

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

New Monday
New week
New goals

Happy Monday, 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.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Monday: [Online Chair Yoga: 11-12](#)

Tuesday: [TED TALK TUESDAY: TITUS KAPHAR. 4-5](#)

Thursday: [DINNER DELIVERED AVATARS. 5-6](#)



[PBS American Portal](#)

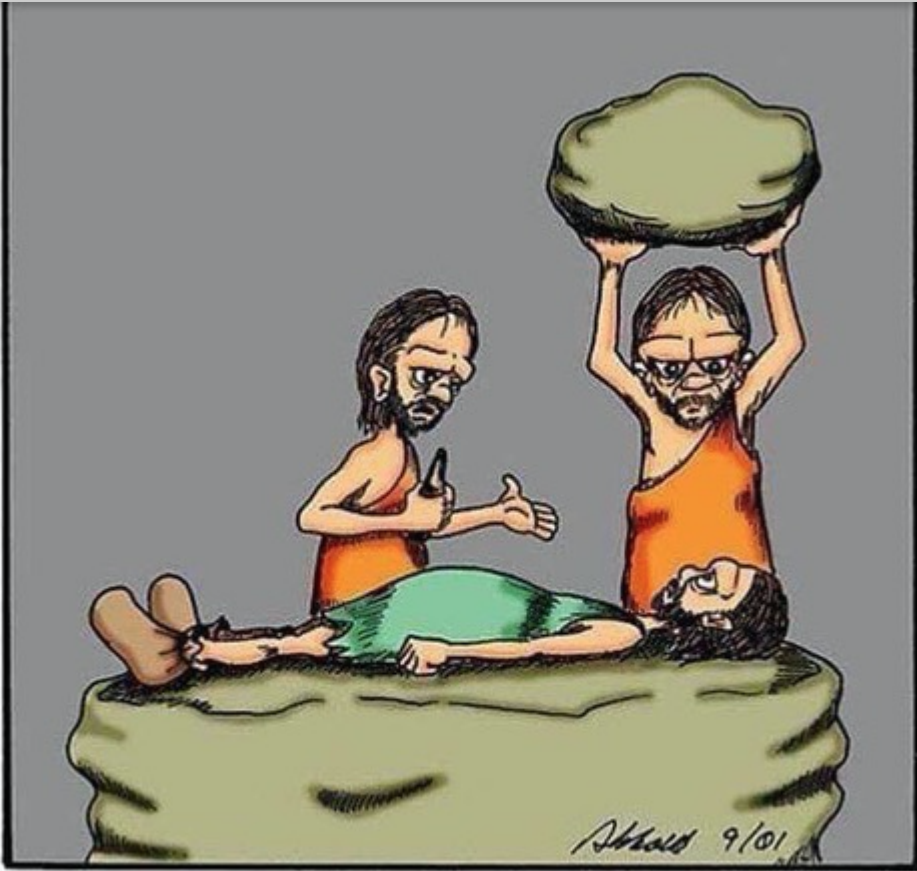
This is a collection of stories contributed by people all over the country — a portrait of what it really means to be American today.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Be heard. Get creative.



The spaghetti tree hoax is a famous 3-minute hoax report broadcast on April Fools' Day 1957 by the BBC current affairs programme Panorama. It told a tale of a family in southern Switzerland harvesting spaghetti from the fictitious spaghetti tree, broadcast at a time when this Italian dish was not widely eaten in the UK and some Britons were unaware that spaghetti is a pasta made from wheat flour and water. Hundreds of viewers phoned into the BBC, either to say the story was not true, or wondering about it, with some even asking how to grow their own spaghetti trees. Decades later CNN called this broadcast "the biggest hoax that any reputable news establishment ever pulled."

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

“...and this is Ralph, your anesthesiologist.”

Morning Relaxation Class on Monday July 13, 2020 from 10:00 AM to 11:00 AM

We will be using Swami Nirmalananda Saraswati's guided 30-minute body awareness program. Please register by visiting www.bayareaolderadults.org/relaxation and check the box for July 13, 2020.



[Downloadable Zoom Backgrounds](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

backgrounds feature iconic Academy animals, colorful specimens, and mesmerizing macro shots. Download a new one anytime you need a change of scenery!



**WE are A
COMMUNITY**

For Information about food, supplies, and services visit the Sausalito Village website's [COVID Resources page](#).

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA