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Happy Tuesday, 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.



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Tuesday: TED TALK WITH PICO IYER – THE ART OF STILLNESS

4 pm

Wednesday: SHARE YOUR EXPERIENCES...SHOPPING DURING COVID.

4-5

Thursday: SURF THE WEB LIKE A PRO! (SAUSALITO LIBRARY). 11:30 am -

1 pm

Thursday: MEMOIR WRITING WORKSHOP PART 2 WITH JACKIE KUDLER.

3 - 5 pm

Thursday: SAUSALITO BOOKS BY THE BAY EVENT - CA WILDFLOWERS

AND CLIMATE CHANGE. 5-6

Friday: 'COPING WITH PANDEMIC STRESS' SUPPORT GROUP - SV

MEMBERS AND VOLUNTEERS ONLY

2 pm



Monday's Online Chair Yoga

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

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Webinar

LIVING WITH FIRE IN MARIN COUNTY

Tuesday, July 28 @ 6pm

Living With Fire in Marin: Current North Bay Fire Trends and What We're Doing to Prepare

Join us for the Living With Fire in Marin County webinar on Tuesday, July 28 at 6pm. Hear from Mark Brown, Deputy Chief of the Marin County Fire Department and Katie Rice, Marin County Supervisor, about current North Bay fire trends and learn what Marin County is doing to prepare.

The first in FIRESafe MARIN's new online webinar series.

When: Jul 28, 2020 06:00 PM Pacific Time (US and Canada)

Topic: Living With Fire in Marin: Current North Bay Fire Trends and What

We're Doing to Prepare.

Register in advance for this webinar:

https://firesafemarin.zoom.us/webinar/register/WN_bHVDO3oYQNmMH5Cwn9mL3g

After registering, you will receive a confirmation email containing information about joining the webinar.

Thanks for attending FIRESafe MARIN's online webinars. www.firesafemarin.org

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Dear California Voter,

Today marks 99 days until the General Election on November 3, 2020!

All California voters will be sent a vote-by-mail ballot with prepaid postage for the General Election.

To make sure you get your ballot, we are asking all California voters to double-check their voter registration at:

https://voterstatus.sos.ca.gov

Check here.



You are not alone!

Coping with Pandemic Stress Support Group

Every day, new numbers emerge detailing the toll coronavirus is taking on our communities, but there's also an emotional cost. If you have pent up feelings of anxiety and stress due to covid-19, join the Sausalito Village weekly support group. The purpose is to have a community where you feel safe with other people who will listen without judgment.

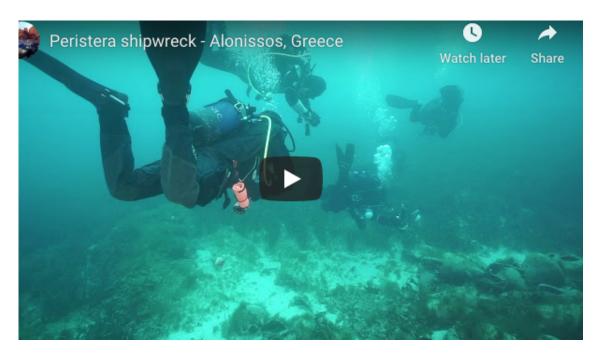
Longtime Sausalito Village Member and Volunteer, MaryKae Krause, is an RN who has years of experience facilitating group therapy sessions in both inpatient and outpatient settings. MaryKae will be leading this weekly group every Friday afternoon at 2 pm through the month of August.

Open to Sausalito Village members and volunteers only.

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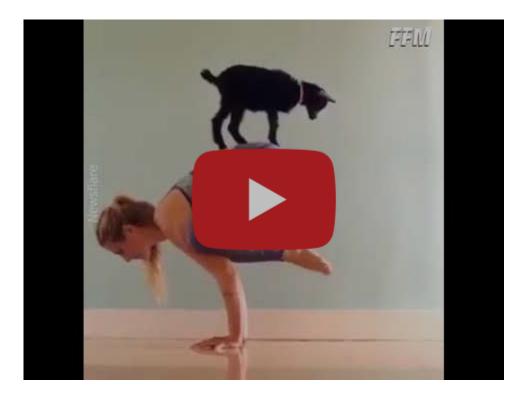
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This Ancient Shipwreck Is Now an Underwater Museum in Greece

The museum will open to divers for two months starting in August.



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For Information about food, supplies, and services visit the Sausalito Village website's COVID Resources page.

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