

Lamorinda Movers

Activities for adults ages 55+

APRIL-MAY 2023

VOLUME 49

ISSUE 4

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

MAY CALENDAR

MONDAY, MAY 1 Board Meeting, Keith Katzman's Home, 4:30 p.m.

MONDAY, MAY 8, HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 5:30 p.m. dinner and program, featuring local author, Dan Hanel; Serbian Church

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.: Bocce Ball is back!!! We hope you'll come out and play this easy, fun and friendly game. Contact Lynne Libuha, lynne.libuha@me.com.



PRESIDENT'S APRIL/MAY MESSAGE

Dear Friends & Neighbors,

Our April dinner meeting featuring Eloise Theisen, Chief Executive Officer of Radicle Health, and past president of the American Cannabis Nurses Association, was quite an educational evening with lots of questions. Eloise was a wealth of information. She is available to help you and has graciously provided a list of other people you can talk to about using medical cannabis if you would like to investigate this further. Included in this list are safe places where supplies can be obtained. See page 7 for more information.

We continue to work on improving the food served at our dinners. The meatloaf, mashed potatoes, and asparagus we enjoyed last week were a step in the right direction. Everyone I talked to said dinner was very good. We will continue to do our best to improve the quality of the food!

Next month our featured speaker will be local author Dan Hanel. Dan has been an educator for over 35 years. He received the Eukel Teacher Trust award for outstanding teachers of Contra Costa County and was named distinguished CA high school science teacher. He has written "In The Shadow of Diablo," a 4 book series, all featuring local history and will talk about these popular books.

We're always working on entertainment and speakers for our future dinners and some of our thoughts and plans include a luau with Hawaiian dancers, a jazz trio, and, since singer Mark Shaw was such a hit and provided great entertainment, we will be having him back. I will request that he change it up a bit so we are not watching the same show. He said he has several different types of music.

It seems spring is finally breaking its way through the cold and rain. I am enjoying the warmth of the sun and so is my garden. I hope you are, too. I look forward to seeing you all in May.

Sincerely,

Keith

HELP WANTED

We keep repeating ourselves: 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. It's not a difficult assignment: the Chair keeps the website updated and oversees dinner notifications, reservations and name tags. Thorough training will be given to whoever takes on this crucial role. Interested? Please contact Keith or any of the Board members for additional information.

MAY DINNER

On Monday, May 8, we'll again enjoy a delightful Movers dinner meeting. We'll gather at the Serbian Church beginning with a 5 p.m. happy hour and dinner at 5:30, when we'll dine on another wonderful meal from Moraga's Town Bakery. It will be an informative and entertaining evening with local award-winning author, Dan Hanel, discussing his four "In the Shadow of Diablo" historical mystery books. His latest book, "Beneath the Tangled Vines:" features unsung Chinese immigrants to renown vineyard owners John Muir and John Swett, as they join his main characters' perilous quest in the one place where past meets present, fact meets fiction, and mystery meets romance . . . *in the Shadow of Diablo*.

If you need a ride to the any of the Movers' meetings, contact the Lamorinda Spirit Van for free transportation to and from the Serbian Church. (925) 283-3534 or email dispatch@lovelafayette.org. For more info on the Spirit Van: <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services/lamorinda-spirit-van>

MEMBERSHIP NEWS

Norma Claassen

Unfortunately, we had 43 members that did not renew their membership this year. Don't forget that if you refer a new member, you have a chance to win a year of "free" meals. Just have the new applicant add your name to the "referred by" line on the application, which can be found on the Lamorinda Movers website. The drawing is held at the end of year at the Holiday Luncheon.

We hope you are enjoying the dinner meetings and we are busy planning for the rest of the year's speakers and entertainment. The next meeting is scheduled for May 8, 2023. To make a reservation, please go to our website, lamorindamovers.org, and click the reservation page; on the upper bar add your name (if you're registering more than one person, you need to add each name separately) and scroll down the page and hit the submit button. Or you can call the Lamorinda Movers at 925-376-6622 and leave a message along with your name and phone number.

SUNSHINE AND HEALTH NEWS

Joan Tasker

If you know or hear of someone who is ill, injured, or has experienced the loss of a loved one, please let Joan know so she can send a caring card. You can call her at 925-376-0582 or email her at joanjim10@aol.com.

