

Lamorinda Movers

Activities for adults ages 55+

JULY 2024

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

Web Site – www.lamorindamovers.org

JULY CALENDAR

MONDAY, JULY 1 Board Meeting, **CANCELLED**

MONDAY, JULY 8 HAPPY HOUR AND DINNER MEETING **CANCELLED**

BOCCE BALL: The season is up and running! We play every Thursday from 10 am - noon at the Moraga Commons' Bocce Ball courts. We hope you'll come out and play this easy, fun and friendly game. If you have any questions, please contact Jo Kerner at jvkrnr@aol.com or 925-209-0134.



PRESIDENT'S JULY MESSAGE

Hello Friends & Neighbors,

The June dinner was enjoyed by all. Dan Hanel did a great job talking about how involved the Bay Area was in the wine industry and how we even saved the entire FRENCH wine crop because of an insect. I never knew that the East Bay was one of the largest producers of grapes in the world and that St. Mary's was directly involved in the wine industry. It was a fascinating evening.

As you probably know, sadly we are taking July off; there will not be a dinner meeting. We'll miss seeing all of you. However, planning is underway for our August gathering. Stay tuned for menu and entertainment announcements.

I hope you are all enjoying summer and staying cool.

Cheers

Keith

JULY DINNER MEETING

The Board decided to reduce the number of dinner meetings we have; consequently there will not be a meeting in July. We'll miss seeing you but plans are underway for a fun gathering in August. See you all then.

MEMBERSHIP NEWS

Norma Claassen

The next meeting is scheduled for August 12; 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 a couple you need to add each name separately) and scroll down the page to 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" on the application. The drawing is held at the end of year at the Holiday luncheon.

The Board recently introduced a new drawing for members in attendance at each dinner meeting. If your name is drawn, you win a free dinner certificate to be used anytime during the calendar year.

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.

BOCCE BALL

Jo Kerner

Bocce ball started again last month at the Moraga Commons Bocce courts. We play every Thursday from 10 a.m. - noon. We enjoy a good time and hope even more of you will come out. New players - and even those who want to come take a look — are always welcome. It's a fun and easy game. Interested in joining in or learning more? Contact Jo Kerner at jvkrnr@aol.com or 925-209-0134.



JULY BIRTHDAYS

7/18 Robert Sornsen
7/19 Linda Hawk

7/23 Mary Krueger
7/29 Jean Roberts

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. Fall registration begins on July 15, which is when you'll be able to see the classes available. In the past, some of the classes included "Economics to Know Before the Election," "Diving into the Movies," "The Paris Olympics: Sports as Politics and Culture," and "Behind the Scenes for History Lovers." <https://olli.berkeley.edu/courses> 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 still has summer classes available, several beginning this month. <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.rschooltoday.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

July 4 4th of July in Moraga is always a celebration. There's a dog parade; community booths; food, wine and beer booths; family and kids activities. Music starts at 7 p.m. followed by the Fireworks Spectacular. <https://www.moraga.ca.us/419/July-4-Celebration-Fireworks>

July 4, 11, 18, 25 Moraga Summer Concert Series 6:30 p.m. Moraga Commons <https://www.moraga.ca.us/423/Summer-Concert-Series>

July 12-14 "Into the Woods" Town Hall Theatre <https://www.townhalltheatre.com/single-tickets>

July 16 Hacienda Nights 5 p.m. Hacienda de las Flores <https://www.moraga.ca.us/421/Hacienda-Nights>

July 16 Paint a Frida Workshop 5:30 p.m. Bedford Gallery, Walnut Creek <https://www.bedfordgallery.org/Home/Components/Calendar/Event/17811/3295>

July 18 "Footloose" 7 p.m. Town Hall Theatre <https://www.townhalltheatre.com/single-tickets>

July 18 Free Movie Night "The Big Lebowski" 6:30 p.m. Orinda Theatre <https://www.orindamovies.com/events/>

July 21 "Yes and Wine" Adult Improv 7 p.m. Town Hall Theatre <https://www.townhalltheatre.com/adult-education>

July 30 Classic Movie Matinee "The Bad and the Beautiful" 1 p.m. Orinda Theatre <https://www.orindamovies.com/events/>

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

Art:

Moraga Art Gallery, “Vistas and Hues” www.moragaartgallery.com 925-376-5407

Art Gallery at Wilder “California Landscapes” LamorindaArts.org

Saint Mary’s Museum of Art: <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., **July 3** “What’s It Worth” <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:

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

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

