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**Happy Sunday, Villagers**

**Please send along your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our website for more information about our organization and programs.**

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**[Sign up early](#) for Dinner Delivered to your Door: This Thursday, it's Avatar's**

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Quarantine Music Video - "Dance Song (for the End of the World)" - Lizzy & The Triggermen

## Transforming Fear and Anxiety in the Process of Conscious Manifestation



VIDEO #2: CONSCIOUS MANIFESTATION MINISERIES

In this [video](#), Eckhart Tolle shares how we can replace fearful and anxious thinking with Presence, and how this becomes powerful fuel for conscious manifestation.

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A FEW FUN QUERIES TO RESEARCH WHILE WAITING FOR  
MIGRANTS TO RETURN

At least one specie gets away with not building a nest but placing its eggs in another's. Which one?

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Who is singing in the spring, male/female/both and why?

What time of year do birds mostly sing their songs and why at that time?

Which specie can mimic many other birds' songs and even mechanical sounds such as a car alarm?

Name a very, very large predator bird which likes to play by dropping objects from great heights and then diving to catch them in mid-air often doing this in tandem with a mate?



Oldie but goodie.



[Travel quiz: Think you're a well-versed traveller? Take a shot at our 80 fiendish questions](#)

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**WE are A  
COMMUNITY**

*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 vetted and*

*are eager to help out!*

*Interested in volunteering to help out with errands? Please*

*contact [sausalitovillageconcierge@gmail.com](mailto:sausalitovillageconcierge@gmail.com) or call 415-332-3325.*

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**Community: Food, Services, Miscellany.**

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@The Sausalito Library

### [Virtual Rec Room](#)

*Featuring new content daily!*

### Face Coverings



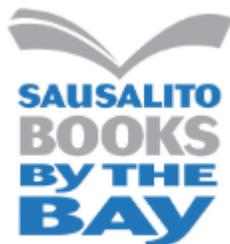
Face coverings by Sausalito Villagers are still available for free. Contact [sausalitovillageconcierge@gmail.com](mailto:sausalitovillageconcierge@gmail.com). Residents are required to wear face coverings while shopping and carrying out other essential services. They should carry a face covering along 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.

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



[Sausalito Books By The Bay](#) offers free delivery and curbside pick up.



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:** Senior Shopping 9 am – 10 pm. Curbside pickup is every day but Sunday and orders must be in by 8 pm the night before for pick up between 11-12. Email [info@driversmarket.com](mailto:info@driversmarket.com) with phone number and list of items.
- **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** Ample supplies of disinfecting gel and wipes at door. One way aisles. All cashiers have glass shields and there are blue lines to keep distance between customers.

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- **Target Wednesdays 9-10**
- **Good Earth: 9-10. Now offering [curbside pickup](#) at both Mill Valley and Fairfax stores.**

if you are ordering food to go, support our [local restaurants](#)! Many of them are registered with delivery services such as [www.grubhub.com](http://www.grubhub.com), [www.doordash.com](http://www.doordash.com), or [www.trycaviar.com](http://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.

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