

Lamorinda Movers

Activities for adults ages 55+

APRIL 2024

**VOLUME 50
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Web Site – www.lamorindamovers.org

APRIL CALENDAR

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

MONDAY, APRIL 8 HAPPY HOUR AND DINNER MEETING 5 p.m. Social Hour followed by 5:30 p.m. dinner and entertainment: Serbian Church; delicious springtime menu featuring Chicken Piccata, roasted asparagus and creme brulee for dessert; the popular vocalist, Mark Shaw, will again provide our evening's entertainment.

FIRST AND THIRD THURSDAYS: Mah Jongg, 1 p.m., Moraga Country Club. An optional luncheon starts at 12 noon. More players are being sought to keep this fun activity going strong. Anyone interested in joining the group should contact Carole Lucas, clucas629@comcast.net. (See p. 4 for more details)

BOCCE BALL: The last bocce ball game of the season has been played. We look forward to seeing you when we start up again next month and hope you'll come out and play this easy, fun and friendly game.



PRESIDENT'S APRIL MESSAGE

Dear Friends and Neighbors,

Last month, we had one of our best-attended dinners since our pre-Covid meetings and Sam Sperry had everyone's undivided attention. Thanks for all the wonderful information, and great job, Sam! It was a very informative evening. Sam's wife, Susan, shared some valuable insights as well. These two could go out on tour :) Moraga's Town Bakery did a lovely job again preparing a very nice meal.

Coming up for our next dinner we have again invited the very talented Mark Shaw to provide some wonderful entertainment. Expect a nice surprise as he will be introducing a new duo act that we have not seen before. This should be good!

The dinner menu includes Chicken Piccata-caper lemon butter sauce and a non-meat alternative of Cous-Cous salad with almonds, arugula, extra virgin olive oil, and fennel.

Mark your calendars and make a reservation by clicking here: <https://lamorindamovers.org/reservations>

Looking forward to seeing everyone together again.

Cheers,

Keith

APRIL DINNER MEETING

Spring has finally arrived and our April 8 dinner meeting will feature a very springlike menu. As always, we'll be at the Serbian Church in Moraga, starting at 5 p.m. with check-in and time to socialize. At approximately 5:30 p.m. we'll enjoy a lovely dinner catered by Moraga's Town Bakery featuring chicken piccata with caper lemon butter sauce, a cous-cous salad, garlic potato puree, roasted asparagus and housemade rosemary garlic focaccia. For dessert: a vanilla bean creme brulee. The very popular and extremely talented Mark Shaw will be back, providing a wonderful array of songs we know and love. He has promised a surprise guest appearance - no doubt someone equally talented.

MEMBERSHIP NEWS

Norma Claassen

We hope you are enjoying the monthly dinner meetings; we are busy planning the speakers and entertainment for the remainder of the year. If you have any suggestions, feel free to let us know. The next meeting is scheduled for April 8; to make a reservation, please go to the website www.lamorindamovers.org and click the reservation page on the upper bar; add your name (if more than one person you need to add each one separately, scroll down the page and hit the submit button. If you prefer, call the Lamorinda Movers at 925-376-6622 and leave 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" line on the application, which can be found on the Lamorinda Movers website. The drawing is held at the end of year Holiday Luncheon. This year's winner is Elizabeth White; we congratulate you and thank you for the referrals.

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 is looking for new players! They meet 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 925-872-6726 or clucas629@comcast.net. Or, if you'd like to learn how to play, call 925-284-2232 to make a reservation. They'd love to have you join, but please contact Carole first!

BOCCE BALL

Bocce ball will be starting again next month. We enjoyed a good season and hope even more of you will come out when we start up again. New players - and even those who want to come take a look — are always welcome. It's a fun and easy game. We're looking for a new person to run our bocce ball season, which starts in the spring. Interested? Contact Keith.



APRIL BIRTHDAYS

4/3	Doris DeAndre	4/19	Karl Droese
4/3	Barbara Carrigg	4/22	Judy Klopstock
4/12	Linda Reidt	4/24	Norma Claassen
4/13	Larry Beans		

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:

Moraga Parks and Rec have a variety of classes geared to seniors. <https://www.moraga.ca.us/221/Activity-Guide>

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 classes begin April 1, registration is now open. You'll find classes such as "[Breaking Barriers: Pioneering Women of Abstract Expressionism](#),"

"[America in the Sixties: Movements for Change](#)," "[Dazzling Dames of Broadway](#)," and "[Inventing and Constructing a Self: Three 19th Century British Novels](#)."

There are also many speaker presentations available on YouTube for free. <https://olli.berkeley.edu/speaker-series-town-halls>; <https://olli.berkeley.edu/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>
925-888-7045

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

In-Person Activities

April 2 SWELL Bingo 11 a.m., Lafayette Library

Town Hall Theatre April 5 7 p.m. **Front Porch Presents: Folk Music Festival** <https://www.townhalltheatre.com/front-porch>; **April 12**, 7 p.m. **Rhinestone: The Songs of Glenn Campbell** www.townhalltheatre.com/rhinestone **April 14**, **Yes and Wine**, 7 p.m., Adult Improv

April 14 Moraga Citizen the Year Reception 4 p.m. Celebrate Wendell Baker, Moraga Valley Presbyterian Church

April 24, Senior Silver Screen Theatre 10:30 a.m., “Mrs. Doubtfire” Hacienda de las Flores
www.moraga.ca.us/579/Senior-Silver-Screen-Theatre

May 11 Downtown Lafayette Artisan Walk, <https://lafayettechamber.org/walk>

May 21 Taste of Lafayette tickets are on sale <https://lafayettechamber.org/taste/>

CalPerformances <https://calperformances.org/2023-24-season/>

Leshner Center for the Arts <https://www.lesherartscenter.org/events>

Art:

Moraga Art Gallery, “Moving Energy” www.moragaartgallery.com 925-376-5407

Saint Mary’s Museum of Art: “Harmonia Rosales; Omega Alpha,” “The Decisive Moment: PhotoUrbanism in San Francisco Bay, 1930’s - 1960’s,” through June 23 “Vignettes: Select Views of SMCMoA’s Permanent Collection,” through May 12 <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 Walnut Creek Presbyterian Church on the first Wednesday of every month, 10 - 11:30 a.m., **Apr. 3** “Letting Go: Challenges and Benefits” <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:

AARP Foundation Tax-Aide Free income tax preparation for the 2023 tax season will again be offered by the AARP Foundation Tax-Aide Program, providing IRS certified tax counselors for local Contra Costa County residents. Service is offered to people of all ages with limited to moderate income with special attention given to those age 50 and older. For more information, contact [Steve Opatrny](#), Communications Coordinator, an AARP Tax-Aide Volunteer.

Cars 2nd Chance (C2C) can maximize the charitable use of funds from the donation of your car or other vehicle, running or not. Almost 100% is available to give to worthy causes, which, in most cases, you can specify. Moraga Rotary Club has generated more than \$135,000 to put to charitable uses from this group. Your donation is tax deductible. Contact Gary Irwin for further information, at 925-330-9260,

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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