



Happy Thursday, 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.

Russian artist Nikolaj Arndt “chalks” drawings on flat surfaces to give them a three dimensional appearance.



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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



Two Virtual Hikes courtesy of Bay Area Older Adults

1. Sanborn County Park Redwood Hike. Join us for a leisurely walk at Sanborn County Park and learn about the redwoods, flora and birds that make their home in the park and the interesting geological formations found there. We heard lots of birds songs too!

Click www.bayareaolderadults.org/sanborn_hike to view the educational video.

2. Birding at Shoreline Park. Join us for a walk at Shoreline Park in Mountain View which covers a little history of the historic Rengstorff House and tracking down birds along Shoreline Lake, Shoreline Slough and Charleston Slough. The video includes lots of bird

sounds. Click www.bayareaolderadults.org/shorline_walk to view the educational video.

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[Every self-help book ever, boiled down to 11 simple rules](#)

The first self-described self-help book was published in 1859. The author's name, improbably, was Samuel Smiles; the title, even more improbably, was [Self-Help](#). A distillation of lessons from the lives of famous people who had pulled themselves up by their bootstraps, it sold millions of copies and was a mainstay in Victorian households. Every generation since had its runaway bestseller, such as [How to Live on 24 Hours a Day](#) (1908), [Think and Grow Rich](#) (1937), or [Don't Sweat the Small Stuff](#) (1997).

OSHER MARIN JCC
KURLAND CENTER FOR
ADULT LEARNING
AND LIVING



The Osher Marin JCC (San Rafael, CA) is delighted to partner with some sister organizations to bring you this special presentation:

[Exploring Opera: "Laughter is the Best Medicine"](#)

Thursday, July 30

1:00-2:30pm (PST) / 2:00-3:30pm (CST) / 3:00-4:30pm (MST) / 4:00-5:30pm (PST)

Take a break from the craziness and stress of our world on a journey of

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full of high drama and tragedy. (Actually, all of that is caused by the singers backstage!) With video performance clips bringing the excitement and beauty of opera into our class, popular San Francisco Bay Area instructor James Sokol will share some of the wonderful comic moments throughout the history of opera. This is a great class for both the opera newcomer and the long-time fan.



[Glamour 70 5-75.](#)

A myriad collection of video responses voicing diverse opinions ranging from what's the meaning of life to what's your favorite drink.

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WORLD Affairs

[America's Longest War](#)

A Podcast

United States forces have been fighting in Afghanistan for almost twenty years, making it the longest war in American history. But for many Americans, the conflict only became top of mind again after hearing reports that a Russian military intelligence unit offered bounty money to the Taliban for killing US soldiers. In this episode, we take a closer look at how the war in Afghanistan has served as a proxy conflict between the US and Russia and how it fits into Russia's global agenda. Former US Ambassador to Afghanistan Karl Eikenberry joins co-host Ray Suarez, followed by a conversation with Jennifer Glasse, a Senior Managing Editor at Al Jazeera.



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COMMUNITY**

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

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