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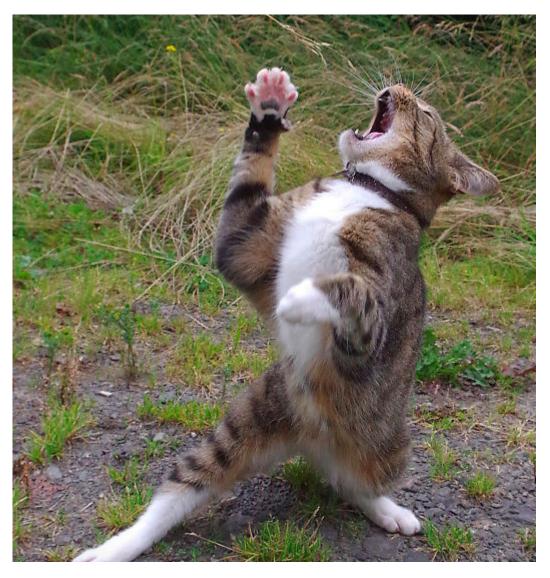


Happy Saturday, Villagers

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.



BAY AREA AIR QUALITY MAP PurpleAir Fire Safe Marin



30 Hilarious Finalists Of The Mars Petcare Comedy Pet Photo Awards

<u>2020</u>

Prepare to have your mood lifted. We might be rushing further and further away from Summer and the world can be a dark place sometimes, but there's always something to cheer us up. After a heated battle, the 2020 Mars Petcare Comedy Pet Photo Awards have announced their 40 finalists. And they look absolutely hilarious!

New virtual fitness classes from Sausalito recreation:



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- Adult Virtual Fitness
 - <u>Chair Yoga via Zoom</u> >>>NEW DAY<<
 Tuesdays from 9:00a.m. to 9:45 a.m.
 \$8 per class
 - <u>Gentle Flow Hatha Yoga via Zoom</u>
 Mondays from 5:00p.m. to 7:00 p.m.
 \$12 per class
 - Full Body Movement for Seniors via Zoom
 Fridays from 11:00a.m. to 12:00 p.m.
 \$12 per class



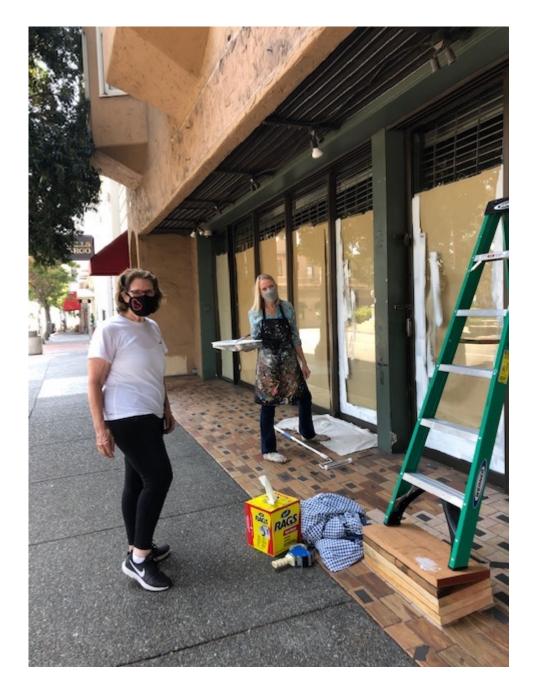
Artist Sue Averell of Sausalito Gallery in Princess Lane has graciously donated her time

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improve the appearance.

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She has been working with Sausalito's EDAC (Economic Development Advisory Committee). Monica Finnegan, EDAC Member is pictured assisting Sue in the prep of the mural.





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Clare Marie Schneider/NPR

In Honor Of World Mental Health Day

This is your friendly reminder to <u>check in on your friends</u>. We all need to be there for each other right now — so pick up the phone, schedule a Zoom hangout, and send some snail

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And don't forget to <u>show up for yourself</u> in the off hours. If it feels like everything is bringing you down, reach out for help. The best time to get a therapist is before you're really struggling — and as we <u>head into a pandemic winter</u>, now might be a good time to look for one. We've got <u>a guide to getting therapy</u> during the coronavirus just for you.



Outdoor Antíque French Market Now Year-Round!

2020

Oct. 11 Nov. 8 Dec. 13 2021 will be All Year-Round

2nd Sunday of Every Month (with a rain-out day the following Sunday





Over 70 Booths of Antíque Treasures & Víntage Bargaíns! *Food Vendors are Back*

9 am to 3 pm Marin Veterans' Auditorium Parking Lot at The Marin Civic Center, San Rafael, CA thefrenchmarketmarin.com fern@goldengateshows.com FREE ADMISSION & PARKING Subscribe

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<u>Grammar rules that changed since you were in school</u> Mistakes you may have been marked down for in the '60s and '70s are no longer mistakes at all.



<u>AI 'resurrects' 54 Roman emperors, in stunningly lifelike images</u> An artist used machine learning to create the photorealistic portraits.

Translate -



For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village <u>website</u>.

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