

Lamorinda Movers

Activities for adults ages 55+

JAN-FEB 2023

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Web Site – www.lamorindamovers.org

FEBRUARY CALENDAR

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

MONDAY, FEB. 13 HAPPY HOUR AND DINNER 5 p.m. Social Hour followed by 5:30 p.m. dinner and program: Serbian Church; Celebrate Valentine's Day with a special prime rib/salmon dinner and entertainment by Mark Shaw who sings our favorite old classics.

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 JANUARY/FEBRUARY MESSAGE

Greetings and HAPPY NEW YEAR Friends & Neighbors,

Did I miss something? What happened to 2022? It seems to have gone by so quickly.

As I write this, it is windy and stormy outside and has been for many days. I sincerely hope you are all keeping safe, warm and dry.

I'm never very happy when we miss a month of being together and am sorry we didn't get to see you in January. But we will be together again February 13th for our special Valentine's dinner. Great event to invite a special someone 😊 or just a friend or neighbor. Same time, same place. I got a peek at the menu – Kale Caesar Salad; dinner rolls; Baked Salmon - caper-lemon sauce and Prime Rib Roast-au jus; Baked Potato with all the trimmings; Red Velvet Cake with cream cheese frosting. I also heard there will be a couple of chocolate cakes 🍰. The entertainment we have planned is Mark Shaw, who sings the classics we all know and love: songs originally sung by Frank Sinatra, Dean Martin and Nat King Cole. He also plays some tunes on his violin. I have heard he is a great entertainer. I look forward to seeing you there.

One of our members turned 99 on January 12. We'll acknowledge this milestone birthday at the February 13th dinner. Make sure you attend so you can find out who it is and extend birthday wishes.

Don't forget to renew your membership by sending your check - \$30 per person - to Lamorinda Movers, P.O. Box 13, Moraga 94556

Happy New Year,

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.

FEBRUARY DINNER

We'll celebrate Valentine's Day (and the very special 99th birthday of one of our members) at our February 13th dinner at the Serbian Church beginning with a 5 p.m. happy hour and dinner at 5:30. Another wonderful meal will be provided by Moraga's Town Bakery, featuring kale Caesar salad, salmon and prime rib and red velvet cake for dessert. It's a perfect Valentine's Day meal.

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. 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

Happy New Year! The Board voted not to schedule a January dinner meeting. We missed you but hope to see you at the February 13th dinner featuring a Valentine theme. To register for the dinner, can call 925-376-6622 or register through the website www.lamorindamovers.org. Don't forget to click the submit button at the bottom of the page; and if registering more than one person, you have to do each one separately.

Your dues for 2023 are now due. The rate is \$30 per person. Please make sure to pay your dues by January 31st, and make the check payable to Lamorinda Movers; mail it to Lamorinda Movers, P O Box 13, Moraga CA 94556.

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 the "referred by" line on the application, which can be found on the Lamorinda Movers website. The drawing is held at the end of year at the Holiday Luncheon. Congratulations and thanks for the referrals to this year's winner: Tory Courtney.

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.

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. 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.



FEBRUARY BIRTHDAYS

2/ Kay Poullos

2/28 Gretchen Arth

2/9 Dan Flower

2/29 Gillian Roebuck

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;
January 18: Alzheimer's Disease: Where we are Today <https://lamorinda.helpfulvillage.com/events/5395> 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

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 or call 925-888-7045

Performances:

Cal Performances **Jan. 18:** Monterey Jazz Festival on Tour; **Jan. 25** The classical “super trio” of pianist Emanuel Ax, violinist Leonidas Kavakos, and cellist Yo-Yo Ma; **Feb. 4-5** Percussion Festival <https://calperformances.org/2022-23-season/>

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

Art:

Moraga Art Gallery, Jan 18-March 26 “Light and Fire,” www.moragaartgallery.com
925-376-5407

Saint Mary’s Museum of Art: Feb. 15-May 14, “Three Series of Prints;” **Feb. 15-June 18**
“From the Ground Up”
<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. **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 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 on Mondays at 1:30 p.m. and Village Conversations every Friday morning at 9:30 a.m. You

can Zoom all Lamorinda Village offerings: <https://zoom.us/j/886273476>. <https://lamorinda.helpfulvillage.com/events>

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.

Need Valentine’s candy for your sweetie (or yourself)? Kiwanis Club of Moraga Valley is selling See’s candy as a fundraiser through Jan. 27. https://www.yumraising.com/secure/kiwaniscmv_kiwanis_sees_valentines_day_sale77/Chr_McG1240/

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/>

LAMORINDA MOVERS BOARD MEMBERS

AND COMMITTEE CHAIRPERSONS

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