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**Happy Tuesday, 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.

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**Tuesday:** [Sign up for Secret Santa Program](#)

**Sunday:** [DEADLINE TODAY! SIGN UP FOR SECRET SANTA PROGRAM!](#)

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Rayner Needleman

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# ΠΡΑΚΤΙΚΟΣ

## Deep Meditation



**Chanting > Singing Bowls >> Inner Silence**  
**Tonight 7:00 Sign-in starts 6:50 closes 7:05**

Join Zoom Meeting

<https://us02web.zoom.us/j/81057762493?>

[pwd=ZXBNZURzblh0RTkvbXMrMm1xLzE5Zz09&from=addon](https://us02web.zoom.us/j/81057762493?pwd=ZXBNZURzblh0RTkvbXMrMm1xLzE5Zz09&from=addon)

Meeting ID: 810 5776 2493

Passcode: 897033 One tap mobile

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### [100 best books of the year, according to Amazon](#)

We've made it to the homestretch of 2020, and quite frankly, we all deserve a reward.

The holidays are approaching, and though the majority of this year was an absolute nightmare, 2020 *did* deliver an impressive selection of superb new books.

If you're searching for the perfect gift for a loved one or are simply looking for a way to safely pass the time inside this winter, we suggest shopping some of the year's best book titles.

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## [How Gin and Tonic Became the Ultimate Cocktail Combo](#)

Every cocktail has an origin story that adds an element of history and romanticism with every single sip. Take the [dark 'n' stormy](#) — a go-to cocktail that came out of post-World War I Bermuda after American sailors sampled local ginger ale mixed with Gosling's Black Seal Rum. Then there's the [cosmo](#). Made famous 50 years before "Sex and the City," the [cosmopolitan](#) was initially called a '[vodka gimlet](#)' before a splash of cranberry juice turned it fancy.

Finally, the gin and tonic, a two-ish ingredient [cocktail](#) that pairs perfectly with early summer weather. To some, the combination of tonic water and gin seems like a no-brainer, but the origins of this drink can be traced back to pre-1900s India as — wait for it — a cure for [malaria](#). Here's how it all went down.

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Trader Joe's is arguably the most universally beloved grocery store. With friendly employees, low prices, and [fun and unique products](#) (looking at you, [Everything But the Bagel seasoning](#)), what's not to like? It even has such a cult following that [it launched a podcast](#). Sure, maybe the crowds can be annoying. And it has a tendency to discontinue beloved products. It would also be nice if it had a deli counter to cut up big items.



## [Fascinating Things About The Brain](#)

Your brain—it controls all of your mental functions and physical functions, whether you're aware of it or not. It is a powerful supercomputer that science is still learning about, and will literally blow your...well, mind when you look more closely at its capabilities.



## [7 Interior Design Trends Around the World](#)

Staying at an [Airbnb](#) or a VRBO in another country can tell you a lot about that area's culture. Whether it's dining inside an elegant [European estate](#) or sleeping on a mat at a traditional Japanese ryokan, your home away from home will offer insight into the colors, patterns, and materials that give each country a distinct personality. Whether you are a design buff looking for inspiration or just want to further experience the local culture, check out these interior design trends around the world.

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WE GATE A  
COMMUNITY

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

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