

Lamorinda Movers

Activities for adults ages 55+

OCT/NOV 2020

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NOVEMBER CALENDAR

All dates are tentative and subject to change depending on Shelter in Place restrictions

TUESDAY, NOVEMBER 10, Executive Board Meeting via ZOOM, 5 p.m.

MONDAY, NOVEMBER 9, 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: **SUSPENDED UNTIL FURTHER NOTICE**



PRESIDENT'S OCTOBER/NOVEMBER 2020 MESSAGE

My Dear Friends and Neighbors,

I know I'm repeating myself and I hope you don't mind. With no information on when we can meet again and no planned activities at this time, it's difficult to come up with something new to report.

We miss you! We miss our time together! All this time apart feels strange and definitely leaves a void that we're unable to fill. I continue to hope and pray that we'll be able to be together soon.

I also want to again remind you that you are not alone and hope you always remember that your Board members are here for you. If you want to talk to someone, need some help with something or just want to hear a friendly voice, please know that you can contact any one of us. Want to have an in-person, socially distanced conversation? Want to go on a masked, socially-distanced walk? Give one of us a call (our numbers are listed on the last page). We really are all in this together.

We may not know when we'll be able to get together again but the one thing we do know is that whenever the time comes, it will be quite the celebration. Can't wait to make good on that promise.

There was this man who got caught shoplifting at the grocery store. He was at court and the judge said, "sir I understand you stole a can of peaches. How many peaches were in that can?" The man replied, "there were 5 your honor." He said "alright I'm going to give you one week in jail for each peach. You have 5 weeks." His wife stood up and said, "your honor, may I say something?" He said "yes what is it?" She said, "he stole a can of peas too."

Warmly,

Keith

NEXT DINNER

At this time, we still have no idea when the shelter in place restrictions will be fully lifted, when large groups of people will be able to get together or when we'll be able to host our monthly meetings again. We do promise you a spectacularly fun celebration when that happens so we can all look forward to a rousing good time as soon as we're able to meet up again.

MEMBERSHIP NEWS

Norma Claassen

No news from Membership. Hopefully there will be a vaccine sometime in the not too distant future and we'll be able to see each other next year. Until then, stay healthy.

SUNSHINE AND HEALTH NEWS

Carol Derry

Please remember that if you know or hear of someone who is ill, injured, or has experienced the loss of a loved one, let Carol Derry know so she can send a caring card. You can call Carol at 925-376-3229 or email her at rcderry@gmail.com.

BRIDGE, MAH JONGG and BOCCE BALL

Felicia Teller, Carole Lucas and Lynne Libuha

Because of the Coronavirus and California's Shelter in Place, all three activities sponsored by Lamorinda Movers are suspended until further notice. If you have any questions, please contact Felicia Teller (bridge) at 925-276-7079; Carole Lucas (mah jongg) at clucas629@comcast.net or Lynne Libuha (bocce ball) at 925-388-0277 or lynne.libuha@me.com. We will send out information as soon as we are able to resume playing. We can't wait to see you then!



November Birthdays

11/3 Dick Vance	11/17 Sharon Flower
11/3 Claire Roth	11/18 Dorothy Schwab
11/4 Jean Wood	11/19 Astrid Gehrke
11/7 Peter Ciarlo	11/19 Gail Burnett
11/11 Patricia Wiegmann	11/26 Ralph Kermoian
11/13 Joan Ullrich	11/27 Larry Thompson
11/14 Gary Borrelli	11/28 Barry Flanders
11/16 Suzanne Parsons	11/30 Marty Aufhauser
11/16 Phyllis Reed	

ACTIVITIES IN LAMORINDA

Although restrictions around the Shelter in Place are lessening, there are still no large in-person events, gatherings, meetings or classes allowed in our area. But that certainly doesn't mean there's nothing to do! Modern technology has made it so there are any number of things that can be done virtually - all you need is a computer (and perhaps some patience). There are virtual classes, museum exhibits, theater, dance and vocal performances and meetings. We've listed some here but this list is by no means complete; in fact, it's just a small sample of all that's available. Take some time to sit at your computer, search for whatever interests you and enjoy — all in the comfort of your own home as you shelter in place, staying safe and healthy.

Libraries: All three local libraries are still closed. However, they now offer Front Door Service for pick up and drop off of library materials. You place a hold, wait to be notified that your hold is ready, schedule an appointment, then pick up your item(s) and start reading. For more information on this great service, go to <https://ccclib.org/front-door-service/>. Or call 925-385-2284 (Lafayette), 925-388-6272 (Moraga), 925-24-0120 (Orinda). You can also still take advantage of the many other library services, including access to magazines, newspapers, movies, e-books and e-audio books: ccclib.org.

