

Lamorinda Movers

Activities for adults ages 55+

[February/March 2022](#)

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MARCH CALENDAR

All dates are tentative and subject to change depending on fluctuating COVID-related restrictions

TUESDAY, MARCH 1, Executive Board Meeting, Keith Katzman's Home, 4:30 p.m.

MARCH HAPPY HOUR AND DINNER 5 p.m. **CANCELLED**

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

FIRST AND THIRD THURSDAYS: Mah Jongg, 1:30 - 4:30 p.m., Moraga Country Club **SUSPENDED UNTIL FURTHER NOTICE**

BOCCE BALL: **OVER FOR THE SEASON** Will start up again in May. See you then!



PRESIDENT'S FEBRUARY/MARCH MESSAGE

Dear Friends and Neighbors,

I hope you are all doing fantastically. The Board met recently and decided to plan our next dinner meeting for April. We considered scheduling it in March but thought it best to wait to make sure Omicron cases continue to drop. After waiting this long, we think it's better to err on the side of caution for all of us.

When we originally thought we could restart last September, we had planned a "Grand Reopening." We had confirmed Johnny Z and the Camaros (one of our most popular entertainers) and Back Forty BBQ (a vendor with great comments from you). When that didn't happen, we talked about a "soft reopening" for February. Then that didn't happen! In our discussion about the upcoming April dinner, we agreed that we should go all out and have that "Grand Reopening." I am really excited that finally there seems to be more reasons to have hope. I'm literally smiling as I write this.

The Grand Reopening will be a great opportunity to invite a friend, neighbor, family member or anyone else you think may enjoy being a part of our group. At our next meeting, the Board will discuss ways to make this very simple so more people will take advantage of the opportunity. Everyone I talk to around town is extremely anxious to get out and have some fun. Many have never heard of our group but once I tell them about us they seem quite interested in getting involved. I'm sure you all know people who would love to have a nice evening out for less cost than you could get practically anywhere else.

I heard about this 85-year-old man who was out fishing one day and heard a voice saying, "Pick me up." He looked around, didn't see anyone and thought he was dreaming. He heard it again. "Pick me up." He looked down and saw a frog. He said in amazement, "Are you talking to me?" The frog said, "Yes. Pick me up, kiss me and I'll turn into a beautiful bride." The man quickly picked up the frog and put it into his shirt pocket. The frog said, "Hey, what are you doing? I said kiss me and I'll turn into a beautiful bride." The man replied, "No thanks. At my age, I'd rather have a talking frog."

As always, I look forward to seeing you all again and this time I'm really believing it will be soon.

NEWS

Looks like we may have finally made it. Masks are starting to come off for vaccinated people. Groups of vaccinated friends can once again plan to gather. And, fingers crossed, this is only the beginning. So, after all this time and with all this good news, we are planning the Lamorinda Movers' Grand Reopening. Details will be coming but mark Monday, April 11 on your calendar and expect a truly fun evening, certainly befitting a very long-overdue get-together.

It's been a long and difficult time but we continue to remain grateful that both vaccines and boosters were made available so quickly and appear to successfully decrease our chances of getting sick. For up-to-date information, go to <https://covid19.ca.gov/stay-home-except-for-essential-needs/>. There is additional info on the Contra Costa Health Services site, <https://www.coronavirus.cchealth.org>.

If you haven't yet sent in your dues, please get them in. They're \$30 for a single membership and \$50 for a couple. Please mail your check, payable to Lamorinda Movers, to P.O. Box 13, Moraga, 94556-0013. Or you can bring it to our April 11 dinner and personally hand it in.

Do you live in Moraga? If so, the Town of Moraga is asking all residents to take the Community Housing Survey (<https://www.surveymonkey.com/r/J3RYCLF>). Moraga's Housing Element is a critical component of the Town's General Plan. The State of California mandates that the Housing Element is updated every eight years; the Town is now updating the Housing Element for 2023 - 2031.

HELP WANTED

We're still looking to fill the Communications Chair position on the Board immediately. Please contact Keith or any of the Board members (contact information on last page) for information or to volunteer. The duties are relatively simple: keeping the website updated and overseeing dinner notifications, reservations and name tags. While you need to be comfortable with technology, you will get thorough training to assume this crucial role.

NEXT DINNER

In last month's newsletter, we said we'd plan our Grand Reopening Dinner Meeting as soon as it was safe to do so. We think that time has finally come. Monday, April 11 is the date we're aiming for. Mark your calendar. Invite a friend or two. Plan on a wonderful, long-overdue celebration. Watch for details but anticipate a truly GRAND reopening.

MEMBERSHIP NEWS

Norma Claassen

Looks like we can finally schedule an April 11, 2022, dinner meeting. The preparations for the venue, food and entertainment are being finalized and will be posted on the website and in the newsletter.

Your dues can be paid at the April meeting if you have not already sent in your payment. The dues have not changed from 2019 — a single membership is \$30, and a couple is \$50. The dinners are \$25 per person.

Don't forget: if you refer a new member you have a chance to win a year of free dinners. Just have the new applicant add your name to the "referred by" spot on the application. The drawing is held at the end of year at the Holiday dinner.

Looking forward to seeing you after a long 2-year hiatus!

SUNSHINE AND HEALTH NEWS

Jean Roberts

If you know or hear of someone who is ill, injured, or has experienced the loss of a loved one, please let Jean Roberts know so a caring card can be sent. You can call Jean at 925-788-5528 or email her at iamjean649@gmail.com.

