

Lamorinda Movers

Activities for adults ages 55+

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SEPTEMBER CALENDAR

WEDNESDAY, AUG. 24 Board Meeting, Keith Katzman's Home, 4:30 p.m.

MONDAY, SEPT. 12, HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 6 p.m. dinner and program: Serbian Church; dinner catered by the popular Town Bakery in Moraga. Entertainment is still being finalized and will be announced on our website as soon as plans are confirmed.

ALL MONDAYS: Bridge, 12:30 - 3:30 p.m. at Moraga Royale **SUSPENDED UNTIL FURTHER NOTICE**

FIRST AND THIRD THURSDAYS: Mah Jongg, 1 p.m., Moraga Country Club. An optional luncheon starts at 12 noon. Anyone interested in joining the group should contact Carole Lucas, clucas629@comcast.net. (See p. 4 for more details)

EVERY THURSDAY, BOCCE BALL, 10 a.m.: Play every Thursday at 10 a.m. at the Moraga Commons Bocce court. New players encouraged to join! Contact Lynne Libuha, lynne.libuha@me.com.



PRESIDENT'S AUGUST/SEPTEMBER MESSAGE

Dear Friends & Neighbors,

Our August dinner was another evening of good food and very happy people. The room was filled with loud, joyful voices. It was hard to interrupt to call tables because everyone was so involved in their socializing. I must say it was heartwarming! A special thanks to Dayna Wilson, realtor, senior specialist and creator of Savvy Senior Living Seminars, and Jennifer Raftis of Efficiency Matters, for their upbeat, informative and interesting presentation. Jennifer has helped many of my clients over the years. I think we all walked away with a little more information on downsizing.

Moraga Town Bakery provided a delicious Mexican-themed dinner. There wasn't much left over so I assume people enjoyed it. We are working with Town Bakery on the menu for September and it looks like we're leaning towards Italian. Specifics, along with details on our entertainment, will be on our website as soon as we have everything confirmed.

I am looking forward to our September gathering (of course, I look forward to all of our events). Sorry to say we don't have our entertainment confirmed yet. We are short staffed and working very hard to take care of all the details. You will be notified as soon as we book someone. If anyone is willing to help us, believe me, we need you. We just need someone to make some phone calls every so often.

As a reminder, on November 14th we will be honoring our local police and fire personnel. It's been two years since we've been able to acknowledge these very important and hard-working men and women and I know it will be a special evening. Mark your calendars.

Looking forward to seeing you all in September.

Sincerely,

Keith

HELP WANTED

As noted in Keith's letter, we need some help. Our Board members are all volunteers with families, busy lives and in some cases, jobs. We do as much as we can, but sometimes an extra two hands would be great. We would love some help with making a few phone calls occasionally as we look for possible caterers and monthly entertainment. If you'd be willing to help with this, please contact Keith or Suzanne Parsons (contact info on page 8). Thanks so much.

We still need to fill the Communications Chair position on the Board. The duties are simple: keep the website updated and oversee dinner notifications, reservations and name tags. You will get thorough training to assume this crucial role. Interested? Please contact Keith or any of the Board members for additional information.

SEPTEMBER DINNER

Be sure to mark your calendar for our next fun Movers' evening on Monday, September 12. We'll again be at the Serbian Church and again enjoy a delicious meal catered by Moraga's popular Town Bakery. The menu has not yet been finalized but watch the website for details.

MEMBERSHIP NEWS

Norma Claassen

The Lamorinda Movers welcomes these new members who have joined so far this year:

Bobbie Dodson, Orinda
Iga Paczocha, Walnut Creek
Joyce Skrak, Moraga
Brian & Britt-Marie Morris, Moraga
Barbara Carrigg, Orinda
Debbie Armen, Moraga
Nhi Bonet, Moraga
Bill & Judy Walhander, Lafayette
Bob & Sally Church, Moraga
Kathleen Hellekaoy, Moraga

Stay tuned for an announcement on the remainder of the year's programs. Additionally, if you know of any catering services, please call Keith Katzman or Suzanne Parsons. We are still looking for good quality food and pricing.

