



Happy Saturday, 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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Sunday: [SAN RAFAEL VILLAGE - NEW WEEKLY MOVIE GROUP](#). 7-8

Monday: [Mill Valley Village - Back Before Lunch Hikes with a Friend](#) onday: 9-12

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

**Sharing Your Experiences...
Shopping during Covid-19
Wednesday, July 29 4-5 pm on Zoom**

To continue our sharing your experiences series, join us for a zoom meet-up on July 29, 4-5 pm to share your experiences with shopping during covid-19. Yes, we all know about Amazon- but how else have you been shopping? Have you been ordering groceries to be delivered or picked up or are you shopping in person? How has it worked for you? What are your experiences with shopping for other items either online or in person? Share your tips on what has worked and what hasn't for you. [Sign up](#) on the calendar on the SV website, or contact Sharon at sharon126@aol.com to register.

[Window Swap Lets You Enjoy the View From Other People's Windows Around the World](#)



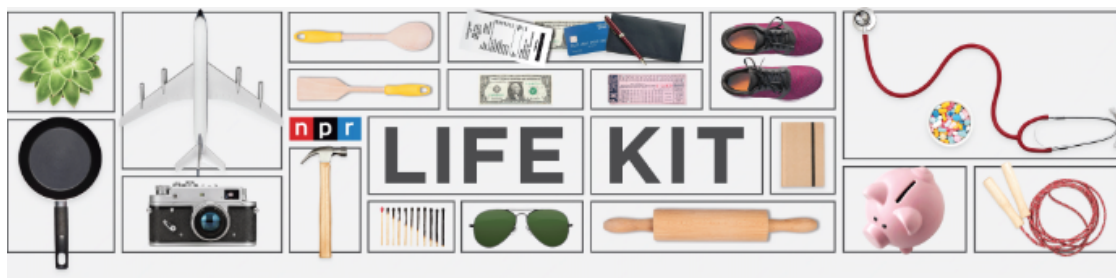
One of the best small pleasures you can have while traveling is looking out the window of your hotel to [drink in the view](#). Of course, traveling to new windows isn't available for people who are in quarantine.

As lockdown measures to combat [coronavirus](#) continue in many parts of the world, people are finding new ways to [“travel” without actually traveling](#).

[Window Swap](#), a website that lets you gaze out of other people's windows all over the world, is one way to get the feel of being in a new place while staying safe during the pandemic, [CNN](#) reported.



Throckmorton Theater live-broadcast concert last month from studios in Oakland.



Advice For Dealing With Uncertainty, From People Who've Been There

(18-minute NPR podcast)

We are living in uncertain times. No one knows exactly how or when this coronavirus pandemic will end — or what it will mean for our lives and the lives of our loved ones in the future.

There's so much to worry about: health, finances, even our social fabric.

I know I'm not the only one lying awake at night asking myself how we get through this and what the world will look like when it's over — or waking up wondering how to get through another day of dealing with all the normal life stuff with constant uncertainty whirring in the background.

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Extended through August [The Magic Parlour at Home](#)

JOIN US FOR THE AARP WEBINAR:

SORTING FACT FROM FICTION ONLINE

Thursday, August 6, 2020
7pm ET

RESERVE YOUR SPOT

 *Can't attend? Register now and watch anytime.*

Do you believe everything you see online? In addition to a wealth of helpful information, there are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the internet, making it hard for even the most discerning reader to sort fact from fiction.

You can stay one step ahead of misinformation if you know the three most helpful questions to ask yourself while surfing the web. This free webinar will equip you with tools and resources like the AARP Fact Tracker, which has been designed to help you distinguish fact from fiction online. Plus, you could discover:

- Ways to determine if the source you're using is reputable
- How to report misleading information or scams
- Ideas for approaching friends or family who have shared inaccurate content

[Register today](#)

LEARNING UNLIMITED: FLATTENING THE COVID GRIEF CURVE **(Marin JCC)**

Flattening The Covid Grief Curve

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Monday, July 27 @ 1 pm

By now, we've all been touched by this pandemic, either directly or indirectly. From people we love, to places we cherish and dreams we've had to put on hold, the losses mount. We won't be able to move forward individually or collectively until we witness our losses more fully, honor our grief, and tend to our healing. Join us for a special Zoom event featuring poems of witness and healing. Hand-selected poems ready and able to help us shift our perspectives, enhance our resilience, and heal.

Zoom will automatically send a meeting confirmation email back to you. If the email is not in your "inbox," please check "junk" or "spam" folders. Still no confirmation? Please re-register being sure to enter the correct email. Still no confirmation? Please contact Danielle at dvierra@marinjcc.org



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

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