

Lamorinda Movers

Activities for adults ages 55+

[January/February 2022](#)

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FEBRUARY CALENDAR

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

TUESDAY, FEBRUARY 8, Executive Board Meeting, Keith Katzman's Home, 4:30 p.m.

FEBRUARY 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 JANUARY/FEBRUARY MESSAGE

Dear Friends and Neighbors,

I heard about these 5 relationship tips for women: 1) It's important to find a man that loves you and is loyal. 2) It's important to find a man who's fun and makes you laugh. 3) It's important to find a man who is a hard worker and makes a good living. 4) It's important to find a man who is a great father and good with children. And 5) It's important that none of these 4 men know each other.

I had to start you out with a smile because, sadly, we have to once again postpone our welcome back, grand re-opening Valentine's Day dinner. We are not doing this lightly but with the surge of breakthrough omicron cases, the Board felt this was the safest action to take at this time. The Board has discussed when we feel it will be safe to reschedule the dinner — and right now it's looking good for April. At least tentatively. So mark your calendar for Monday, April 11 and fingers crossed it all works out. Stay tuned and let not your hearts be troubled. No one here is giving up and everyone is still ready and willing once we get the green light from the powers that be. We just want you all to stay healthy.

I think this is important to mention. Some of you may know this and many of you won't believe it. Marilyn Runo just turned 98 years old on the 12th of January. I am sure I speak for the entire membership in wishing Marilyn a very Happy Birthday.

Have you mailed your 2022 dues yet? If not, please get them in at your earliest convenience. We may not be able to gather quite yet, but when we do, we want you to be with us.

I want to wish you all a Blessed, Happy, and Healthy New Year. I look forward to us all gathering together again for great times and creating more wonderful memories in 2022. I really miss you all a lot.

Sincerely,

Keith

NEWS

There's that old expression: "One step forward, two steps back." That's how it feels these days. Just when we thought things had improved with vaccinations, boosters and masks, breakthrough omicron cases emerged with a vengeance. We thought we'd be able to gather in February but at this point, it's just not safe to do so. Therefore, once more, our grand reopening, welcome back everyone extravaganza has been postponed. We know it will happen - hopefully in April. We just can't be 100% positive at this time.

It's been a long and difficult time but we 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 on restrictions, 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.

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

We thought we had it all figured out. A Valentine's Day welcome back dinner. The location was secured, the caterer reserved and then...omicron! A whole new, more contagious virus causing more concerns and curtailing activities once again. So we're back to putting the Grand Reopening dinner on hold. Hopefully it will only be for a short time (in fact, the Board just voted to tentatively schedule it for April 11. Fingers crossed that this date will stick.) As soon as it's safe to do so, you can bet we'll once again plan our get together — the first in a very very long time.

MEMBERSHIP NEWS

Norma Claassen

We are sad to say that the February dinner meeting has once again been postponed. The new outbreak has caused the Board to have second thoughts about a large crowd. Stay tuned about a possible April 11 dinner meeting.

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.



February Birthdays

	Kay Poullos	2/22	Beverly Pearson
2/4	Aida Peterson	2/26	Patricia Steever
2/9	Dan Flower	2/28	Gretchen Arth
2/12	Lana Reichick	2/29	Gillian Roebuck

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 Feb. 4, 7 a.m.: “Moraga, the jewel of Lamorinda’s crown,” an insider’s guide to the basics, beauty, fun and wonders of Moraga.

<https://lamorindasunrise.org/speakers>

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

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>

Virtual Activities:

Jan 28, 8 a.m., “Coffee” with Lafayette Mayor Teresa Gerringer who will provide an update on Council priorities and then answer questions. Register for Zoom link at <https://lafayettechamber.org/coffee>.

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: The museum is closed through Feb. 13: 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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