

Lamorinda Movers

Activities for adults ages 55+

MAR-APR 2023

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Mailing Address - P.O. Box 13, Moraga, CA 94556-0013. Phone: (925) 376-6622

Web Site – www.lamorindamovers.org

APRIL CALENDAR

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

MONDAY, APRIL 10, HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 5:30 p.m. dinner and program, featuring Eloise Theisen, a board certified Adult Geriatric Nurse Practitioner: Serbian Church

ALL MONDAYS: Bridge, 12:30 - 3:30 p.m. at Moraga Royale **SUSPENDED, UNTIL FURTHER NOTICE**

FIRST AND THIRD THURSDAYS: Mah Jongg, 1 p.m., Moraga Country Club. An optional luncheon starts at 12 noon. 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.: Bocce Ball has ended for the season. But they'll be back in May and hope you'll come out and play. Contact Lynne Libuha, lynne.libuha@me.com.



PRESIDENT'S MARCH/APRIL MESSAGE

Dear Friends -

Well...what a night. It seems like the room gets louder every month with all the people smiling, laughing and having a great time visiting. The corned beef and cabbage was a hit. I especially liked the corn muffins. The students from the McBride School of Irish Dancers gave a beautiful performance and Ms. McBride-Parker did a fantastic job giving us some very interesting information about some of the background and history.

I recently had a conversation with our caterer and I told him that we need some improvements on the food being served. Going forward, I will be far more discriminating on what he prepares for us. Thank you to all who shared your input. Keep it coming!!

Next month the dinner presentation is about the benefits of medical cannabis. We have Eloise Theisen coming to share her extensive knowledge on the subject. Eloise is a board-certified Adult Geriatric Nurse Practitioner with over 20 years' experience in nursing. She started her own cannabis practice in 2014 and has treated over 8,000 patients. She has assembled the knowledge and data to use cannabis for treating a broad range of conditions and diseases, especially those that commonly afflict seniors—pain, insomnia, anxiety, and depression. Eloise is president of the American Cannabis Nurses Association as well as an instructor at the Pacific College of Health and Science, San Diego and the Chief Nursing Officer.

I look forward to seeing you all again in April.

Sincerely,

Keith

HELP WANTED

We keep repeating ourselves: we need some 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 hands would be great. We would love some help with making a few phone calls occasionally as we look for possible 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.

APRIL DINNER

We'll welcome spring at our Monday, April 10th dinner. We'll again gather 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.

Our featured speaker will be Eloise Theisen, a board certified Adult Geriatric Nurse Practitioner and the cofounder of Radicle Health Clinician Network, an organization of healthcare professionals that help patients use cannabis to treat chronic and age-related illnesses. Eloise has treated more than 8,000 patients using cannabis and recently served as president of the American Cannabis Nurses Association. Her presentation, "Cannabis Use Symptom Management in the Older Adult,." will no doubt be of great interest to all of us.

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

We hope you are enjoying the dinner meetings; we are busy planning the presentations and entertainment for the rest of the year. The next meeting is scheduled for April 10, 2023 and will feature Eloise Theisen, a healthcare professional who helps patients use cannabis for treating chronic and/or age-related illnesses. To make a reservation, please go to our website, 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.

Your dues for 2023, at the rate of \$30 per person, are now due. Please make sure to pay them **no later than March 31, 2023**. If your dues are not paid by that date, you will no longer

receive the newsletter or any other communications. Please make your check payable to Lamorinda Movers, and mail to Lamorinda Movers, P O Box 13, Moraga CA 94556.

Don't forget that if you refer a new member, 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 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.

BRIDGE

Felicia Teller

Bridge is still on hold. Please contact Felicia Teller at 925-376-7079 for information.

MAHJONG

Carole Lucas

The Lamorinda Movers Mahjong group meets 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 clucas629@comcast.net. We'd love to have you join us, but please contact Carole first!

BOCCE BALL

Lynne Libuha

Bocce ball season has ended! They'll be back in May and hope you'll join them then. For additional information, please contact Lynne at (925) 388-0277 or lynne.libuha@me.com.



APRIL BIRTHDAYS

4/3 Doris DeAndre
4/3 Marguerite Harrell
4/3 Barbara Carrigg
4/12 Linda Reidt
4/13 Larry Beans
4/15 Gayle Hester

4/17 Audrey O'Donnell
4/19 Karl Droese
4/22 Judy Klopstock
4/24 Norma Claassen
4/27 Nancy Masar

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. Spring registration is now open. You'll find classes such as "Femininity in Literature," "Russians in Hollywood," "Music and the Brain," "The How's and Why's of Good Cooking," and "The Beatles at Their Peak." There are also several "provocative and informative" one-time events. There are live stream, recorded and in person classes. <https://olli.berkeley.edu/programs/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.rschooltoday.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>
925-888-7050

Orinda Parks and Rec: <http://orindaparksandrec.org/192/Adult-Seniors-Programs-Classes>
925-254-2445

In-Person Activities

Senior Trips through Moraga Parks and Rec: **May 11:** Glass Sculpting at Slow Burn Glass
www.moragarec.com or call 925-888-7045

Performances:

Dave Rocha Trio April 4, 6 p.m. From up-tempo bebop, modal tunes, swing, and blues, to Latin jazz, ballads, and jazz waltz, Rocha showcases a variety of styles at the Moraga Library, making this the perfect show for Jazz Appreciation Month! <https://ccclib.bibliocommons.com/events/63fa67f8f693333600ff68df>

Cal Performances <https://calperformances.org/2022-23-season/>
April 11-16 Alvin Alley American Dance Theatre <https://calperformances.org/events/2022-23/dance/alvin-ailey-american-dance-theater-2223/>

Gold Coast Chamber Players_ April 15_“Souvenir” <https://www.gccpmusic.com/souvenir>

Town Hall Theatre, Through Mar. 25 “The Shape of Things” <https://www.townhalltheatre.com/shape>

Art:

Moraga Art Gallery, Through March 26 “Light and Fire,” www.moragaartgallery.com
925-376-5407

Saint Mary’s Museum of Art: Through May 14, “Three Series of Prints;” **Through June 18** “From the Ground Up”
<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. **April 5** “Cut the Clutter - Estate Liquidation Game Plan” <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

