

Lamorinda Movers

Activities for adults ages 55+

OCT/NOV. 2022

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Web Site – www.lamorindamovers.org

NOVEMBER CALENDAR

MONDAY, NOV. 7 Board Meeting, Keith Katzman's Home, 4:30 p.m.

MONDAY, NOV 14, HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 5:30 p.m. dinner and program: Serbian Church; dinner catered by the popular Town Bakery in Moraga. This is our annual "Thank You For All You Do" to our local police and firefighters.

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 OCTOBER/NOVEMBER MESSAGE

Dear Friends and Neighbors,

It just keeps getting better and bigger. What fun we had at our October dinner. The room was a sea of color with all of the Hawaiian garb and the music was spot on with all those very familiar tunes from the islands. The numbers continue to go up. We are definitely on the Move!!

As fall arrives and darkness comes earlier, remember that we have a free shuttle service to pick you up and drop you off, compliments of the Lamorinda Spirit Van. That is right: **NO CHARGE**. When making your on-line dinner reservation, look a few lines down and you will see "Do you need transportation to dinner?" Check the yes box **AND BE SURE TO CALL** the Spirit Van hotline at 925-283-3534. Leave a message for your pick-up reservation. They need your name, phone number, and address to be picked up. Repeat the information twice for the recording. Rides are based on a first come first serve basis and you need to call at least 3 days before the event. They return calls on Monday's and Fridays. For our dinners, I would suggest calling the Wednesday before or as soon as you make your dinner reservation.

As we are working very hard to keep the dinner price, as well as our membership dues, as low as possible, I wanted to let you to know where the money goes: Venue, catering (includes meal, set-up and clean-up), entertainment and insurance, to name a few. Fortunately, we were able to find a better phone service and dropped that expense from \$235 per month to about \$100 PER YEAR. We will continue to do everything possible to cut costs wherever we can without compromising the quality of service to you!

Reminder - 2023 Membership dues are due by Jan. 31st at \$30 per person, \$60 per couple.

For those of you who were at the dinner, you can skip the next paragraph. I thought it was cute enough to share with the people who weren't there.

I heard about this man...He was walking up to a country store and there was a little boy sitting on the front porch with a huge dog sitting next to him. The man said, "Son does your dog bite?" The little boy said, "No sir, my dog doesn't bite." The man reached out to pet the dog and he bit off half of his arm. The man pulled back what was left and said, "Son, I thought you said your dog doesn't bite!" The little boy said, "Sir, that's not my dog!"

Next month we will be giving thanks to our local police and fire personnel. Mark your calendars for Nov. 14 and I look forward to seeing you there.

Sincerely,

Keith

HELP WANTED

We've stated it before: 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.

NOVEMBER DINNER

It's our annual THANK YOU FOR ALL YOU DO dinner, honoring our local police and firefighters. Be sure to mark your calendar for Monday, Nov. 14 for this tribute to these hardworking men and women who, every day, do all they can to ensure our safety and well-being. 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 dinner, 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

The dinner meetings are slowly coming back to whatever "normal" means in 2022. Looks like the Serbian Church will continue to be the venue. We have been working with Town Bakery, and so far, that is working out. However, if you know of a caterer, please let Keith Katzman or Suzanne Parsons know the name and type of food.

The Board has invited local police and fire personnel to attend the November 14, 2022 dinner meeting. They will give updates and tips on fire and crime prevention in the Lamorinda area. And this will be our opportunity to thank them for all they do to keep us safe.

The Board works very hard to keep operating costs as low as they possibly can. As noted in Keith's letter, we have found a less expensive phone service. But everything else seems to have increased in price. For that reason, the Board has unanimously voted to make a slight change in membership dues. While individual member dues will remain the same, there will no longer be a discount for couples. Beginning in 2023, membership dues will be \$30 per person.

Remember, if you refer a new member to the organization, your name may be chosen at the December luncheon for a year of free meals.

SUNSHINE AND HEALTH NEWS

Joan Tasker

We are delighted to announce 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 Joan 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 lucas629@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.



NOVEMBER BIRTHDAYS

11/3 Dick Vance	11/16 Phyllis Reed
11/4 Jean Wood	11/17 Sharon Flower
11/11 Patricia Wiegmann	11/19 Astrid Gehrke
11/12 Bob Fleischmann	11/26 Ralph Kermoian
11/13 Joan Ullrich	11/27 Larry Thompson
11/16 Suzanne Parsons	11/30 Marty Aufhauser

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

Oct. 21: Family Caregiving. <https://lamorinda.helpfulvillage.com/events/5119>

Oct. 28: When and Why to use a Fiduciary <https://lamorinda.helpfulvillage.com/events/5120>

Nov. 6 Laptop Class <https://lamorinda.helpfulvillage.com/events/5155>

Other free classes sponsored by Lamorinda Village include:

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.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, 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

Oct. 19-Nov. 2: The Moraga Library is celebrating Dia de los Muertos this year, a festival of remembering departed loved ones. The library is creating an ofrenda – an altar that celebrates family and friends who have passed away – and invites community members to share pictures and memories of their favorite people. <https://ccclib.org/locations/15/>

Oct. 23 The Lafayette Chamber’s **Res Run for Education**. Run/walk downtown Lafayette in the 2-mile fun run/walk or 5k, or strive for your best 10k time which includes going around the Lafayette Reservoir on race day, Sunday, October 23. The virtual option is around the paved trail of the reservoir, October 13-22. <https://lafayettechamber.org/resrun>.

Town Hall Theater Oct. 29 Celebrate Halloween a few days early with a karaoke night and a screening of “The Rocky Horror Picture Show.” <https://www.townhalltheatre.com/halloween-fundraiser>,

Nov. 13, 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.

Nov. 17, Community Thanksgiving Breakfast, Lafayette Veterans Memorial Center <https://lafayettechamber.org/breakfast>

Senior trips sponsored by Moraga Parks & Recreation. **Dec. 10**, The Great Dickens Fair <https://secure.rec1.com/CA/moraga-parks-recreation/catalog/index/4eaf1e9312f9eb43508f21f2980a01a9?filter=c2VhcmNoPjXNlbnmlvciUyMHRyaXBzJmFnZUdyb3VwJTVCMTUINUQ9MQ==> or call 925-888-7036

Performances:

Town Hall Theater Oct. 21-22 opens its season with “The Body Play,” <https://www.townhalltheatre.com/the-body-play>. 925-283-1557.

Cal Performances Oct. 29-30, Cloud Gate Dance Theatre of Taiwan; **Nov. 5**, Soweto Gospel Choir <https://calperformances.org/2022-23-season/>

Nov. 4, Jazz at the Moraga Library, a special concert with the Lunar Octet musical group. 3-4 p.m. <https://ccclib.bibliocommons.com/v2/events?locations=15%2C19%2C14>

Gold Coast Chamber Players Nov. 5, “Folk Inspired” featuring the Telegraph Quartet <https://www.gccpmusic.com/folkinspired>

Art:

Moraga Art Gallery, “Unique Expressions”, through Nov. 6, 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:

Nov. 10, “The Vietnam War: Two Perspectives”, Lafayette Library, 6:30 p.m. <https://ccclib.bibliocommons.com/events/633f3cb4ab388aa4bb02672e>

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. Nov. 2: “Spending Your Nest Egg” <https://www.day-realestate.com/events>

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. 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.” 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/>

LAMORINDA MOVERS BOARD MEMBERS

AND COMMITTEE CHAIRPERSONS

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