

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.

Note: The Tips now has it's own [email address](#) to forward ideas for content. Please correct your email.

Photo: Trumpet Flowers by Ingrid Kreis



Tuesday: [OLDER ADULTS IN MARIN AND COVID 19](#). 2-3

Tuesday: [COUNTY UPDATE ON COVID VACCINE](#). 5:30-6:30

Tuesday: [CORONAVIRUS RESPONSE: TOWN HALL WITH SENATOR MIKE MCGUIRE](#). 6:30-7:30

Wednesday: [CHALLENGES, STRATEGIES AND OPPORTUNITIES FOR THE AGING POPULATION IN MARIN WEBINAR](#). 11-12:30

Wednesday: [A TALK WITH A COVID19 SURVIVOR - MARIN VILLAGE HOSTED EVENT](#). 2-3

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Thursday: [CARING FOR A LOVED ONE WITH DR. DONNA BENTON.](#) 10-11

Thursday: [DINNER DELIVERED FROM THE JOINERY.](#) 5-6



COVID NEWS

TESTING

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

Stay-Home Order Lifted for Marin

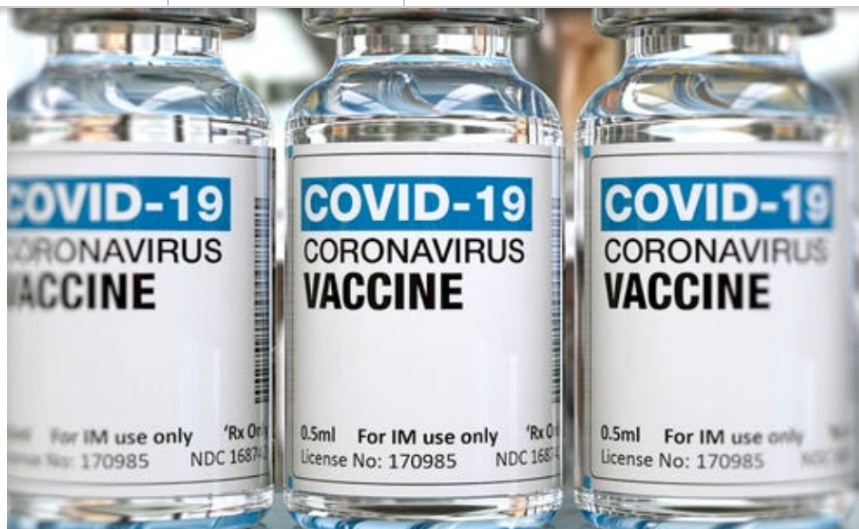
Marin Public Health announced Monday that Marin County and the entire Bay Area have been released from a State of California Regional Stay Home Order that had been in effect since December 17.

[Information](#) on what is impacted by the move to Purple Tier.

Vaccinations

Marin County residents are encouraged to fill out this [online interest form](#) to receive email or text message notification when their turn for a vaccination has arrived and how to pursue vaccine appointment. For assistance with the online interest form, contact concierge@sausalitovillage.org or call (415) 332-3325.

For vaccine information, contact flohoy@gmail.com

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Ways to get signed up for Vaccination if you are 75+

You will need to be proactive and probably need to keep calling or checking your medical provider. Wednesday is the key day as the County learns how many doses they will get for the next week. They should open up spots on Wednesday for the next week. Once you get the first dose, they will follow through for your second.

Start with your Doctor/Health Care provider

Kaiser has been taking appointments through the Advice nurse (866 454-8855). They may soon switch to online. Be prepared to be on hold for some time.

Sutter is taking appointments online through their website [Sutterhealth.org](https://www.sutterhealth.org). Sign up for an account or sign in. **If you are over 75**, the site will prompt you to set up an appointment.

Marin Health at Kerner Street has sign-ups: <https://coronavirus.marinhhs.org/vaccine/MCCpod1> They are full through this Wednesday. They show spots for the end of the week and will post more spots on Wednesday depending on availability.

San Francisco Drive-through This is in the parking lot at SF City College <https://www.eventbrite.com/e/ucsf-health-covid-19-vaccination-drive-through-clinic-for-age-75-and-over-registration-137488823773> They are also full through Wednesday.

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Online Chair Yoga



Flash Flood Watch is in effect from Tuesday, January 26, 4:00 PM until Thursday, January 28, 4:00 PM, and a High Wind Watch is in effect from Tuesday, January 26, 7:00 PM until Thursday, January 27, 10:00 AM.