Don't forget: if you refer a new member to Lamorinda Movers, you have a chance to win a year of 'free' meals. Just have the new applicant add your name to "referred by" on the application. The drawing is held at the end of year Holiday event.

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 she can send a caring card. You can call Jean at 925-788-5528 or email iamjean649@gmail.com.

BRIDGE

Felicia Teller

At this time, bridge is still on hold. Please contact Felicia Teller at 925-376-7079.

MAH JONG

Carole Lucas

The Lamorinda Movers Mahjong group meets on the first and third Thursday of each month at 1 p.m. at the Moraga Country Club -- with lunch at 12 noon, for those who are interested, followed by mahjong. An individual donation of \$2 is collected to cover the set-up at the Club. Any member of the Movers who knows how to play, whether a beginner or seasoned player, may contact Carole Lucas at clucas629@comcast.net. We'd love to have you join us, but please contact Carole first!

BOCCE BALL

Lynne Libuha

Bocce ball season is back on Thursdays at 10 am at the Moraga Commons. We would love some new players and hope you'll join us. We do not take the games seriously, but have a wonderful time together. For additional information, please contact Lynne at (925) 388-0277 or lynne.libuha@me.com.



SEPTEMBER BIRTHDAYS

9/2	Anne Johnson	9/15	Sal Zammitti
9/2	Bobbie Dodson	9/16	Faye Edwards
9/3	Jim O'Donnell	9/17	Bill Brice
9/5	Monte Logan	9/17	Julia White
9/6	Jim Krueger	9/21	Tom Hester
9/7	Bonnie Bell	9/21	Pat Harries
9/9	Cynthia Kelly	9/21	Sally Church
9/9	Ann Droese	9/27	Joe Roebuck
9/10	Jim Tasker	9/27	Marian Sun
9/10	Carolyn Anderson	9/27	Mary Ann Perkins
9/11	Judi Cooper	9/29	Robert Church
9/12	Kathleen Hoover	9/30	Mary McFadden

ACTIVITIES IN LAMORINDA

The Lamorinda Area has an abundance of activities — both in person and virtual — designed to appeal to all interests. There are classes to improve your mind and body; performances to make you laugh, think, tap your feet and hum along; events and attractions for your more cultural side. There are opportunities to volunteer your services and talents and ways to help those less fortunate. And there are resources to keep you safe and informed. We list various activities and opportunities each month but rather than including detailed descriptions, we will list contact information so you may pursue whatever interests you.

Classes:

Osher Lifelong Learning (OLLI) offers classes in Berkeley, Lafayette and Concord. Fall registration is open and classes begin the week of Sept. 19. Enjoy “Diving Into the Movies,” “20th Century Theater,” America in Global Perspective,” or “Civility in America.” There are live stream, recorded and in person classes. <https://olli.berkeley.edu/programs/courses> or 510.642.9934; Cal State East Bay, where you can still participate in some summer courses, including “Fighting Faiths: The Crusades,” or “Medal Counts & Manifest Destiny: Team USA at the Olympics.”(<https://www.scholarolli.com> or 925-602-6776)

The **Walnut Creek Senior Center** offers virtual and live classes and fun activities; <https://wcseniorsclub2020.wordpress.com/upcoming-events/>

Diablo Valley College Emeritus Classes: https://diablo.cr3.rschoolday.com/public/getclass/category_id/0/program_id/73 925-949-4600

DVC Community Education classes: email CommunityEd@dvc.edu for information

John Muir Health Senior Services: So many classes: Driver Safety, Brain Boosting Nutrition, Healthy Heart Nutrition, Fall Prevention
<https://www.johnmuirhealth.com/events/consumer/browse/index>

Lafayette Senior Services: Classes on maintaining your health, using your Apple devices, nature walks and bird watching and a weekly tea dance. <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services> 925-284-5050

Libraries: <https://ccclib.org> Join a book club, take a class, listen to a speaker. <https://ccclib.bibliocommons.com/v2/events?locations=15%2C19%2C14>

Parks and Rec: There are art classes, fitness classes, trips and senior programs.
Lafayette Parks and Rec: https://apm.activecommunities.com/lafayetterec/Activity_Search
925-284-2232

