

Lamorinda Movers

Activities for adults ages 55+

NOV/DEC 2020

VOLUME 45

ISSUE 12

This bulletin is published monthly by the Lamorinda Movers, Inc. for the benefit of its members

Mailing Address - P.O. Box 13, Moraga, CA 94556-0013. Phone: (925) 376-6622

Web Site – www.lamorindamovers.org

DECEMBER CALENDAR

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

TUESDAY, DECEMBER 1, Executive Board Meeting via ZOOM, 5 p.m.

MONDAY, DECEMBER 7, 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 NOVEMBER/DECEMBER 2020 MESSAGE

Greetings friends and neighbors,

Something new! I'm so happy to inform you that at the last Board of Directors meeting it was unanimously voted to waive the 2021 membership fee. 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 as well as our other fun activities. In addition, we are waiving the first year membership fee for anyone wanting to join the movers. If you know anyone who is interested, please let them know that they can join from now until the end of 2021 for free.

A man and his wife are sitting at the table one morning having breakfast. The wife asked, "If I died would you remarry?" He got very upset and said, "It's a beautiful morning; why would you talk about such a thing? I won't discuss it." That evening the wife couldn't help herself and asked him again. He said again that he didn't want to talk about that. She kept asking him day after day until finally one day he said, "ok fine. You want to know; yes, I would probably remarry. Are you happy now? Can we not talk about it anymore?" She thought about it and asked, "Would you sell the house?" He said, "No I wouldn't sell the house." She said, "Would you sell our bed?" He said, "No I wouldn't sell our bed." She said, "Well you certainly wouldn't let her touch my golf clubs." He said, "Certainly not! She's left handed."

My dear friends, we have been through so much this year. I hope this Holiday season is filled with love, joy, and hope, through your friends and family and may you be thankful for all that you have been blessed with. I am very grateful to have met all of you. I miss all of your smiles, friendly encouragement, and support. You have meant more to me than I can say.

From the Board of Directors and committee members: May you have a safe, happy, healthy, and joyful Thanksgiving and Holiday Season.

Warmly,

Keith

GOOD NEWS

We can all use some good news these days and we have some. As Keith noted in his letter, 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 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 fully 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.

MEMBESHIP NEWS

Norma Claassen

Hard to believe it's November and we're still fighting Covid. I sincerely hope you are able to safely celebrate Thanksgiving with family.

Great news from Membership! As noted above and in Keith's letter, the Board unanimously voted to waive dues for 2021.

SUNSHINE AND HEALTH NEWS

Carol Derry

Please remember that if you know or hear of someone who is ill, injured, or has experienced the loss of a loved one, let Carol Derry know so she can send a caring card. You can call Carol at 925-376-3229 or email her at rcderry@gmail.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 or Lynne Libuha (bocce ball) at 925-388-0277 or 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!



December Birthdays

12/1 Carol Dewey	12/16 Darlene Yocum
12/3 Elinor Kikugawa	12/16 Carmen Hughes
12/3 Janet Grant	12/19 Penny Nagle
12/3 Jadina Meneses	12/20 Carol Lucas
12/6 Tom Westhoff	12/20 Manolita Smith
12/6 Elaine Lind	12/23 Elsbeth Minuth
12/7 Carolyn Westhoff	12/24 Carol Pitman
12/8 Hasmig Vasgerdsian	12/27 Anne Reed
12/16 Carrol Foxall	

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 read-

ing. 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. Online T'aiChi, discussions, 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:

Nov. 21-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. 5 & 6 - 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>

Lafayette's very own Bob Athayde, Stanley Middle School music teacher and popular piano player at Moraga's La Finestra restaurant, performs live from his home every Friday through Sunday, 6-7 p.m. in an intimate show. And if you can't watch him in real time, there are videos of past performances. <https://www.facebook.com/bob.athayde/videos>

Enjoy snippets from Broadway shows — or even entire shows — all virtually. broadwayworld.com; thewrap.com; broadwayhd.com; classicfm.com; https://www.whatsonstage.com/london-theatre/news/musicals-theatre-stagey-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://www.sfsymphony.org/Calendar/MusicConnects>; https://news.calperformances.org/2020/11/12/issue-45-november-13/?utm_source=wordfly&utm_medium=email&utm_campaign=mrkt.covid-19.now.-more.than.ever.2021.issue.45&utm_content=version_A&uid=20544564&promo=44145#nmte-issue-45-brittany-howard

Local Dance Companies: <https://diabloballet.org/2020/04/30/dancer-commentaries/>, <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.schooltoday.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

Virtual Activities:

Nov. 19 Virtual Wine Tasting, sponsored by the Orinda Chamber of Commerce and Lamorinda AVE <https://www.eventbrite.com/e/orinda-chamber-of-commerce-virtual-wine-tasting-tickets-126370725241>

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! "Spaces, Inside and Out" runs through Dec. 24. Open weekends, noon-3 p.m., beginning in November open Thursday-Sunday. moragaart-gallery.com

Saint Mary's College Museum of Art: Feminizing Permanence, through Dec. 13 <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>

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 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=p2ANqtz-9ICPr1VexBDwyoYhzVgcNWIx01ekP_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:

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>

Still spending way more time at home? Join [Lamorinda Village](http://LamorindaVillage.org); 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 or call 925-283-3500.

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=IwAR3WUxBrij2x17TJw-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 Thanksgiving. There is much to be thankful for.



LAMORINDA MOVERS BOARD MEMBERS

AND COMMITTEE CHAIRPERSONS

President Keith Katzman 925-376-7777 keith.katzman@compass.com

Vice President Suzanne Parsons 925-216-7428 sunsandsky@yahoo.com

Secretary Vicki Nakamura 925-254-5287 rossmooragent88@comcast.net

Treasurer Steve Hansen 925-286-9586 gandysteve@aol.com

Membership Norma Claassen 925-451-2708 normamc44@gmail.com

Community Liaison Jerry Stroffolino 925-376-2992 gnjstroff@comcast.net

Newsletter Editor Diane Claytor 925-212-9323 dianeclaytor@gmail.com