

Happy Monday, 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.



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

Monday: [COCKTAIL HOUR CONCERT - ANDY AND JAN](#). 4-5

Tuesday: [Book Group](#). 1:30-2:45

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

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

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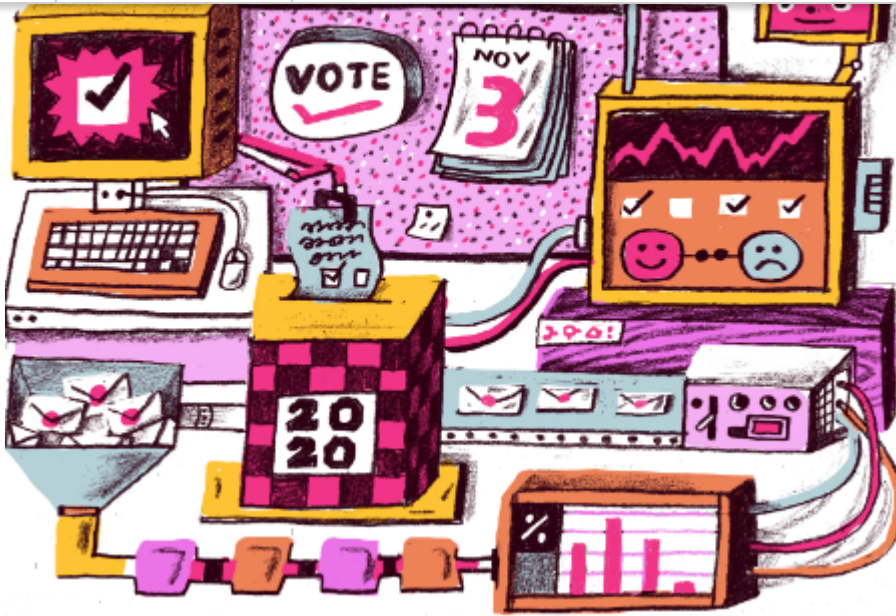
Flex Alert issued for next four days, calling for statewide conservation. Consumers should prepare for the likelihood of rotating electric outages.

Yesterday, The California Independent System Operator (ISO) issued a statewide Flex Alert, a call for voluntary electricity conservation, beginning Sunday and extending through Wednesday. The Flex Alerts are in effect from 3 p.m. to 10 p.m. each day. See attached for full press release.

PG&E also continues to urge customers to conserve energy as above-normal temperatures continue to dominate across the service area today and are expected to continue at least through the middle of the week. Conservation is the best way customers can help prevent stress and strain on the electric supply that could lead to power outages for some electric customers.

PG&E Tips to Stay Safe and Cool

- o Plan ahead: Check the weather forecast to prepare for hot days.
- o Keep an emergency contact list: Keep a list of emergency phone numbers.
 - o Have a buddy system: Check in on elderly or frail people.
 - o Stay hydrated: Drink plenty of water, even when you are not thirsty.
- o Stay cool: Take a cool shower or bath and wear lightweight, loose, light-colored clothing.
- o Stay safe: Stay out of direct sunlight and avoid alcoholic or caffeinated beverages.

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[How To Vote In The 2020 Election](#)

A state-by-state guide to voting in the age of COVID-19



Personalizing Your Grab and Go Kit.
(thanks to Mike Lewis for filming and editing)

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BE LIKE A TREE.



Stay grounded.
Connect with your roots.
Turn over a new leaf.
Bend before you break.
Enjoy your unique beauty.
Keep growing.

Janet Taylor



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**WE are A
Community**

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

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