

Lamorinda Movers

Activities for adults ages 55+

MAY 2024

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

MAY CALENDAR

MONDAY, MAY 6 Board Meeting, Keith Katzman's Home, 4:30 p.m.

MONDAY, MAY 13 HAPPY HOUR AND DINNER MEETING 5 p.m. Social Hour followed by 5:30 p.m. dinner and entertainment: Serbian Church; celebrate Cinco de Mayo (a week late) with a delicious Mexican feast, featuring enchiladas and a taco bar with all the fixings. We'll hear from the owner of Moraga's bustling Canyon Club Brewery, who will talk to us about beer and how he decided to open this popular restaurant.

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 is starting up again! We play the first Thursday of every month from 10 am - noon at the Moraga Commons' Bocce Ball courts. Our first game is on Thursday, May 2. 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 MAY MESSAGE

Dear Friends and Neighbors,

What a fun night we had! Our April dinner was great and the entertainment was one of our best. Mark Shaw did his wonderful renditions of the old classic songs that we all know and love and brought a very special guest who did an excellent job playing the part of Marilyn Monroe. If you haven't already done so, go to our website, scroll down, and look at the pictures. They are really great.

Coming up for our May dinner, we have invited Kevin Hamilton to talk to us. He is the owner of the always-busy Canyon Club here in Moraga. He will talk about how he decided to open this type of eating establishment in our town and no doubt give us some insights into owning a restaurant. He will also talk about the different types of beers; **THERE WILL BE SAMPLES :))** Any future plans? There will be plenty of time for questions.

With Cinco de Mayo a week before our gathering, we'll celebrate with a taco bar, complete with all the delicious fixings. One of our most popular dinners. Beer and tacos? Sounds good to me.

See you there :)

Cheers,

Keith

P.S. A special thanks to Jo Kerner for agreeing to take over the Bocce Ball team. They're starting up again so get out there and have some fun. See p. 4 for details.

MAY DINNER MEETING

Celebrate a belated Cinco de Mayo with your friends at our May 13 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 Mexican feast catered by Moraga's Town Bakery, featuring enchiladas and a taco bar complete with all the fixings, including beans, Mexican rice, and, of course, chips and salsa. For dessert: Mexican flan. Beer always goes well with Mexican food and our special guest speaker, Kevin Hamilton, owner of Moraga's Canyon Club Brewery, will have samples for all to enjoy as he shares stories of beer and his very popular restaurant.

MEMBERSHIP NEWS

Norma Claassen

We hope you are enjoying the monthly dinner meetings; if you have any suggestions for entertainment/speakers, feel free to let us know. The next meeting is May 13; 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.

Unfortunately, we had 25 members that did not renew their membership this year. We'd really like to increase our membership. 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 applicate add your name to the "referred by" on the application. The drawing is held at the end of year at the Holiday luncheon.

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 is starting again on Thursday, May 2 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.



MAY BIRTHDAYS

5/7 Darlene Haffner

5/10 Keitha DeMara

5/16 Joachim von Pohl

5/18 Sue Hanes

5/20 Ginger Thompson

5/25 Delores Austin

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.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

May 3, Makers Market at Orinda Theatre Square 5:30-8:30 p.m.

May 5 CalPerformances An Evening with David Seders <https://calperformances.org/2023-24-season/>

May 8 Lamorinda Village 2024 Hope Walk 10 a.m., Lafayette Reservoir <https://cancersupportcommunityhopewalk.rallybound.org/LamorindaVillage>

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

May 14 Saint Mary's College Guild Spring Concert & Luncheon 11 a.m. - 2:30 p.m., SMC Soda Center <https://www.stmarys-ca.edu/events/guilds-spring-concert-and-luncheon>

May 18 Cancer Support Community Hope Walk 8:30 a.m. - noon Heather Farm Park
<https://cancersupportcommunityhopewalk.rallybound.org/Static/Event-Info>

May 18 Cal Shakes kicks off its 50th Anniversary Noon- 4 p.m., Bruns Memorial Amphitheater <https://calshakes.org/50th-season-launch-and-community-picnic/>

May 19 Town Hall Theatre's Yes and Wine Adult Improv 7-9 p.m. <https://www.townhalltheatre.com/adult-education>

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

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

Art:

Moraga Art Gallery, "Moving Energy" 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 "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., **May 1** "The 5 Steps to a Successful Move" <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/>

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AND COMMITTEE CHAIRPERSONS

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