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Happy Wednesday, Villagers



Tips for the Soul

*take a
deep breath*

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...rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."

~Kitty O'Meara'~

from the folks at Calm:

Let's meet this moment together.

Without a doubt, many of us are feeling anxious as we navigate the uncertainty of COVID-19. We're feeling it too, and we wanted to share some of the tools we're using to take care of our minds and stay grounded.

All of the resources on this page are free of charge — please share with anyone who might benefit.

Enjoy this [curation of content](#) hand-picked to support your mental and emotional wellness through this time. And check back soon as we'll be updating these resources regularly.



[Calm Music](#)

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FOR THE BRAIN



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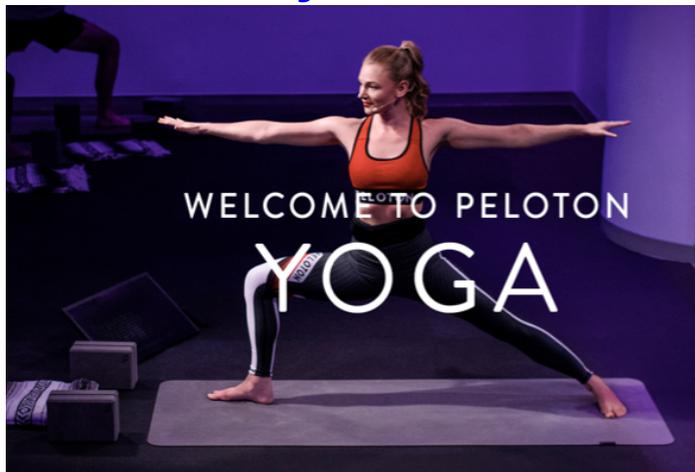
California Academy of Science says [#MuseumAtHome](#)

Watch graceful stingrays, colorful coral reef, and the African penguin colony in vivid HD, or set your sights on the Pacific from the Farallon Islands webcam. [Webcams](#)



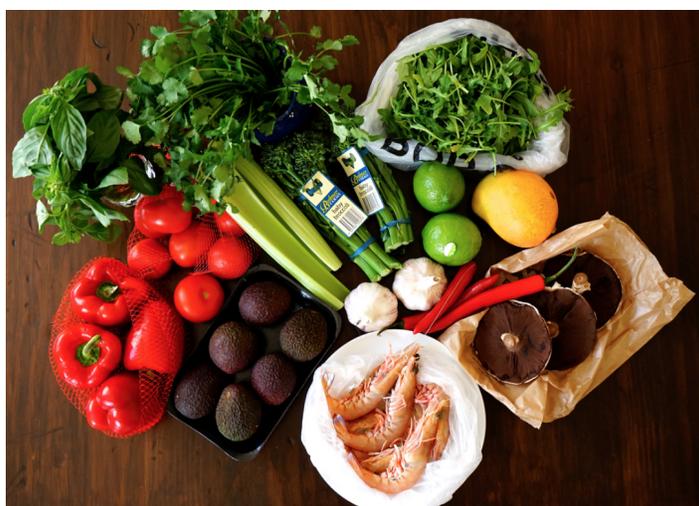
Take the time to complete the 2020 Census

For the Body



Try the [Peloton app](#) for free for 90 days. Classes include yoga, strength, toning, and exercises you can do outside in your yard or on your deck.

Groceries/Supplies

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Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, and pet supplies. Call 415-332-3325 or email sausalitovillageconcierge@gmail.com. All of our volunteers have been vetted.

[Driver's Market](#) offers curbside grocery pick-up service..

Email graham@driversmarket.com and the Driver's staff will gather your groceries and bring them out to your car.

if you are ordering food to go, support our local restaurants! Many of them are registered with delivery services such as www.grubhub.com, www.doordash.com, or www.trycaviar.com . You can also order delivery from [BevMo's Instacart](#). **Wash your hands after removing food from delivery containers.**

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Shopping Tips

- Avoid using baskets or carts by bringing along your own vinyl shopping bags with handles. If possible, line with a doubled paper bag to create a solid bottom.
- Load heavy stuff first, eggs on top.
- If available use self-checkout.
- Use your car keys or a pen at any keypad device.

Good Earth (9 am), and Whole Foods (8 am) limit the first hour of shopping to seniors as well as those who are immune-suppressed and pregnant women. Target has a senior shopping hour at 9 am on Wednesdays.



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