

# Lamorinda Movers

*Activities for adults ages 55+*

<a href="#">July/August 2021</a>	<a href="#">Volume 47, Issue 8</a>
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## AUGUST CALENDAR

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

**TUESDAY, AUGUST 2**, Executive Board Meeting, Canyon Club Brewery, 5 p.m.

**AUGUST 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:** Every Thursday morning until the beginning of October, 10 a.m., Moraga Commons



## **PRESIDENT'S JULY/AUGUST MESSAGE**

Dear Friends & Neighbors,

It's happening! The excitement is mounting. Everything is a go and we are proceeding full speed ahead. Back Forty BBQ is booked, Johnny Z and the Camaros are booked and the Serbian Church is reserved. Mark your calendars for September 13. Watch for your official notification in early September and be on the lookout for an ad in an upcoming issue of the Lamorinda Weekly. Spread the word. WE ARE BACK! Everyone I've talked to is extremely happy and very much looking forward to seeing everyone and being together again. I will be in contact with Mary Bruns, director of the Lamorinda Spirit Van, to help bring some of our members to the dinners as they did previously. I am also working on a few special guests.

Because of everything we have all been through this past year, the Board voted to do something very special for this dinner. You as a member may invite a guest and their dinner will be compliments of Lamorinda Movers. This is a really great opportunity to invite a friend or neighbor who wants to get out and see a whole lot of very happy faces. I look so forward to seeing you all. I am very happy for all of us.

I heard about this 84 year old woman. She'd gotten out of shape during covid and knew she needed to start exercising so she decided to join an aerobics class for seniors. The first day she bent and twisted and gyrated back and forth and jumped up and down perspiring for an hour but she said by the time she got her leotard on the class was over.

Can't wait to see you all next month!

Warmly,

Keith

## **GOOD NEWS**

Everything is open! The rules seem to change regularly so make sure you keep an eye out for what you can and cannot do, where you can go, when/if you need to wear a mask. It's a fluid situation and likely will be for a while until we all get accustomed to this "new normal." But what a relief — if you've been vaccinated you can hug your vaccinated family members and friends, go inside most places without a mask, sit across the table from friends and acquaintances and even go to a movie or travel to visit a loved one. It's been a long and difficult time but soon we'll be able to look back and be grateful that a vaccine was made available so quickly and appears 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>.

Even more good news: our Bocce Ball group is back on the court! See p. 4 for more details but come on out to play, watch or simply to say hello. Libraries are open. Theaters are opening. Galleries are opening. Life is returning!

## **HELP WANTED**

We're now looking to fill two Board positions; The Communications Chair is needed immediately, the Board Secretary needs to be filled by January 2022:

**Communications Chair:** 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.

**Board Secretary:** attend monthly Board meetings, take, transcribe and distribute minutes.

Want to sign up and help out? We'd love to have you. Please email Diane Claytor at [dianeclaytor@gmail.com](mailto:dianeclaytor@gmail.com) to let her know you'd like to help. We look forward to working with you!

## **NEXT DINNER**

It's going to be a true grand reopening filled with a fabulous Back Forty barbecue, lively entertainment provided by Johnny Z and the Camaros and a lot smiling faces. Mark your calendar for Monday, Sept. 13, dust off your dancing shoes. and get ready for a fun evening.

## MEMBERSHIP NEWS

**Norma Claassen**

Happy Summer! So excited to think about coming back to the Lamorinda Movers dinners and entertainment. We are looking to start with reservations for the “grand reopening” barbecue on Monday September 13<sup>th</sup>. More details to follow 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](mailto:iamjean649@gmail.com).

July 16, 2 p.m., Moraga Valley Presbyterian Church **Memorial Service for Larry Swindell**, career journalist, author and film historian;

## BRIDGE, MAHJONG and BOCCE BALL

**Felicia Teller, Carole Lucas and Lynne Libuha**

**We're back!** Well, at least Bocce Ball is. Every Thursday through October at 10 a.m., the bocce ball gang is back at the Moraga Commons bocce court playing this fun game. We'd love to welcome new players to join us. It's an easy fun game to learn & play. Just show up and if you need more details call Lynne Libuha at 925 388-0277 or email her at [lynne.libuha@me.com](mailto:lynne.libuha@me.com). You needn't commit to being a regular player but give it a try! The other two activities sponsored by Lamorinda Movers are still on hold. If you have any questions, please contact Felicia Teller (bridge) at 925-276-7079 or Carole Lucas (mahjong) at [clucas629@comcast.net](mailto:clucas629@comcast.net). We will send out information as soon as we are able to resume playing. We can't wait to see you then!



