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Happy Monday, Villagers

Please send along your suggestions for materials to add to the daily tips. We're always looking for good content.



NightLife @ Cal Academy of Sciences

A new adventure unfolds every Thursday night from 6–10 pm.

Dear NightLife guests: The health and safety of our guests, staff, partners, and community always come first. In response to the latest coronavirus (COVID-19) guidelines from local and state public health authorities, the Academy is currently temporarily closed to the public, and NightLife events have been postponed. We apologize for the inconvenience and look forward to welcoming you back to the museum when it is safe to do so.

In the meantime, join our livestream on Thursday evenings! During [Virtual NightLife](#) events, we'll bring you an eclectic mix of science, music, and art, and when [NightSchool](#) is in session, we'll take deeper dives into a single science-related theme.

Catch both events, streaming alternate weeks, Thursdays at 7:00 PM PDT on the Academy's [YouTube channel](#) and [Facebook](#) page.

Learn more about [the Academy's response to COVID-19](#), and explore how you can [enjoy Academy science from home](#).



This amazing sarcophagus, the so-called the “Sarcophagus of the Spouses,” was discovered in 1881 at the Banditaccia necropolis, outside of Cerveteri.

The Etruscan Museum in Rome purchased the sarcophagus, which consisted of some 400 fragments which had to be pieced back together. Can you imagine?

This work stands as a symbol for the festive, fun-loving spirit of the Etruscan culture of the sixth century BCE. This husband and wife invite us to join them in an eternal feast.

Free online workshop

WOMEN IN ETRUSCAN ART

with Laura Morelli, PhD

[Register Now](#)



WEBINAR

Maintaining Your Immune Health
in the Face of COVID-19 and Future Viruses

Tuesday, May 12, 2020

11am-12pm EDT

[RSVP](#)

Why are adults over 55 especially vulnerable to pathogens like the coronavirus?

- **What is it about immune aging that makes older adults so vulnerable to COVID-19**
- **How aging processes can impact the severity of viruses and other diseases**
- **How exercise, nutrition, and other lifestyle factors can improve your immune health**
- **What treatments show promise to bolster our immune defenses against COVID-19**

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Exercise on TV

Chanel 17 at 9am Monday - Friday there is a 22-minute program called Classical Stretch presented by Miranda Esmond White.

Following that on Chanel 17 at 9:30 is another program call Sit and Be Fit for people who are less active.





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 sausalitovillageconcierge@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 sausalitovillageconcierge@gmail.com or call 415-332-3325.

Face Coverings

Face coverings by Sausalito Villagers are still available for free. Contact sausalitovillageconcierge@gmail.com . Residents are required to wear face coverings while shopping and carrying out other essential services. They should carry a face covering along with them when they are out exercising in case they encounter situations where they can not maintain six feet social distancing requirement.

Cibo Popup and Sausalito Bakery Cafe.

Cibo bakery popup has moved to Angelinos from 9-1, MTWFS.

Local Sources for Hand Sanitizer

- **The Marinship Emergency Medical Manufacturing Group (MEMM) and the [Sausalito Working Waterfront Coalition](#) on Mondays from 11:00 a.m. - 1:00 p.m. at 170 Gate 5 Road. 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**
- **Hanson Tasting Room /Gallery on Bridgeway at Princess (open Friday-Saturday 11-5.)**

[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.

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.



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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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