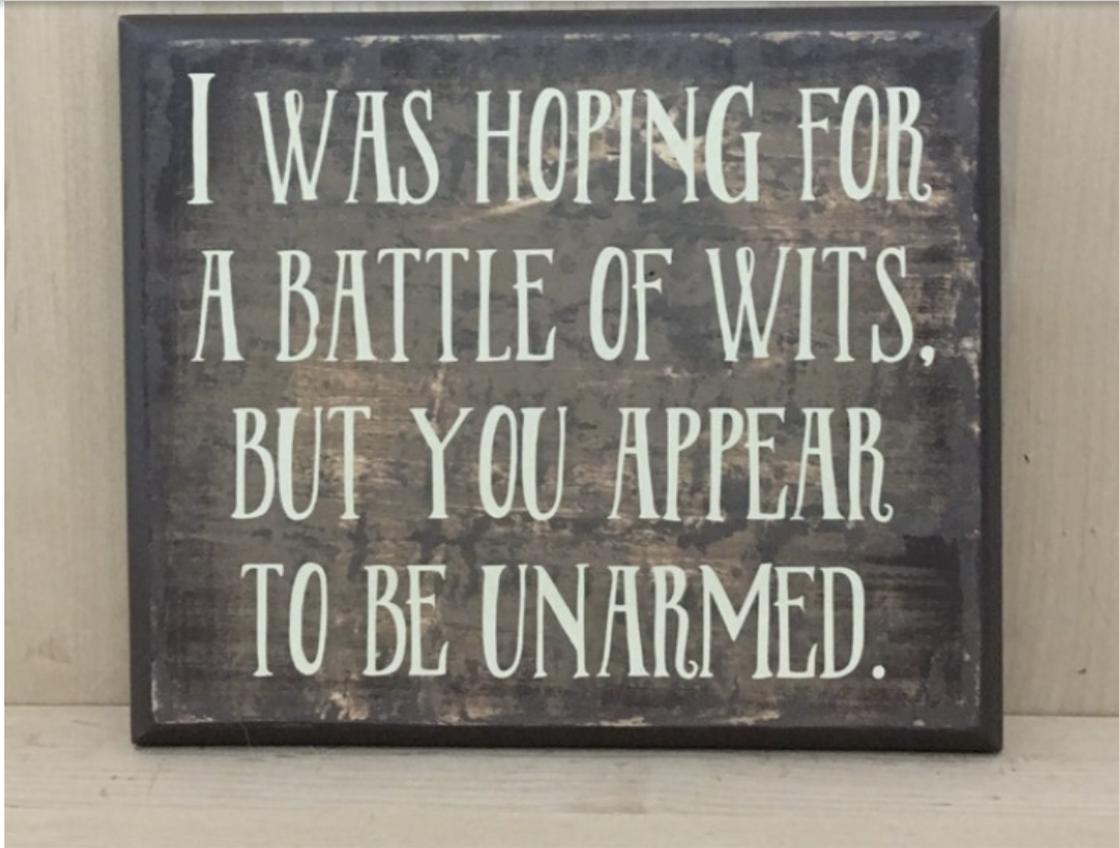
9. *Strategy on the part of the good writer of prose consists of choosing his means for stepping close to poetry but never stepping into it.*

10. *It is not good manners or clever to deprive one's reader of the most obvious objections. It is very good manners and very clever to leave it to one's reader alone to pronounce the ultimate quintessence of our wisdom.*

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Book Chair

Afternoon Book Review Club

Fourth Tuesday every month, 4pm

Discuss books you have read. RSVP [HERE](#)



Five Animals that Mate for Life

- 1) Seahorses
- 2) Beavers
- 3) California Mouse
- 4) Sandhill Crane
- 5) Shingleback Lizard

Read more about each one [HERE](#)

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Everybody Dies, But Not Everybody Lives by Prince Ea - over 11million views

Join us for the
9th Annual **SCBC**
Herring
Festival

Thursday, February 24
5:30-6pm Cocktails
6-8pm Dinner

SCBC Herring Festival

SCBC Herring Festival. [Tickets](#) are now on sale for the 2022 Herring Festival fundraiser for the Sausalito Community Boating Center on **Thursday, February 24**. This year's [ninth annual event](#) will be held from 5:30 to 8:00 p.m. at the banquet room of the Spinnaker Restaurant. The number of tickets will be limited to ensure social distancing, but folks far and wide will be able to join the celebration online. Brad Barton will be sharing his magic and mentalism while hosting an evening focused on sustainable fish delights from local restaurants, cooking demonstrations, and project updates.



**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



3 hours of Smooth Motown Jazz

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

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