

Lamorinda Movers

Activities for adults ages 55+

OCTOBER 2023

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Web Site – www.lamorindamovers.org

OCTOBER CALENDAR

MONDAY, OCTOBER 2 Board Meeting, Keith Katzman's Home, 4:30 p.m.

MONDAY, OCTOBER 9, HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 5:30 p.m. dinner and program, featuring a delicious Oktoberfest-style dinner and an entertaining musical show featuring our very own (and very talented) members, Joe and Gillian Roebuck

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.: October 5 is the last bocce ball game of the season. We hope you'll come out and play this easy, fun and friendly game. Contact Lynne Libuha, lynne.libuha@me.com.



PRESIDENT'S OCTOBER MESSAGE

Greetings friends and neighbors,

Another great evening was had by all at our September gathering. The comedian had everyone laughing. Good clean fun (for the most part). Almost all of the comments I received said that it was one of the best meals so far. We will continue to try to improve.

Our October dinner will have an Oktoberfest flair with some delicious food, including pork loin, German potato salad and the best of all...German chocolate cake.

We're excited that the very talented Joe and Gillian Roebuck, longtime members of Lamorinda Movers, will be entertaining us with wonderful songs from many of the movies we've seen and loved. It's been years since they've entertained us and we're looking forward to enjoying their many talents again. A little background: when Joe retired from the business world, he started performing in musical theater, appearing in many local productions. Gillian joined him and they've worked together in several shows; one of their favorites was "Annie." No doubt, we'll all be humming along as they perform.

Looking forward to seeing you very soon.

Keith

HELP WANTED

We are very grateful that member, Mark Cohen, 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.

OCTOBER DINNER

On Monday, October 9, 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 celebrates Oktoberfest: German potato salad, mustard-glazed roasted pork loin with roasted vegetables, a potato puree and the ultimate German treat: German chocolate cake.

We're excited that the very talented Joe and Gillian Roebuck, longtime members of Lamorinda Movers, will be entertaining us with wonderful songs from the movies. The Roebucks have appeared in many musical productions throughout the East Bay but it's been many years since they performed at a Movers event. We welcome them back.

Sign up for the dinner 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

We look forward to seeing everyone at the October 9 dinner meeting. 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.

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.

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 on Oct. 5. It's been a good season and we hope even more of you will come out when we start up again. 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.



OCTOBER BIRTHDAYS

10/3 Pat Kermoian	10/20 Donna Jollymour
10/4 Ted Purcell	10/24 Lucille Zammitti
10/5 Millicent McCormack	10/26 Alsida Canton
10/10 Ronald Reed	10/28 Pat Williams
10/11 Kay Hess	10/29 Ann von Pohl
10/13 Virginia Sornsen	10/30 Joan Tasker
10/17 Phyllis Kofman	10/31 Janice Harrer
10/19 Marilyn Evans	

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:

Oct. 6, 13, 20 Tai Chi Workshops 9 - 10 a.m. Hacienda de las Flores <https://secure.rec1.com/CA/moraga-parks-recreation/catalog/index/5d07ddcda68dfefa15b3904b0468bbcd?filter=c2VhcmNoPSZhZ2VHcm91cCU1QjE1JTVEPTE=>

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 "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.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>

Please note: The Moraga Library is reopening on Tuesday, Oct. 10 at 12 noon. You'll find a refreshed space with new seating and an expanded new book collection.

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

Sept. 30 Moraga Pear and Wine Festival 11 a.m. - 3 p.m. Moraga Commons <https://moraga.ca.us/424/Pear-and-Wine-Festival>

Sept. 30 Community Foundation of Lafayette Senior Symposium, Celebrating Wisdom, Legacy & Positivity 8:30 a.m. - Noon, Acalanes High School <https://bit.ly/ss23lafayette>

Oct. 6-9 Community Service Days There are many opportunities throughout Moraga for you to care, give and connect <http://moragaserviceday.org/>

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

Oct. 7, 14, 21 and 28 Halloween Movie Screenings Classic and spooky Halloween movies, Town Hall Theatre Company <https://www.townhalltheatre.com/movies>

Performances:

Through 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>

Oct. 20 Murder Mystery at the Hacienda Everyone’s a suspect. Can you figure out who did what? 7 - 9:30 p.m. Hacienda de las Flores

Registration Open: 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 Oct. 22 “Wonders of Man and Nature”
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. **Oct. 4** “Driving in your Senior Years” <https://www.day-realestate.com/events>

Oct. 5 “The Beatles Uncovered” 6:30-7:45 p.m. Lafayette Library https://ccclib.bibliocommons.com/events/64ea845a89f2e0360016636d?blm_aid=438618113

Oct. 19 “Writing Fiction from your Roots” 6:30 p.m. Lafayette Library https://www.lllcf.org/carolrohspaulding?blm_aid=438618113

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

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