

Lamorinda Movers

Activities for adults ages 55+

JAN/FEB 2021

VOLUME 47

ISSUE 2

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

FEBRUARY CALENDAR

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

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

FEBRUARY 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 JANUARY/FEBRUARY MESSAGE

Dear Friends and Neighbors,

Happy New Year! Hard to believe it's already 2021. And after the last year we had, I know we're all hoping for much better times.

I cannot tell you how nice it was to see all the faces again at our January Board of Directors meeting. We finished our business and spent a few minutes afterward talking and laughing. It was very uplifting.

As I'm sure you all know, we are still unable to meet in person but we are all anxiously awaiting that day. I've seen many of you around town and it makes me so happy. I cannot wait until we are all back together again.

There is some good news, however. Vaccines are available and it sounds like more will be accessible in the coming weeks. We've included the link in this newsletter to sign up with Contra Costa County to receive your vaccine.

I'd like to thank Jean Roberts for taking on the Sunshine role; she will now be sending out cards to any members experiencing illness, injury or a death in the family. Her contact information is included in this newsletter. I'd also like to wish Marilyn Runo a very happy 97th birthday!!

One day up in heaven, God said to the men: "I want you to form two lines...one line is for the men who were head of the house and the other line is for the men who let the women be head of the house." The line where the women were head of the house was a hundred miles long. There was only one man in the other line. God said, "Men, I'm ashamed of you. I created you to be the head of the household but only one man stood up to make me proud." He looked at him and said, "tell them son, how did you manage to be the only one in this line.?" The man looked confused. He said, "I don't know...my wife told me to stand here."

From the bottom of my heart I wish you all the very best in 2021 and I look forward to us all being together very soon.

Warmly,

Keith

GOOD NEWS

We can all use some good news these days and we have some which bears repeating: 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 currently 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 the stay-at-home restrictions will be 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. In the meantime, stay healthy and safe.

MEMBERSHIP NEWS

Norma Claassen

Unfortunately, it looks we still won't be meeting anytime soon, or at least until 80% of the population is vaccinated. As noted above, you can go to the Contra Costa Health Department's website to sign up for an appointment. If you're in the 75+ age range, you have a greater chance of getting the shot. And, within the coming weeks, those in the 65+ range will also have better chances of receiving the vaccine. Until we meet again, stay healthy.

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 our news 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!



February Birthdays

2/ Kay Poulos

2/1 Margaret Peters

2/4 Aida Peterson

2/9 Dan Flower

2/12 Lana Reichick

2/15 Melisse Logan

2/22 Beverly Pearson

2/26 Patricia Steever

2/28 Gretchen Arth

2/29 Gillian Roebuck

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 per-

formances 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.

Jan 23: Lamorinda Lions Club Crab Feed Fundraiser <https://patch.com/california/lamorinda/calendar/event/20210123/967065/lions-club-drive-thru-crab-feed>

Jan. 28: Enjoy a wonderful dinner from Moraga's Amoroma Restaurant and help fundraise for the Rotary Club of Moraga. <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:

Jan. 21: "Say Goodbye to Plastic," Sandra Ann Harris, author of "Say Goodbye to Plastic: A Survival Guide For Plastic-Free Living." <https://cca.lafayettechamber.org/EvtListing.aspx?class=B&dbid2=calaf&&date=20210121>

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>.

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 by appointment. "Spaces, Inside and Out" runs through Jan. 24. Email: moragaartgallery@gmail.com moragaartgallery.com

Saint Mary's College Museum of Art: 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>

We're all still spending way more time at home. Join [Lamorinda Village](#); 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=IwAR3WUxBrj2x17TJw-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