

Lamorinda Movers

Activities for adults ages 55+

MAY/JUNE 2022

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Web Site – www.lamorindamovers.org

JUNE CALENDAR

MONDAY, JUNE 6, Executive Board Meeting, Keith Katzman's Home, 4:30 p.m.

MONDAY, JUNE 13 JUNE HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 6 p.m. dinner and special entertainment: Davis Family Highland Dancers, Serbian Church; menu is 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.: 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 MAY/JUNE MESSAGE

Dear Friends & Neighbors,

As you probably know by now, we've been having a difficult time finding caterers to work with us on our monthly dinner meetings. We sincerely appreciate the fantastic suggestions may of you have sent. We have been calling, interviewing, and negotiating with several to come up with a few good choices for us. It is a long and difficult process as many caterers are short-staffed and very busy trying to keep their businesses alive. It takes several calls to some just to get a call back. We will let you know as soon as we choose a caterer for our June 13th dinner featuring the Irish dancers.

With the dramatic increase in food prices, we are making every effort to find caterers and venues to keep costs to a minimum so our event price increase can be as little as possible. However, with the known rise in costs, we are forced to increase our dinner pricing to \$45 for members, \$50 for guests.

I heard about this country grandmother. She'd go out on her front porch every morning and say, "Thank you Lord for another day." Her next-door neighbor didn't believe in God. He'd shout back "there's no such thing as the Lord." One morning he heard her praying for God to send her groceries for the week. He snuck over early the next morning and put groceries on the front porch. She came out and said, "thank you Lord, you did it again." The neighbor began to laugh and laugh. He said, "God didn't send you those groceries, I put them there." She looked up to the heavens and said "Thank you God. You not only sent me groceries; you made the devil pay for it."

I am looking forward to seeing everyone again on June 13th.

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.

JUNE DINNER

We are still finalizing the arrangements for our June 13 dinner meeting at Moraga's Serbian Church but we promise it will be another fun get-together, featuring the incredible and popular Davis Family Highland Dancers. They'll have you stomping your feet and clapping your hands with their high energy Irish dancing. As soon as the menu is confirmed, we'll let you know. But in the meantime, be sure to mark your calendar for yet another Movers' evening. We are definitely back!!! Go to our website for more info and to sign up. <https://lamorindamovers.org/reservations>

MEMBERSHIP NEWS

Norma Claassen

We are eagerly anticipating our June dinner meeting featuring the popular and highly entertaining Davis Family Highland Dancers. Unfortunately, the cost of the venue, labor, food, and entertainment has risen considerably since 2020; for that reason, we have no choice but to increase the price for both members and guests. The Board has voted to raise the price of our dinners to \$45 for members, \$50 for guests. This includes the cost of the catered dinner, tableware, and labor.

We have had to change venues; Saint Mary's College changed its pricing to charge us well over \$2000 per meeting just to use the Soda Center; this cost does not include the meal. The Board has been very busy checking out different venues and various caterers.

For June, we are again meeting at the Serbian Church but that may change as we move forward. And, as noted above, as soon as we have confirmed a caterer, we will let you know the menu.

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 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 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.



June Birthdays

6/3	David White	6/22	Lew Edwards
6/10	Barbara Green	6/22	Steve Hansen
6/14	Angie Veio	6/24	William Kelley
6/14	Diane Claytor	6/26	Kaye Roberts
6/16	Julie Fisher		

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: <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

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/>

May 20-22, **Painted Rock Trail Building Weekend** <https://www.signupgenius.com/go/5080b4fa4a823aafc1-painted1>

May 26, **Great Beer, Great Cause!** Canyon Club Brewery, 4 - 9 p.m. Fundraiser for the Moraga Community Foundation's Moraga Commons Enhancement Project

June 1, Enjoy the award-winning film, "**Casablanca**" at the Lafayette Library. 1 p.m.

June 4, **Lafayette Community Day** <https://lafayettecommunityday.org>

June 5, **Welcome to the Garden**, Rancho Laguna Park, Monarch Habitat. Ribbon-cutting at noon, followed by a butterfly parade. Food and drinks, crafts and music throughout the afternoon.

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.

Rock the Plaza, summer concert series at Lafayette Plaza. Fridays in June, 6-8:30 p.m.

Moraga Summer Concert Series, Moraga Commons, Thursdays starting June 9, 6:30 p.m.

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: “Power & Purpose: Reflections on the African Art Collection, through June 19. “Creating Through Chaos,” 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:

June 1, “Going from We to Me, Losing a Spouse: “Facing the Reality.” 10 a.m. Don Tatzin Community Hall, Lafayette Library https://www.day-realestate.com/events?blm_aid=438618113

Lamorinda Sunrise Rotary <https://lamorindasunrise.org/speakers>

Virtual Activities

June 8, WOW and the Lafayette Library presents deYoung Museum’s “The Obama Portraits,” a webinar discussing the artists https://www.lllcf.org/special-events?blm_aid=438618113

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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