

# Lamorinda Movers

*Activities for adults ages 55+*

**FEBRUARY 2024**

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Mailing Address - P.O. Box 13, Moraga, CA 94556-0013. Phone: (925) 376-6622

Web Site – [www.lamorindamovers.org](http://www.lamorindamovers.org)

## **FEBRUARY CALENDAR**

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

**MONDAY, FEBRUARY 12 HAPPY HOUR AND DINNER MEETING** 5 p.m. Social Hour followed by 5:30 p.m. dinner and entertainment: Serbian Church; special Valentine's Day dinner catered by Moraga's wonderful Town Bakery. Entertainment will be provided by the popular musical group, Norman Collins and the Tumblers, featuring a unique blend of rock, rhythm & blues with tinges of bluegrass and country.

**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](mailto: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 in May and hope you'll come out and play this easy, fun and friendly game.



## **PRESIDENT'S FEBRUARY MESSAGE**

Dear Friends and Neighbors,

Great news. Our February dinner is right around the corner. It feels like it has been so long since our last time together and I've missed you all.

Coming up in two weeks: Norman Collins and the Tumblers will be our entertainment for the February 12<sup>th</sup> dinner and early Valentine's Day celebration. His musical journey includes projects in some of the most famous recording studios in Nashville. You can expect a crafted lyrical and instrumental content that will move you to dance or just sit, listen and tap your toes. Many thanks to Dick & Tory Courtney for recommending this popular trio.

Our dinner menu includes baked salmon with a citrus sauce and slow roasted brisket in a mushroom sauce. Is your mouth watering? Be sure to mark your calendars and make a reservation by clicking here, <https://lamorindamovers.org/reservations>.

Bring your sweetie, grab a date or a friend and let's celebrate Valentine's Day with good food, good music and lots of fun.

Also another reminder that your \$35 per person membership dues are due. Please mail them in ASAP.

Looking forward to another special evening together.

See you all soon,

Keith

## **FEBRUARY DINNER MEETING**

We're back and will be celebrating Valentine's Day together (well, 2 days early) on Monday, Feb. 12. 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 another fine dinner catered by Town Bakery featuring a Pasta Pesto Salad; Potato Purée; Roasted Seasonal Vegetables; Baked Salmon with citrus sauce; Slow Roasted Brisket in a mushroom sauce; and for dessert: assorted Cupcakes - chocolate, vanilla, red velvet. Entertainment will be provided by Norman Collins and the Tumblers, whose playing is said to showcase Collins' "deep blues, rock and country roots." It should definitely be a fun and uplifting evening.

## **MEMBERSHIP NEWS**

### **Norma Claassen**

We missed you last month and look forward to seeing you at the February 12th gathering featuring a Valentine theme, delicious food and upbeat entertainment. To register for the dinner you can call 925-376-6622 or register through the website, [www.lamorindamovers.org](http://www.lamorindamovers.org). Don't forget you need to click the submit button at the bottom of the page and if registering two people, you have to do each one at a time.

Your \$35 per person membership dues for 2024 are now due. Please make your check payable to Lamorinda Movers and mail it as soon as possible, to Lamorinda Movers, P O Box 13, Moraga 94556.

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. The applications can be found on the Lamorinda Movers website. The drawing is held at the end of year at the Holiday Luncheon. This year's winner is Elizabeth White; congratulations and thank you for the referrals.

We look forward to seeing you again.

## **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](mailto: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](mailto: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 is over. It was a good season and we hope even more of you will come out when we start up again in the spring. 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.



## **FEBRUARY BIRTHDAYS**

2/9 Dan Flower  
2/26 Patricia Steever

2/28 Gretchen Arth  
2/29 Gillian Roebuck

## **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](https://lamorinda.helpfulvillage.com/events/index_list).

**Osher Lifelong Learning (OLLI)** offers classes in Berkeley, Lafayette and Concord. You'll find classes such as "American Civics 101," "American Folk Music, The Golden Age, 1950-75," "Behind the Scenes for History Lovers," "Opera for Laughs: Great Comic Moments in the World of Opera." 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](https://diablo.cr3.rschooldtoday.com/public/getclass/category_id/0/program_id/73) 925-949-4600

**DVC Community Education classes:** email [CommunityEd@dvc.edu](mailto: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](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**

**Town Hall Theatre Feb. 2** “Front Porch Presents: Folk Music Festival” <https://www.townhalltheatre.com/front-porch> **Feb. 3** Sing-Along Series: Hairspray <https://www.townhalltheatre.com/sing-along-hairspray> **Feb. 14** The Matt Pack <https://www.townhalltheatre.com/the-matt-pack> **Feb. 28** SonoMusette: French Chansons, Songs from the Cafes of Paris <https://www.townhalltheatre.com/sonomusette>

**Senior Silver Screen, Feb. 28** “Groundhog Day,” Sponsored by Moraga Parks & Rec, <https://www.moraga.ca.us/579/Senior-Silver-Screen-Theatre>

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

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

### **Art:**

**Moraga Art Gallery**, “Stories on Canvas” through March 17 [www.moragaartgallery.com](http://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," Feb. 14 - June 23 "Vignettes: Select Views of SMCMoA's Permanent Collection," Feb. 14-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., **Feb. 7** "The Truth About Communicating with your Adult Children" <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](mailto: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](mailto:kishizu@lamorindavillage.org).

### **Resources:**

Do you have a favorite recipe? One of the ways Moraga will celebrate it's 50th anniversary is through the creation of a **Community Cookbook** containing recipes from residents past and present. **Deadline for submission is Feb. 28.** <https://cc.recipes/moraga>

**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/>

**LAMORINDA MOVERS BOARD MEMBERS**  
**AND COMMITTEE CHAIRPERSONS**

**President** Keith Katzman 925-376-7777 [keith.katzman@compass.com](mailto:keith.katzman@compass.com)

**Vice President** Suzanne Parsons 925-216-7428 [sunsandsky@yahoo.com](mailto:sunsandsky@yahoo.com)

**Secretary** Fran Gentry 415-710-0496 [FranGforgolf@comcast.net](mailto:FranGforgolf@comcast.net)

**Treasurer** Steve Hansen 925-286-9586 [gandysteve@aol.com](mailto:gandysteve@aol.com)

**Membership** Norma Claassen 925-451-2708 [normamc44@gmail.com](mailto:normamc44@gmail.com)

**Communications** VACANT

**Community Liaison** Elaine Lind 925-376-7546 [elainelind@comcast.net](mailto:elainelind@comcast.net)

**Newsletter** Diane Claytor 925-212-9323 [dianeclaytor@gmail.com](mailto:dianeclaytor@gmail.com)

