

Lamorinda Movers

Activities for adults ages 55+

NOV/DEC. 2022

VOLUME 48
ISSUE 12

This bulletin is published monthly by the Lamorinda Movers, Inc. for the benefit of its members.

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Web Site – www.lamorindamovers.org

DECEMBER CALENDAR

MONDAY, DEC 5 Board Meeting, Keith Katzman's Home, 4:30 p.m.

MONDAY, DEC 12, HAPPY HOUR AND HOLIDAY LUNCHEON 11:30 a.m.. Social Hour followed by 12 Noon luncheon and program; Serbian Church; lunch catered by the popular Town Bakery in Moraga. This is our annual holiday celebratory luncheon.

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.: Bocce Ball has ended for the season. But they'll be back in May and hope you'll come out and play. Contact Lynne Libuha, lynne.libuha@me.com.



PRESIDENT'S NOVEMBER/DECEMBER MESSAGE

Dear Friends and Neighbors,

The first thing that comes to mind every time I think about our incredible November dinner is, "Wow."

Based on my communications with Police Chief King and Fire Chief Winnacker, I thought we were going to have 6 or 8 of our Heroes show up. Every time I saw another one walk through the door, I was so surprised and so pleased. I was standing with a group and heard Chief King say, "there are a lot more coming." I lost count after 25! To see how much our Heroes care for our seniors still puts a lump in my throat.

We just celebrated Veterans Day and this is Thanksgiving month. This dinner was a time to remember the people who fought for our freedom and give thanks to those who keep us safe. We honored all of the Veterans in the room and we honored Chief King, Chief Winnacker, and the men and women who diligently work to make Lamorinda one of the safest places to live in California. We are so lucky to have such incredibly dedicated individuals working to help and protect us. The high quality of support we have is probably some of the best in the country.

I asked members in the room to raise their hand if they have ever been helped by one of our local Heroes. From where I was standing, I could not see a hand that did **NOT** go up. I heard so many comments about how impressed and happy our members were with the way they were cared for by these Heroes. A huge thank you to Chief King, Chief Winnacker and every member of their teams for everything they do for the residents of Lamorinda!

Our dinner attendance numbers continue to increase and at this rate we are on track to have a very good 2023. Remember that 2023 dues of \$30 per person are due January 31 but you do not have to wait. Please send them to P.O. Box 13, Moraga, 94556-0013

Don't forget that our December gathering is a luncheon instead of a dinner. The slate for the 2023 Board of Directors will be announced at that December 12th event.

I would like to extend my best wishes to all of you for a very Happy Thanksgiving Holiday. We all have so much to be thankful for. I, personally, am thankful for all of you wonderful friends and neighbors and I look forward to seeing you again soon.

Sincerely,

Keith

HELP WANTED

We keep repeating ourselves: we need some help. Our Board members are all volunteers with families, busy lives and in some cases, jobs. We do as much as we can, but sometimes an extra two hands would be great. We would love some help with making a few phone calls occasionally as we look for possible caterers and monthly entertainment. If you'd be willing to help with this, please contact Keith or Suzanne Parsons (contact info on page 8). Thanks so much.

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.

DECEMBER HOLIDAY LUNCHEON

It's our annual holiday celebration. Be sure to mark your calendar for Monday, Dec. 12 for this fun and festive event. We'll again be at the Serbian Church and again enjoy a delicious meal catered by Moraga's popular Town Bakery.

If you need a ride to the luncheon, contact the Lamorinda Spirit Van for free transportation to and from the Serbian Church. (925) 283-3534 or email dispatch@lovelafayette.org. For more info on the Spirit Van: <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services/lamorinda-spirit-van>

MEMBERSHIP NEWS

Norma Claassen

As a reminder, we are now collecting the 2023 membership dues which are \$30 per person. They are due by January 31, 2023. Please make your check out to Lamorinda Movers and mail to P.O. Box 13, Moraga CA 94556.

If you referred a new member in 2022, you have a chance to win free dinners for 2023! The winning name will be drawn at the Holiday Luncheon on Dec. 12.

We'd like to welcome all the new members who joined in 2022: Sally Knudson, Bob Fleischmann, Diane MacDonald, Kathy Helleskov, Robert & Sally Church, Nhi Bonet, Bill & Judy Wahlander, Joyce Skrak, Barbara Carrigg, Debbie Armen, Brian & Britt-Marie Morris, Bobbie Dodson, and Iga Paczocha.