### **August Birthdays**

8/3	John Haffner	8/22	Emily Hook
8/3	Diane Cella	8/23	Joanne Woodward
8/4	Roy Cuneo	8/24	Sally Marks
8/6	Dee Humm	8/24	Carol Derry
8/8	Richard Derry	8/25	Rose Ann Muscat
8/9	Jack Zimmermann	8/26	Maralyn Cantor

8/9 Marion Alexander  
8/11 Tom Marnane  
8/12 Monica Foley  
8/13 Joseph Muscat  
8/19 Robert Foxall

8/27 Pete Williams  
8/28 Tory Courtney  
8/29 Kenneth Russi  
8/30 Judy Helder  
8/31 Linda Wurth

## **ACTIVITIES IN LAMORINDA**

We've been listing virtual activities since the beginning of Covid. While we'll continue to do so, with more and more in-person events and activities available, the virtual activities list will become smaller. 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>

### **Performances:** \_

Most of the local performing arts companies are announcing their upcoming live productions (and there are many), while still offering many virtual performances. For updated listings, it is suggested you go to the various web sites.

July 22 6:30 p.m. Gold Coast Chamber Players present *Dvorak's America* Viewing Party, Jennifer Perlmutter Gallery, Lafayette [https://app.arts-people.com/index.php?show=125065&utm\\_source=Gold+Coast+Chamber+Players&utm\\_campaign=7a2b11a629-EMAIL\\_CAMPAIGN\\_2021\\_01\\_11\\_06\\_26\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_8fed5286b3-7a2b11a629-362331611](https://app.arts-people.com/index.php?show=125065&utm_source=Gold+Coast+Chamber+Players&utm_campaign=7a2b11a629-EMAIL_CAMPAIGN_2021_01_11_06_26_COPY_01&utm_medium=email&utm_term=0_8fed5286b3-7a2b11a629-362331611)

Outdoor concerts on Thursday evenings are back at the Leshher. The **Summer Sounds Concert Series** runs through July. [lesherartscenter.org](http://lesherartscenter.org)

Live theatre is back in San Francisco, beginning with "Hamilton" in August. <https://www.broadwaysf.com/Online/default.asp>

### **Speakers:**

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

### **Classes:**

**Osher Lifelong Learning Institute (OLLI) UC Berkeley** Registration for the fall term is open. There are great classes both in person and virtual. Learn to Cook with Seasonal Produce, Dive into the Movies, Build a Great Memoir or learn How the U.S. Spent the

Legacy of the Greatest Generation. <https://olli.berkeley.edu/programs/events> Additionally, OLLI has virtual classes through their San Francisco State campus (Fighting Slavery in the Civil War Era, Viva Verdi - Opera and the Birth of Modern Italy or Hollywood in the Thirties): <https://olli.sfsu.edu/courses> as well as through their Cal State East Bay Concord Campus <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 Turning Point, a free virtual grief support group, Wednesdays 1-2 p.m. This is a new program “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.” Email [info@lamorindavillage.org](mailto:info@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](mailto: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](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)

### **In-Person Activities:**

July 15 5-9 p.m. and August 12 5-9 p.m. Hacienda Nights are back in Moraga. <https://www.moraga.ca.us/421/Hacienda-Nights>

July 21 10-11 a.m.: Welcome Back Lafayette coffee and breakfast treats. Lafayette Plaza Park; 10:30 a.m-2:30 p.m. Lafayette Citywide Sidewalk Sale, <https://lafayettechamber.org/sidewalk-sale/>

Thursday nights, 5-8 p.m. Orinda Food Trucks are back! Orinda Community Center <https://www.cityoforinda.org/CivicAlerts.aspx?AID=29>

Go see a movie in an actual theater! Both the Rheem and Orinda theaters are open.

### **Virtual Activities:**

Lamorinda Village invites you to attend any and all of our free weekly zoom events Monday is Meditation, Tuesday coffee and conversations 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>

### **Museums and Art Galleries:**

**Moraga Art Gallery** is open Thursday-Sunday, 12 noon - 5 p.m. and by appointment. "Midsummer Synergies" featuring vibrant ceramic creations as well as prints and etchings. <https://moragaartgallery.com> Email: [moragaartgallery@gmail.com](mailto:moragaartgallery@gmail.com) 925-376-5407

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

Open Museums: SF Museum of Modern Art <https://tickets.sfmoma.org/tickets>; the De Young and Legion of Honor museums <https://legionofhonor.famsf.org>. Asian Art Museum <https://asianart.org>,

**Lamorinda Arts Alliance** presents *Slice of Life*, through June 25 at Rt Cottage

**Saint Mary's College Museum of Art:** <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art>

### **Resources:**

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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