



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.



Sunday: [ASHBY VILLAGE INVITATION: SHIFTING ZEITGEIST](#). 2-4

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

Tuesday: [TED TALK: USE ART TO TURN THE WORLD INSIDE OUT](#). 4-5

Wednesday: [DINNER DELIVERED ANGELINOS](#). 5-6

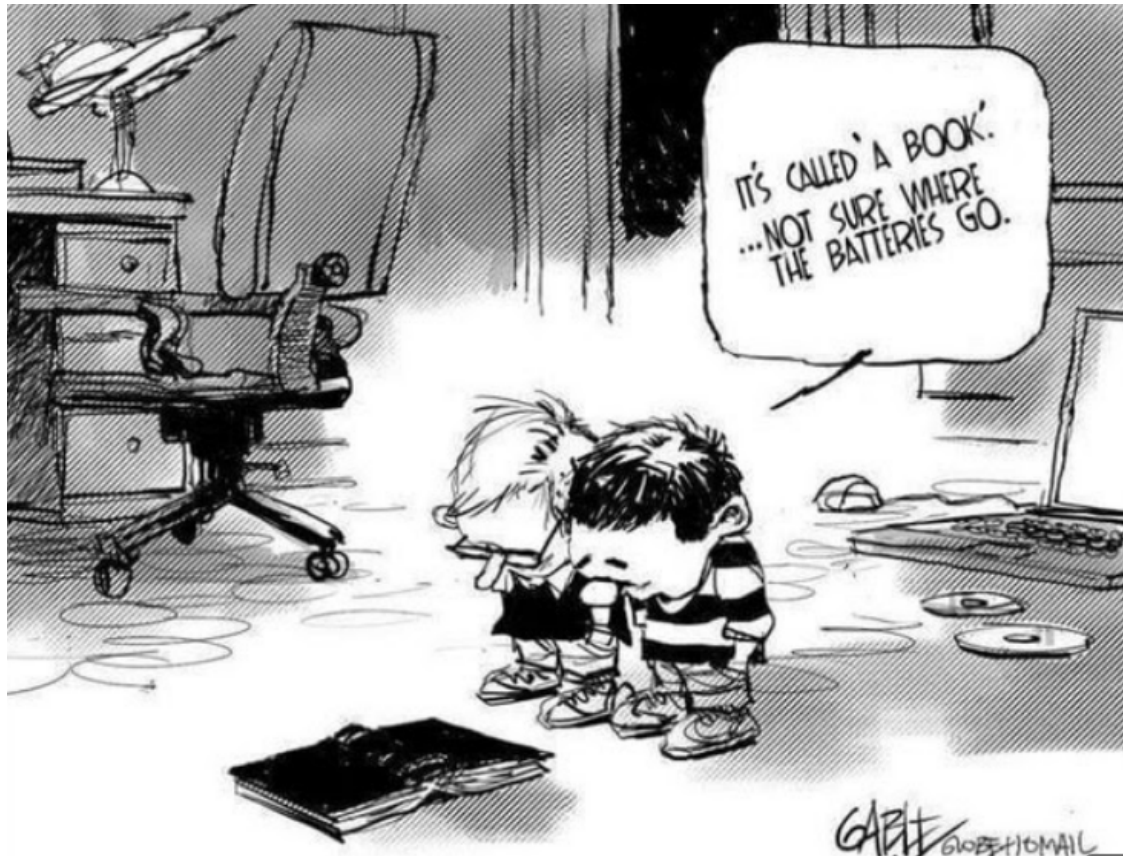


We're having a HEAT WAVE!

Extremely warm temperatures in Marin have . PG&E last night initiated rotating power outages to address the strain on the power grid due to extremely warm temperatures. The one-hour outages may continue this evening and possibly longer if the heat does not abate.

San Rafael Marin Public Health is opening a cooling center Saturday, August 15 through Tuesday, August 18, from 3:00pm to 7:00pm, at the Marin Center Exhibit Hall (10 Avenue of the Flags). Older adults who cannot safely stay cool at home can seek temporary relief at the air-conditioned San Rafael site.

during a heat wave.



[9 Mantras for Anxiety](#)

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desires than listen to your fears. Trust that your intuition is leading you somewhere. Trust that the flow of life contains you, is bigger than you, and will take care of you—if you let it.” ~Vironika Tugaleva





[LET'S GO TO THE SOUTH PACIFIC!](#)

There's more life underwater than on land! With coral reefs protecting the lagoons from the battering waves of the ocean, and no factories around to pollute the waters – tropical marine life thrives in the South Pacific islands. So let's go!



Preparing your Emergency Kit! Part 1 of 3

As part of Sausalito Village's Emergency Preparedness outreach training, Flo Hoylman provides some tips on what you'll need in our grab and go kit as well as thoughts on how you might personalize it. Parts 2 and 3 follow tomorrow and Tuesday. Thanks to Mike Lewis for filming and editing.

**we are A
Community**

For Information about food, supplies, and services visit the Sausalito Village website's [COVID Resources](https://mailchi.mp/f65a153b00eb/sausalito-village-tips-of-the-day-1111224) page.

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