

# Lamorinda Movers

*Activities for adults ages 55+*

DEC 2020/JAN 2021

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## JANUARY CALENDAR

**All dates are tentative and subject to change  
depending on Shelter in Place restrictions**

**TUESDAY, JANUARY 12**, Executive Board Meeting via ZOOM, 5 p.m.

**JANUARY HAPPY HOUR AND DINNER** 5 p.m. **CANCELLED**

**ALL MONDAYS:** Bridge, 12:30 - 3:30 p.m. at Moraga Royale **SUSPENDED UNTIL FURTHER NOTICE**

**FIRST AND THIRD THURSDAYS:** Mah Jongg, 1:30 - 4:30 p.m., Moraga Country Club **SUSPENDED UNTIL FURTHER NOTICE**

**BOCCE BALL:** **SUSPENDED UNTIL FURTHER NOTICE**



## **PRESIDENT'S DECEMBER/JANUARY 2021 MESSAGE**

Dear friends and neighbors,

The Board of Directors recently had our monthly meeting (now on Zoom) and as we have been doing every month, we talked about how and when we can all get together again. Like you, we're all anxiously awaiting being able to resume our fun dinner gatherings and other activities. Every single member of the Board expressed excitement about being able to do these again — whenever that may be. Someone said the first event should be BIG and everyone wholeheartedly agreed. We're all committed to sticking together and are more than ready to organize something special when things open up again.

In the meantime, I hope you all have the very best holiday season possible and stay positive, healthy, safe and strong.

I heard about this little girl. She asked her mother how this human race got started...her mother explained how God created Adam and Eve...they had children...on and on and here we are today. A few days later, the little girl asked her father the same question. He explained that many years ago there were monkeys and little by little they became more like people and here we are. Confused, the little girl went back to her mother and said, "mom, you said God created people and dad said we came from monkeys. How can that be?" Her mother said, "Ahhh, honey, that's easy. I told you about my side of the family and dad told you about his."

I miss you all very much...I miss your smiles, friendship, and support. You have meant more to me than I can say. The Board and committee members join me in wishing you a very happy holiday season and a Covid-free 2021.

Warmly,

Keith

## **GOOD NEWS**

We can all use some good news these days and we have some: because of the pandemic and the required suspension of all Movers activities, the Board unanimously voted to waive dues for the coming year. That's right - no dues for 2021! You'll still receive the monthly newsletter and as soon as we can, we'll restart the monthly dinners and resume our other fun activities.

## **HELP WANTED**

Interested in getting more involved in Lamorinda Movers? We can certainly use your assistance. There are currently two openings and we'd love to have you help out.

Communications Chair: Join the dynamic Board of Directors by taking over the communications area. This involves keeping the website updated; electronically distributing the monthly newsletter; and overseeing dinner notifications, reservations and name tags. While you need to be comfortable with technology, you will get thorough training to assume this crucial role.

Sunshine and Health: When someone in Movers experiences serious illness, injury or a loss, a card is sent, showing just how much we care. We need a volunteer to take over this important job. The duties include purchasing, signing and mailing out a card.

Want to sign up and help out? We'd love to have you. Please email Diane Claytor at [dianeclaytor@gmail.com](mailto:dianeclaytor@gmail.com) to let her know how you'd like to help. We look forward to working with you!

## **NEXT DINNER**

At this time, we still have no idea when the stay-at-home restrictions will be lifted, when large groups of people will be able to get together or when we'll be able to host our monthly meetings again. We do promise you a spectacularly fun celebration when that happens so we can all look forward to a rousing good time as soon as we're able to meet up again. In the meantime, stay healthy and safe.

## **MEMBESHIP NEWS**

**Norma Claassen**

Just a reminder that the Lamorinda Movers Board of Directors has unanimously approved to NOT collect dues from its members in 2021.

Things are looking promising for 2021 with 2, possibly 3, vaccines that have been or will be approved by the FDA. I am sure we are all ready to return to normal, and hopefully have our member activities and dinners with top notch entertainment continue.

Stay healthy and I sincerely hope your holidays are safe and good.

## **SUNSHINE AND HEALTH NEWS**

**Keith Katzman**

If you know or hear of someone who is ill, injured, or has experienced the loss of a loved one, please let Keith Katzman know so a caring card can be sent. You can call Keith at 925-376-7777 or email him at [keith.katzman@compass.com](mailto:keith.katzman@compass.com).

