

◆ Not to be missed ◆ Not to be missed ◆ Not to be missed ◆

CLUBS

On Friday, April 15, Stephani Bitner, garden designer, will speak about "Growing Spring and Summer Vegetables" at the Montelindo Club's general meeting at Orinda Community Church, 10 Irwin Way, Orinda. Refreshments at 9 a.m., meeting at 9:30, and speaker at 10:30. The meeting is free and welcomes guests and new members. Web Site: www.montelindogarden.com. email contact: montelindogarden@aol.com.

Sons in Retirement Lamorinda Branch 171 meets the first Wednesday monthly at Holy Trinity culture Center 1700 School St., Moraga. Social hour 1 am, lunch 12pm. On Wed, May 4, the after lunch speaker will be Dr. Michael Merzenich, professor emeritus of neuroscience at U.C. San Francisco. He will speak on his research and his company, Posit Science Corp. which develops software programs for improving cognitive, perceptual and motor performance in older adults. For membership information, call Larry at (925) 631-9528.

The Moraga Women's Society will meet on Monday, April 18th at 9:30am at the Holy Trinity Cultural Center, 1700 School St., Moraga. The speaker will be Patti Reising, a reporter on station KCBS. Patti will describe a day-in-the-life of the KCBS newsroom, and describe how the afternoon newscast gets on the air. She will also discuss the changing landscape of the news business in the Internet era. Guests are welcome. Contact Jean Glaser (925) 376-7961.

Aging, transportation issues and services, and how to stay safe inside and outside our homes. The final speaker will speak on "Happiness, if not now, when?" For those interested in attending this symposium, please call and make a reservation at (925) 330-0060. Refreshments will be served, and seniors of all ages, their children, friends, and caregivers are invited to attend.

Garbelotto's lab will analyze the leaves over the summer and post the results in October on his website at www.nature.berkeley.edu/garbelotto/english/sodblitz.php. For training space and material planning, please contact William Hudson wllhh@ymail.com (Orinda).

Bringing Back the Natives Garden Tour, Sunday May 1, 10am-5pm. This is a free self-guided tour of 50 fabulous gardens that provide habitat for wildlife, are pesticide-free, conserve water, and contain 50% or more native plants. For more information go to www.bringingbackthenatives.net. See article in Our Homes section.

"Life in the Lafayette Garden" garden tour, Saturday May 14. Tickets are \$25 each and include an outdoor cooking demonstration, urban farming demonstration, light refreshments, live music, and tours of 5 Lafayette home gardens. The tour will be held from 11 am until 4 pm. Tour maps and garden descriptions will be provided with tickets. Proceeds from ticket sales will benefit the AAUW-OML Tech Trek scholarship program. For ticket information, please call AAUW member Pat Lopker at (925) 376-5155.

SENIORS

An Afternoon of Dance from China and Korea Performed in Elaborate Costumes by Members of the Culture to Culture Foundation Friday, April 15th from 1:30-3:00 in the Live Oak Room, Lafayette Community Center, 500 St. Mary's Rd., Lafayette. Audience members will be encouraged to learn and follow along with Tai Chi and Luk Tung Kwen steps to join in the fun. \$3Members/\$5 Non-Members.

A free symposium will be offered to our community's older adults and their care-givers on 6 May at the Temple Isaiah in Lafayette from 8:30am-12:30pm. The symposium will address the Secrets of Dynamic

GARDEN

Sudden Oak Death ("SOD") has arrived in Lamorinda and is spreading.



Volunteer a few hours on the April 30-May 1 weekend to learn about Sudden Oak Death, and assist an annual UC Berkeley survey for infected trees in areas of your choice. Train on Saturday, April 30, 10am-noon, in the Garden Room of the Orinda Community Center and collect leaves over the weekend. Dr.

Weekly Meditation Classes in the Zen Buddhism tradition

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Free of charge
All levels welcome
Classes begin April 25th, 2011

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**LAFAYETTE
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Free Community Lecture

Tuesday April 26th at 7pm

Lisa Gibson, Physical Therapist, DPT, Certified Active Release Techniques® (ART) Specialist will be giving an informative lecture on:

Optimizing Sports Performance and Injury Prevention

Seating is limited; please **RSVP to 925-284-6150** to reserve your seat.

Convenient location off of CA-24 ♦ Extended Hours
3468 Mt. Diablo Blvd. Suite B110, Lafayette, CA 94549
www.LafayettePT.com

Seder Dessert brings Temple Women Together

By Cathy Dausman



Photo Cathy Dausman

Nearly one hundred Temple Isaiah women from teens to retirees gathered the evening of April 4th in Lafayette for an early Seder celebration. Seder is a Jewish ritual feast marking the beginning of Passover. Temple Isaiah is a Reform Synagogue serving Contra Costa County. Instead of a full meal, the women enjoyed a "Dessert Seder," something that was developed five or six years ago. Deb Phillips, Communications Director, explains:

"Our dessert Seder is organized by Temple Isaiah's women's auxiliary group as a kind of pre-Passover celebration. Because most members celebrate Passover in their homes with their families and small groups of friends this is an opportunity for the women of Temple Isaiah to celebrate in a larger group with people who might not be at the Seders they attend. Rabbis Nicki Greninger and Judy

Shanks led the scripted celebration. Live music accompanied singing, and there was dancing in the aisles to Miriam's Song (Debbie Friedman). Passover begins at sundown April 18 this year.

"A traditional Seder is both a service and a dinner. There is a book used called a Haggadah that guides participants through the service. There are certain readings and prayers that are said and specific ceremonial foods that are eaten," Phillips says. Seder rituals are much the same throughout the world.

Just as sorrows and blessings have marked the Jewish faith over centuries, dessert came only after breaking matza, drinking wine, eating bitter herbs, and listing the ten plagues. The women concluded with a prayer "that next year we will celebrate in a world at peace."

BIG BAND BALL ROOM DANCE

Veterans Memorial Building

3780 Mt. Diablo Blvd, Lafayette

Come swing with your friends and neighbors-or just listen!
There will be a no-host bar open throughout the evening.

Now offering:
**FREE
Dance
Lessons**

Friday, May 6th

Doors Open at 7PM for Dance Lessons by Gail Enright
Dance begins at 8PM through 10PM

Other Dates

- Friday, Oct 14th (Veterans Memorial)

Tickets **\$10** per person
available at the Lafayette Chamber of Commerce
Call 284-7404 for reservations
www.lafayettechamber.org

Sponsored by Kaiser Permanente Senior Advantage, Lafayette Chamber of Commerce, Generations In Jazz Foundation, City of Lafayette and Parks and Recreation and Lamorinda Weekly

3RD ANNUAL MORAGA TRIATHLON
April 30, 2011

**SATURDAY
APRIL 30, 2011**

Register now:
New! Youth Divisions
Categories:
Adult (20+), Student (12-19),
Youth (5-7) and (8-11), Relay.

• \$75 Adult / \$45 Student / \$25 Youth thru 03-31-11
• \$85 Adult / \$55 Student / \$35 Youth starting 04-01-11
• \$95 Adult / \$65 Student / \$45 Youth day of the event
• \$125 Adult and Student - Relay
• \$65 Youth - Relay

VOLUNTEERS NEEDED for prep and on race day.

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