



Happy Sunday, Villagers

If you have something you'd like to send along to Tips, drop us an [email](#).



LOL!!!



[SF Ballet creates mesmerizing dance 'chain letter' from home](#)

While the San Francisco Ballet's home in the War Memorial Opera House next to City Hall on Van Ness Avenue has closed its doors, the dancers are still sharing their craft.

In a wonderful example of the coronavirus shutdown pushing creative types to broaden their canvas, on Tuesday 10 danseurs and danseuses from the company performed a linked dance from their homes and nearby streets and parks. Each dancer's final pose is expertly continued by the subsequent participant.

Watch [here](#)



[Community Tips](#)

...to wear eye glasses to not fog up the solution is to wear the mask higher and put eye glasses over the top of the mask.



Five "official" COVID-19 guidelines:

- 1. Basically, you can't leave the house for any reason, but if you have to, then you can.**
- 2. Masks are useless, unless you're a health care worker, in which case they save you, but you still need to wear them to the grocery store, but it depends on which state or county you live in, because in some places masks apparently work better than in other geographic areas.**
- 3. Stores are closed, except those that are open.**
- 4. You should not go to hospitals unless you have to go there. Same applies to doctors. Only go to the doctor in case of emergency, provided you are not too sick.**
- 5. This virus is deadly but still not too scary, except that sometimes it actually leads to a global disaster.**



FOR YOUR BODY

If you have more energy and vitality than you know what to do with, feel free to skip this program, but if you're looking for an online energy-boosting program, this program works. The exercises are fun and invigorating and are taught by a dear friend, and an upbeat and very! knowledgeable woman.

She's offering a free 5-day challenge to help people with their energy and mood during this crazy time. Especially while we're all stuck at home, this is kind of a no-brainer to try.

Here's a [link](#) to sign up. We can do it together!



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**

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.**



[Bounty Box](#)

Fresh from the farmer's market to curbside

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](#).

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