

# Lamorinda Movers

*Activities for adults ages 55+*

**SEPTEMBER 2023**

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

## **SEPTEMBER CALENDAR**

**TUESDAY, SEPTEMBER 7** Board Meeting, Keith Katzman's Home, 4:30 p.m.

**MONDAY, SEPTEMBER 11, HAPPY HOUR AND DINNER** 5 p.m. Social Hour followed by 5:30 p.m. dinner and program, featuring a delicious Italian dinner and an entertaining and laugh-out-loud show featuring stand-up comedian, Dan St. Paul.

**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)

**EVERY THURSDAY, BOCCE BALL, 10 a.m.:** We hope you'll come out and play this easy, fun and friendly game. Contact Lynne Libuha, [lynne.libuha@me.com](mailto:lynne.libuha@me.com).



## **PRESIDENT'S SEPTEMBER MESSAGE**

Greetings friends and neighbors,

It was another great night! As in months past, our August evening together was full of smiles, fun and good food and the Hawaiian music and entertainment were well received. A HUGE thank you to a few people who came early and helped us set up. The caterer was late and we had to scramble to put things together once he arrived. Thank you!! We have taken steps to make sure that doesn't happen again. Thanks to the rest of you for your patience!

For our September dinner we have booked comedian Dan St Paul, who has been a national headlining comedian at some of the top comedy clubs in the country. He has appeared on NBC, ABC, Fox, Comedy Central and A&E. He has also been the opening act for many entertainers, including, Ringo Starr, Natalie Cole, Vince Gill, Chicago, and even the SF Symphony, who, he says, "I knew the when they were just a garage band."

The dinner menu will be full of Italian flavor: Caprese salad, Chicken Parmigiana, Baked Rigatoni, Rolls, and Ricotta Cheesecake with a strawberry compote.

Looking forward to seeing everyone again!

Keith

P.S. Many of you asked how you could donate to victims of the devastating Maui fire. While you may certainly find many organizations accepting donations, we've put together a very short list: Red Cross - 1-800-RED CROSS (800-733-2767), text the word REDCROSS to 90999 to make a \$10 donation or <https://www.redcross.org/about-us/news-and-events/news/2023/red-cross-helps-as-wildfires-burn.html>; Maui Food Bank <https://mauifoodbank.org/donate/>; Maui United Way <https://mauiunitedway.org/disasterrelief>

## **HELP WANTED**

We are very grateful that a member has recently volunteered to help the Board with some of their tasks. However, we can always use additional help. Our Board members are all volunteers with families, busy lives and in some cases, jobs. We do as much as we can, but sometimes an extra two (or four) hands would be great. We would love some help with making a few phone calls occasionally as we look for other potential caterers and monthly entertainment. If you'd be willing to help with this, please contact Keith or Suzanne Parsons (contact info on page 8). Thanks so much.

We still need to fill the Communications Chair position on the Board. It's not a difficult assignment: the Chair keeps the website updated and oversees dinner notifications, reservations and name tags. Thorough training will be given to whoever takes on this crucial role. Interested? Please contact Keith or any of the Board members for additional information.

## **SEPTEMBER DINNER**

On Monday, September 11, we'll again gather for a fun and entertaining Movers dinner meeting at the Serbian Church, beginning with a 5 p.m. happy hour and dinner at 5:30, when we'll dine on another wonderful meal from Moraga's Town Bakery. The menu this month features Italian flavors and includes a Caprese salad, Chicken Parmigiana, Baked Rigatoni, and Ricotta Cheesecake with a strawberry compote

The entertainment will have us practically rolling in the aisles with laughter. Dan St. Paul is a popular stand-up comedian who has been on national TV and has been the opening act for major entertainers, including Ringo Starr and Chicago. He's also been the featured entertainer on both Princess and Holland America cruise ships. Most of his material now focuses on his life as an older person, describing his memory is faulty ("I have eight pairs of reading glasses at home. I have no idea where any of them are.").

Sign up for the dinner on our website: [lamorindamovers.org](http://lamorindamovers.org).

