



## Happy Wednesday, 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: Solitude by Harrie Schwartz

# What's happening?

**Wednesday:** [GROUP WATCH: MY OCTOPUS TEACHER.](#) 2-3:30

**Wednesday:** [Village Movie Group.](#) 4-5

**Friday:** [BRAIN HEALTH AND REDUCING RISK OF COGNITIVE DECLINE.](#) 9-12:15

[FREE COVID TESTING EVERY WEDNESDAY 10-4](#) (Bank of America parking lot 2. [Register](#) (Appointments can be made no sooner than four days in advance of a testing date))

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Instead of its traditional list of destinations, the Travel desk asked readers about locales with special meaning to them.



## Women Value Their Group Texts in Normal Times. During the Pandemic They've Become a Lifeline

When S got COVID, letting us know on a group text we had mostly used before to schedule dinners, we all texted her privately to tell her she'd be fine, to comfort her, to ask her how she was. You're young and healthy, we said. We crowdsourced breathing exercises from doctors and advice from friends of friends and sent them to the group. But also, it was [April in New York](#) and there were sirens all day and night outside our windows. To one another, in a separate group, we texted questions. We commiserated over the fact that, really, we had no idea if she'd be fine.

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## [The 16 Best Netflix Original Series](#)

[Netflix](#) is a cultural Rorschach test. In addition to being a revolution of the way we watch movies and television, it's a prestige factory that's helping to bring Oscar-quality entertainment to your home. And it's massive enough to be whatever you need it to be at whatever time you need it.

many times, I found the answers to my 8th grade social studies test.



## [Why Does Seeing Food Make Your Mouth Water?](#)

You've just taken a devil's food cake out of the oven and set it on the counter to cool. Moment by moment, your house fills with the unmistakable, diet-crushing aroma of chocolate, and your mouth fills with watery saliva.



## What Happens to Your Body When You Spend So Much Time Inside?

Spoiler alert: Cabin fever is real.

**WE are A  
COMMUNITY**

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

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