

Lamorinda Movers

Activities for adults ages 55+

JULY/AUG. 2022

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Web Site – www.lamorindamovers.org

AUGUST CALENDAR

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

MONDAY, AUG. 8, HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 6 p.m. dinner and program: Serbian Church; menu is still being finalized and will be publicized on our website as soon as plans are confirmed. Dayna Wilson, Realtor and Senior Specialist, will give tips on downsizing.

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

FIRST AND THIRD THURSDAYS: Mah Jongg, 1 p.m., Moraga Country Club. An optional luncheon starts at 12 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.: 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 JUNE/JULY MESSAGE

Dear Friends & Neighbors,

Our July dinner was another great evening! Everyone was happy, the music was first class, and the food was quite good. My favorite was the buttermilk fried chicken. Really delicious! The apple pie was quite a surprise for me. I have pretty high standards when it comes to desserts and I liked it alot. Moraga's Town Bakery will be catering our August event too! Molly Gleason-Kodama did an excellent job answering questions and I think many people left feeling a little more knowledgeable.

Next month Dayna Wilson, real estate agent and senior specialist, will be offering helpful information and tips about downsizing. Dayna's specialty is helping boomers, zoomers and savvy seniors explore future housing options and ensuring that their next home best serves both their current and future needs.

We are still working on a program for September but be sure to reserve November 14th for the dinner when we proudly honor our local police and fire personnel. This has always been one of our most well attended events and I have heard that there are many questions people want to ask.

I look forward to seeing you all next month.

Sincerely,

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.

AUGUST DINNER

Be sure to mark your calendar for yet another fun Movers' evening on Monday, August 8. We'll again be at the Serbian Church and again enjoy a delicious meal catered by Moraga's popular Town Bakery. The menu has not yet been confirmed but watch the website for details.

Our special guest speaker will be Moraga's own Dayna Wilson, a realtor and senior specialist. A well-known local speaker, Dayna offers valuable information and advice on savvy senior living. Topics she often addresses are downsizing, the current housing market and ways to plan for our future housing needs. Dayna can easily make us savvy seniors realize our potential for happy golden years! Go to our website for more info and to sign up. <https://lamorindamovers.org/reservations>

MEMBERSHIP NEWS

Norma Claassen

The Lamorinda Board of Directors approved two new policies at their June meeting:

1. Resolved that the Lamorinda Movers Board of Directors approve invoices to be sent to those members that are no shows at the dinner meetings.
2. Resolved that the Lamorinda Movers Board of Directors approve that starting in August 2022, the charge for the monthly dinner for members will be \$40 and the guest fee will be \$45.

The Board will be surveying the membership. We must make some changes and your input is vital to the organization.

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 "referred by" on the application. The drawing is held at the end of year Holiday event.

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 at 1 p.m. at the Moraga Country Club -- with lunch at 12 noon, 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 is back on Thursdays at 10 am at the Moraga Commons. We would love some new players and hope you'll 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.



AUGUST BIRTHDAYS

| | |
|-------------------|---------------------|
| 8/2 Joyce Skrak | 8/19 Robert Foxall |
| 8/3 John Haffner | 8/24 Sally Marks |
| 8/4 Roy Cuneo | 8/24 Carol Derry |
| 8/6 Dee Humm | 8/26 Maralyn Cantor |
| 8/11 Tom Marnane | 8/27 Pete Williams |
| 8/15 Debbie Armen | 8/28 Tory Courtney |

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. Fall registration opens July 25 and classes begin the week of Sept. 19. Enjoy “Diving Into the Movies,” “20th Century Theater,” America in Global Perspective,” or “Civility in America.” There are live stream, recorded and in person classes. <https://olli.berkeley.edu/events/fall-registration-opens-0> or 510.642.9934); Cal State East Bay, where you can still participate in some summer courses, including “Fighting Faiths: The Crusades,” or “Medal Counts & Manifest Destiny: Team USA at the Olympics.”(<https://www.scholarolli.com> or 925-602-6776)

The **Walnut Creek Senior Center** offers virtual and live classes and fun activities; <https://wcseniorsclub2020.wordpress.com/upcoming-events/>

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

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

Libraries: <https://ccclib.org> Join a book club, take a class, hear a speaker. <https://ccclib.bibliocommons.com/v2/events?locations=15%2C19%2C14>

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: <https://secure.rec1.com/CA/moraga-parks-recreation/catalog>
925-888-7050

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

In-Person Activities

July 30, Lafayette Citywide Sidewalk Sale Special promotions throughout Lafayette - on the sidewalk, in-store, even online. Start start the day in Lafayette Plaza Park from 9am-10am with coffee and breakfast treats. <https://lafayettechamber.org/sidewalk-sale/>

Free Fitness Classes, Moraga Commons Park. Sunday mornings, 8 - 9 a.m. through the end of July. <https://www.moragacommunityfoundation.org/sunday-strong>

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's **Hacienda Nights**. <https://www.moraga.ca.us/421/Hacienda-Nights> 925-888-7045

Performances:

Moraga Summer Concert Series: Moraga Commons, The popular summer concerts at the Moraga Commons are back. Thursdays starting June through Aug. 4, 6:30 p.m. <https://moraga.ca.us/423/Summer-Concert-Series> 925-888-7045

Gold Coast Chamber Players <https://www.gccpmusic.com/2022-23-season>

Cal Performances <https://calperformances.org/2022-23-season/>

Art:

Moraga Art Gallery, "Creative Contrasts", June 22-Aug. 28, www.moragaartgallery.com
925-376-5407

Saint Mary's Museum of Art: <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 Village welcomes speakers and experts every week via zoom. Cal Shakes Philippa Kelly, Diane Dwyer on SB9, our mandatory housing requirement, fire hardening our homes and more. Our talks are interactive and recorded. [Here is the link](#) to listen in at your convenience. Let us know if you'd like to listen live every Friday morning at 9:30 by emailing info@lamorindavillage.org.

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 at 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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