

Lamorinda Movers

Activities for adults ages 55+

MARCH 2024

VOLUME 50

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Web Site – www.lamorindamovers.org

MARCH CALENDAR

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

MONDAY, MARCH 11 HAPPY HOUR AND DINNER MEETING 5 p.m. Social Hour followed by 5:30 p.m. dinner and entertainment: Serbian Church; special St.- Patrick's Day-themed dinner catered by Moraga's wonderful Town Bakery. An interesting and informative talk on the history of passenger and freight trains that once serviced Moraga will be provided by long-time Moraga resident and train expert, Sam Sperry.

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 in May and hope you'll come out and play this easy, fun and friendly game.



PRESIDENT'S MARCH MESSAGE

Dear Friends and Neighbors,

The February dinner was very nice. The music by Norm Collins was enjoyed by all and the dinner was one of the best we've had. Both the salmon and brisket were cooked perfectly. We also celebrated Marilyn Runo's 100th Birthday. It was quite an event.

I am very happy to announce that our March dinner will feature Sam Sperry, long-time Moraga resident and train expert, who is coming to tell us all about the history of trains that, a long time ago, serviced Moraga. Sam will be accompanied by his wife Susan, president of the Moraga Historical Society. I looked over the outline of Sam's presentation and the information he will share is fascinating. Dinner will be a traditional St. Patrick's Day meal, featuring Corned Beef and Cabbage, along with all the fixings. Come relax and enjoy another pleasant evening together.

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

For those of you who missed the February dinner, I will share this story with you;

There was this middle age woman. She had a heart attack. On the operating table she asked God if this was it. God said no, you have 40 more years. After recovering, she decided to stay in the hospital and have a facelift, a tummy tuck, liposuction, and a complete makeover. Two months later, as she was leaving the hospital, she was hit by a car and killed. She got to heaven and said, God, I thought you said I had 40 more years. God said, Sorry, I didn't recognize you.

Cheers,

Keith

MARCH DINNER MEETING

We'll be celebrating St. Patrick's Day together (well, several days early) on Monday, March 11. 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 fine dinner catered by Town Bakery featuring corned beef and cabbage, along with potatoes and both Bailey's cheesecake and chocolate cake. Moraga resident and train expert, Sam Sperry, will regale us with fascinating information about the passenger and freight trains that once serviced our town.

MEMBERSHIP NEWS

Norma Claassen

Hope you had a good time at the February Valentine-themed dinner meeting. In March, we'll enjoy a traditional corned beef and cabbage St. Patrick's Day dinner. Remember, to register you can call 925-376-6622 or register through the website, 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 it one at a time.

If you have not paid your 2024 dues you must pay no later than March 31, 2024. The 2024 dues rate is \$35 per person. If your dues are not paid by that date, you will no longer receive the newsletter or other communications. You can make the check payable to Lamorinda Movers and mail to Lamorinda Movers, P O Box 13, Moraga CA 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, 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 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.



MARCH BIRTHDAYS

3/1 Sally Knudson
3/2 Ellen Beans
3/2 Gerry Bonner
3/5 Keith Katzman
3/6 Brad Dewey
3/6 Judie Sinclair

3/16 Marcia Fisherkeller
3/16 Elizabeth White
3/18 Laszlo Bonnyay
3/30 Joanna Full
3/30 Chris Laszcz-Davis

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.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

Town Hall Theatre March 2, 2024-25 Season Announcement Party 2 p.m. <https://www.townhalltheatre.com/2024-2025-season> **March 8,** 100 Years from Mississippi: Special Screening and Talkback 6 p.m. <https://www.townhalltheatre.com/100-years> **March 16,** Benefit Concert for Deborah Del Mastro 7 p.m. <https://www.townhalltheatre.com/benefit-concert>

Taste of Lafayette, May 21, tickets go on sale **March 1** <https://lafayettechamber.org/taste/>

2024 Lafayette Citizen of the Year Dinner, John Coleman March 28 6 p.m. <https://lafayettechamber.org/citizen-of-the-year/>

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

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

Art:

Moraga Art Gallery, “Stories on Canvas” through March 17 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 SMCMA’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., **Mar 6** “All Things Rossmoor - Is Living in this 55+ Active Adult Community Right for Me?”
<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:

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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Happy St. Patrick's Day!