Moraga Parks and Rec: <https://secure.rec1.com/CA/moraga-parks-recreation/catalog>
925-888-7050

Orinda Parks and Rec: <http://orindaparksandrec.org/192/Adult-Seniors-Programs-Classes>
925-254-2445

In-Person Activities

Aug. 24 5:30-7 p.m. Lafayette Chamber's summer mixer, Lafayette Park Plaza <https://cca.lafayettechamber.org/EvtListing.aspx?dbid2=CALAF&evtid=71531&class=E> 925 284-7404

Sept. 10, 1-7 p.m. Benefit Concert sponsored by Notes4Hope and Cancer Support Community. Moraga Commons Classic rock music, food, beverages and more <https://www.facebook.com/events/s/benefit-concert-moraga-commons/735233967767819/>

Sept. 17-18 Lafayette Art & Wine Festival is back!! <https://lafayettefestival.com> 925 284-7404

Senior trips sponsored by Moraga Parks & Recreation, beginning with a trip to Napa Valley's Castello di Amorosa, an authentically-styled 13th century Tuscan castle winery on Sept. 15. <https://secure.rec1.com/CA/moraga-parks-recreation/catalog/index/4eaf1e9312f9eb43508f21f2980a01a9?filter=c2VhcmNoPXNlbmlvciUyMHRyaXBzJmFnZUdyb3VwJTVCMTUINUQ9MQ==> or call 925-888-7036

Performances:

Gold Coast Chamber Players Opening Sept. 23 with a Brahms Reunion <https://www.gccpmusic.com/2022-23-season>

Cal Performances Opening Sept. 23 with the Miami City Ballet and Berkeley Symphony performing George Balanchine's Jewels <https://calperformances.org/2022-23-season/>

Art:

Moraga Art Gallery, "Creative Contrasts", through Aug. 28, www.moragaartgallery.com 925-376-5407

Saint Mary's Museum of Art: Opening Sept. 14, "Fake It Till You Make It," <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/exhibitions-and-collections/upcoming-exhibitions> 925-631-4379

Art Gallery at the Orinda Library Ceramic Vessels to Inspire, Woodturnings, Fabric Art, Photographs and Paintings. Through Aug. <https://lamorindaarts.org/current-exhibits/>

Speakers:

Savvy Seniors Living Seminars presented by senior specialist Dayna Wilson at the Lafayette Library on the first Wednesday of every month, 10 - 11:30 a.m. <https://www.day-realestate.com/events>

Lamorinda Village welcomes speakers and experts every week via zoom. Cal Shakes Philippa Kelly, Diane Dwyer on SB9, our mandatory housing requirement, fire hardening our homes and more. Talks are interactive and recorded. [Here is the link](#) to listen in at your convenience. Let them know if you'd like to listen live every Friday morning at 9:30 by emailing info@lamorindavillage.org.

Lamorinda Sunrise Rotary Aug. 19, Diana Becton, Contra Costa County District Attorney <https://lamorindasunrise.org/speakers>

Virtual Activities

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. You can dial in: 669-900-6833, Meeting ID 886-273-476. There is also chair yoga every Tuesday at 1:30 p.m. and Village Conversations every Friday morning a 9:30 a.m. You can Zoom all Lamorinda Village offerings: <https://zoom.us/j/886273476>.

Lamorinda Village also offers a free virtual grief support group, Wednesdays 1-2 p.m. This program was “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.” To learn more and obtain the Zoom link, email kishizu@lamorindavillage.org.

Resources:

Lafayette Senior Services, <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services> 925-284-5050

Contra Costa County Area Agency on Aging <https://ehsd.org/elderly-disabled/area-agency-on-aging/> 800-510-2020

Unfortunately, senior citizens are often the target of fraud scams. According to the Association of Certified Fraud Examiners, “The elderly are prime targets to schemes attributed to credit cards, sweepstakes or contests, charities, health products, magazines, home improvements, equity skimming, investments, banking or wire transfers, and insurance.” The AARP can help you avoid being scammed. <https://www.aarp.org/content/aarpe/en/home/money/scams-fraud.html> Free helpline: 877-908-3360

Nixle keeps you up to date 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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