



Happy Thursday, 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.



[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)

[AlertMarin.org](#)

## **Age-Friendly Marin Network Forum –Open to all ages!**

### **Empowered Life/Planning for 2021**

2020 has been a year unlike any other. At times most of us have felt disempowered, low on energy, lacking connection – maybe even a slight depression. How can you create a plan that will allow you to thrive through these challenges? The answer lies in understanding how to cultivate your energy and your mindset. Join **Barbara Waxman** a Marin resident, leadership coach, gerontologist, speaker and author as she leads a conversation about developing the skills and mindset to prepare for 2021.

**Topic: Empowered Life/Planning for 2021**

**Time: Wednesday Dec 16, 2020 10:30 AM -11:45AM Pacific Time**

**Read more about this event [here](#).**

**RSVP AT EVENTBRITE suggested so we have enough zoom room:**

**<https://www.eventbrite.com/e/131239662363>**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/86107805982?pwd=RENHOTZFSXliaC9JdFM4bHA5WnNMdz09>**



### [Christmas Towns That'll Instantly Transport You to the North Pole](#)

There are few things that compare to the joy of the holiday season. Whether it's decorating gingerbread houses, [marathoning holiday movies](#), cozying up in front of the fireplace, covering every inch of your house in [decorations](#), or surrounding yourself with loved ones, this is truly the happiest time of the year. And while celebrating the season will undoubtedly look differently this year, nothing will get you into the holiday spirit like pictures of the Best Christmas Towns in the country.



### [On TikTok, Fans Are Making Their Own 'Ratatouille' Musical](#)

Thousands of TikTok users, including musical theater professionals, are creating a Broadway-style adaptation of the animated Disney film about a rat with culinary aspirations.

Starting last month, thousands of [TikTok](#) users, including many with Broadway credits, have paid homage to the 2007 Disney Pixar film, about a rat who dreams of becoming a French chef, by creating their own [songs](#), [dances](#), [makeup looks](#), [set designs](#), [puppets](#) and [Playbill programs](#).

The result is a virtual show unlike any on Broadway. There is no director, no choreographer, no stage crew. It has come together organically on TikTok, where users have only a minute to catch people's attention.

**I got pulled over in the HOV lane for driving alone. I said that due to social distancing, my passenger was in the car behind me!**



### [Your Life Should Revolve Around Sleeping](#)

There's much to be said about why time estimates don't match time use surveys. For one thing, we are living in exhausting times. Even before the

news cycle, our dramatically restructured lives, and the ongoing stress of living through uncertain times can all contribute to a bone-deep sense of exhaustion. We tell ourselves to breathe and drink water and sleep, and then we do those things — so why isn't that enough, even when we get a full night's sleep?



### [How adopting a “growth mindset” could boost your resilience during uncertain times](#)

It's a simple fact of life: no matter how many times you tell yourself to “look on the bright side” or “stay positive,” we will all feel ‘negative’ emotions such as [sadness](#), [anger](#) and [fear](#) throughout our lives. But by placing pressure on ourselves to be happy and think positively no matter what's going on, we're denying ourselves the opportunity to experience, reflect upon and learn from those feelings.

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COMMUNity**

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

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