BRIDGE, MAHJONG and BOCCE BALL

Felicia Teller, Carole Lucas and Lynne Libuha

Bocce ball is over for the season. It was a short, but fun, season and we'll start up again the first Thursday in May. We play at the Moraga Commons bocce court and we'd love to welcome new players to join us. It's an easy and fun game to learn & play. For more info, call Lynne Libuha at 925 388-0277 or email her at lynne.libuha@me.com. See you in May!

At this time, mahjong and bridge are still on hold. Please contact Carole Lucas (clucas629@comcast.net) for info on mahjong or Felicia Teller at 925-276-7079 for information on bridge.



March Birthdays

3/2	Gerry Bonner	3/18	Laszio Bonnyay
3/5	Keith Katzman	3/19	Ralph Thornicrof
3/6	Brad Dewey	3/28	Celia Hasbroo
3/6	Virginia Tracy	3/30	Loretta Nut
3/12	Ute Kelley	3/30	Joanne Full
3/16	Marcia Fisherkeller	3/30	Chris Laszcz-Dav
3/16	Elizabeth White		

ACTIVITIES IN LAMORINDA

We've been listing virtual activities since the beginning of Covid. While there are more in-person events and activities available, there continue to be many that are either totally virtual or a combination of in-person/virtual. We will continue to list what we know. There will always be online activities, classes, performances, theatre, tours, etc. but those that are finally live, in person and in real time are even better.

Libraries: the Contra Costa County Libraries are open! <https://ccclib.org>. Find in person and online T'aiChi, discussions, meditation, speakers, book clubs, garden designing: <https://ccclib.bibliocommons.com/events/search/index>

Did you know that there is a great little book shop inside the Moraga Library? It's got a wonderful array of books — best sellers, fiction and non-fiction, biographies, cookbooks and kids' books — all at amazing prices. And all funds go to purchase more library books. Stop by some time.

Performances: _

Most of the local performing arts companies are back to live productions while still offering many virtual performances. For updated listings, it is suggested you go to the various web sites.

Cal Performances <https://calperformances.org>

Live theatre is back in San Francisco. <https://www.broadwaysf.com/Online/default.asp>

Speakers:

Lamorinda Sunrise Rotary <https://lamorindasunrise.org/speakers>

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Classes:

Osher Lifelong Learning Institute (OLLI) UC Berkeley <https://olli.berkeley.edu/programs/events> There are livestream, recorded and in person classes. “Cooking with Winter Produce,” “The Kennedy Dynasty,” “Adventures in American Opera,” are just a few of your choices this winter. Additionally, OLLI has many mini courses and 6-week classes through their San Francisco State campus (“Everythingou want to know about Ethics...,” “News Junkies Unite! Discussing the Headlines of the Day,” “History of the HolyLand”) :<https://olli.sfsu.edu/courses> as well as through their Cal State East Bay Concord Campus (“American Musical: The 1970s to Hamilton,” “Birthing in America,” "Broadway Divas” “Climate Change Economics”) <https://www.scholarolli.com/product-category/programs/>

The **Walnut Creek Senior Center** offers virtual and live classes and fun activities. <https://www.walnut-creek.org/departments/arts-and-recreation/recreation-parks/adults-50>; <https://wcseniorsclub2020.wordpress.com/upcoming-events/>

DVC Community Education classes: email CommunityEd@dvc.edu for information

Lamorinda Village is planning a study group series with Cal Shakes Resident Dramaturg Dr. Philippa Kelly. This program was very popular last year: intellectually engaging and a good source of connection. [HERE](#) is the link to more information on this program from Cal Shakes.

In-Person Activities:

Discussion groups, book club, classes on Apple devices, legal documents, all through Lafayette’s Senior Services Program. <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services/programs-services>

Moraga Parks and Recreation is bringing back their Trips for Seniors this spring. On Apr. 21, there’s a trip to the Oakland Museum and Jack London Square and on May 18 you can visit the Filoli Historic House and Garden. For more information: <https://www.moraga.ca.us/217/Parks-Recreation>

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 every Tuesday 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>.

Lamorinda Village is also offering 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.

Discussion groups, book club, classes on Apple devices, legal documents, all through **Lafayette’s Senior Services** Program. <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services/programs-services>

Virtual Yoga, Conversational Mandarin, Chess, all through the **Lafayette Recreation Center**. https://apm.activecommunities.com/lafayetterec/Activity_Search?detailskey%20word=&IsAdvanced=True&ddlSortBy=Activity+name&ActivityCenterID=5&DaysOf%20Week=0000000&SearchFor=2&SearchLevelID=2&maxAge=100&NumberOfItemsPer%20Page=20&IsSearch=true

Museums and Art Galleries:

Moraga Art Gallery Feb. 2-Apr. 10 “Singularities,” the unique visions of two members artists. is open Wednesday-Sunday, 12 noon - 5 p.m. <https://moragaartgallery.com>
925-376-5407

Jennifer Perlmutter Gallery is open Weds-Fridays 1-5 p.m. and Saturdays 11 a.m. - 5 p.m.

Art Gallery at the Orinda Library <https://lamorindaarts.org/current-exhibits/>

Saint Mary’s College Museum of Art: Feb. 16: “Power and Purpose: Reflections on the African Art Collection and Stock” <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art>

Lamorinda Arts Council: <https://lamorindaarts.org/online-galleries/>

Resources:

Lafayette offers many resources and services for seniors, as well as interesting classes. For more information, go to <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services/resources> 925-284-5050 or <https://lafayettechamber.org/teen-senior-resources/>

Nixle keeps you updated 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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