

LAMORINDA Seniors

Let's Dance at Rheem!

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The King Sisters' opening night at the Rheem Theater in the mid 50's Photo Don Bradley, provided by Rheem Theatre

Frank Como, a Rossmoor resident who was the top arranger for Lionel Hampton for twenty years in New York City, writes for the band and arranges pieces so that each musician, including the youngest, shines on stage. The enthusiasm and fun the students have playing with their elders creates the unique sound of the Rossmoor group.

"We are very excited to be part of this fun event," says Edy Schwartz, President of the Moraga Chamber of Commerce, "the Band is amazing and their music always gets people dancing all night long."

The event is co-spon-

sored by the City of Lafayette, the Lafayette, Moraga and Orinda Chambers of Commerce, Lafayette and Moraga Recreation Departments,

Companion Care and Diablo Rapid Print. The Big Band of Rossmoor is sponsored by Kaiser Permanente Senior Advantage.

What: Big Band Ball Room Dance
Who: The Big Band of Rossmoor and the communities of Lafayette, Orinda, Moraga and Rossmoor
When: Friday, January 23, 2009, 7:00-10:00 (doors open at 6:30)
Where: The Rheem Theatre, located off Rheem Blvd at 350 Park Street (Rheem Center) in Moraga
Tickets are \$10 and may be purchased at:
 The Lafayette Chamber of Commerce, 100 Lafayette Circle #103;
 The Orinda Chamber of Commerce, 26 Orinda Way;
 The Moraga Chamber of Commerce, by email to Edy Schwartz, edy321@comcast.net;
 The Rheem Theatre, 350 Park St.
 Purchase your tickets in advance, as this event has sold out in the past and space is limited. Call 925-284-7404 or visit www.lafayettechamber.org for more information.

Happiness - The Search For ?

By Jeanne Dowell

Webster's dictionary defines happiness as "pleasurable/satisfaction, a state of well being and contentment."

There is a ground swell of the need for happiness in our lives; a void that makes us aware something is missing.

"Laughter Yoga" classes are growing in popularity. There are more comedy movies, new comedians on the rise, and a new theme park in El Cerrito started by Richard Track, who wanted to preserve the fun things of the past with a museum dedicated to "happy fun things to do" with the original "laughing Sal" from San Francisco Playland at the beach.

On opening my mail, I found a brochure "Happiness and its Causes - An Exploration of Human Happiness in San Francisco at the Westin Hotel. The DMV holds comedy drivers classes for negligent drivers. There is also a website called the "Happiness Project."

What is happiness? Is it

possible? What holds us back from it? How to find happiness in the midst of suffering and sadness? What is the role of introspection? How to bring happiness to others?

Introspection techniques such as meditation, and combined with Yoga have been found to help in overcoming depression and anxiety. Kindness and compassion can aid us into a happy state of being. Happiness can be a learned behavior. Abraham Lincoln once said "most of us are about as happy as we make our minds to be." Lincoln had suffered bouts of severe depression and anxiety for years.

Last summer I took part of June, July and August off to mentally "catch up" and attended a wonderful Yoga and meditation retreat, went hiking with friends in the high Sierras and had enjoyable times with my grandchildren, my house, garden, pets and realized I needed this reconnection with nature and family to preserve my

sense of well being. I plan to continue this program I discovered that worked for me.

- Spend more quality time with my family and grandchildren
- Spend more time in nature
- "I won't cry because it is over - but smile because it happened"
- Enjoy the process
- Do it now
- Stay present
- Live with compassion and kindness

Happiness is an attitude and a process we can all learn, but it must be practiced continually to make it work.

Jeanne Dowell is a certified Yoga instructor with an emphasis on the Iyengar-Anusara method. She has taught at Moraga's Hacienda de las Flores for over 30 years and currently teaches through the Moraga and Orinda Parks and Recreation Departments among other venues. She recently founded, with her daughter, an eco-friendly line of clothing and accessories, www.thegreenbuddha.net. She believes in practicing the Attitude of Gratitude.

Moraga Movers Elect New Board

Submitted by George Fisher

The Moraga Movers wound up their banner year with their Christmas luncheon at St. Mary's College on Monday, December 15. The Soda Center was a beautifully decorated setting for the 130 Movers in attendance. Entertainment was provided by a surprise visit from the SIRpremes, the au-

gust barbershoppers from SIR Branch 171 and the NOTEables, the 25-member mixed chorus from the Lafayette Orinda Presbyterian Church.

The 2009 Executive Board was elected by acclamation: Pat Jensen, Recording Secretary; Marcia Fisherkeller, Corresponding

Secretary; Phil Arth, Vice President; George Fisher, President, and Bob Foxall, Treasurer.

Membership applications are available at the Moraga Parks office, La Sala, on the Town of Moraga web site (click on Departments, then Community Links), or by calling the office at 376-6622.

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