

Lamorinda Movers

Activities for adults ages 55+

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

MARCH CALENDAR

All dates are tentative and subject to change depending on Stay-at-Home restrictions

TUESDAY, MARCH 9, Executive Board Meeting via ZOOM, 5 p.m.

MARCH 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 FEBRUARY/MARCH MESSAGE

Greetings Friends and Neighbors,

From the sound of recent news reports, it looks like things are slowly starting to open up. Everyone is getting excited about the thought that we will be able to get together once again. I'm sure it will still be a few more months, but we are anxiously waiting for the day that it can actually happen. Stay tuned.

We have another very important birthday that just happened on the 4th of this month. Aida Peterson just turned 100 years old! Cheers to you, Aida, and on behalf of the entire membership of the Lamorinda Movers, congratulations and happy 100th birthday to you. God bless you always!!



Here's one for you Aida:

I heard about this pastor. He was raising funds for a new auditorium and he told his congregation that anyone who gives a thousand dollars can pick out the next 3 hymns. A little old lady in the back of the church raised her hand and said to the pastor, "I'll do it." The pastor was so excited. He said "thank you, ma'am. Now which 3 hymns would you like?" She looked over the congregation and pointed, saying, "I'll take him and him and him."

Missing you all very much.

Warmly,

Keith

GOOD NEWS

We can all use some good news these days and we have some which bears repeating one more time: 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.

Of course there's also good news about the COVID-19 vaccine becoming more available. While the distribution has been slower than hoped and sign-ups have been somewhat confusing, promises of better days ahead are definitely within sight. If you haven't done so already, you can go to the Contra Costa Health Services website and fill out a vaccine appointment form. If you qualify, you will be contacted to schedule a time to receive the vaccine. Go to [coronavirus.cchealth.org](https://forms.microsoft.com/Pages/ResponsePage.aspx?id=3tkgKC3cY0OGJvKwA0OMRRd1QfIVjtpAkM-cYi-io35ZUM0hIWVpaOTJHSDBTM0ZLSU5SNUM3NEo0OCQIQCN0PWcu) or, for the actual form: <https://forms.microsoft.com/Pages/ResponsePage.aspx?id=3tkgKC3cY0OGJvKwA0OMRRd1QfIVjtpAkM-cYi-io35ZUM0hIWVpaOTJHSDBTM0ZLSU5SNUM3NEo0OCQIQCN0PWcu>. For more COVID information: <https://covid19.ca.gov/vaccines/>

HELP WANTED

Interested in getting more involved in Lamorinda Movers? We can certainly use your assistance. There is still 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 how you'd like to help. We look forward to working with you!

NEXT DINNER

Needless to say, we 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

Hopefully you've had your first or second COVID vaccine shot or, if not, are scheduled to begin your vaccination process very soon. Stay healthy and hope we can meet again in the Fall.

SUNSHINE AND HEALTH NEWS

Jean Roberts

Get well cards were sent to: Linda Reidt who recently underwent knee replacement surgery; and Elinor Kikagawa, who has had COVID-19, pneumonia and suffered a fall.

If you know or hear of someone who is ill, injured, or has experienced the loss of a loved one, please let our Sunshine News chair, 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 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!



March Birthdays

3/2	Gerry Bonner	3/18	Laszio Bonnyay
3/5	Keith Katzman	3/19	Ralph Thornicroft
3/6	Brad Dewey	3/28	Celia Hasbrook
3/6	Virginia Tracy	3/30	Loretta Nuti
3/12	Ute Kelley	3/30	Joanne Full
3/16	Marcia Fisherkeller	3/30	Chris Laszcz-Davis
3/16	Elizabeth White		

ACTIVITIES IN LAMORINDA

Although restrictions around the stay at home orders 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 stay safe and healthy.

March 6 - Evening with Moraga Rotary Join Moraga Rotary for a fun filled evening and full course take-home dinner gala. <http://www.moragarotary.com>

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, 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:

Gold Coast Chamber Players <https://www.gccpmusic.com>

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://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: Diablo Ballet: <https://diabloballet.org/balanchine-and-beyond/>;
San Francisco Ballet: <https://www.sfballet.org>

Speakers:

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

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

Classes:

Lamorinda Village offers a weekly, free meditation and yoga class 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://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>.

DVC Community Education classes: Spring classes starting soon. <https://files.constant-contact.com/64916922601/24d0e59c-6fc7-44bb-bb9e-ada12ff58ce3.pdf> 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:

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 Saturdays, 12 - 3 p.m. and by appointment. "An Elegant Balance," runs through April 25. moragaartgallery.com Email: moragaartgallery@gmail.com

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.arp.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

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.lpages.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/>

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