

From: Sausalito Village <sausalitovillageconcierge@gmail.com>
Sent: Monday, April 13, 2020 8:27 AM
To: galebrewer@comcast.net
Subject: Sausalito Village Tips of the Day



Happy Monday, Villagers

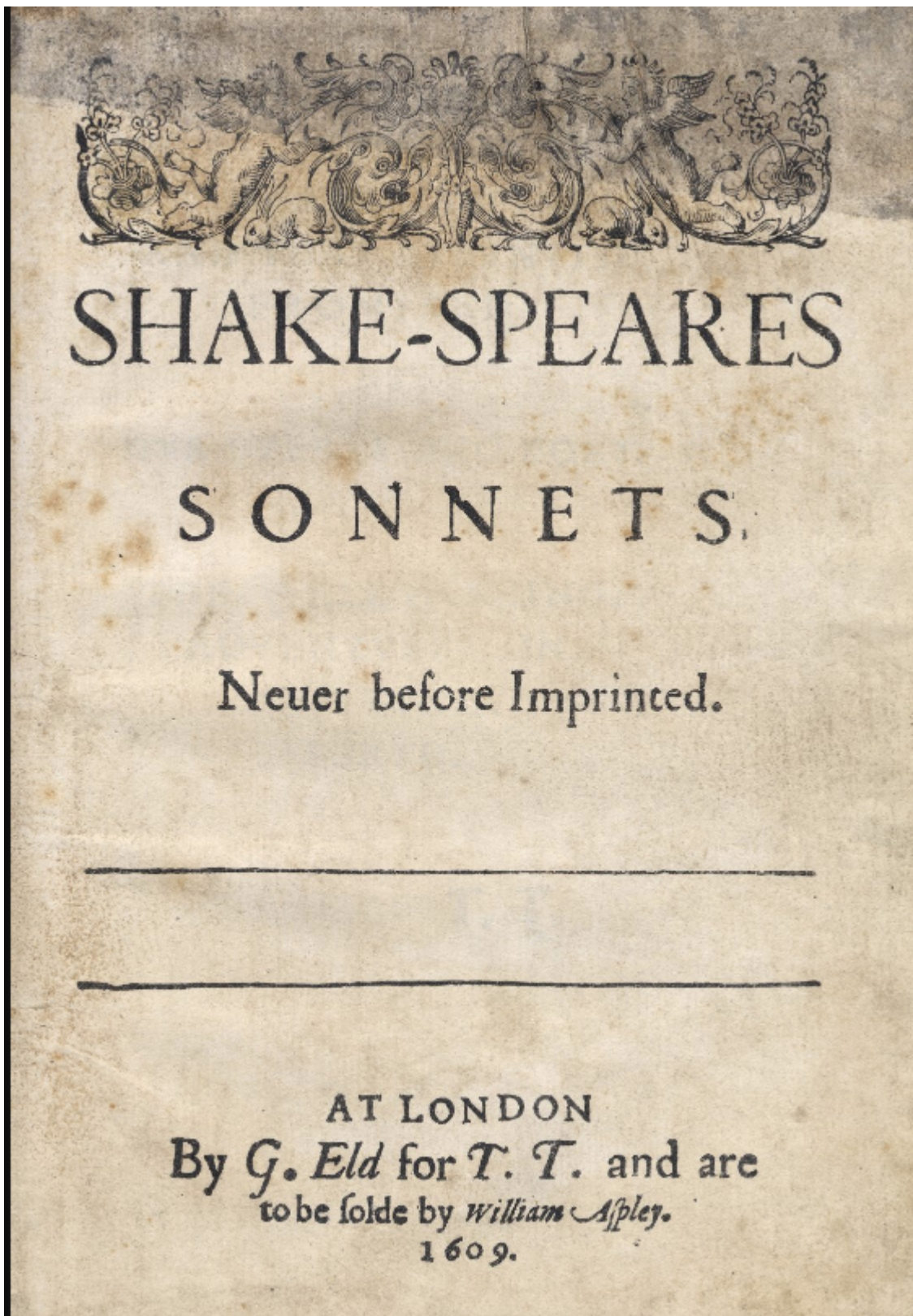
*Ok Monday
let's do this*



Into the Chrysalis

Chrysalises both inspire and baffle me. The thought that a caterpillar can crawl into a sac made of its own body and dissolve its form and come out as a butterfly is a cliched image of transformation, but holy crap. Stop for a moment and really think about that. Does the caterpillar know this is going to happen? If it does that shows some tremendous trust. If it doesn't, then that shows some incredible courage. It just hangs out there, isolating itself from the rest of the world and changing in ways it can never understand.

Does a caterpillar see a butterfly and go "that will be me one day?"



[Patrick Stewart reads multiple sonnets by Shakespeare.](#)



[Autoimmune & Coronavirus: Beating the Panic & Fear in All of Us](#)
Just like [coronavirus](#), fear is contagious too. But there is a difference.



[117 Museums Have Made Thousands of Coloring Book Pages Free To Download](#)



Local meetings this week providing updates about the Covid-19 Response in Marin

Monday - Board of Supervisors Community Conversation, Click here: [More info](#)

Tuesday - City of Sausalito City Council, Click here: [More info](#)

Wednesday - Senator Mike McGuire Town Hall on Marin Covid-19 Response, Click here: [More info](#)



These days many of us aren't driving at all. Remember to preserve your car battery's charge by starting it up regularly, even taking it for a short drive around the neighborhood.

**Until further notice the
days of the week are
now called,
thisday,thatday,otherday,
someday,yesterday,
today and nextday!**

Until further notice ...



For Disney Lovers



Tips on Food, Shopping, Other 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.

Interested in volunteering to help out with errands? Please contact sausalitovillageconcierge@gmail.com or call 415-332-3325.

More and more villagers are having their groceries delivered using online shopping such as [Mollie Stone's Instacart](#). All of the local stores using this service can be accessed via this link. If you need help setting this up, call 415-332-3325. The Chamber of Commerce has [information on all the local restaurants providing take out and delivery](#).

- **DRIVER'S MARKET: Driver's is opening at 11 am on Tuesdays and Fridays as these are delivery days. Senior Shopping on those days will be 11 am – 12 pm.** Regular Monday through Sunday hours are 9 am until 8 pm with the 9 to 10 am hours reserved for senior shopping. Curbside pickup is every day but Sunday for curbside pick up and orders must be in by 8 pm the night before and pick up between 11-12. 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 7-8** 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**
- **Target Wednesdays 9-10**
- **Good Earth: 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.

In Sausalito, "Grab and Go" bags of groceries are available at Marinship Park between 8:00 and 11:00 a.m. on Tuesdays and Fridays. The service is provided by Marin Mobile Care in conjunction with the mobile shower service sponsored by the Sausalito Police Department. The School District and Willow Creek Academy are offering free breakfast/lunch provided daily at BMLK campus 10:30 - 12:00 and hot lunches served on Tuesdays and Thursdays. [Play Marin](#) is also providing meals to those in need. And Port and Provisions delivers and has a special "no neighbor left behind" service [here](#).



FOR YOUR BODY

Note: On many of the videos we choose, continue watching for a series of additional videos from the same link.

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Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA