

Lamorinda Movers

Activities for adults ages 55+

April/May 2021	Volume 47, Issue 5
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MAY CALENDAR

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

TUESDAY, MAY 4, Executive Board Meeting, Canyon Club Brewery, 5 p.m.

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

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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 APRIL/MAY MESSAGE

Dear Friends and Neighbors,

By now hopefully most, if not all, of you have received your vaccinations. With the exception of a few hiccups, things definitely seem to be going better and faster than anyone predicted a year ago. This is the best news we've heard in a long time.

We had our first in-person board meeting last week and you could tell everyone had huge smiles on their faces even under the masks. It was so nice to see everyone in person again. Hopefully a sign of things to come.

We are all anxious to be together again and our first time back is sure to be one that you will not want to miss. Can't wait.

I have been receiving calls from many of you and it's been so nice talking with you. If you need someone to talk with or need anything, just call. We are here for you!

One day Adam said to God, "why did you make Eve so beautiful?" God said, "so you would love her." Adam said, "why did you give her such long flowing hair?" God said it again, "so you would love her." Adam asked, "Why did you give her such a beautiful figure?" God said the same thing again, "so you would love her." Then Adam said, "alright God you made her so beautiful, so attractive, but why did you made her so dumb?" And God replied, "so she would love you."

Warmly,

Keith

GOOD NEWS

There's so much good these days. Vaccines are becoming more and more plentiful and available. Hopefully you have all received your shot(s) and are feeling well, happy and looking towards a more positive future. In the event that you have not yet been able to get an appointment for your vaccine, here are several ways to get that appointment scheduled: you can go to the Contra Costa Health Services website <https://www.coronavirus.cchealth.org> call 833-829-2626. You can also sign up at myturn.ca.gov or call 833-422-4255. Additionally, there is a vaccine finder that can help locate local facilities offering the vaccine: <https://vaccinefinder.org> For more COVID information: <https://covid19.ca.gov/vaccines/>. Finally, CVS and Walgreens, as well as Safeway, are offering shots. Go to any of their websites to find an available spot.

HELP WANTED

Interested in getting more involved in Lamorinda Movers? We still could use your assistance. There is one Board opening 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.

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 you'd like to help. We look forward to working with you!

NEXT DINNER

Needless to say, we may be getting closer but still have no idea 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.

MEMBERSHIP NEWS

Norma Claassen

I hope most of you have been able to receive the COVID vaccine and are feeling safer. Looks like we will be able to move around more without fear of catching the virus. I, personally, have booked a flight to Colorado to visit my son and granddaughter in May.

Hopefully, the Lamorinda Movers will be able to have a dinner meeting later this year. Keep your fingers crossed we will be able to see each other again soon.

SUNSHINE AND HEALTH NEWS

Jean Roberts

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, MAH JONGG and BOCCE BALL

Felicia Teller, Carole Lucas and Lynne Libuha

Because of the COVID-related restrictions, 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 lynnelibuha@me.com. We will send out information as soon as we are able to resume playing. We can't wait to see you then!



May Birthdays

5/7	Darlene Haffner	5/16	Nancy Braden
5/8	Gary Bernie	5/16	Betty Duey
5/10	Caroline Zoich	5/18	Sue Hanes
5/10	Keitha DeMara	5/18	Bonnie Roth
5/14	Charlotte Marname	5/20	Ginger Thompson
5/14	Melinda Flanders	5/23	Gerald Roth
5/15	John Harrell	5/25	Delores Austin
5/15	David Munson	5/25	Victoria Nakamura
5/16	Joachim von Pohl	5/25	Norma Cuneo

ACTIVITIES IN LAMORINDA

Although restrictions are lessening more and more each week and businesses are slowly opening, at this point there are still no large in-person events, gatherings, meetings or classes allowed in our area. But that could change any time and it certainly doesn't mean there's nothing to do! Modern technology has made it so, even if you can't travel or attend something in person, 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. (Since we've moved into the "orange tier," some museums may be opening at 25%-50% capacity. And, if numbers remain low, the state is opening up June 15 and you'll be able to resume many of your pre-COVID activities.) We've listed some virtual activities 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 stay safe and healthy.

Libraries: Great News: On Monday, April 26, Contra Costa County Libraries will open their doors to the public for Grab & Go service. The libraries will be open with limited occupancy and offer select services. <https://ccclib.org/grab-and-go/>

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, meditation, speakers, book clubs, garden designing: <https://ccclib.bibliocommons.com/events/search/index>

Performances:

May 1 Gold Coast Chamber Players concludes its Love and Diversity Program with Dvorak's America https://www.gccpmusic.com/concert6?utm_source=Gold+Coast+Chamber+Players&utm_campaign=fdafd8d4dc-EMAIL_CAMPAIGN_2021_01_11_06_26_COPY_01&utm_medium=email&utm_term=0_8fed5286b3-fdafd8d4dc-375271911

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://calperformances.org>; <https://www.sfsymphony.org/Calendar>; <http://www.diablosymphony.org>

Local Dance Companies: **May 7-9, May 14-16** Diablo Ballet presents Once Upon a Time, a fairytale adventure. <https://diabloballet.org/onceuponatime/>; San Francisco Ballet: <https://www.sfballet.org>

Speakers:

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

3700+ talks to stir your curiosity: <https://www.ted.com/talks>

Classes:

Osher Lifelong Learning Institute (OLLI) UC Berkeley is offering two summer sessions. Classes include Great Symphonies of the 20th Century and Cooking with Summer Produce. <https://view.our.berkeley.edu/?qs=a8d5bfd2995290d8128d0514075d5c85e02be5c9a69bc8fa42297ee3cacb5659e88bf2eb054dbfe76fa73a89c9c022803766391cbb1961386c73095d4be7458f51ef0fd427ad47af841a7de76460f699>. Additionally, OLLI has a classes through their Concord campus (<https://www.scholarolli.com/product-category/programs/>) and San Francisco State campus (<https://olli.sfsu.edu/courses>).

Lamorinda Village offers a weekly 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

The **Walnut Creek Senior Center** offers virtual 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

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

Virtual Activities:

Lamorinda Village invites you to attend any and all of our [free weekly zoom events](#). Monday is Meditation, Tuesday Chair Yoga and our coffee and conversations often have interesting speakers. Please come!

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 Friday, Saturday and Sunday, 12 noon - 4 p.m. and by appointment. "An Elegant Balance," runs through May 2. <https://moragaartgallery.com>
Email: moragaartgallery@gmail.com

Jennifer Perlmutter Gallery is open Wednesdays-Fridays 1-5 p.m. and Saturdays 11 a.m. - 5 p.m. There will be an Outdoor Art Fair on May 8, 11 a.m. - 4 p.m.

Lamorinda Arts Alliance presents *Slice of Life*, May 4-June 25 aRt Cottage

Saint Mary's College Museum of Art: Aesthetic Forces: Nature in the Modern California Landscape, 1915-2015" through July 11. <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/aesthetic-forces> **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>

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>

The Lamorinda Spirit Van is providing delivery services to Lamorinda seniors 60+ 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

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/>

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AND COMMITTEE CHAIRPERSONS

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