## **BRIDGE, MAH JONGG and BOCCE BALL**

**Felicia Teller, Carole Lucas and Lynne Libuha**

Because of the Coronavirus, all three activities sponsored by Lamorinda Movers are suspended until further notice. If you have any questions, please contact Felicia Teller (bridge) at 925-276-7079; Carole Lucas (mah jongg) at [clucas629@comcast.net](mailto:clucas629@comcast.net) or Lynne Libuha (bocce ball) at 925-388-0277 or [lynne.libuha@me.com](mailto:lynne.libuha@me.com). We will send out information as soon as we are able to resume playing. We can't wait to see you then!



## **January Birthdays**

1/ Jo Kerner	1/12 Marilyn Runo
1/1 Felicia Teller	1/12 Betty Fullerton
1/2 Dick Courtney	1/14 Fran Gentry
1/2 Diana Fernandes	1/22 Lynne Libuha
1/7 Mike Parsons	1/28 John Reed
1/8 Dave Wood	1/30 Phil Arth
1/9 Dave Humm	1/31 Sue Holmes
1/11 John Cooper	

## **ACTIVITIES IN LAMORINDA**

Although restrictions around the Shelter in Place are lessening, there are still no large in-person events, gatherings, meetings or classes allowed in our area. But that certainly doesn't mean there's nothing to do! Modern technology has made it so there are any number of things that can be done virtually - all you need is a computer (and perhaps some patience). There are virtual classes, museum exhibits, theater, dance and vocal performances and meetings. We've listed some here but this list is by no means complete; in fact, it's just a small sample of all that's available. Take some time to sit at your computer, search for whatever interests you and enjoy — all in the comfort of your own home as you shelter in place, staying safe and healthy.

**Libraries:** All three local libraries are still closed. However, they now offer Front Door Service for pick up and drop off of library materials. You place a hold, wait to be notified

that your hold is ready, schedule an appointment, then pick up your item(s) and start reading. For more information on this great service, go to <https://ccclib.org/front-door-service/>. Or call 925-385-2284 (Lafayette), 925-388-6272 (Moraga), 925-24-0120 (Orinda). You can also still take advantage of the many other library services, including access to magazines, newspapers, movies, e-books and e-audio books: [ccclib.org](http://ccclib.org).

Online T'aiChi, discussions, meditation, speakers, book clubs, garden designing: [https://ccclib.bibliocommons.com/events/search/fq=program:\(5e2b7849df59234500450f71\)?\\_ga=2.256991691.1529558953.1591826249-89427343.1591826249](https://ccclib.bibliocommons.com/events/search/fq=program:(5e2b7849df59234500450f71)?_ga=2.256991691.1529558953.1591826249-89427343.1591826249)

### **Performances:**

Through Dec. 25: Town Hall Theatre is offering a free reading of the popular "A Christmas Carol" done just how Dickens published it. <https://www.townhalltheatre.com/christmas-carol>

Through Dec. 31 The holidays might look a little different this year, but San Francisco Ballet wants you to be able to keep your traditions (or start new ones!) with *Nutcracker Online*, an interactive, virtual experience. <https://www.sfballet.org/productions/nutcracker-online/>

Dec. 19 & 25 - The San Francisco Symphony and special guests kick off the holiday season with a family-friendly program of festive favorites. <https://www.sfsymphony.org/Watch-and-listen/Events/Deck-the-Hall>

Enjoy snippets from Broadway shows — or even entire shows — all virtually. [broadwayworld.com](http://broadwayworld.com); [thewrap.com](http://thewrap.com); [broadwayhd.com](http://broadwayhd.com); [classicfm.com](http://classicfm.com); [https://www.whatsonstage.com/london-theatre/news/musicals-theatre-stage-netflix-watch-uk-37939.html?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=7July2020](https://www.whatsonstage.com/london-theatre/news/musicals-theatre-stage-netflix-watch-uk-37939.html?utm_source=facebook&utm_medium=social&utm_campaign=7July2020)

