

Lamorinda Movers

Activities for adults ages 55+

JUNE/JULY 2020

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JULY CALENDAR

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

MONDAY, JULY 6, Executive Board Meeting, 10 a.m., Hacienda

MONDAY, JULY 13, 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 JUNE/JULY 2020 MESSAGE

Greetings Friends and Neighbors,

Has it really been only 3 months since we were last together, enjoying the talented Irish dancers and delicious St. Patrick's Day dinner? It seems like so much longer since we were able to freely leave our houses, let alone enjoy the company of good friends. At least we live in a beautiful area and have lovely weather. The good news, as we're all hearing, is that things are slowly beginning to open up.

I hope you are all safe and healthy and managing to stay 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 only a few moments - to breathe in the fresh air and enjoy the beauty of our communities.

None of this is easy, I know. We've been told to stay home. But there are so many resources available to us — ways to keep active, informed, educated, entertained, busy and safe. There are kind, generous people available to help you - whether you need someone to bring you food, pick up medications, drive you to a medical appointment or merely talk to. Local volunteers - your neighbors - really want to help. Information on some of these numerous resources may be found on page 4 of this newsletter. Please consider taking advantage of all that is available to you.

Needless to say, all Movers activities, including dinners, bridge, mah jongg and bocce ball, are on hold for now. As soon as the shelter in place is lifted and some (or all) of our activities can resume, we'll let you know. Don't forget - we have Johnny Z and the Cameros waiting in the wings so when we do come back we'll do it with a BANG. 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 don't know when the shelter in place restrictions will be fully lifted or when St. Mary's will be available to host our monthly meetings again. Fingers crossed that we'll be able to get together soon. We do have Johnny Z and the Cameros on hold so you can all look forward to a rousing good time as soon as we're able to meet up again.

MEMBERSHIP NEWS

Norma Claassen

Even though things are slowly opening up, it's hard to know when we'll be able to resume our monthly dinners. I do hope that you're all staying safe and healthy and we look forward to getting together again soon.

Please join me in welcoming the following new Lamorinda Movers members:

Bonnie & Gerald Roth

Jan Smith

Manolita Smith

William & Ute Kelley

Kenneth Russi & Betty Fullerton

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

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!



June Birthdays

6/3	Harold Scates	6/19	Ed Zuber
6/3	David White	6/19	Kathy Zuber
6/10	Barbara Green	6/22	Lew Edwards
6/14	Angie Veio	6/22	Steve Hansen
6/14	Diane Claytor	6/24	William Kelley
6/16	Julie Fisher	6/26	Kaye Roberts
6/17	Jean Wells		

July Birthdays

7/9	Monte Hess	7/18	Robert Sornsen
7/8	Virginia Struhm	7/20	George Fisher
7/9	Jan Smith	7/23	Louise Rowland
7/11	Robert Burnett	7/23	Mary Krueger
7/12	Donna Sumner	7/29	Jean Roberts
7/13	Steve Miller		

ACTIVITIES IN LAMORINDA

Although 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 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 performances, meetings — and even the opportunity to experience rides at Disneyland. 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 plan to soon offer Front Door Service for pick up and drop off of library materials. In the meantime, you can still take advantage of their many 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,

“Twelfth Night,” Shakespeare’s joyous comedy of mistaken identities and thwarted love. Streaming through June 25.

“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

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://diabloballer.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>

6/26 Turn Me on, Dead Man

7/10 Best Selling Author Robert Dugoni

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

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://moramaartgallery.com>, <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/museum-from-home>

Visit the “happiest place on earth” - virtually: <https://www.travelandleisure.com/trip-ideas/disney-vacations/watch-disney-rides-on-youtube>, <https://www.elitedaily.com/p/12-virtual-disney-land-rides-that-you-can-enjoy-at-home-without-a-fastpass-22644016>

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>

This year's Fourth of July celebrations in Lamorinda will, unfortunately, be very different due to the coronavirus and restrictions on large gatherings. No parades. No fireworks. No concerts. But that doesn't mean no celebrating our country's independence. The town of Moraga will have a "virtual" celebration to include sharing pictures and a town Front Yard BBQ. Find details on their website, <http://www.moraga.ca.us>. Orinda is also planning a virtual celebration, including a YouTube "Memories of Parades Past," a decorating contest and a designated time to "make noise" to honor our front line heroes and essential workers. Visit <http://www.orindaparade.com/events.html> for details.

Resources:

The County is slowly opening up more businesses. To see the timeline for reopening, go to <https://myemail.constantcontact.com/Contra-Costa-s-Road-to-Reopening.html?soid=1101577125940&aid=D-Itwa6BuI0>

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/blog/coronavirus-what-older-adults-need-to-know/>; <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://docs.google.com/spreadsheets/d/1AwLEAv2gdxMfuswsY9dbzBPjxlmD-js31TfyFuyitGE/edit#gid=0>

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 with free memberships. 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

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 ser-

vices, 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/>

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AND COMMITTEE CHAIRPERSONS

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