If you need a ride to the any of the Movers' meetings, contact the Lamorinda Spirit Van for free transportation to and from the Serbian Church. (925) 283-3534 or email [dispatch@lovelafayette.org](mailto:dispatch@lovelafayette.org). For more info on the Spirit Van: <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services/lamorinda-spirit-van>

## **MEMBERSHIP NEWS**

### **Norma Claassen**

We look forward to seeing everyone at the September 11 dinner meeting. To make a reservation, please go to our website, [lamorindamovers.org](http://lamorindamovers.org), and click the reservation page; on the upper bar add your name (if you're registering more than one person, you need to add each name separately) and scroll down the page and hit the submit button. Or you can call the Lamorinda Movers at 925-376-6622 and leave a message along with 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.

### **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**

**Lynne Libuha**

Bocce ball will be ending soon. Games are played Thursday mornings at 10 a.m. at the Moraga Commons Bocce Ball courts. New players - and even those who want to come take a look — are always welcome. It's a fun and easy game. For additional information, please contact Lynne at (925) 388-0277 or [lynne.libuha@me.com](mailto:lynne.libuha@me.com).



### **SEPTEMBER BIRTHDAYS**

9/2 Bobbie Dodson  
9/2 Karen Cain  
9/3 Jim O'Donnell  
9/5 Charlotte Scherer  
9/6 Jim Krueger  
9/7 Bonnie Bell  
9/9 Cynthia Kelly  
9/10 Jim Tasker  
9/10 Carolyn Anderson

9/11 Judi Cooper  
9/15 Sal Zammitti  
9/17 Bill Brice  
9/21 Pat Harries  
9/21 Sally Church  
9/27 Joe Roebuck  
9/29 Robert Church  
9/30 Mary McFadden

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

**Osher Lifelong Learning** (OLLI) offers classes in Berkeley, Lafayette and Concord. Fall registration is now open. You'll find classes such as "Immigrant Voices in Modern Short Stories," "The Jazz Age - 1905-1935," "Country Rock," and "The Joy of Singing." There are live stream, recorded and in person classes. 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](https://diablo.cr3.rschoolday.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> Please note: The Moraga Library will be closed from July 29 through October for renovation. However, they are still seeking donations for the October book sale. If you have books you'd like to donate, please bring them to the Moraga library and place them in the large bin by the front door.

**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**

**Sept. 13 Trip to the Marine Mammal Center and Sausalito** Sponsored by Moraga Parks & Rec, the cost is \$35 per person. 925-888-7045

**Sept. 16-17 The Pacific Chamber Orchestra** Bach's Brandenburg Concertos  
[pacificchamberorchestra.org](http://pacificchamberorchestra.org)

**Sept. 23-24 Lafayette Art and Wine Festival**, Downtown Lafayette <https://lafayettefestival.com/> 925-284-7404

**Oct. 7 Fleet Week aboard the SF Belle**,. Registration is now open: <https://secure.rec1.com/CA/moraga-parks-recreation/catalog>

### **Performances:**

**Sept. 9-10, 15-16 Laurie Sings a Song for You: A Cabaret Concert Inspired by the Music of Karen Carpenter** Town Hall Theatre <https://www.townhalltheatre.com/laurie-sings>

**Sept 30-Oct. 21 "The Turn of the Screw"** Town Hall Theatre An eerie, cleverly told account of a woman's whirlwind journey to meet her destiny. <https://www.townhalltheatre.com/2023-2024-season>

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

### **Art:**

**Moraga Art Gallery, Through Oct. 22** "Wonders of Man and Nature"  
[www.moragaartgallery.com](http://www.moragaartgallery.com) 925-376-5407

**Saint Mary's Museum of Art:** Corina Kent: Heroes and heroes, Sept. 13-Dec. 10; Lisa Congdon: Hold it Lightly, Sept. 13-Dec. 10 <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 Lafayette Library on the first Wednesday of every month, 10 - 11:30 a.m. **Sept 6**, “Earthquakes, Fires, Floods...Oh My! Emergency Preparedness” <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:**

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/aarp/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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**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)

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