Theater, Dance, Opera and Comedy performances: <https://www.pcmag.com/news/from-opera-to-dance-virtual-cultural-events-to-keep-you-occupied-during>, <https://www.met-opera.org>, <https://sfperformances.org/performances/performances.html>; [https://calperformances.org/?utm\\_source=wordfly&utm\\_medium=email&utm\\_campaign=mrkt.2021.cpah.early.bird.special.gift.certs.&utm\\_content=version\\_A&uid=20544564&promo=44280](https://calperformances.org/?utm_source=wordfly&utm_medium=email&utm_campaign=mrkt.2021.cpah.early.bird.special.gift.certs.&utm_content=version_A&uid=20544564&promo=44280); <https://www.sfsymphony.org/Calendar/MusicConnects>;

Local Dance Companies: <https://diabloballet.org/nutcracker-suite/>; <https://www.sfballet.org/sf-ballet-home/>

### **Speakers:**

Lamorinda Sunrise Rotary (Via Zoom) <https://lamorindasunrise.org/speakers>

3400+ talks to stir your curiosity: <https://www.ted.com/talks>

## Classes:

The Walnut Creek Senior Center offers virtual classes and fun activities. <https://wcse-niorsclub2020.wordpress.com/upcoming-events/>

Not being able to sit in a classroom with others doesn't mean you can't continue learning something new. There are a myriad of classes available online. **Osher Lifelong Learning Institute** (OLLI) continues to offer outstanding classes geared to us older adults. There are classes through the Concord campus (<https://www.scholarolli.com/product-category/programs/>), Cal's Berkeley campus, (<https://olli.berkeley.edu>), and San Francisco State <https://olli.sfsu.edu>.

Ever considered taking a **free, online course** from a prestigious university? Every course on Coursera is taught by top instructors from world-class universities and companies, so you can learn something new anytime, anywhere. <https://about.coursera.org>

**DVC Emeritus classes:** [https://diablo.cr3.rschoolday.com/public/getclass/category\\_id/0/program\\_id/80](https://diablo.cr3.rschoolday.com/public/getclass/category_id/0/program_id/80) or email CommunityEd@dvc.edu

Virtual Yoga, Conversational Mandarin, Chess, all through the Lafayette Recreation Center. [https://apm.activecommunities.com/lafayetterec/Activity\\_Search?detailskeyword=&IsAdvanced=True&ddlSortBy=Activity+name&ActivityCenterID=5&DaysOfWeek=0000000&SearchFor=2&SearchLevelID=2&maxAge=100&NumberOfItemsPerPage=20&IsSearch=true](https://apm.activecommunities.com/lafayetterec/Activity_Search?detailskeyword=&IsAdvanced=True&ddlSortBy=Activity+name&ActivityCenterID=5&DaysOfWeek=0000000&SearchFor=2&SearchLevelID=2&maxAge=100&NumberOfItemsPerPage=20&IsSearch=true)

## Virtual Activities:

International Film Showcase: <http://internationalshowcase.org>

Discussion groups, book club, classes on Apple devices, legal documents, all through Lafayette's Senior Services Program. <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services/programs-services>

## Museums and Art Galleries:

**Moraga Art Gallery** is open by appointment. "Spaces, Inside and Out" runs through Jan. 4. Email: [moragaartgallery@gmail.com](mailto:moragaartgallery@gmail.com) [moragaartgallery.com](http://moragaartgallery.com)

**Saint Mary's College Museum of Art:** Museum from Home <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art>

Lists of museums and galleries from around the world you can visit virtually: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>; <https://www.elitetraveler.com/design-culture/10-best-virtual-museum-tours>; <https://www.timeout.com/travel/virtual-museum-tours>;

Local Museums & Art Galleries: <https://www.sfmoma.org/museumfromhome/>, <https://legionofhonor.famsf.org/museum-from-home>, <https://asianart.org/museumfromhome/>, <https://gesso.fm/omca/collections/exhibitions>; <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/still-life-pairings>; <https://lamorindaarts.org/online-galleries/>;

<https://deyoungopenexhibition.artcall.org/pages/web-gallery> ; <https://museumca.org/omca-at-home>

Are you a local artist who has been creating masterpieces during the shelter in place? If so, the **Lamorinda Arts Council** is sponsoring a space to share your artwork. Go to [lamorindaarts.org/creating-in-place](http://lamorindaarts.org/creating-in-place) for info.

