

A handwritten-style graphic that says "hey ♥ Sunday". The word "hey" is in black cursive. A pink heart is in the middle. "Sunday" is in black cursive with a pink brushstroke underline. The background is white with scattered pink stars and dots.

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.

Photo by Harrie Schwartz.



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

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Malaka Gharib/NPR

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Last week, I was inside a convenience store, and a deliveryman was stocking up sodas in the refrigerated aisle without wearing a mask. It made me feel uncomfortable. We were in a small, windowless space together. If the deliveryman had been sick and shedding virus, it could have easily spread through the air inside the store.

As I waited in the checkout line, I felt my anxiety growing. What should I do in this situation? Should I say something?



# Seenager

I **JUST** discovered my age group! I am a **Seenager** (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

## **SO THERE!**

I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.

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

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