

Lamorinda Movers

Activities for adults ages 55+

APRIL/MAY 2022

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MAY CALENDAR

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

MONDAY, MAY 9, MAY HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 6 p.m. dinner and special guest speaker Dayna Wilson, local realtor and popular speaker on important issues facing savvy seniors. Location and menu are still being finalized and will be publicized as soon as plans are confirmed.

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. An optional luncheon starts at 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.: Starting up again the first or second Thursday in May. Play every Thursday at 10 a.m. at the Moraga Commons Bocce court. New players welcome! Contact Lynne Libuha, lynne.libuha@me.com.



PRESIDENT'S APRIL/MAY MESSAGE

Dear Friends & Neighbors,

What a night! We are definitely back!! The Grand Reopening of the Lamorinda Movers was a huge success. We had more than 140 very happy and excited people show up and there were smiles, hugs, and long-awaited reuniting going on all night long. We had two surprise guests come and express their support. Moraga's Chief of Police, Jon King, expressed his appreciation for all of us, who we are, and what we do. Our second surprise guest was Moraga's Mayor Renata Sos. She was very impressed with the energy in the room. She expressed her support and excitement to see so many people gathered together and even made a toast to us all. I was very touched to see our own 101-year-old friend Aida Peterson walk in the door. She was beaming. How sweet she was to come and share this wonderful evening with us. There was a record number of guests and possibly a record number of new member sign-ups resulting from this single event. The dinner was delicious and the entertainment energetic and fun. If you missed it, let not your heart be troubled. We will be together again on May 9. Dayna Wilson, local realtor and senior specialist, will be our special guest speaker.



I heard about this country farmer. He was taking his nephew camping for the first time. His nephew, one of the smartest men alive, had 5 degrees. They set their tent up and went to sleep. In the middle of the night the farmer woke up his nephew up and said, "Look up. What do you see?" He said, "I see millions of stars." The farmer said, "I know that but what does it tell you?" He said "Astronomically it tells me there are billions of galaxies, meteorologically it tells me it's going to be a beautiful day, theologically it tells me that God is a great creator. What does it tell you?" The old farmer shook his head and said, "It tells me someone stole our tent."

It feels so good to be back and to have May 9th to look forward to seeing you all again.

Welcome Back,

Keith

HELP WANTED

We still need to fill the Communications Chair position on the Board. The duties are simple: keep the website updated and oversee dinner notifications, reservations and name tags. You will get thorough training to assume this crucial role. Interested? Please contact Keith or any of the Board members for additional information.

MAY DINNER

We are still finalizing the arrangements for our May 9 dinner meeting but we promise it will be another fun get-together. As soon as the venue and menu are confirmed, we'll let you know. But in the meantime, be sure to mark your calendar for yet another Movers' evening. We are back!!!

Dayna Wilson, local realtor and senior specialist, will be the special guest speaker. She is well known in our community for her popular Savvy Seniors Living Seminars; she is committed to engaging, informing and empowering savvy seniors with the correct information so we can age successfully and live our best lives no matter our age.

MEMBERSHIP NEWS

Norma Claassen

The April 11th dinner meeting was a great success and we welcomed back over 140 members and guests. The Board is busy planning the coming months' dinner meetings with a mix of speakers and entertainers.

If you have not paid your 2022 dues you have until **APRIL 30th**, 2022. For a single membership, the dues are \$30 and for couples, membership is \$50. Please make the check payable to Lamorinda Movers and mail to Lamorinda Movers, P O Box 13, Moraga CA 94556.

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.

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 she can send a caring card. You can call Jean at 925-788-5528 or email iamjean649@gmail.com.

BRIDGE
Felicia Teller

At this time, bridge is still on hold. Please contact Felicia Teller at 925-376-7079.

MAH JONG
Carole Lucas

The Lamorinda Movers Mahjong group meets on the first and third Thursday of each month from 1:30 - 4:30 p.m. at the Moraga Country Club -- with lunch first, 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 resumes in May on Thursdays at 10 am at the Moraga Commons. We would love some new players and hope you will join us. We do not take the games seriously, but have a wonderful time together. For additional information, please contact Lynne at (925) 388-0277 or lynne.libuha@me.com.



May Birthdays

5/7	Darlene Haffner	5/16	Nancy Braden
5/8	Gary Bernie	5/16	Betty Duey
5/10	Caroline Zorich	5/18	Sue Hanes
5/10	Keitha DeMara	5/18	Bonnie Roth
5/14	Charlotte Marname	5/20	Ginger Thompson
5/14	Melinda Flanders	5/23	Gerald Roth
5/15	John Harrell	5/25	Delores Austin
5/15	David Munson	5/25	Victoria Nakamura
5/16	Joachim von Pohl	5/25	Norma Cuneo

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 will be listing 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:

Osher Lifelong Learning (OLLI) offers classes in Berkeley, Lafayette and Concord. There are live stream, recorded and in person classes. Summer registration is open in Berkeley (https://olli.berkeley.edu/sites/default/files/files/olli-summer-22final_1.pdf); Registration for summer classes at Cal State East Bay(<https://www.scholarolli.com> 925-602-6776) begin April 21

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

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

Diablo Valley College Emeritus Classes: https://diablo.cr3.rschoolday.com/public/getclass/category_id/0/program_id/73 925-949-4600

Libraries: <https://ccclib.org> Join a book club, take a class, hear a speaker.

https://ccclib.bibliocommons.com/v2/events?_ga=2.239473667.1858893740.1650236399-1203501658.1650236399&startDate=2022-04-18&locations=14%2CBC_VIRTUAL&audiences=5cf7fbdd5447a8240028192a&endDate=2022-05-15

Parks and Rec: There are art classes, fitness classes and senior programs.

Lafayette Parks and Rec: https://apm.activecommunities.com/lafayetterec/Activity_Search 925-284-2232

Moraga Parks and Rec: <http://www.moraga.ca.us/dept/park-rec/home> 925-888-7050

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

In-Person Activities

May 17, **Taste of Lafayette Restaurant Stroll** Downtown restaurants will be sampling food 5:30pm-7:30pm. Enjoy music throughout the stroll including a free live band concert <https://lafayettechamber.org/taste/>

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>

Moraga's Hacienda Nights are returning. The first one is May 17. <https://www.moraga.ca.us/421/Hacienda-Nights>

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.

Town Hall Theatre, May 4, 4th Annual Day of Giving Online from 9 a.m. - 5 p.m., in person at Lafayette Library 5:30-7:30 p.m. 925-283-1557

Gold Coast Chamber Players, "Cultural Crossroads", May 14 7:30 p.m. <https://www.gccpmusic.com/concert-4> 925-283-3728

Cal Performances <https://calperformances.org>

Art:

Moraga Art Gallery, "Natural Abundance" through June 19, www.moragaartgallery.com 925-376-5407

Saint Mary's Museum of Art: "Stock: Andrew Mount" through May 8. "Power & Purpose: Reflections on the African Art Collection, through June 19. <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:

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 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 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.” The 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/>

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AND COMMITTEE CHAIRPERSONS

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