

Lamorinda Movers

Activities for adults ages 55+

JUNE 2023

**VOLUME 49
ISSUE 5**

This bulletin is published monthly by the Lamorinda Movers, Inc. for the benefit of its members.

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Web Site – www.lamorindamovers.org

JUNE CALENDAR

MONDAY, JUNE 5 Board Meeting, Keith Katzman's Home, 4:30 p.m.

MONDAY, JUNE 12, HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 5:30 p.m. dinner and program, featuring a delicious Italian dinner and entertainment by the very popular Mark Shaw; Serbian Church

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 JUNE MESSAGE

Greetings friends and neighbors,

You may have noticed that this newsletter is arriving a little later than usual. The Board has voted to distribute the newsletter towards the latter part of the month rather than mid-month; that way, we are able to provide you with more detailed information on the next dinner meeting. If you want info on the next gathering before you receive this newsletter, you can always go to our website (lamorindamovers.org) which is updated with meal and entertainment details.

Your feedback is making a difference. I received some very valuable comments from several of you regarding the food served at our monthly dinners. I spoke with the Town Bakery food preparers before our last dinner and they were happy to be more conscientious about the food preparation. After that last dinner, I went around to most of the tables and everyone was very positive about the quality and preparation of the food. Some even said it was one of the best we have ever had. Thank you for all your feedback. Keep it coming!!

Our speaker Dan Hanel had everyone captivated with his presentation about Contra Costa County's history and mysteries. It was very interesting. The comments about him were all positive.

Coming up at our next dinner and back by popular demand: singer Mark Shaw. He's preparing a show featuring his version of some of the great entertainers, including Bobby Darin, Nat King Cole, and Dean Martin. Remember to tell a friend. If only 10 percent of our members bring someone, we could easily get our membership back to pre-covid numbers. The dinner menu for June can be found on page 3 in this newsletter (it sounds delicious). Everyone is always happy to be together. Tell your friends and keep coming back.

If you have some thoughts on activities and programs for older adults that you'd like to have considered, the Town of Moraga wants to hear from you. See p. 6 for more details.

Membership and financial: We're happy to say we have 116 members even after Covid and our financial position is strong with over \$8,000 in savings.

I look forward to seeing you all again on June 12th. Until then, enjoy life.

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.

JUNE DINNER

On Monday, June 12, we'll again gather for a delightful Movers dinner meeting. We'll meet 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. The menu this month will have an Italian slant with lasagne, pasta with a choice of sauces, garlic bread and a dessert of cannoli and individual panna cottas.

Mark Shaw, who delighted us several months ago with his wonderful music, is coming back by popular demand. He promises another entertaining show featuring songs that we all remember originally performed by singers we all loved. It will be another evening of musical nostalgia.

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

Last month's dinner meeting was very interesting and learning about some of the early pioneers and places in our own backyard was inspiring.

The next meeting is June 12. 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.

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 the "referred by" on the application. The drawing is held at the end of year at the Holiday luncheon.

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.

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!! Games are played Thursday mornings 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.



JUNE BIRTHDAYS

6/10 Barbara Green
6/14 Angie Veio
6/14 Diane Claytor

6/16 Julie Fisher
6/22 Steve Hansen

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.rschooldtoday.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

Lafayette's 2nd Annual Community Day June 3 <https://lafayettecommunityday.org/>

Town Hall Meeting with Moraga Police Chief Jon King, June 5, 7.p.m. Moraga Town Council Chambers

Senior Program Roundtable Discussion, June 13 10-11:30 a.m., Hacienda de las Flores
The town of Moraga is looking for input on future programs and activities for older adults.
<https://moraga.ca.us/541/Senior-Program-Roundtable-Discussion>

Yes, and Wine, June 18 Town Hall Theatre <https://www.townhalltheatre.com/adult-education>

Hacienda Nights, June 20 5-9 p.m. Hacienda de las Flores <https://moraga.ca.us/421/Hacienda-Nights>

Performances:

Rock the Plaza Concert Series, Friday evenings in June 6-8 p.m., Lafayette Plaza Park
<https://lafayettechamber.org/rock-the-plaza/>

Moraga Summer Concert Series begins June 8, every Thursday through Aug. 3
6:30-8:30 p.m. Moraga Commons <https://moragaparks.org/summer-concert-series/>

“Crumbs from the Table of Joy” Town Hall Theatre, June 3-24 <https://www.townhalltheatre.com/crumbs>

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

Art:

Moraga Art Gallery, Through June 4 “Spring Exhibit 2023,” **Opening June 7** “Moments
<https://lafayettechamber.org/rock-the-plaza/> in Time” www.moragaartgallery.com
925-376-5407

Saint Mary's Museum of Art: 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. **June 7** “Reverse Mortgage: To Age In Place or Purchase New Home” <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 a 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:

Through June 30: Shoe Drive for Gently Used and New Shoes Drop off at State Farm Insurance, 629 Moraga Rd or 5A Rent A Space, 455 Moraga Rd., #F <https://www.bethestaryouare.org/shoedrive>

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/>

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AND COMMITTEE CHAIRPERSONS

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