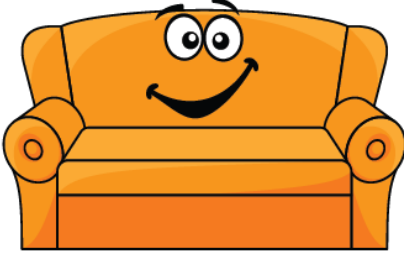





Happy Tuesday, Villagers

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

Sausalito Parks and Recreation presents



**Sausalito's**  
**Couch Con**  
May 12 10am-3pm

Sponsored by **MOLLIE STONE'S** 

[sausalito.gov/couchcon](https://sausalito.gov/couchcon)

### UPCOMING EVENTS

Beginning today at 10 am and continuing through 3 pm, Sausalito's first [Couch Con](#) features workshops, meetings, and a variety of classes. Take Yin Yoga, watch how to cook with Tequila, learn

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Please go to [www.sausalito.gov/education](http://www.sausalito.gov/education) for more details and for information on how to access the events, which take place every hour on the hour.



# WHAT TO READ !

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Reading Gives Us Somewhere to  
Go When We Stay Where We Are...

A Virtual  
Book Tour  
with  
Cheryl Popp

Wednesday  
May 13th  
4 PM

Pour yourself a glass of wine and Zoom-in!  
Register with Sausalito Village

10% discount for all Sausalito Village Members  
CALL or EMAIL US!

*Our expert booksellers & personal shoppers are on call to help you!*

[Register Here.](#)

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### [How To Make Yourself More Miracles](#)

Who wouldn't want more miracles in their lives? I think everyone would and I have discovered an awesome and proven way to attract more miracles into your life.





May is Mental Health Awareness Month. During this month, we raise awareness about mental health and the importance of reaching out and supporting one another. This is particularly important during this challenging time that we are all experiencing. In support of Mental Health Awareness Month, Behavioral Health & Recovery Services (a division of Health & Human Services) has several activities planned including gentle yoga workshops:

- Wednesday 5/13, 10:00-11:00 am - [Gentle Yoga for Seniors](#) in celebration of Older Americans Month
- Thursday 5/14, 5:00-6:30 pm - [Gentle Yoga for the Community](#) open to all Marin County residents

Marin BHRS is always open. Any resident experiencing a mental health or substance use issue, can call the 24-hour, confidential Access Line at 1-888-818-1115. BHRS provides outpatient, residential, crisis services, and hospital care addressing specialty mental health and substance use service needs of Marin Medi-Cal beneficiaries and uninsured residents.

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### [How to Help A Friend With Anxiety: Nine Tips](#)

**If you have a friend, partner or loved one who struggles with anxiety, it can be challenging to know what to say and how to show up.**

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WE are A  
Community

### Community: Food, Services, Virtual Recreation

*New Today: [Good Earth Mill Valley](#) now offering curbside pick up  
(delivery to Mill Valley only)*

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](mailto:sausalitovillageconcierge@gmail.com). All of our volunteers have been

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**Interested in volunteering to help out with errands? Please contact [sausalitovillageconciierge@gmail.com](mailto:sausalitovillageconciierge@gmail.com) or call 415-332-3325.**

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### **Face Coverings**

Face coverings by Sausalito Villagers are still available for free. Contact [sausalitovillageconciierge@gmail.com](mailto:sausalitovillageconciierge@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.

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### **Cibo Popup and Sausalito Bakery Cafe.**

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

The Sausalito Bakery Cafe is serving coffee and goodies to go.

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### **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.)**
-



*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 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**

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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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