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bringing prolonged periods of moderate to heavy rain along with gusty south winds. The brunt of the storm is forecast to occur between Tuesday evening through Wednesday.

Impacts from the heavy rains may include rapid ponding of water in urban areas, and low lying areas with poor drainage, as well as slides or wash outs in areas of steep terrain.

Impacts from the high winds include fallen trees and power lines, resulting in widespread power outages are possible and road closures. Travel could be difficult, especially for high profile vehicles.

Praktikos

Deep Meditation



Chanting > Singing Bowls >> Inner Silence
Tonight 7:00 Sign-in starts 6:50 closes 7:05
For more information Email: Praktikos@outlook.com

Join Zoom Meeting

[https://us02web.zoom.us/j/83827022739?
pwd=SHk0TWdlalXN4RVJzcUVKZ3pXQTNydz09&from=addon](https://us02web.zoom.us/j/83827022739?pwd=SHk0TWdlalXN4RVJzcUVKZ3pXQTNydz09&from=addon)



[The original SF Exploratorium](#)

In the 1974 Academy Award-nominated documentary “[Exploratorium](#),” the camera zooms in on a hypnotic spiraling “Depth Spinner,” an exhibit designed to show how the eye and brain process motion (and make you a little dizzy in the process).

“Look at the center, just keep looking at the center of it,” commands a woman’s voice off-screen. A man responds: “This is beautiful, I’m just tripping out on this.”

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3 Gentle Stretches for Upper Back and Neck Pain From All Those Hours of Sitting (and Stress)

Say goodbye to your stiff neck, achy shoulders, and tense upper back.

If cats worked in shops . . .





Why Do People Propose on One Knee?

In addition to being a handy heads-up, kneeling to propose presumably has roots in some age-old historical practice—or a combination of several.

As MarthaStewart.com [points out](#), people have been genuflecting ([derived](#) from Latin for “bending the knee”) to show respect or reverence for thousands of years.

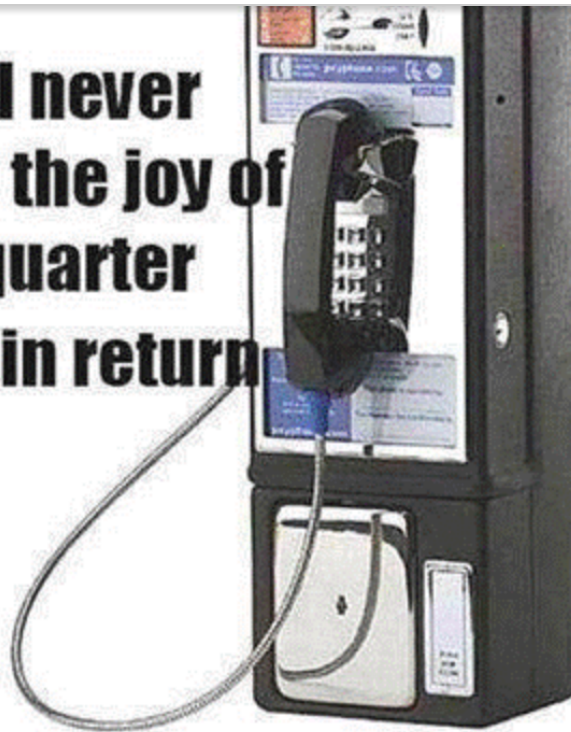


Whimsical Gardens Grow From Silk Teacups and Mossy Patches in Rosa Andreeva's Embroideries

Moscow-based fiber artist [Rosa Andreeva](#) crafts quaint gardens complete with tufts of moss, floating pollen, and cracked teacups made of silk. Teeming with whimsy, the dense embroideries balance tight stitches with loose ends that form the three-dimensional thistle heads, violet pansies, and various florals. To create the fairytale scenes, Andreeva first sketches the flora and fauna onto her fabric and then layers the textured details in thread and beads. As works are complete, she sometimes makes them available for purchase on [Instagram](#). (via [Lustik](#))

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**My kids will never
know the joy of
finding a quarter
in the coin return**





[7 Low-Effort Cleaning Resolutions You Can Start Today](#)

These mini moves will keep your home cleaner all year long.

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**we are A
Community**

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

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