

Lamorinda Movers

Activities for adults ages 55+

DECEMBER 2023

**VOLUME 49
ISSUE 12**

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

DECEMBER CALENDAR

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

MONDAY, DECEMBER 11, HAPPY HOUR AND HOLIDAY LUNCHEON 11:30 a.m.
Social Hour followed by 12 noon luncheon and program, featuring a delicious

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)

EVERY THURSDAY, BOCCE BALL, 10 a.m.: 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. Contact Lynne Libuha, lynnelibuha@me.com.



PRESIDENT'S DECEMBER MESSAGE

Dear Friends and Neighbors,

The November dinner honoring our local heroes was a huge success. There were about 100 people in the room. The Honorable Mayor Sos, Police Chief King, and Fire Chief Winnacker gave inspirational and heartfelt messages. Every comment I heard was very positive.

Mark your calendars and sign up today for our December 11th holiday lunch beginning at 11:30 a.m. Last year, the room was filled with colorful outfits and good cheer and it was a very happy and joyous event. This year's event will be even better. The meal will definitely celebrate the holiday season and our entertainment will feature Diablo Symphony members Dean Boysen on the trumpet, and Christy Diggins on clarinet. Their repertoire includes all types of music, including Broadway showtunes, jazz and pop standards, TV and movie themes, Latin tunes, Dixieland, and more! There will, of course, be some of our favorite holiday tunes as well. It is sure to be a special Holiday event.

Your annual dues of \$35 per person are now due. It's nice to receive them early as it helps us plan for the following year so please send them in at your earliest convenience. Make your check payable to Lamorinda Movers and mail to P.O. Box 13, Moraga 94556-0013.

I look forward to seeing all of your smiling faces and colorful attire at our very special Holiday event.

Cheers,

Keith

DECEMBER HOLIDAY LUNCHEON

On Monday, December 11, we'll gather for a very special Movers holiday luncheon at the Serbian Church, beginning with an 11:30 a.m. happy hour and lunch at noon, when we'll dine on another wonderful meal from Moraga's Town Bakery. The menu this month celebrates the holiday season, featuring glazed ham and roasted butternut squash ravioli, plus pecan pie and creme brûlée for a festive dessert.

There will be wonderful music to enjoy, provided by Diabo Symphony's principal trumpet player, Dean Boysen and clarinetist Christy Diggins. We'll no doubt be treated to holiday classics as well as Broadway, TV and movie tunes, and jazz and pop standards. We'll be tapping our toes and humming along as we enjoy the musical entertainment.

Sign up for the luncheon on our website: 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. 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

As a reminder, we are now collecting the 2024 membership dues. The Board of Directors approved a \$5 per person increase due to the rising costs of providing our monthly events. The membership dues are now \$35 per person and are due by January 31, 2024. Please make your check payable to Lamorinda Movers and mail to PO Box 13, Moraga CA 94556.

If you have referred a new member in 2023 you have a chance to win free dinners during 2024! The name of our lucky winner will be drawn at the December Holiday Luncheon.

We are delighted to welcome these new members, all of whom joined this year:
Janice Harrer, Ana Zimmank, Karen Cain, Judie Sinclair, Charlotte Scherer, Ted & Jean Purcell.

We wish all our members a wonderful holiday season and a healthy and happy 2024.

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
Lynne Libuha

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. For additional information, please contact Lynne at (925) 388-0277 or lynne.libuha@me.com.



DECEMBER BIRTHDAYS

12/3	Janet Grant	12/8	Hasmig Vasgerdsian
12/3	Jadina Meneses	12/16	Carrol Foxall
12/6	Tom Westhoff	12/16	Darlene Yocum
12/6	Elaine Lind	12/20	Carole Lucas
12/7	Carolyn Westhoff	12/25	Kathleen Helleskov

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. You'll find classes such as "American Civics 101," "American Folk Music, The Golden Age, 1950-75," "Behind the Scenes for History Lovers," "Opera for Laughs: Great Comic Moments in the World of Opera." 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

Holiday Tree Lightings:

- * **Lafayette, Dec. 3** 6 p.m., Lafayette Plaza <https://lafayettechamber.org/holiday/>
- * **Moraga, Nov. 30**, 6:30 p.m., Moraga Commons Park <https://www.moraga.ca.us/422/Holiday-Events-Santa>
- * **Orinda, Dec. 2**, 6 p.m., Orinda Community Center

Hospice Tree of Lights: Dec. 2 4:30 p.m., Orinda Village Square (by McCaulou's)
A way to honor the lives of friends and loved ones. <https://hospicee.joinme.org/MyEvents/2023TreeofLights/tabid/1373153/Default.aspx>

It's a Wonderful Life in Lafayette Holiday Celebration, Dec. 3 4:30 p.m. <https://lafayettechamber.org/holiday/>

Dec. 13, "State of the Town" of Moraga Lunch and Presentation, 11:30 a.m., Saint Mary's College, Soda Center Moraga Mayor Renata Sos will give a retrospective on 2023 and the visions for 2024 and beyond. <https://www.moraga.ca.us/50thAnniversary>

Through Dec. 17 "A Christmas Story" Town Hall Theatre <https://www.townhalltheatre.com/christmas-story>

SF Ballet Presents Nutcracker Dec. 14 8 a.m. - 3:30 p.m. Sponsored by Moraga Recreation & Parks, Breakfast, transportation SF War Memorial Opera House <https://secure.rec1.com/CA/moraga-parks-recreation/catalog/index/5d07ddcda68dfefa15b3904b0468bbcd?filter=c2VhcmNoPSZhZ2VHcm91cCU1QjE1JTVEPTE=>

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

Art:

Moraga Art Gallery, Through Dec. 31 "Now and Then - Artists Journey"
www.moragaartgallery.com 925-376-5407

Saint Mary's Museum of Art: Corina Kent: Heroes and heroes, Through Dec. 10; Lisa Congdon: Hold it Lightly, Through 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., Lafayette Library
Dec. 6 "Downsizing Lessons from People Who've Done It" <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:

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

