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Happy Monday, Villagers

We're always looking for new tips! Drop us an [email](#).



[Back to School: Free Courses from UCSF's Fromm Institute](#)

The Frommcast online platform is offering free access to students over age 50 to a variety of eight-week courses and many single lectures recorded at UCSF's Fromm Hall.

Topics range from art and music to history and politics and much more. Sign up and you'll be contacted for enrollment within a few days.



[Bay Area comic Michael Pritchard a lifeline to his son, an ER doctor in New York](#)

Two things get Brian Pritchard fired up in the morning before he heads into the cavern of death, fear and despair that the coronavirus has transformed his work into.

First, he puts on his headphones. “Peace in the Valley” by Sam Cooke and the Soul Stirrers is a favorite. Next, he checks his phone for the latest text from his dad. “Be conscious of love prayers humor compassion and positivity,” read the latest one.



Mary Oliver reading Wild Geese

“The earthquake shakes you awake, and then that’s sort of the big spiritual question: How do you stay awake? ... The other question is: Why has everything we’ve ever been told about human nature misled us about what happens in these moments?”

Rebecca Solnit

[A Care Package for Uncertain Times](#)

A collection of podcasts, poetry, meditations and reflection for however you’re processing this moment.



[5 Most Luxurious Train Rides](#)

Nothing channels the Golden Age of Travel quite like a luxury train. There's something undeniably romantic about falling asleep to the rhythmic sound of the wheels clacking over iron rails and waking up to sun streaming through the window that provides a new but equally fabulous view every morning.

"Stress is caused by being 'here'
but wanting to be 'there.'"

—Eckhart Tolle

eckhart
teachings

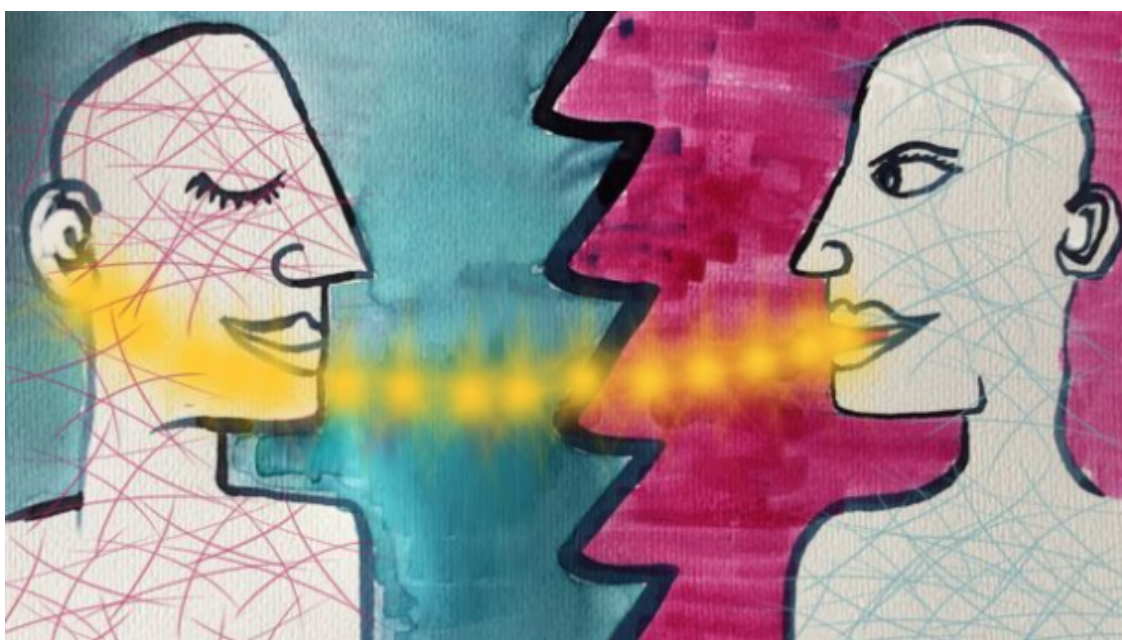


[A Virus in the Neighborhood](#)

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PVC tubes in Guangzhou, where the motto went “let some get rich first.” Through the window of his black car, the millionaire proudly pointed out the buildings to which he’d supplied tubes.

At the door of the restaurant, we were met by barks, cackles, screams, and blood. Behind bars, ropes, and mesh, animals—both wild and tame—were bundled together. Cats and rabbits in the same cage, shelves of chubby puppies. There were frogs, rats, ducks, even a peacock. Owls perched on a roost. In a tray on the floor, beetles crawled, in another ants, in the next maggots. Nice snacks, I was told, grilled or fried.



[Coronavirus tips: How to build better relationships remotely](#)

With measures to tackle coronavirus leaving so many people unable to meet family and friends, how can we make more meaningful connections when we're on phone calls or using video apps? Experts offer their advice.



Community: Food, Services, Virtual Recreation

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 sausalitovillageconciierge@gmail.com. All of our volunteers have been vetted and are eager to help out!

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

Face Coverings

Face coverings by Sausalito Villagers are still available for free. Contact triciasmith58@gmail.com.

Local Sources for Hand Sanitizer

- The Marinship Emergency Medical Manufacturing Group (MEMM) and the [Sausalito Working Waterfront Coalition](#) from 11:00 a.m. - 1:00 p.m. at 170 Gate 5 Road, across from the Cibo Bakery Outlet. Bring your own container that seals with a lid. They will dispense 6 ounces to each person until supplies run out.
- Sausalito Market on Caledonia @ \$7.50

[Virtual Rec Room](#)



Welcome to Sausalito's Parks and Recreation Virtual Rec Room. Each day we will be featuring new content from our many instructors, Parks and Recreation Team, and from the web. This Rec Room was designed for our community to think inside-the-box (since you can't go outside), grow by learning new skills, and challenge ourselves on a daily basis.

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

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- **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.**



[Bounty Box](#)

Fresh from the farmer's market to curbside

CVS is offering [free delivery](#) of prescriptions and everyday essentials. The local 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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