

Lamorinda Movers

Activities for adults ages 55+

[October/November 2021](#)

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NOVEMBER CALENDAR

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

TUESDAY, NOVEMBER 9, Executive Board Meeting, Keith Katzman's Home, 5 p.m.

NOVEMBER 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 OCTOBER/NOVEMBER MESSAGE

Dear Friends & Neighbors

I'd like to start by acknowledging and expressing our sincere appreciation to Fran Gentry for stepping up and offering to serve as our new recording secretary. At her first meeting this month she fit right in and we all had a wonderful time getting to know her better. And she did a great job taking and transcribing the minutes! She is a perfect addition to our Board.

We now have another Board position to fill. Vice President Suzanne Parsons has unfortunately submitted her resignation effective December 2020. We will miss Suzanne and her contributions to the Board and are now asking someone else to come on board and fill this important role. Again, this is definitely not a difficult job. You attend one Board meeting a month, take over the duties of the president if I am absent and assist with the monthly programs, including both the menu and entertainment, once we go back to having them. Easy!

We still need someone to help with the communications position to print the nametags and the guest list, as well as post the new menu for each dinner to our website. We will need this person when we start back up again. We promise it won't take more than an hour of your time every month and training will be provided. Please let us know if you are interested.

We are also inviting a member of the Movers to attend our monthly Board meetings to act as a representative and voice of our membership. This is one of our more fun jobs .

As I noted in last month's newsletter, the best part for all of these positions is that we meet as a small group each month and it's so wonderful to see at least a few of the Movers family members regularly. Please consider volunteering for one of these important positions and reach out to me or any of the Board members with any questions or interest. We need you!!

We are all still anxiously awaiting a break in the news allowing us to finally meet again. We will not give up! I miss you all very much.

Sincerely,

Keith

NEWS

Mask mandates. Vaccine mandates. It continues to be a fluid situation and likely will be for a while. But isn't it wonderful — if you've been vaccinated you can hug your vaccinated family members and friends, sit at a table with vaccinated friends and acquaintances and even go to a movie (wearing a mask) or travel to visit a loved one. It's been a long and difficult time but hopefully, soon we'll be able to look back and be grateful that a vaccine and now a 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>.

The Board would like to welcome Fran Gentry, our the new Board secretary. Fran has lived in Moraga for 25 years, currently residing in the country club. She is an avid golfer, loves to read and volunteers in the Moraga Library's Book Shop. She's been a Mover for almost 4 years. Welcome to the Board, Fran!

HELP WANTED

We're still looking to fill two Board positions immediately. As noted in the President's letter, filling these two roles is crucial for the future of Lamorinda Movers. Please contact President Keith Katzman or any of the Board members (contact information on last page) for information or to volunteer to serve.

Vice President: assumes the duties of the President when he is absent; performs duties as requested by the President; assists with monthly program entertainment and menu.

Communications Chair: involves 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.

Want to sign up and help out? We'd love to have you. Please contact any of the current Directors and let them know you'd like to help. We look forward to working with you!

NEXT DINNER

Needless to say, between the delta variant and the new mandates, our Welcome Back dinner is once again delayed. It will happen, we promise. It will be wonderful and exciting and welcoming and fun. Fingers crossed that we'll be seeing each other soon and celebrating both the new year and the return of our fun monthly gatherings.

MEMBERSHIP NEWS

Norma Claassen

Looks like the Delta scare is somewhat under control for now. The Board is still not sure when we will begin our monthly dinners. We have several volunteer openings on the Board and really need your help! The jobs are not difficult and there is a lot of support from the current Board members. Please see Keith Katzman's President's letter to the membership as well as the Help Wanted section on page 3 for more information.

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, MAHJONG and BOCCE BALL

Felicia Teller, Carole Lucas and Lynne Libuha

Bocce ball is unfortunately over for the season. It was a short, but fun, season and we'll start up again the first Thursday in May (May 5 to be exact). 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!

Mah Jong is also back in a limited capacity. According to Carole Lucas, because of restrictions put in place by the Moraga Country Club (MCC), new players wanting to join the Movers' group must be current MCC members. Contact Carole (clucas629@comcast.net) for information.

At this time, bridge is still on hold. Please contact Felicia Teller at 925-276-7079 for additional information.



November Birthdays

11/3 Dick Vance
11/3 Claire Roth
11/4 Jean Wood

11/17 Sharon Flower
11/18 Dorothy Schwab
11/19 Astrid Gehrke

11/7	Peter Ciarlo	11/19	Gail Burnett
11/11	Patricia Wiegmann	11/26	Ralph Kermoian
11/13	Joan Ullrich	11/27	Larry Thompson
11/14	Gary Borrelli	11/28	Barry Flanders
11/16	Suzanne Parsons	11/30	Marty Aufhauser
11/16	Phyllis Reed		

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 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.

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

Cal Performances <https://calperformances.org>

Live theatre is back in San Francisco. Coming up through the end of the year are “Jesus Christ Superstar,” “An Evening with David Sedaris,” “My Fair Lady,” and “A Christmas Carol.” <https://www.broadwaysf.com/Online/default.asp>

Speakers:

Oct. 22, 10-11 a.m. Understanding Wildfire and its Impact in California, Online <https://olli.berkeley.edu/programs/events>

Nov. 5, 10:30-11:30 a.m. Technology Innovations for Older Adults, The Unexpected Consequences of the Pandemic, Online <https://olli.berkeley.edu/programs/events>

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

Classes:

Nov 1-Dec. 13, 9 a.m. Inyegar Yoga Basic principles of the unique Iyengar system and how it applies to the aging process will be taught in person at Moraga's Hacienda de las Flores www.moragarec.com

Osher Lifelong Learning Institute (OLLI) UC Berkeley Classes have started! <https://olli.berkeley.edu/programs/events> Additionally, OLLI has virtual classes through their San Francisco State campus (The Impact of Stephen Sondheim; Rock 'n' Roll's First Decade; Exploring the University: An Introduction to Astronomy) :<https://olli.sfsu.edu/courses> as well as through their Cal State East Bay Concord Campus (A Short Course on Dutch Art; American Musical Theater: The Golden Age; Andrew Carnegie: Immigrant, Capitalist and Philanthropist) <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.

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:

Through Oct 23, Lafayette Reservoir Challenge — the virtual race which “runs” around the 2.7-mile paved trail of the Lafayette Reservoir October 13-23 is great opportunity to safely walk or run the Reservoir on your own. <https://lafayettechamber.org/resrun/>

Oct. 24 Lafayette Res Run for Education: Run with your friends, family and neighbors in person through downtown Lafayette. Choose the traditional 2-mile fun run/walk or 5K along Mt. Diablo Blvd. or the 10K route which goes around the Lafayette Reservoir. <https://lafayettechamber.org/resrun/>

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

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 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. The new exhibit, Anything Goes, opens with a Sept. 25 reception. <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: *Keith + Kari*, Sept. 15-Dec. 12 <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/keith%20kari>; *Collective Memories: Stonecuts from Cape Dorset* <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art>

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/>

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AND COMMITTEE CHAIRPERSONS

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