

Lamorinda Movers

Activities for adults ages 55+

SEPT/OCT. 2022

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OCTOBER CALENDAR

MONDAY, OCT. 3 Board Meeting, Keith Katzman's Home, 4:30 p.m.

MONDAY, OCT. 10, HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 6 p.m. dinner and program: Serbian Church; dinner catered by the popular Town Bakery in Moraga. It's Hawaiian night, a Hawaiian-themed meal and entertainment provided by Old Puppy and

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 encouraged to join! Contact Lynne Libuha, lynne.libuha@me.com.



PRESIDENT'S AUGUST/SEPTEMBER MESSAGE

Dear Friends and Neighbors,

What a night! Last week we had another great Movers gathering. John, from Town Bakery, knocked it out of the park with his Italian dinner. Some said it was the best we have ever had. With Bob Athayde at the piano sharing his beautiful music, it was a truly delightful evening.

The number of people coming for dinner each month is growing and I'm really looking forward to things returning to normal again. Next month, we are having a Hawaiian Luau and dinner. I have my shirt but I'm still trying to figure out the rest...Invite a friend or neighbor to join in on the fun.

In November we will have our annual dinner honoring and thanking our local police and fire personnel for all they do to take care of us and keep us safe. Invite a friend or neighbor.

In my haste to call tables the other night, sadly, I forgot to thank the people working at the event. Steve Hansen and Robert Sornsen ran the bar and Norma Claassen and Virginia Sornsen were at the check in table. We could not have done it without them and I sincerely thank them for their help..

I look forward to seeing you all again next month.

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.

OCTOBER DINNER

Be sure to mark your calendar for our next fun Movers' evening on Monday, October 10. It's a Hawaiian Luau with a Hawaiian-themed dinner. We'll again be at the Serbian Church and again enjoy a delicious meal catered by Moraga's popular Town Bakery. You'll feel like you're in the islands while dining on:

Classic Macaroni Salad
Sweet Bread Rolls & Butter
Huli-Huli Chicken
Kalua Pork
Steam Rice
Pineapple cake

Hawaiian shirts and grass skirts optional.



MEMBERSHIP NEWS

Norma Claassen

The dinner meetings are slowly coming back to whatever "normal" means in 2022 and we're so happy to see that. Looks like the Serbian Church will be the event venue for the immediate future. We have been using Moraga's Town Bakery, and so far, that seems to be working out well. However, if you know of another caterer that might be a good choice, please let Keith Katzman or Suzanne Parsons know the name and type of food.

Our next meeting will feature a Hawaiian theme with music and food. Wish I could jump on a jet plane and experience the real thing.

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

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.

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 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.



OCTOBER BIRTHDAYS

10/3 Pat Kermoian	10/20 Donna Jollymour
10/5 Millicent McCormack	10/24 Lucille Zammitti
10/10 Ronald Reed	10/26 Alsida Canton
10/11 Kay Hess	10/28 Pat Williams
10/13 Virginia Sornsen	10/29 Shirley Bohuslav
10/16 Rena Munson	10/19 Ann vonPohl
10/17 Phyllis Kofman	10/30 Joan Tasker
10/19 Marilyn Evans	

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 classes on dementia from senior expert Linda Fodrini-Johnson. **Oct. 14:** From Diagnosis to Family Caregiver-What to do to Prepare for the Journey. three classes that follow in the series are:

- 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. Fall registration is open and classes begin this week. Enjoy “Diving Into the Movies,” “20th Century Theater,” “America in Global Perspective,” or “Great Women of the American Songbook.” 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.rschoolday.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's Pear and Wine Festival, Sept. 24 11 a.m. - 3 p.m., Moraga Commons <https://www.moraga.ca.us/424/Pear-and-Wine-Festival>

Moraga's Community Service Days, Oct. 1 - 2 <http://moragaserviceday.org>

Moraga Candidates Night, Oct. 3, 6:30 p.m., Saint Mary's College Soda Center <https://moragacitizensnetwork.org/candidates-night-oct-3/>

Town Hall Theater opens its season with "The Body Play," Oct. 7-8, 14-15
<https://www.townhalltheatre.com/the-body-play>, 925-283-1557

Lafayette Library presents: Ramses the Great and the Gold of the Pharaohs, discussing the marvelous treasures in this exhibition at the de Young Museum Oct. 12 https://www.lllcf.org/special-events?blm_aid=438618113, 925 283-6513

Senior trips sponsored by Moraga Parks & Recreation. Oct. 8: Fleet Week on the San Francisco Belle <https://secure.rec1.com/CA/moraga-parks-recreation/catalog/index/4eaf1e9312f9eb43508f21f2980a01a9?filter=c2VhcmNoPXRlbmlvciUyMHRyaXBzJmFnZUdyb3VwJTVCMTUINUQ9MQ==> or call 925-888-7036

Performances:

Gold Coast Chamber Players Opening Sept. 23 with a Brahms Reunion <https://www.gccpmusic.com/2022-23-season>

Music on the Lawn, Sept. 23, 5 - 8 p.m., Saint Mary's College <https://www.stmarys-ca.edu/2022-music-on-the-lawn>

Cal Performances Opening Sept. 23 with the Miami City Ballet and Berkeley Symphony performing George Balanchine's Jewels; Dover Quartet Sept. 25; SF Symphony Oct. 21
<https://calperformances.org/2022-23-season/>

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 “The Seven,” Through September. <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. Oct. 5, “Cannabis and Seniors.” <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 Aug. 19, Diana Becton, Contra Costa County District Attorney <https://lamorindasunrise.org/speakers>

Virtual Activities

Sept. 29, The Changing Seasons, Birds of the East Bay Hills 6:30 <https://ccclib.bibliocommons.com/events/630e825f9bf32028008c4775>

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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