Online T'aiChi, discussions, speakers, book clubs, jazz performance: [https://ccclib.bibliocommons.com/events/search/fq=program:\(5e2b7849df59234500450f71\)?_ga=2.256991691.1529558953.1591826249-89427343.1591826249](https://ccclib.bibliocommons.com/events/search/fq=program:(5e2b7849df59234500450f71)?_ga=2.256991691.1529558953.1591826249-89427343.1591826249)

Performances:

Oct. 27, 28 29, 7:30 p.m.: The Brecht Project announces the premiere of five new short plays: *The Informer* by Christine U'Ren; *I'm With Her* by Scott Munson; *The People Upstairs* by Scott Munson; *Judicial Process* by Reg Clay; and *Judith* by Denmo Ibrahim, forming the first contributions to THE PRIVATE LIFE OF THE (NOT SO) MASTER RACE. Inspired by Bertolt Brecht's 1938 documentary portrait Fear and Misery of the Third Reich, there will be three live virtual performances October 27, October 28, and October 29, 2020. Tickets are free. <https://www.thebrechtproject.org>

Nov. 8, 4 p.m. Gold Cost Chamber Players present the third in their series of Bach Shorts featuring Cellist Robert Howard, who's performance explores the universal appeal of Bach. <https://app.arts-people.com/index.php?show=116151>

Lafayette's very own Bob Athayde, Stanley Middle School music teacher and popular piano player at Moraga's La Finestra restaurant, performs live from his home every Friday through Sunday, 6-7 p.m. It's an intimate show and allows the audience to interact with him and even request particular songs. And if you can't watch him in real time, there are videos of past performances. <https://www.facebook.com/bob.athayde/videos>

Enjoy snippets from Broadway shows — or even entire shows — all virtually. broadwayworld.com; thewrap.com; broadwayhd.com; classicfm.com; https://www.whatsonstage.com/london-theatre/news/musicals-theatre-stagey-netflix-watch-uk_37939.html?utm_source=facebook&utm_medium=social&utm_campaign=7July2020

Theater, Dance, Opera and Comedy performances: <https://www.pcmag.com/news/from-opera-to-dance-virtual-cultural-events-to-keep-you-occupied-during>, <https://www.metopera.org>, https://sfperformances.org/performances/front-row.html?utm_medium=social&utm_source=facebook&utm_campaign=frontrow; <https://www.sfsymphony.org/Calendar/MusicConnects>

Local Dance Companies: <https://diabloballet.org/2020/04/30/dancer-commentaries/>, <https://www.sfballet.org/sf-ballet-home/>

Speakers:

Nov. 9, 4 p.m. Jess Walter, author of “The Cold Millions” https://www.lllcf.org/dss-jess-walter?blm_aid=31222

Lamorinda Sunrise Rotary (Via Zoom) <https://lamorindasunrise.org/speakers>

3400+ talks to stir your curiosity: <https://www.ted.com/talks>

Classes:

Oct. 20, 11 a.m. *The Power of Positivity: When Life Gives You Lemons*” Life can be challenging; many situations arise that make it easy to feel negative. There are actions you can take to help view your life in a positive light. Discover how to take back your positivity. Presented by Jessica Mosquera from Humana. No registration necessary. Zoom Meeting ID: 867 4144 9831, Password: 100100

The Walnut Creek Senior Center offers several virtual classes. <https://wcseniorsclub2020.wordpress.com/upcoming-events/>

Not being able to sit in a classroom with others doesn’t mean you can’t continue learning something new. There are a myriad of classes available online. **Osher Lifelong Learning Institute** (OLLI) continues to offer outstanding classes geared to us older adults. There are classes through the Concord campus (<https://www.scholarolli.com/product-category/programs/>), Cal’s Berkeley campus, (<https://olli.berkeley.edu>), and San Francisco State <https://olli.sfsu.edu>.

Ever considered taking a **free, online course** from a prestigious university? Every course on Coursera is taught by top instructors from world-class universities and companies, so you can learn something new anytime, anywhere. <https://about.coursera.org>

DVC Emeritus classes: https://diablo.cr3.rschooldtoday.com/public/getclass/category_id/0/program_id/80 or email CommunityEd@dvc.edu

Virtual Yoga, Conversational Mandarin, Chess, all through the Lafayette Recreation Center. https://apm.activecommunities.com/lafayette/Activity_Search?detailskeyword=&IsAdvanced=True&ddlSortBy=Activity+name&ActivityCenterID=5&DaysOfWeek=0000000&SearchFor=2&SearchLevelID=2&maxAge=100&NumberOfItemsPerPage=20&IsSearch=true

Virtual Activities:

Oct. 16-21 The annual Lafayette Res Run for Education is virtual! Join in for one of four races: 5k, 10k, or 2 mile walk/run along the same route as previous events, or the 2.7 mile Reservoir Run/Walk along the paved trail of the Lafayette Reservoir. <https://lafayettechamber.org/resrun/>

International Film Showcase: <http://internationalshowcase.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>

The annual Tree of Lights ceremonies will, of course, be virtual this year. If you would like to buy a light or sponsor a tree to honor a loved one or support Hospice of the East Bay, go to <https://hospicee.ejoinme.org/TOL2020>

Museums and Art Galleries:

Moraga Art Gallery is open! "Spaces, Inside and Out" runs Oct. 16-Dec. 24. Open weekends, noon-3 p.m., beginning in November open Thursday-Sunday. moragaartgallery.com

Saint Mary's College Museum of Art: Passage of Summer: A four-fold seasonal storytelling of selected works <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/passage-of-summer>

Lists of museums and galleries from around the world you can visit virtually: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>; <https://www.elite-traveler.com/design-culture/10-best-virtual-museum-tours>; <https://www.timeout.com/travel/virtual-museum-tours>;

Local Museums & Art Galleries: <https://www.sfmoma.org/museumfromhome/>, <https://legionofhonor.famsf.org/museum-from-home>, <https://asianart.org/museumfromhome/>, <https://geso.fm/omca/collections/exhibitions>, <https://moragaartgallery.com>, <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/museum-from-home>; <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/still-life-pairings>; <https://lamorindaarts.org/online-galleries/>

Are you a local artist who has been creating masterpieces during the shelter in place? If so, the **Lamorinda Arts Council** is sponsoring a space to share your artwork. Go to lamorindaarts.org/creating-in-place for info.

Exercise with Silver Sneakers: http://go.silversneakers.com/find-your-fit-2020-national?utm_campaign=FYF%202020%20National%20Campaign&utm_medium=email&hsenc=p2ANqtz-9ICPr1VexBDwXoYhzVgcNWix01ekP_1UfmlErtsKYaYCnEsgwG3RHhgdc-QSrTD_tKfH-oyZ66u6FG29S5z3E8IecPQ&hsmi=87623360&utm_source=hs_email&utm_content=87622869&hsCtaTracking=1186ee5a-178b-40a7-94ba-8de9ee17e727%7Cb43d280a-6978-403c-b609-58bc7470b8e9

Lafayette's Virtual Community Center: <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/virtual-community-center>

Resources:

With news available 24/7, we're all inundated with coronavirus updates. There are any number of sources you can search for updated, concise information on both the status of the illness throughout the country, the state and the county. Here are some you may find helpful:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>; <https://khn.org/news/tag/coronavirus/>; <https://www.aarp.org>; <https://www.ncoa.org>; <https://www.lovelafayette.org/Home/Components/News/News/8356/18?backlist=%2fhome>

Still spending way more time at home? Join [Lamorinda Village](#); they're hosting Zoom bake-offs, chair yoga, fascinating speakers and continued concierge grocery delivery for FREE!!! They've also partnered with CERT volunteers to help you evacuate safely in the case of an emergency. You'll get a free Emergency & Evacuation Go Bag when you join. info@lamorindavillage.org or call 925-283-3500.

The Lamorinda Spirit Van is providing delivery services to Lamorinda seniors from Lafayette essential businesses. You can have groceries, medications, sundries and hot meals delivered from many Lafayette stores and restaurants. <https://www.lovelafayette.org/residents/transportation/lamorinda-spirit-van> or call 925-283-3534

Lafayette offers many resources and services for senior, 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

Contra Costa County Area Agency on Aging <https://ehsd.org/elderly-disabled/area-agency-on-aging/> 800-510-2020

Center for Elders' Independence has produced a free ebook on social bubbles for older adults. Is a social bubble right for you? Do you know how to safely create and participate in one? <https://elders.lpages.co/social-bubble-mask-v1/?fbclid=IwAR3WUxBrij2x17TJwIv3QnYwQyuRx-Wvxf5knU15hVy8-dWgNb7jHzrfeMNkw>

[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/>

The Community Warning System sends notifications to residents impacted by, or in danger, of being impacted by, an emergency or disaster. Register your cell phone for notification. <https://cwsalerts.com>

Here's wishing you all a very happy (Virtual) Halloween!



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