

Lamorinda Movers

Activities for adults ages 55+

[December 2021/January 2022](#)

[Volume 48, Issue 1](#)

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

JANUARY CALENDAR

All dates are tentative and subject to change depending on fluctuating COVID-related restrictions

TUESDAY, [JANUARY 11](#), Executive Board Meeting, Keith Katzman's Home, 4:30 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: **OVER FOR THE SEASON** Will start up again in May. See you then!



PRESIDENT'S DECEMBER/JANUARY MESSAGE

Dear Friends and Neighbors,

I was at an event recently and saw a group of our members all talking together. They hadn't heard the news of our reopening yet and when I walked up and announced that we were scheduled to meet on Valentine's Day, they all cheered. It was a delightful sight.

When I am out at social events and mention our group, there are so many people who have never heard of us. When I tell them who we are and what we do, almost all of them ask how to join. I have a feeling that when we get going again, we are going to have a lot of interest.

At our next Board meeting, we will be discussing creative ways for each of you to spread the word and invite friends to join. We are very excited about the future potential of the Movers. The way I see it, we are a fantastic group of people and we do some really fun things. With what we have all been through over the past almost 2 years, I can hear in the voices of the people I talk with that they are truly craving exactly what we have to offer. Just tell a friend who hasn't heard of us and see their response. It will make you smile too.

How can you help? For now, **if you haven't paid your dues yet, do it today**. If you tell someone about us and they want to join, have them contact a Board member or go to the website (lamorindamovers.org) to fill out the application. Beyond that, keep an eye out for the ideas we come up with to spread the word. I think you're going to like them. And if you have ideas of your own, let me know.

Mark your calendars! We have the venue reserved, we are choosing the caterer, and looking into entertainment for our Valentine's Day dinner. We hope you plan to attend and personally, I can't wait to see you.

I hope you are all enjoying this Holiday Season with friends and loved ones. Wishing each and every one of you the warmest and happiest Holiday.

Sincerely,

Keith

NEWS

There continue to be mask and vaccine mandates and likely will be for a while. But if you've been vaccinated, you can hug your vaccinated family members and friends, sit at a table with them and even travel to visit loved ones. It's been a long and difficult time but we remain grateful that both a vaccine and booster were made available so quickly and appear to successfully decrease our chances of getting sick. For up-to-date information on restrictions, go to <https://covid19.ca.gov/stay-home-except-for-essential-needs/>. There is additional info on the Contra Costa Health Services site, <https://www.coronavirus.cchealth.org>.

As noted in Keith's letter, we're coming back with a big Valentine's Day celebration. Can't wait! Make sure you've marked your calendar for Tuesday, Feb. 14. There will be a new venue, delicious food, wonderful entertainment and best of all, the chance to see old friends and make new ones.

The Board welcomes Elaine Lind who has volunteered to serve as the Community Liaison.

Also, don't forget: 2022 dues are due!

HELP WANTED

We're still looking to fill the Communications Chair position on the Board immediately. Please contact Keith or any of the Board members (contact information on last page) for information or to volunteer. The duties are relatively simple: keeping the website updated 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.

NEXT DINNER

We're doing it! Planning our first get together in almost 2 years! Mark your calendar for Valentine's Day - Feb. 14, 2022. We'll keep our promise to you that this long overdue reunion dinner will be a fun-filled evening. Invite your friends. Details will be coming.

MEMBERSHIP NEWS

Norma Claassen

Now that we are close to restarting our dinner events, we want to remind you that the **2022 dues are due by January 31, 2022**. The dues are \$30 for a single membership and \$50 for a couple. Please mail your check, payable to Lamorinda Movers, to P.O. Box 13, Moraga, 94556-0013. The Board is excited to be planning our dinners and entertainment for the new year!

Don't forget: if you refer a new member to Lamorinda Movers, you have a chance to win a year of "free" meals. Just have the new applicant add your name to the "referred by" line on the application, which can be found on our website (lamorindamovers.org). The drawing is held at the end of year at the Holiday dinner.

Please remember that the guest fee to attend the monthly dinner meetings is \$30. All the more reason to have your guest join the Movers. Also, because we must give an accurate count to the caterer and pay for any meals not consumed, you will be billed if you order a guest meal but your guest doesn't show up and the meal wasn't cancelled.

SUNSHINE AND HEALTH NEWS

Jean Roberts

Cards have been sent to Gary Borelli and Joyce Stroffilino expressing the Movers' condolences on the passing of their spouses. If you know or hear of someone who is ill, injured, or has experienced the loss of a loved one, please let Jean Roberts know so a caring card can be sent. You can call Jean at 925-788-5528 or email her at iamjean649@gmail.com.

BRIDGE, MAHJONG and BOCCE BALL

Felicia Teller, Carole Lucas and Lynne Libuha

Bocce ball is over for the season. It was a short, but fun, season and we'll start up again the first Thursday in May. We play at the Moraga Commons bocce court and we'd love to welcome new players to join us. It's an easy and fun game to learn & play. For more info, call Lynne Libuha at 925 388-0277 or email her at lynne.libuha@me.com. See you in May!

