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Happy Wednesday, 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: Magic Hour Richardson Bay by Harrie Schwartz

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Thursday: [UNDERSTANDING EARLY STAGE DEMENTIA - HOSTS SENIORS AT HOME. 1:15-2:45](#)

[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)

[AlertMarin.org](#)



"If we learn to pay attention in a different, more open way—seeing the good within ourselves instead of just fixating on what we don't like, noticing those we usually ignore or look right through, letting go of categories and assumptions when we relate to others—we are creating the conditions for lovingkindness and compassion to flow."

—Sharon Salzberg

Lovingkindness meditation is a centuries-old practice that helps us overcome our sense of separation from each other and bring *everyone* into the space of our unconditional love and compassion.

Now, you're invited to join esteemed teacher **Sharon Salzberg** for the [10-Day Lovingkindness Challenge: Guided Meditation Practices](#)

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For anyone looking for ways to find solid ground and greater serenity during our turbulent times, these practices are an entry point for both newcomers to meditation and lifelong practitioners.

First day back at school after lockdown 🤔😬🧑🏻🤪



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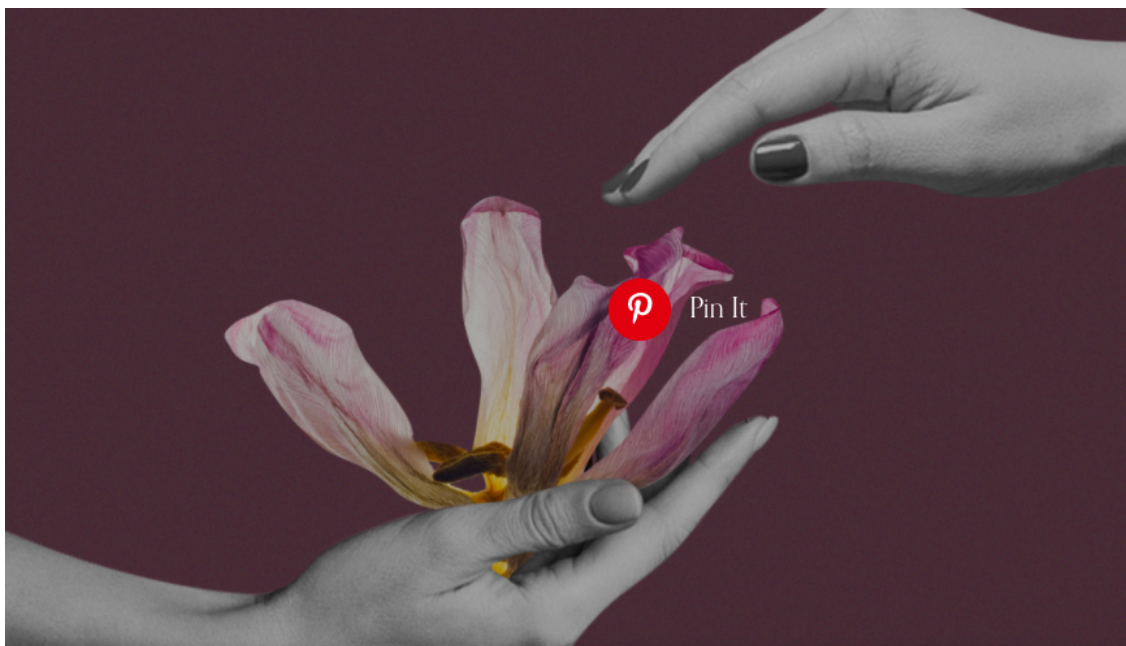
The time has finally come

After being closed for many months, the Academy is reopening on October 23! Enjoy new exhibits, old aquarium friends (hiya, Claude!), and research-backed, CDC-aligned safety precautions to keep everyone safe and healthy during your treasured time in Golden Gate Park. Tickets are now available for purchase, so reserve your tickets today to secure your entry date and time in advance. In the meantime, watch our [reopening video](#) to see how we are getting ready to welcome you back!

California Academy of Sciences



**Exploring Opera: *Aria Ready?*
The Romantic Period**



[Hospice Workers Share What They Wish Everyone Knew About Death](#)

When Daniel Lynn tells people he's a hospice volunteer, he says they usually respond by asking him a question: Why? American culture tends to be put off by anything related to [death](#); it certainly isn't a welcome topic at a party or around the dinner table. "People ask me why I would want to spend my time doing something so sad, but I find it incredibly rewarding and meaningful," Lynn says.

CARSS (Call A Ride for Sausalito Seniors) can help you



Concerned about mailing your ballot?
Here are two alternatives:

- CARSS Drivers will be available to take you to the polls on all voting days Oct. 31, Nov. 1, Nov. 2 and Nov. 3 (covid procedures will be in place)
- OR Volunteers will pick up your ballot at your door and take it to the Ballot Box in Marin City. For it to be counted on election night, it must be in the Ballot Box 3 days before.

RESERVE your CARSS ride or ballot pick up at:
415-944-5474 or infocarss4you@gmail.com

More general voting info: [Click Here](#)

CARSS (Call A Ride for Sausalito Seniors) is a City of Sausalito Age Friendly Program managed by Sausalito Village. This program is free to all residents 60 and older or younger with a disability. www.carss4you.org www.sausalitovillage.org

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For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).

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