

Lamorinda Movers

Activities for adults ages 55+

AUGUST/SEPT. 2020

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SEPTEMBER CALENDAR

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

TUESDAY, SEPTEMBER 8, Executive Board Meeting via ZOOM, 5 p.m.

MONDAY, SEPTEMBER 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 AUGUST/SEPTEMBER 2020 MESSAGE

Dear Friends and Neighbors,

Wife texts husband on a cold winter morning: "windows frozen, won't open." Husband texts back: "gently pour some lukewarm water over it and then gently tap the edges with a hammer." Wife responds 10 minutes later: "Computer really messed up now." :) (Thanks EM) Send me your jokes to share.

Our last board meeting was thoroughly enjoyed by all who attended. I'm sure you can understand how wonderful it is to see the faces of people who mean so much to us.

In our last newsletter, we included the personal phone numbers of the full Board and extended an invitation for anyone needing help - or just a friendly voice - to reach out to any one of us. Well, no one called. I understand. Many of us feel like we are imposing or bothering that person if we make that call. I think I can speak for most of the board when I say that we feel more connected to each other than just once-a-month acquaintances. I personally feel like we are almost like extended family. I grew up with many of your kids. The stories...well, I won't go there now. I could write a book (don't worry I won't). So even if you feel reluctant, please do not hesitate to reach out for yourself or maybe for someone you know who may be in need. They may just want someone to call or stop by (6 feet apart of course). I know many people out there are lonely.

In our discussion at the Zoom board meeting, several of us shared comments from members we have talked with recently. 100% of the comments had to do with how much they were looking forward to coming back and how much they missed being together with everyone. This is what makes my heart happy. The atmosphere in the meeting changed completely. Every person in attendance is 100% committed, optimistic, and absolutely looking forward to picking this back up ASAP.

You've already heard that we have Johnny Z and the Camaros standing by for our kickoff dinner (whenever it can be). We are now planning on stepping it up to make it one of the Movers best evenings ever. Some directors comments were: "we are not going away", "we are all in agreement", "we are the movers. We WILL survive this"!!! And, we will.

I miss you all very much. May God bless and keep you all safe.

Keith

NEXT DINNER

At this time, we have no idea when the shelter in place 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.

MEMBERSHIP NEWS

Norma Claassen

Not much news other than trying to stay healthy, wear a mask and social distance. Looks like our meetings will not continue for some time - likely until there's a vaccine available. Look forward to seeing you all some time in the future. Stay well!

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 and California's Shelter in Place, 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!



September Birthdays

9/1 Jack Gilmore	9/12 Kathleen Hoover
9/2 Jerry Stroffolino	9/15 Sal Zammitti
9/2 Anne Johnson	9/15 Linda Borrelli
9/3 Jim O'Donnell	9/16 Faye Edwards
9/5 Monte Logan	9/16 Janet Emmerich
9/6 Jim Krueger	9/17 Bill Brice
9/7 Bonnie Bell	9/17 Julia White

9/9 Cynthia Kelly
9/9 Anne Droese
9/10 Jim Tasker
9/10 Carolyn Anderson
9/11 Diana Graham
9/11 Judi Cooper

9/21 Tom Hester
9/21 Pat Harries
9/27 Joe Roebuck
9/27 Marian Sun
9/27 Mary Anne Perkins
9/30 Mary McFadden

ACTIVITIES IN LAMORINDA

Although some restrictions around the Shelter in Place are lessening, as of this writing, there are still no in-person events, gatherings, meetings or classes. 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 taste 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.