Exercise with Silver Sneakers: [http://go.silversneakers.com/find-your-fit-2020-national?utm\\_campaign=FYF%202020%20National%20Campaign&utm\\_medium=email&hsenc=2ANqtz-9ICPr1VexBDwXoYhzVgcNWIx01ekP\\_1UfmlErtsKYaYCnEsgw-G3RHHgdc-QSrTD\\_tKfH-oyZ66u6FG29S5z3E8IecPQ&hsmi=87623360&utm\\_source=hs\\_email&utm\\_content=87622869&hsCtaTracking=1186ee5a-178b-40a7-94ba-8de9ee17e727%7Cb43d280a-6978-403c-b609-58bc7470b8e9](http://go.silversneakers.com/find-your-fit-2020-national?utm_campaign=FYF%202020%20National%20Campaign&utm_medium=email&hsenc=2ANqtz-9ICPr1VexBDwXoYhzVgcNWIx01ekP_1UfmlErtsKYaYCnEsgw-G3RHHgdc-QSrTD_tKfH-oyZ66u6FG29S5z3E8IecPQ&hsmi=87623360&utm_source=hs_email&utm_content=87622869&hsCtaTracking=1186ee5a-178b-40a7-94ba-8de9ee17e727%7Cb43d280a-6978-403c-b609-58bc7470b8e9)

Lafayette's Virtual Community Center: <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/virtual-community-center>

### **Resources:**

Looking for last minute gift? The Lafayette chamber has made it easy for you with their **Holiday Gift Guide** featuring their members. The guide will continue to grow as new gifts from members are added! When you shop local this holiday season, you will be helping local business owners through this challenging economic time. Additionally, sales tax from your purchases will be funneled back into our local economy. You'll also find info on local holiday religious services and restaurants offering holiday take out.

With news available 24/7, we're all inundated with coronavirus updates. There are any number of sources you can search for updated, concise information on both the status of the illness throughout the country, the state and the county. Here are some you may find helpful:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>; <https://khn.org/news/tag/coronavirus/>; <https://www.aarp.org>; <https://www.ncoa.org>

We're all still spending way more time at home. Join [Lamorinda Village](http://Lamorinda Village); they're hosting meditation classes, chair yoga, fascinating speakers and continued concierge grocery delivery for FREE!!! They've also partnered with CERT volunteers to help you evacuate safely in the case of an emergency. You'll get a free Emergency & Evacuation Go Bag when you join. [info@lamorindavillage.org](mailto:info@lamorindavillage.org) or call 925-283-3500. "In this extraordinary and challenging year, Lamorinda Village would like to wish all of you a very safe and healthy holiday. We thank you for your kindness and opportunities to connect. Be well and Happy Holidays."

The Lamorinda Spirit Van is providing delivery services to Lamorinda seniors from Lafayette essential businesses. You can have groceries, medications, sundries and hot meals delivered from many Lafayette stores and restaurants. <https://www.lovelafayette.org/residents/transportation/lamorinda-spirit-van> or call 925-283-3534

Lafayette offers many resources and services for senior, as well as interesting classes. For more information, go to <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services/resources> 925-284-5050

Contra Costa County Area Agency on Aging <https://ehsd.org/elderly-disabled/area-agency-on-aging/> 800-510-2020

Center for Elders' Independence has produced a free ebook on social bubbles for older adults. Is a social bubble right for you? Do you know how to safely create and participate in one? <https://elders.ipages.co/social-bubble-mask-v1/?fbclid=IwAR3WUxBrj2x17TJw-Iv3QnYwQyuRxWvxf5knU15hVy8-dWgNb7jHzrfcMNkw>

Nixle keeps you updated with relevant information from your local public safety departments; sign up and keep current on severe traffic and weather, criminal activities, local events. <https://www.nixle.com>, <https://local.nixle.com/register/>

Here's wishing you all a very happy and safe holiday season and a 2021 filled with health and happiness (and a vaccine eliminating COVID).



Happy  
Holidays!

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## **LAMORINDA MOVERS BOARD MEMBERS**

### **AND COMMITTEE CHAIRPERSONS**

**President** Keith Katzman 925-376-7777 [keith.katzman@compass.com](mailto:keith.katzman@compass.com)

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