

# Lamorinda Movers

*Activities for adults ages 55+*

DEC. 2022/JAN 2023

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Mailing Address - P.O. Box 13, Moraga, CA 94556-0013. Phone: (925) 376-6622

Web Site – [www.lamorindamovers.org](http://www.lamorindamovers.org)

## JANUARY CALENDAR

**MONDAY, JAN. 16** Board Meeting, Keith Katzman's Home, 4:30 p.m.

**THERE IS NO DINNER MEETING IN JANUARY. We'll see you all again Feb. 13. 2023**

**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](mailto: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](mailto:lynne.libuha@me.com).



## **PRESIDENT'S DECEMBER/JANUARY MESSAGE**

Dear Friends and Neighbors,

The room was filled with joyful voices and smiling faces at our holiday luncheon.. The Christmas music, played by local favorite Bob Athayed, was beautiful and Moraga's Town Bakery put together a tasty meal.

We announced that the slate of officers and committee members currently serving are all willing to continue for the 2023 term. If anyone is interested in running for an executive or committee position (the Communications Chair position is still open), please notify one of the Board members. We will be voting on the slate at our February Dinner. Remember: we will not be meeting in January.

Dues for 2023 (\$30 per person) are due no later than Jan. 31. Please mail them to P.O. Box 13, Moraga 94556.

We have a very special birthday coming up that we'll celebrate at our February dinner: our lovely Marilyn Runo is turning 99 years young on January 12<sup>th</sup>. Happy Birthday to you dear Marilyn!!

For those of you who missed the luncheon: Anita was doing her Christmas shopping and was going to meet her husband to pick up gifts for their kids. She arrived at the meeting place and her husband wasn't there. She was upset. She tried calling, texting, and emailing, frantic to reach him. She kept trying to contact him and was getting more and more upset. He finally answered. She exclaimed, "Where are you? I have been trying to get hold of you. We were supposed to meet and I've been calling and texting. I'm here waiting for you." He replied, "Oh sweetheart, I am so sorry. I got tied up." "Where are you," she cried. "Oh honey, do you remember that jewelry shop we were in 10 years ago and we saw that beautiful necklace that we both fell in love with but we couldn't afford at the time?" "Oh, yes I remember." She replied with tears welling up in her eyes. "Well," he said, "I'm at the gun shop next door."

2021 and 2022 were very different times for the Movers. It has been very much like starting over again with all of the challenges of working through the changes and making it all work. I want to thank the Board and committee members and all of you for sticking together. I think you are all very special people and I have enjoyed every moment we have shared together. I hope you are all enjoying this beautiful time of year with family and friends. I look forward to seeing you next year and I wish each and every one of you a joyous, happy and healthy Holiday season and the best in every way for 2023.

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.

## **TAKE JANUARY OFF**

There will not be a dinner meeting in January. We can probably all use a rest after the holidays and a reprieve from eating big meals. But the break is only for one month. We'll be back on Feb. 13 to enjoy each other's company, dine on delicious food and celebrate Valentine's Day with friends. Watch for details after the first of the year.

If you need a ride to the any of the Movers' meetings, contact the Lamorinda Spirit Van for free transportation to and from the Serbian Church. (925) 283-3534 or email [dispatch@lovelafayette.org](mailto: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**

We hope you have a very Merry Christmas and Happy New Year. The Board has voted to not schedule a January meeting so we look forward to seeing you at the February dinner featuring a Valentine theme. To register for the dinner, you can call 925-376-6622 or register through the website, [www.lamorindamovers.org](http://www.lamorindamovers.org). Don't forget: you need to click the "submit" button at the bottom of the page and if registering two or more people, you have to do it one person at a time.

Your dues for 2023 are now due at the rate of \$30 per person. Please pay your dues by January 31<sup>st</sup>; make the check payable to Lamorinda Movers, and mail to Lamorinda Movers, P O Box 13, Moraga 94556.

Don't forget if you refer a new member, you have a chance to win a year of 'free' meals. Just have the new applicant add your name to the "referred by" line on the application, which may be found on the Lamorinda Movers website. The drawing is held at the end of year Holiday Luncheon. Tory Courtney just won a year of free meals for 2023; Congratulations Tory, and thank you for the referrals.

## SUNSHINE AND HEALTH NEWS

### **Joan Tasker**

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](mailto:joanjim10@aol.com).

### BRIDGE

#### **Felicia Teller**

Bridge is still on hold. Please contact Felicia Teller at 925-376-7079 for information.

### 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](mailto: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](mailto:lynne.libuha@me.com).



## JANUARY BIRTHDAYS

1/	Jo Kerner	1/11	John Cooper
1/1	Felicia Teller	1/12	Marilyn Runo
1/2	Dick Courtney	1/12	Mary Jane Duthie
1/2	Brian Morris	1/14	Fran Gentry
1/2	Diana Fernandes	1/21	Britt-Mariss Morris
1/2	Iga Paczocha	1/22	Lynne Libuha
1/7	Mike Parsons	1/28	John Reed
1/9	Dave Humm	1/30	Phil Arth

## **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:

January: Transitions from Home Care to Memory Care

To register or for more information, email [lindafj620@outlook.com](mailto: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](https://diablo.cr3.rschooltoday.com/public/getclass/category_id/0/program_id/73) 925-949-4600

**DVC Community Education classes:** email [CommunityEd@dvc.edu](mailto: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](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**

**Dec. 22** Still need a few more gifts? There's a free Lafayette Shopping and Restaurant Shuttle from 10 a.m. - 2 p.m. on this last Thursday before Christmas. [www.lovelafayette.org/SpiritVan](http://www.lovelafayette.org/SpiritVan)

**Senior Trips** through Moraga Parks and Rec: **Jan. 27:** Visit the Guide Dogs for the Blind campus in San Rafael; **Feb. 7:** San Francisco Museum of Modern Art. [www.moragarec.com](http://www.moragarec.com) or call 925-888-7045

### **Performances:**

**Cal Performances** **Jan. 18:** Monterey Jazz Festival on Tour <https://calperformances.org/2022-23-season/>

**Gold Coast Chamber Player** **Jan. 14:** Connections in Time <https://www.gccpmusic.com/2022-23-season>

### **Art:**

**Moraga Art Gallery,** "Variations on a Theme of Beauty," through Jan 15. [www.moragaartgallery.com](http://www.moragaartgallery.com) 925-376-5407

**Saint Mary's Museum of Art:** <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:**

**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. **Jan. 4,** "Plannin for the Future, Senior Living Options" **Feb. 1** "Selling Your Home in a Shifting Market" <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](mailto: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](mailto: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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**LAMORINDA MOVERS BOARD MEMBERS**

**AND COMMITTEE CHAIRPERSONS**

**President** Keith Katzman 925-376-7777 keith.katzman@compass.com

**Vice President** Suzanne Parsons 925-216-7428 sunsandsky@yahoo.com

**Secretary** Fran Gentry 415-710-0496 FranGforgolf@comcast.net

**Treasurer** Steve Hansen 925-286-9586 gandysteve@aol.com

**Membership** Norma Claassen 925-451-2708 normamc44@gmail.com

**Communications** VACANT

**Community Liaison** Elaine Lind 925-376-7546 elainelind@comcast.net

**Newsletter** Diane Claytor 925-212-9323 dianeclaytor@gmail.com