Online T'aiChi, discussions, speakers, book clubs: [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:

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. It's an intimate show and allows the audience to interact with him and even request particular songs. 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; filmedonstage.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: <http://www.visitcalifornia.com/now/experience-virtual-performances-theater-dance-and-comedy>; <https://www.pcmag.com/news/from-opera-to-dance-virtual-cultural-events-to-keep-you-occupied-during>, <https://www.metopera.org>, https://sfperformances.org/performances/front-row.html?utm_medium=social&utm_source=facebook&utm_campaign=frontrow

Local Dance Companies: <https://diabloballet.org/2020/04/30/dancer-commentaries/>, <https://www.sfballet.org/sf-ballet-home/>

Speakers:

Lamorinda Sunrise Rotary (Via Zoom) <http://www.lamorindasunrise.com/?p=events>

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

Classes:

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) is continuing to offer outstanding classes geared to us older adults. There are classes going on now through the Concord campus (<https://www.scholarolli.com/product-category/programs/>) and beginning in September, there will be classes through Cal's Berkeley campus, (<https://olli.berkeley.edu>), and San Francisco State <https://olli.sfsu.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:

Sept. 9: Orinda Books is hosting a virtual book club and discussion with the author, Nancy Jooyoun Kim, author of "The Last Story of Mina Lee" <https://www.orindabooks.com/event/virtual-book-club-nancy-jooyoun-kim-author-last-story-mina-lee-conversation-vanessa-hua>

Sept. 12: Orinda Classic Car Tour 2020, featuring up to 100 classic cars driving through the streets of Lamorinda. <https://www.orindacarshow.com>

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

Discussion groups, book club, classes on Apple devices, legal documents, all through Lafayette's Senior Services Program. seniors@lafayette.org

Museums and Art Galleries:

Saint Mary's College Museum of Art: Passage of Summer: A four-fold seasonal storytelling of selected works <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/passage-of-summer>

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.elite-traveler.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://geso.fm/omca/collections/exhibitions>, <https://moragaartgallery.com>, <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/museum-from-home>; <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/still-life-pairings>; <https://lamorindaarts.org/online-galleries/>

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-9ICPr1VexBDwXoYhzVgcNWix01ekP_1UfmlErtKYaYCnEsgwG3RHhgdc-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>, <https://www.lovelafayette.org/Home/Components/News/News/8356/18?backlist=%2fhome>

What's open, what's closed? Hard to keep up with all the local businesses that remain open or the many restaurants offering curbside pickup and/or delivery and now, outdoor dining. All three Chambers of Commerce have regularly updated lists to keep you in the know:

Moraga: http://www.moragachamber.org/index.php?option=com_content&view=article&id=257&Itemid=132

Lafayette: <https://lafayettechamber.org/whos-open/>

Orinda: <https://orindachamber.org/item/138-covid-19-resources>; <http://www.orindapark-sandrec.org/457/Read-Parks-and-Rec-COVID-19-Update>

Lamorinda Village is dedicated to keeping seniors healthy and safe during this COVID-19 crisis. Until the Shelter in Place is completely lifted, they are offering **free** grocery and medication de-

livery to seniors from any Lamorinda grocery store or pharmacy. Please contact them at info@lamorindavillage.org or call 925-283-3500 to request delivery.

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

ZONEHAVEN: A Covid-19 Community Information Portal, enabling you to easily locate Covid-related resources throughout Lamorinda. There is information about medical offices, social services, good, recreation opportunities and pet services. Enter your home address and find a list of services organized by distance from your house. <https://ccc.community.zonehaven.com>

Unfortunately, senior citizens are often the target of fraud scams. According to the Association of Certified Fraud Examiners, “The elderly are prime targets to schemes attributed to credit cards, sweepstakes or contests, charities, health products, magazines, home improvements, equity skimming, investments, banking or wire transfers, and insurance.” AARP can help you avoid being scammed. <https://www.aarp.org/content/aarpe/en/home/money/scams-fraud.html> Free helpline: 877-908-3360

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/>

And here’s another joke to keep a smile on your face:

A pastor decided to skip church one Sunday morning and go play golf. He told his assistant he wasn’t feeling well. He drove to a golf course in another city so nobody would know him. He teed off on the first hole. A huge gust of wind caught his ball carried it an extra hundred yards and dropped it right in the hole for a 450 yard hole in one. An angel looked at God and said “What did you do that for?” God smiled and said; “Who’s he going to tell?”

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