**Past Issues** 



Happy Sunday, Villagers

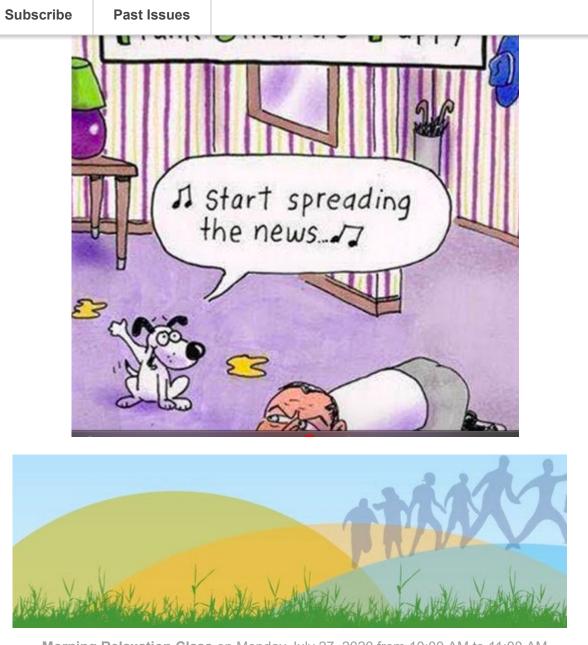
Please <u>send along</u> your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our <u>website</u> for more information about our organization and programs.

Past Issues



Sunday: <u>SAN RAFAEL VILLAGE - NEW WEEKLY MOVIE GROUP</u>. 7-8 Monday: <u>Mill Valley Village - Back Before Lunch Hikes with a Friend</u> 9-12 Monday: <u>Online Chair Yoga</u>. 11-12 Tuesday: Ted Talk Tuesday. 4 pm Wednesday: <u>SHARE YOUR EXPERIENCES...SHOPPING DURING COVID</u>. 4-5

Is there a particular prepared meal delivery service that you have been using and would recommend? If so, let us know! Email <u>sausalitovillagersvp@gmail.com</u> We plan to compile a list to share with readers.



Morning Relaxation Class on Monday July 27, 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 27, 2020.

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

Flattening The Covid Grief Curve Healing Poetry In Fierce Times Presented By Dale Biron Monday, July 27 @ 1 pm

By now, we've all been touched by this pandemic, either directly or indirectly. From

Past Issues

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



# **Music and Brain Health**

From soft jazz to hard rock — discover music's mental,

social and physical benefits.



Past Issues

## Epic Video of Comet Neowise

This seven-minute video of the comet Neowise is the most beautiful thing you'll see all day.



If 2020 was an Ice Cream truck



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



# For Information about food, supplies, and services visit the Sausalito Village website's <u>COVID Resources page</u>.

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 Translate -