



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.

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

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

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

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

Tuesday: Ted Talk Tuesday. 4 pm

Wednesday: [SHARE YOUR EXPERIENCES...SHOPPING DURING COVID](#).
4-5

Is there a particular prepared meal delivery service that you have
been using and would recommend?

If so, let us know! Email sausalitovillagersvp@gmail.com

We plan to compile a list to share with readers.

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

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

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

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.



[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.

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

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

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