

## Moraga Movers Kick it Up a Notch

By Lee Borrowman

For those of us who are caught up in the whirlwind of work and family, the prospect of retirement, however long away it may be, shines like a beacon at the end of a tunnel. We imagine sleeping in every day, peaceful afternoons on the porch swing, having nowhere to go and all day to get there. But when the time comes, most of us find ourselves just as busy as we ever were, if not more so. Take for example the Moraga Movers.

The group formerly known as the Hacienda Seniors has adopted a new name and a new outlook, and is determined to position itself within the community as an advocate for seniors on many levels. President George Fisher says, "There are about 3400 people that are 55 or older in Moraga alone. We will become a voice for them." Keeping the Hacienda de Las Flores available to seniors is a high priority of the Moraga Movers, and the group works closely with the Moraga Parks and Recreation Dept. Also under consideration is potential action on the issue of senior transportation.

But it's not all work; there's plenty of fun and games. The Moraga Movers offer a wide variety of social opportunities. Members come from all over Lamorinda and beyond to attend monthly luncheons or dinners featuring interesting speakers or entertainment, take classes through Moraga Parks and Rec at a reduced fee, play bridge, become active in a bocce or bowling league, or join together for great trips and tours. A very popular Fleet Week bay cruise is planned for October, with pick-up locations in Moraga and Lafayette. Collaborative efforts with other local senior groups are ongoing.

The Moraga Movers are hoping to attract 100 new members this year, and volunteers withstood the July 4th heat at the Commons to staff an informational table. The group feels it can make a real difference in the quality of life



George Fisher and Gay Nielsen in the trenches on the 4th of July

Photo by Lee Borrowman

for Lamorinda seniors. Publicity Chairman Dan Rego, a 15-year veteran member, explains his own effort: "I won't belong to a group if I can't be involved. It bothered me that we (the Hacienda Seniors) were not as active as we used to be. For me it's all about being around people. Many seniors need this kind of opportunity, and it's a great way to get together with people."

The Moraga Movers is open to anyone 55+. Membership dues are \$15 per couple, \$10 per single.

For more information contact Dan Rego, 377-8702.



The Board of Directors (from left): George Fisher, Gary Demut, Gay Nielsen, Dan Rego, Bob Foxall, Yolande Rowe, Dotty Baker, Norma Heath, Lois Hyden, Julie Fisher

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