



### Happy Election Day, 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: Section of the Botanical Gardens, San Francisco by Harrie Schwartz



Tuesday. [VOTE TODAY!](#) 7:00AM - 8:00PM

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Online Chair Yoga



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## Coffee Talk: *Sharing Stories*

**Tue, Nov 3:** 1:00-2:00pm (PST)

Grab a cup of coffee & bring a story that is fun, funny, touching or represent an uplifting experience to share and discuss with **Paula Love** and others. Cost: Free. For details & registration, [click here](#).



There was a farmer who grew excellent quality wheat and every season he won

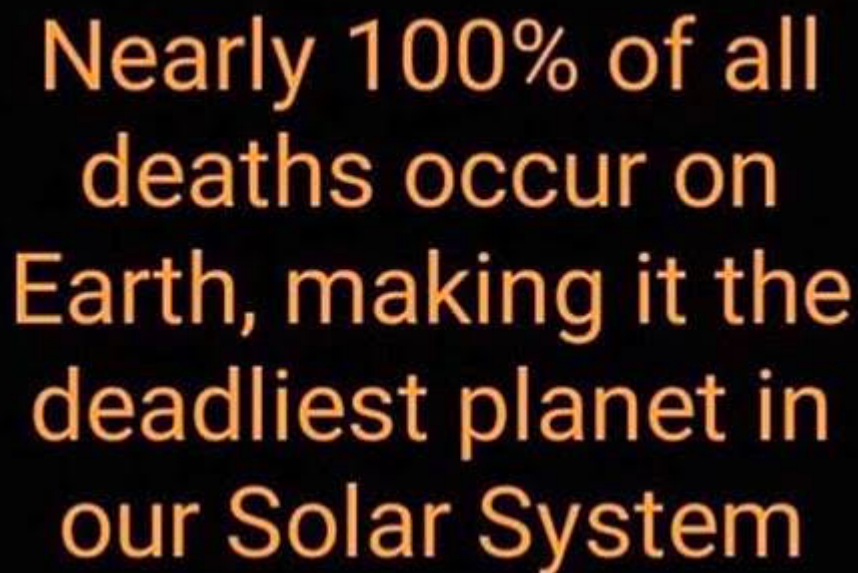
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shared his seed with his neighbors so that they too could plant it in their fields...

"How can you afford to share your best wheat seed with your neighbors when they are entering their crops in the competition with yours?" the reporter asked....

"Why that's very simple," the farmer explained... "The wind picks up pollen from the developing wheat and carries it from field to field. If my neighbors grow inferior wheat, cross-pollination will steadily degrade the quality of all the wheat, including mine. If I am to grow good wheat, I must help my neighbors grow good wheat"...

The reporter realized how the farmer's explanation also applied to peoples' lives in the most fundamental way... Those who want to live meaningfully and well must help enrich the lives of others, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others find happiness, for the welfare of each is bound up with the welfare of all.



Nearly 100% of all  
deaths occur on  
Earth, making it the  
deadliest planet in  
our Solar System



## [10 of the Best Hot Springs in the United States](#)

Warm up at these hot springs around the United States



I saw this idea somewhere, I hope whoever came up with it gets due credit. Great idea! Our neighbor is older and lives alone so I gave her 3 colour pieces of paper for her window which faces our kitchen window. Green is for I'm OK, yellow for need help with an errand, and red for emergency. I call it Isolation Communication. Let's look out for each other.





Halloween 2020



## MOST BEAUTIFUL SCULPTURE GARDENS IN THE WORLD

Art and nature - a perfect combination. Enjoy these stunning sculpture gardens around the world, from Japan to the United States, Cyprus and Italy. There are some great hidden gems like Inhotim in Brazil and an underwater sculpture park in Grenada.



## 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](mailto: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](http://www.carss4you.org) [www.sausalitovillage.org](http://www.sausalitovillage.org)



[Oprah Winfrey: The 7 books that 'help me through' stressful times like](#)

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If you're prone to doom-scrolling Twitter, or can't take yet another stressful headline in the news, Oprah Winfrey has some suggestions on [what books to read](#) next.



## [25 Feel-Good Films You'll Want to Watch Again —and Again](#)

Anxious? Here are some of the best and most rewatch-friendly movies to soothe your mind.



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

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