



Happy Friday, Villagers

★ Happy FRIday ★

Thanks to everyone who has submitted content for the daily tips. Please keep it coming.

Just email directly to us [here](#).

Community Corner



**(While sheltering in place) Anne Baele learned how to FaceTime on her iPhone and still maintaining physical distance.
If you would like FaceBook training outside, let us know.**



(While sheltering in place) Tom Theodore soaked up the sunshine. Everyone on the trails was very careful to keep the 6-foot distance.



Follow the [Sausalito Chamber of Commerce on Facebook](#) for information and inspirational posts. Updated daily.

For The Brain



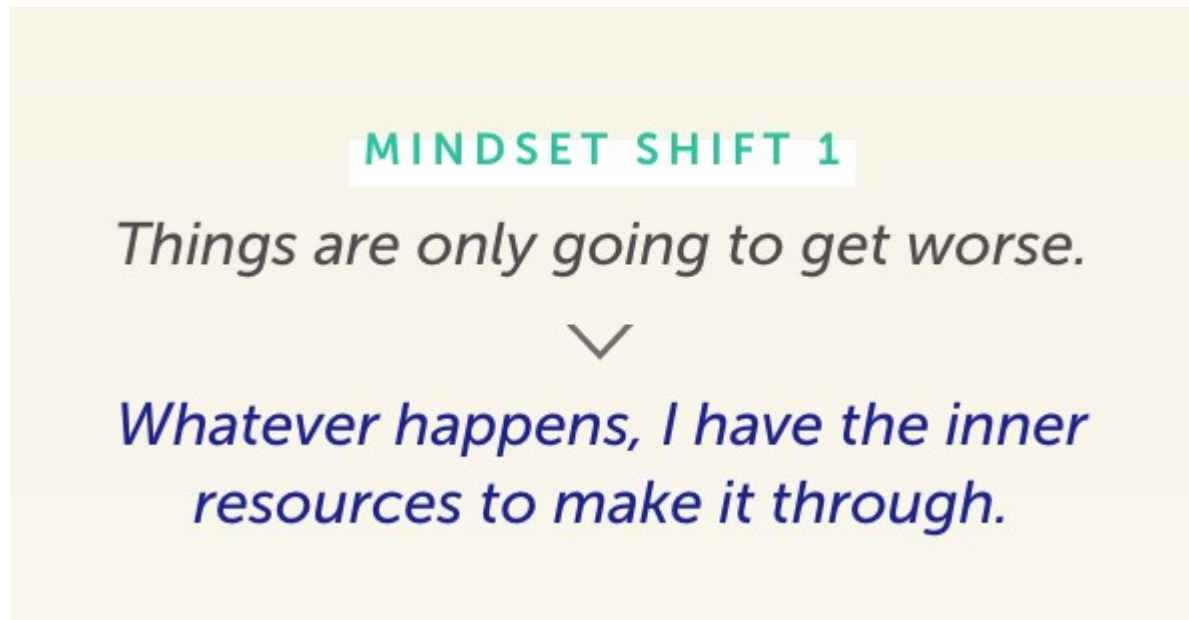
Friday Evening at the Spa

Join Soulstice for an enlightening, inspiring evening conversation

(LIVESTREAM) with intuitive and spiritual catalyst Terrie Burns. Burns will discuss how we are coping as we live through rapidly transforming times.

Tune in LIVE this Friday evening April 3rd at 7PM on [Facebook](#).

[Deepak & Oprah's 21 Days of Meditation: Mindshifts to Find Hope](#)



[California Film Institute Selects](#)

For your screening pleasure! Our trusted curators from all of the California Film Institute's programs offer weekly, hand-picked selections of favorites that can be streamed online; films that we hope will uplift, amuse, provoke thought, and invoke great memories.

We continue our series this week with Rafael Director of Programming Richard Peterson's selection, City Lights, Mill Valley Film Festival Director of Programming Zoë Elton's selection, The King's Speech, and CFI Executive Assistant Maureen Galliani's selection, The Station Agent. Three films about people who are inclined to

self-isolate, yet find spiritual renewal by connecting with others.



[Thinking ahead: For a sustainable recovery from COVID-19 \(Coronavirus\)](#)

Across the World Bank Group, efforts are underway to help governments respond to the crisis triggered by COVID-19. The priority today is to support overwhelmed

health systems and the millions of workers and business owners who are being hit hard. Thinking ahead, however, the response also offers a significant opportunity to build a more resilient and sustainable future.

For Your Body



Visit Sausalito's [new virtual rec center](#). They will be providing fun challenges and pictures along with videos from instructors and are partnering with The Ranch (Tiburon's Rec Department) with some online classes for yoga, painting, music lessons, Zumba Gold, Pilates basics, mat Pilates, adult crafting with dragonfly design, and beginner and intermediate Italian. There will be a small fee, as they are a non-profit, and trying to stay afloat while paying their instructors a little bit of money. Stay tuned for links in the coming days to register and receive the zoom link for the classes. for people to register and get them zoom link for the classes. We've been testing it out and the live classes work pretty well.







Food, Shopping. Assistance

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.

Local Shopping News for Seniors

More and more villagers are having their groceries delivered using online shopping such as Molly Stone's Instacart. If you need help setting this up, call 415-332-3325

DRIVER'S MARKET: 9-10 Shopping hour; Curbside pickup call 415-729-9582 with phone number, list of items and credit card or local check.

GOLDEN GATE MARKET: Senior Shopping 8-9 with 15% discount. Curbside Pick Up - Order by phone at 415-332-3040. They will shop for you and have it ready for pick up. Credit card payment over the phone; prefer not to take checks.

Mollie Stone's: Senior shopping Tuesday/Thursday/Saturday 7-9 All cashiers have glass shields and there are blue lines to keep distance between customers.

Trader Joe's (Cost Plus): Senior Shopping 8-9.

Whole Foods: 8-9

Good Earth: 9-10

Target Wednesdays 9-10

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.**

CVS is offering free delivery of prescriptions and everyday essentials.

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.

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