



**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.

"Blackie's Pasture" by Harrie Schwartz

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Monday: [ONLINE CHAIR YOGA](#) 11-12

Wednesday: [HOME SHARING PRESENTATION](#). 10:30-11:30

[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)

[AlertMarin.org](#)



*Scams of the Day*

**DISINFORMATION** 

Before sharing, check that what you are reading is from a trustworthy source.  
Disinformation can be life threatening in a global pandemic.

No cures or vaccines have been approved for COVID-19 yet. Online offers claiming to provide a medicine or device to treat or prevent COVID should be ignored. When there is a new breakthrough in the treatment and prevention of COVID, it will be widely reported on by reputable news sources.





Can't make the long haul to Hawaii for your vacation? Don't worry, these tropical paradises may be the best-known islands in the U.S., but that doesn't mean they're the best. The Continental U.S. is literally bursting at the seams with ample island vacation destinations. From [East Coast](#) nature sanctuaries to the Caribbean Sea tropics, to the luxurious laid-back vibes of the West Coast – here are the 10 best U.S. islands that aren't Hawaii.



### [The Art of Apple Cider](#)

Family and friends celebrate fall with an annual pilgrimage to Washington state to make hand-pressed apple cider.

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exploratorium®

**The SF Exploratorium** – The Exploratorium has a weekly series of programs for adults on Thursday nights at 7:00 pm called [After Dark Online](#). The website describes the weekly series as “programs on innovative science, arts and perceptual experiences—compelling conversation and hidden treasures, hands-on how-tos and breaking science news.”

November 5 – Sustenance: Home Movies

November 12 – Sustenance: Animal Intelligence

November 19 – Sustenance: Contemplating Creativity

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### [10 VISUAL EXAMPLES THAT DEFINE POSTMODERN ART](#)

Postmodernism emerged as a reaction to modernism, spanning a period that lasted from around 1950 to the end of the 20th century. We present postmodernism to you in 10 artworks.

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

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