

Lamorinda Movers

Activities for adults ages 55+

JUNE 2024

**VOLUME 50
ISSUE 6**

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

JUNE CALENDAR

MONDAY, JUNE 3 Board Meeting, Keith Katzman's Home, 4:30 p.m.

MONDAY, JUNE 10 HAPPY HOUR AND DINNER MEETING 5 p.m. Social Hour followed by 5:30 p.m. dinner and entertainment. Serbian Church; it's a "welcome summer" menu, featuring delicious barbecue-style food. Local author, Dan Hanel, will talk about his newest book, "Beneath the Tangled Vines," and discuss local wineries.

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 season up and running! We play the first Thursday of every month 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 JUNE MESSAGE

Hello Friends & Neighbors,

What a pleasant evening we enjoyed in May. We had more guests than we have had in years. There are also more people who have heard about the Movers joining our group. So, we are growing.

At our last dinner, we had the owner of the Canyon Club Brewery, Kevin Hamilton, share his story and tell us all kinds of interesting things about the business and making beer, he even generously brought samples.. The taco bar was a hit and everyone seemed to enjoy the evening.

For our June 10th dinner we have author Dan Hanel coming back. Last time, he shared stories and mysteries of the East Bay and Bay Area. This time he is going to talk about wineries and wine making in our area. Our menu is a summer-time barbecue feast, featuring chicken and ribs, along with delicious sides and fresh peach cake for dessert.

Looking forward to another relaxing and fun evening with everyone again.

Keith

JUNE DINNER MEETING

Welcome summer with your friends at our June 10th dinner meeting. 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 typical summertime barbecue feast catered by Moraga's Town Bakery, featuring ribs and chicken, corn on the cob, potato salad, baked beans and fresh peach cake for dessert. Local author and long-time educator, Dan Hanel, who writes the "In the Shadow of Diablo" series, will be our special guest. Dan addressed our group not long ago and proved to be an extremely gifted and interesting speaker. His fourth book, "Beneath the Tangled Vines" talks about how the great quake of 1906 devastated California's burgeoning wine industry. "Presently, newlyweds Harrison and Celeste find themselves drawn into exploring the county's historic wine industry through a mysterious bottle, a cryptic note, and an ancient Chinese bone box. As the two teachers investigate one family's mystery and its possible connection to a hidden fortune, it soon becomes clear that there are dark secrets hidden beneath the tangled vines of the past." Dan will no doubt regale us with stories of local wineries.

MEMBERSHIP NEWS

Norma Claassen

The next meeting is scheduled for June 10; 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.

At the May dinner, the Board introduced a new drawing for members in attendance. If your name is drawn, you win a free dinner certificate to be used anytime during the calendar year. Bob Church was our first certificate recipient.

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

Jo Kerner

Bocce ball started again last month at the Moraga Commons Bocce courts. We play on the first Thursday of the month from 10 a.m. - noon. We enjoyed a good time last year and hope even more of you will come out this season. 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.



JUNE BIRTHDAYS

6/3	David White	6/20	Jean Purcell
6/10	Barbara Green	6/22	Steve Hansen
6/14	Diane Claytor	6/29	Jennifer Friedman

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. Summer classes begin June 3, registration is now open. You'll find classes such as "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. They's also started Summer Shorts, one-time live-streamed and recorded seminars on Fridays in June. <https://olli.berkeley.edu/summer-shorts>; 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://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

June 7, 14, 21, 28 Lafayette's Rock the Plaza Summer Concert Series Lafayette Plaza. <https://lafayettechamber.org/rock-the-plaza/>

June 13, 20, 27 Moraga Summer Concert Series 6:30 p.m. Moraga Commons <https://www.moraga.ca.us/423/Summer-Concert-Series>

June 13 Floral Design Workshop 5:30 p.m. Bedford Gallery, Walnut Creek <https://www.bedfordgallery.org/membership/events>

June 16 "Yes and Wine" Adult Improv 7 p.m. Town Hall Theatre <https://www.townhalltheatre.com/adult-education>

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

June 28 Laugh-ayette Standup Comedy Show 7 p.m. Town Hall Theatre <https://www.townhalltheatre.com/laugh-ayette>

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

Art:

Moraga Art Gallery, www.moragaartgallery.com 925-376-5407

Art Gallery at Wilder “Contemplations” LamorindaArts.org

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 <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., **June 5** “We to Me - Aging Solo Successfully” <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:

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