SUNSHINE AND HEALTH NEWS

Joan Tasker

We are delighted that Joan Tasker has agreed to take over our Sunshine Committee. If you know or hear of someone who is ill, injured, or has experienced the loss of a loved one, please let Joan know so she can send a caring card. You can call her at 925-376-0582 or email her at joanjim10@aol.com.

BRIDGE
Felicia Teller

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

MAHJONG
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; there's a 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 has ended! They'll be back in May and hope you'll join them then. For additional information, please contact Lynne at (925) 388-0277 or lynne.libuha@me.com.



DECEMBER BIRTHDAYS

12/3	Elinor Kikugawa	12/8	Hasmig Vasgerdsian
12/3	Janet Grant	12/16	Carrol Foxall
12/3	Jadina Meneses	12/16	Darlene Yocum
12/6	Tom Westhoff	12/16	Carmen Hughes
12/6	Elaine Lind	12/20	Carole Lucas
12/7	Carolyn Westhoff	12/25	Kathleen Helleskov

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 list 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:

Lamorinda Village presents a special series of free conversations with senior experts , including:

November: Behavior Challenges- Creating ideas to Preserve Dignity

December: Self Care- Preventing Burn Out

January: Transitions from Home Care to Memory Care

To register or for more information, email lindafj620@outlook.com

Osher Lifelong Learning (OLLI) offers classes in Berkeley, Lafayette and Concord. Winter registration is open for classes beginning in January. Enjoy “Bay Area Documentary Filmmakers,” “How to Be a Woman: Enacting Femininity in Literature,” “San Francisco in Photographs, 1850-2020,” or “Political Discourse in the Twenty-First Century,” among many others. There are live stream, recorded and in person classes. <https://olli.berkeley.edu/programs/courses> or 510-642-9934; Cal State East Bay, with classes such as 19th Century French Composers, California Pop Art Lecture and Field Study, and Current Issues in Public Policy (<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.rschooltoday.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, listen to a speaker. <https://ccclib.bibliocommons.com/v2/events?locations=15%2C19%2C14>

Parks and Rec: There are art classes, fitness classes, trips 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

Moraga Tree Lighting, Dec. 1 <https://www.moraga.ca.us/422/Holiday-Events-Santa>

Orinda Holiday Tree Lighting and Entertainment, Dec. 3 <https://patch.com/california/lamorinda/calendar/event/20221203/1994704/holiday-tree-lighting-entertainment-2022-community-center-orinda>

It's A Wonderful Life in Lafayette Holiday Celebration, Dec. 4 Free, fun, family-friendly celebration includes Santa sightings, train rides, official holiday tree lighting ceremony, live musical entertainment, holiday treats and more! <https://lafayettechamber.org/holiday/>

The Great Dickens Fair Trip, Dec. 10 sponsored by Moraga Parks & Recreation. <https://secure.rec1.com/CA/moraga-parks-recreation/catalog/index/4eaf1e9312f9eb43508f21f2980a01a9?filter=c2VhcmNoPXRlbnRlbnRyaXBzJmFnZUdyb3VwJTVCMTUINUQ9MQ==> or call 925-888-7036

Town Hall Theater Dec. 11 “Yes, and Wine,” a night of a beverage and playing improvised theatre games. These one-night-only classes are a great way to stretch boundaries, meet new people, and have some laughs! <https://www.townhalltheatre.com/adult-education> 925-283-1557.

Performances:

Cal Performances Nov. 26, Vienna Boys Choir “Christmas in Vienna” **Dec, 4**, Tekacs Quartet, **Dec. 8** Piano Recital featuring Seong-Jin Cho <https://calperformances.org/2022-23-season/>

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

Art:

Moraga Art Gallery, “Variations on a Theme of Beauty,” through Jan 15. www.moragaartgallery.com 925-376-5407

Saint Mary’s Museum of Art: Through Dec. 11, “Fake It Till You Make It,” <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 Abstract Clay Monoprints, Photography, watercolors and Chinese brush painting, through October. <https://lamorindaarts.org/current-exhibits/>

Speakers:

Savvy Seniors Living Seminars presented by senior specialist Dayna Wilson at the Lafayette Library on the first Wednesday of every month, 10 - 11:30 a.m. Dec. 7: “What’s It Worth?” <https://www.day-realestate.com/events>

Lamorinda Village welcomes speakers and experts every week via zoom. “Strength Training-A Cornerstone of Successful Aging,” Diane Dwyer on SB9, our mandatory housing requirement, fire hardening our homes and more. Talks are interactive and recorded. [Here is the link](#) to listen in at your convenience. Let them 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 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.” 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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