At this time, mahjong and bridge are still on hold. Please contact Carole Lucas (clucas629@comcast.net) for info on mahjong or Felicia Teller at 925-276-7079 for information on bridge.



January Birthdays

	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

We've been listing virtual activities since the beginning of Covid. While there are more in-person events and activities available, there continue to be many that are either totally virtual or a combination of in-person/virtual. We will continue to list what we know. There will always be online activities, classes, performances, theatre, tours, etc. but those that are finally live, in person and in real time are even better.

Libraries: the Contra Costa County Libraries are open! <https://ccclib.org>. Find in person and online T'aiChi, discussions, meditation, speakers, book clubs, garden designing: <https://ccclib.bibliocommons.com/events/search/index>

Did you know that there is a great little book shop inside the Moraga Library? It's got a wonderful array of books — best sellers, fiction and non-fiction, biographies, cookbooks and kids' books — all at amazing prices. And all funds go to purchase more library books. Stop by some time.

Performances: _

Most of the local performing arts companies are back to live productions while still offering many virtual performances. For updated listings, it is suggested you go to the various web sites.

Cal Performances <https://calperformances.org>

Live theatre is back in San Francisco. <https://www.broadwaysf.com/Online/default.asp>

Speakers:

Lamorinda Sunrise Rotary <https://lamorindasunrise.org/speakers>

Classes:

Osher Lifelong Learning Institute (OLLI) UC Berkeley Winter term begins Jan. 18.

<https://olli.berkeley.edu/programs/events> There are livestream, recorded and in person classes.

“Cooking with Winter Produce,” “The Kennedy Dynasty,” “Adventures in American Opera,” are just a few of your choices this winter. Additionally, OLLI has many mini courses and 6-week classes through their San Francisco State campus (“Everything You want to know about Ethics..,” “News Junkies Unite! Discussing the Headlines of the Day,” “History of the HolyLand”) :<https://olli.sfsu.edu/courses> as well as through their Cal State East Bay Concord Campus (“American Musical: The 1970s to Hamilton,” “Birthing in America,” "Broadway Divas” “Climate Change Economics”) <https://www.scholarolli.com/product-category/programs/>

Lamorinda Village offers a free meditation every Monday at 9:30 a.m., led by Dr. Prasad Palakurthy, a retired cardiologist who has taught yoga and meditation for several decades. Zoom: <https://zoom.us/j/886273476> You can also dial in by phone: 669-900-6833, Meeting ID 886-273-476.

Lamorinda Village is also offering a free virtual grief support group, Wednesdays 1-2 p.m. This program was “developed to offer opportunity to come together in community and support for one another and to consider ways we can respond to the grief, bereavement, and mourning, that can affect our lives.” To learn more and obtain the Zoom link, email kishizu@lamorindavillage.org.

The **Walnut Creek Senior Center** offers virtual and live classes and fun activities. <https://www.walnut-creek.org/departments/arts-and-recreation/recreation-parks/adults-50> <https://wcseniorsclub2020.wordpress.com/upcoming-events/>

DVC Community Education classes: email CommunityEd@dvc.edu for information

In-Person Activities:

Jan. 11 - Lamorinda Village is hosting a New Happy Hour in partnership with Lafayette Social Magazine, Lavash Restaurant in Lafayette. For more info, email info@lamorindavillage.org or call 925-283-3500

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>

Virtual Activities:

Lamorinda Village invites you to attend any and all of our free weekly zoom events Monday is Meditation, Tuesday coffee and conversations, Wednesday grief support and there are often interesting speakers. Please come! <https://lamorinda.helpfulvillage.com/events>

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>

Virtual Yoga, Conversational Mandarin, Chess, all through the **Lafayette Recreation Center**. https://apm.activecommunities.com/lafayetterec/Activity_Search?detailskey%20word=&IsAdvanced=True&ddlSortBy=Activity+name&ActivityCenterID=5&DaysOf%20Week=0000000&SearchFor=2&SearchLevelID=2&maxAge=100&NumberOfItemsPer%20Page=20&IsSearch=true

Museums and Art Galleries:

Moraga Art Gallery is open Thursday-Sunday, 12 noon - 5 p.m. and by appointment.
<https://moragaartgallery.com/members-2/>, 925-376-5407

Jennifer Perlmutter Gallery is open Weds-Fridays 1-5 p.m. and Saturdays 11 a.m. - 5 p.m.

Art Gallery at the Orinda Library <https://lamorindaarts.org/current-exhibits/>

Saint Mary's College Museum of Art: The museum is closed through Feb. 23. For info on future exhibits, <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art>
Lamorinda Arts Council: <https://lamorindaarts.org/online-galleries/>

Resources:

Lafayette offers many resources and services for seniors, 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 or <https://lafayettechamber.org/teen-senior-resources/>

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/>



**HAPPY NEW YEAR
2022!**

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 Fran Gentry 415-710-0496 FranGforgolf@comcast.net

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

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

Communications VACANT

Community Liaison Elaine Lind 925-376-7546 elainelind@comcast.net

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