BRIDGE

Felicia Teller

Bridge is still on hold. Please contact Felicia Teller at 925-376-7079 for information.

MAHJONG

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; there's a 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 is back!! The first game of the new season is on Thursday, May 4 at 10 a.m. at the Moraga Commons Bocce Ball courts. New players - and even those who want to come take a look — are always welcome. It's a fun and easy game. For additional information, please contact Lynne at (925) 388-0277 or lynne.libuha@me.com.



MAY BIRTHDAYS

5/7 Darlene Haffner

5/10 Keitha DeMara

5/14 Melinda Flanders

5/15 John Harrell

5/16 Joachim von Pohl

5/16 Nancy Braden

5/18 Sue Hanes

5/20 Ginger Thompson

5/25 Delores Austin

5/25 Norma Cuneo

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:

Lamorinda Village presents a special series of free conversations with senior experts. For more information, go to https://lamorinda.helpfulvillage.com/events/index_list.

Osher Lifelong Learning (OLLI) offers classes in Berkeley, Lafayette and Concord. Spring registration is now open. You'll find classes such as "San Francisco's Opera Centennial," "21st Century Women's Autobiography," Film Noir and Philosophy." There are also several "provocative and informative" one-time events. There are live stream, recorded and in person classes. <https://olli.berkeley.edu/programs/courses> or 510-642-9934; Cal State East Bay, with classes such as 19th Century French Composers, California Pop Art Lecture and Field Study, and Current Issues in Public Policy <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://cclib.org> Join a book club, take a class, listen to a speaker. <https://cclib.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.recl.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

Earth Day, April 23 The Lafayette Chamber of Commerce is partnering with Sustainable Lafayette. 11 a.m. - 2 p.m., Lafayette Plaza Park. Vendors, activities, demonstrations and music. <https://www.sustainablelafayette.org>.

Moraga Community Faire and Car Show, April 29, 11 a.m. - 4 p.m., Rheem Shopping Center. Vintage cars, Live music, beekeeping display, food trucks <https://moragachamber.org/communityfaire/>

Senior Trips through Moraga Parks and Rec: **May 11:** Glass Sculpting at Slow Burn Glass www.moragarec.com or call 925-888-7045

Taste of Lafayette, May 16 Free music, Lafayette Park Plaza, 5 - 7 p.m.

Performances:

Town Hall Theatre, Edith Piaf: Beyond Paris Skies, May 20 7:15 p.m. <https://www.townhalltheatre.com/beyond-paris-skies>

Cal Performances <https://calperformances.org/2022-23-season/>

Art:

Moraga Art Gallery, Through June 4 “Spring Exhibit 2023,” www.moragaartgallery.com
925-376-5407

Saint Mary’s Museum of Art: Through May 14, “Three Series of Prints;” **Through June 18** “From the Ground Up”
<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 <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. **May 3** “Cannabis and Seniors, Part 2” <https://www.day-realestate.com/events>

Lamorinda Village welcomes speakers and experts every week via zoom. “Strength Training-A Cornerstone of Successful Aging,” 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 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 <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 on Mondays at 1:30 p.m. and Village Conversations every Friday morning at 9:30 a.m. You can Zoom all Lamorinda Village offerings: <https://zoom.us/j/886273476>. <https://lamorinda.helpfulvillage.com/events>

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.” 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/>

Resources for learning more about purchasing supplies for, and using, medical cannabis, as provided by Eloise Thiesen:

Sava www.getsava.com 415.993.9973

Cannabis Buyers Club of Berkeley 510.849.4201 www.cbcbberkeley.com

Berkeley Patients Group 510.540.6013 www.mybpg.com

Magnolia Wellness 510.628.2113 www.magnoliawellness.org

Harborside Health Center 888.994.2726 <https://www.shopharborside.com/oakland/>

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 Fran Gentry 415-710-0496 FranGforgolf@comcast.net

Treasurer Steve Hansen 925-286-9586 gandysteve@aol.com

Membership Norma Claassen 925-451-2708 normamc44@gmail.com

Communications VACANT

Community Liaison Elaine Lind 925-376-7546 elainelind@comcast.net

Newsletter Diane Claytor 925-212-9323 dianeclaytor@gmail.com