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Not to be missed

Moraga Movers Monday, June 8, 4pm social hour; 5pm dinner. Guest speaker, Shari Simon, president of MEF (Moraga Education Foundation) will explain the inter-need of the younger and the older ("Movers and Shakers") for each other in the educational scene. For reservations please call 376-6622 (before 5 pm, June 3.) Place: Soda Center, St. Mary's College, Moraga. \$15 covers dinner (including gratuity and tax), payable at the door.

☐ The 10th Annual Three Quarter Century Club Luncheon will be held June 10th at the Orinda Community Church. All Orinda residents 75yrs old or older are invited to attend the free gala. call John Fazel at 925-324-2017 or e-mail Runmntns@prodigy.net. Seating is limited and reservations are required.

☐ Lafayette Senior Services Events-500 Saint Mary's Rd, Lafayette

☐ A min. \$1 donation at the door would be appreciated.

☐ Call (925)284-5050 to reserve a spot:

☐ Monday, June 1, June 22, 1:30 - 2:30pm

☐ Bi-Monthly Caregiver Support Group with Companion Care. Drop-ins welcome.

☐ Monday, June 29, 10:30am -Noon

☐ Surviving Change You Didn't Ask For. Join bestselling author and executive coach M.J. Ryan for a session on how not to merely survive but thrive in change.

☐ Wednesday June 10, 12:30 - 3:00pm

☐ Tea Dancing with Karen and Michael; \$2 covers refreshments.

☐ Wednesdays, June 3, June 10, June 17, 12:30 - 3:00 PM

☐ Physical Therapist Anne Randolph- Workshop. Please call (925)284-5050 to register.

☐ Thursday June 4, 1:00 -2:30pm

☐ Embracing Aging with Story and Movement

☐ Thursday, June 11, 10:30am - noon

☐ Positive Living Forum-features eminent speakers on a wide range of topics that will stimulate and guide participants towards a more ideal and positive life experience. Drop-ins are welcome.

☐ Friday, June 5, 1:30-2:30pm

☐ Rapturous Fiddling with Mark Shaw. Drop into our "Hot Club" for fiddle music that is passionate and fun. Some of it will reflect European jazz styles of the thirties ala Django Reinhardt and Stephan Grapelli, old time Chicago and New Orleans jazz, and vintage fiddle music tintured with the green of the Irish countryside. Light refreshments will be served

- ☐ Fridays, June 5 and June 19, 1:00 - 2:30pm
- ☐ Self-Discovery and Aging - Creative Writing Workshop
- ☐ Friday, June, 26, 11:30am-12:30pm
- ☐ Art of Balance workshop: learn how to improve your balance and stop worrying about falling. Learn exercises to improve your balance and feel confident walking on any surface.
- ☐

Reach the reporter at: info@lamorindaweekly.com

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