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Happy Thursday, Villagers

Please [send along](#) your suggestions for materials to add to the

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[website](#) for more information about our organization and programs.

Photo: Sausalito Waterfront by Oppenheimer



FREE COVID TESTING EVERY WEDNESDAY 10-4
CITY HALL-MUST MAKE APPT.

Thursday: HICAP PRESENTATION - STILL TIME TO MAKE CHANGES TO
MEDICARE PLANS. 11

Sausalito Beautiful Survey



We hope that 2020 has given you time to pause, slow down, and appreciate the natural beauty of our public green spaces.

Sausalito Beautiful would benefit from your thoughts through an online survey. Five years ago, your input shaped our founding and now it's time to take the pulse of the community again. Please take a few minutes to give us your thoughts.

[Take the Survey Here](#)

[CLICK HERE TO TAKE THE SURVEY](#)



[The Definitive Amount of Exercise You Need to Make Up for Sitting All Day](#)

Here's how to reverse the curse of a sedentary lifestyle, according to science.



Gotta love a man who knits



For 20 years, Nelson Mendonca cycled in and out of prison struggling with drug addiction. But one day, while incarcerated in British Columbia, Canada, [he picked up something that would change his life: a knitting tool called a loom hook](#). He took to it immediately (crafters, you know that feeling), and started knitting hats for the homeless. When he got out of prison, he joined a recovery program at the Phoenix Society, an addiction services center, and now leads a knitting circle with about 10 other men from the facility. Besides providing a creative outlet and lots of extremely wholesome guy time, Mendonca says knitting can teach a lot of life lessons. "It's the one thing in my life I can't cheat, manipulate, cut corners, or find a loophole," he says. "You just have to follow every step, one at a time over and over again." So far, the group has knitted more than 200 warm winter hats that are distributed to people in need.



[Caring For Our Friendships During Covid-19](#)

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your friendships during in the era of safer-at-home.



**WE are A
COMMUNITY**

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

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