

Lamorinda Movers

Activities for adults ages 55+

JULY/AUGUST 2020

**VOLUME 45
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This bulletin is published monthly by the Lamorinda Movers, Inc. for the benefit of its members.
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AUGUST CALENDAR

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

TUESDAY, AUGUST 4, Executive Board Meeting via ZOOM, 5 p.m.

MONDAY, AUGUST 10, Social 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 JULY/AUGUST 2020 MESSAGE

Greetings Friends and Neighbors,

We had our first board of directors meeting last night via zoom (video conference) and I cannot tell you how much it lifted every one of us up. Every member of the board was very happy to be together again and see each other's faces. Norma had the brightest news about membership. We are still well over 200 members even with all that has gone on. I am very thrilled and my heart is happy.

One thing we all agreed is that we want to be there for each other. Lamorinda Movers feels more like family than merely friendships. We all agreed that we want to make sure each one of us is well taken care of. At the end of this newsletter, we have listed email addresses and phone numbers for the board members. If any one of you is in need of anything, please know that we want to hear from you!! Don't ever feel that you are alone because you are not. We all live just a few miles from each other and someone can be there to help within minutes.

Additionally, you may start hearing from your board a little more frequently to just remind you that we are here for you and we care for you very much!!

I hope you are all safe and healthy and staying as positive as possible, connecting with family and friends in any way you can and continuing to smile frequently. I also hope you're able to get outside - even if for a short time - to breathe in the fresh air and enjoy the beauty of our communities.

Needless to say, all Movers' activities are on hold for now. But remember: as soon as the shelter in place is lifted and some (or all) of our activities can resume we'll let you know; and then we are going to have a party that will go down in Movers history!!! Something to look forward to for all of us.

In the meantime, please say safe. I miss all of you and look forward to seeing you very soon.

Sincerely,

Keith

NEXT DINNER

At this time, we 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 spectacular 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

Hope you are all well, keeping your masks on and social distancing. Looks like we are in this pandemic for a long time. I do hope that you're all staying safe and healthy and I look forward to getting together with you again soon.

Don't forget: if you refer a new member to the Movers, you have the chance to win a year of "free" meals! Just have the new applicant add your name to the "referred by" section of the application. The drawing is held at the end-of-the-year Holiday luncheon.

SUNSHINE AND HEALTH NEWS

Carol Derry

A sympathy card was sent to Pat Swindell on the passing of her husband, Larry. A get well card was sent to Carol Derry following surgery.

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 when we are able to resume playing. We can't wait to see you then!



August Birthdays

8/3 John Haffner	8/22 Emily Hook
8/3 Diane Cella	8/23 Joanne Woodward
8/4 Roy Cuneo	8/24 Sally Marks
8/6 Dee Humm	8/24 Carol Derry
8/8 Richard Derry	8/25 Rose Ann Muscat
8/9 Jack Zimmermann	8/26 Maralyn Cantor
8/9 Marion Alexander	8/27 Pete Williams
8/11 Tom Marnane	8/28 Tory Courtney
8/12 Monica Foley	8/29 Kenneth Russi
8/13 Joseph Muscat	8/30 Judy Helder
8/19 Robert Foxall	8/31 Linda Wurth

ACTIVITIES IN LAMORINDA

Although some restrictions around the Shelter in Place are lessening, as of this writing, there are still no in-person events, gatherings, meetings or classes. 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 taste 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. Go to ccclib.org; for daily online events: [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:
Town Hall Theatre,

“An Ideal Husband,” Oscar Wilde’s brilliantly droll comedy, streaming through July 17
<https://www.townhalltheatre.com/town-hall-video-archives> 925-283-1557

Enjoy snippets from Broadway shows — or even entire shows — all virtually.
broadwayworld.com; thewrap.com; broadwayhd.com; classicfm.com; filmedonstage.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: <http://www.visitcalifornia.com/now/experience-virtual-performances-theater-dance-and-comedy>; <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

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

Speakers:

Lamorinda Sunrise Rotary (Via Zoom) <http://www.lamorindasunrise.com/?p=events>

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

Classes:

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) is continuing to offer outstanding classes geared to us older adults. There are classes going on now through the Concord campus (<https://www.scholarolli.com/product-category/programs/>) and beginning in September, there will be classes through Cal’s Berkeley campus. The Berkeley OLLI will be holding a virtual information session on July 21 at 10 a.m., introducing you to classes and some of the faculty. For more info, go to <https://olli.berkeley.edu>.

Virtual Activities:

Museums and Art Galleries: 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.elitetraveler.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>

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_1UfmlErtKYaYCnEsgwG3RHhgdc-QSrTD_tKfH-oyZ66u6FG29S5z3E8IecPQ&hsmi=87623360&utm_source=hs_email&utm_content=87622869&hsCtaTracking=1186ee5a-178b-40a7-94ba-8de9ee17e727%7Cb43d280a-6978-403c-b609-58bc7470b8e9](https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/virtual-community-center)

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>

What's open, what's closed? Hard to keep up with all the local businesses that remain open or the many restaurants offering curbside pickup and/or delivery and now, outdoor dining. All three Chambers of Commerce have regularly updated lists to keep you in the know:

Moraga: http://www.moragachamber.org/index.php?option=com_content&view=article&id=257&Itemid=132

Lafayette: <https://lafayettechamber.org/whos-open/>

Orinda: <https://orindachamber.org/item/138-covid-19-resources>

Lamorinda Village is dedicated to keeping seniors healthy and safe during this COVID-19 crisis. Until the Shelter in Place is completely lifted, they are offering **free** grocery and medication delivery to seniors from any Lamorinda grocery store or pharmacy. Please contact them at info@lamorindavillage.org or call 925-283-3500 to request delivery.

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

ZONEHAVEN: A Covid-19 Community Information Portal, enabling you to easily locate Covid-related resources throughout Lamorinda. There is information about medical offices, social services, good, recreation opportunities and pet services. Enter your home address and find a list of services organized by distance from your house. <https://ccc.community.zonehaven.com>

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 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/>

And just to make sure you all have a smile on your face...

I heard about this pastor...he was raising funds for a new auditorium and he told the congregation that anyone who will give a thousand dollars can pick out the next 3 hymns. A little old lady in the back of the church raised her hand and said pastor I'll do it...he was so excited he said thank you m'am; now which 3 hymns would you like? She looked over the congregation and said I'll take him and him and him.

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AND COMMITTEE CHAIRPERSONS

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