

Orinda Motors Offers Women's Car Care Clinic

Submitted by John Vanek

Orinda Motors, in partnership with the Orinda Women's Club, will co-host a community car clinic at 1:00 p.m. on May 14. The clinic will focus on education for women motorists, including car maintenance, operation and becoming an informed consumer.

Join long-time Orinda Motors manager John Vanek as he discusses the responsibility that the car owner has in the operation and maintenance of a vehicle. Participants will learn how to find information in their owner's manual, keep track of their maintenance history, become more preventative in the care of their vehicle, and understand what maintenance should be performed at mileage milestones. There will also be an emphasis on how to achieve good communication with your car care provider. Hands-on demonstrations will help

explain what worn components such as tires, belts, and filters look like and how they affect the reliability of your vehicle.

The clinic will last about two hours and includes time for questions and answers; refreshments will be provided. To sign up, go to www.orindamotors.com or visit Orinda Motors, at 63 Orinda Way, to fill out the registration form. The deadline for registration is Friday, May 13.

The clinic is free of charge but donations to Senior Helpline Services are encouraged - cash or a gas gift card will be accepted to help defray expenses for volunteer drivers (gift cards are available at Safeway for \$25, or your nearby Chevron station in any denomination.) For more information about Senior Helpline Services please visit www.seniorhelplineservices.net.

Easter Baskets for the Elderly

Submitted by Mary Lou Beeler



Frances Perry and Betsey Young ready to present this year's Easter Baskets to residents at Lafayette Nursing Home. Photo provided

The Suburban Woman's Club of Lafayette has been making Christmas and Easter baskets for residents at the Woodland Convalescent Hospital since 1998 and are now delivering them to the Lafayette Nursing Home. Betsey Young is chairman of the craft group that meets at her home once a month to glue little noses on Easter bunnies and beards on Santa Claus, have

lunch, and a lot of laughs. The recipients are delighted to receive their baskets; some have kept them over the years. It is such a little thing but means so much to them. If you would like to join us for the making of the Christmas baskets and also get more information regarding the club and our many other activities, please call Jean Cappa at (925) 283-2759.

As Seen in Lamorinda...

Photos Doug Kohen



Last Saturday morning at Lafayette Plaza Park



Last Saturday morning at Orinda Community Park



Last Saturday morning at Lafayette Community Center

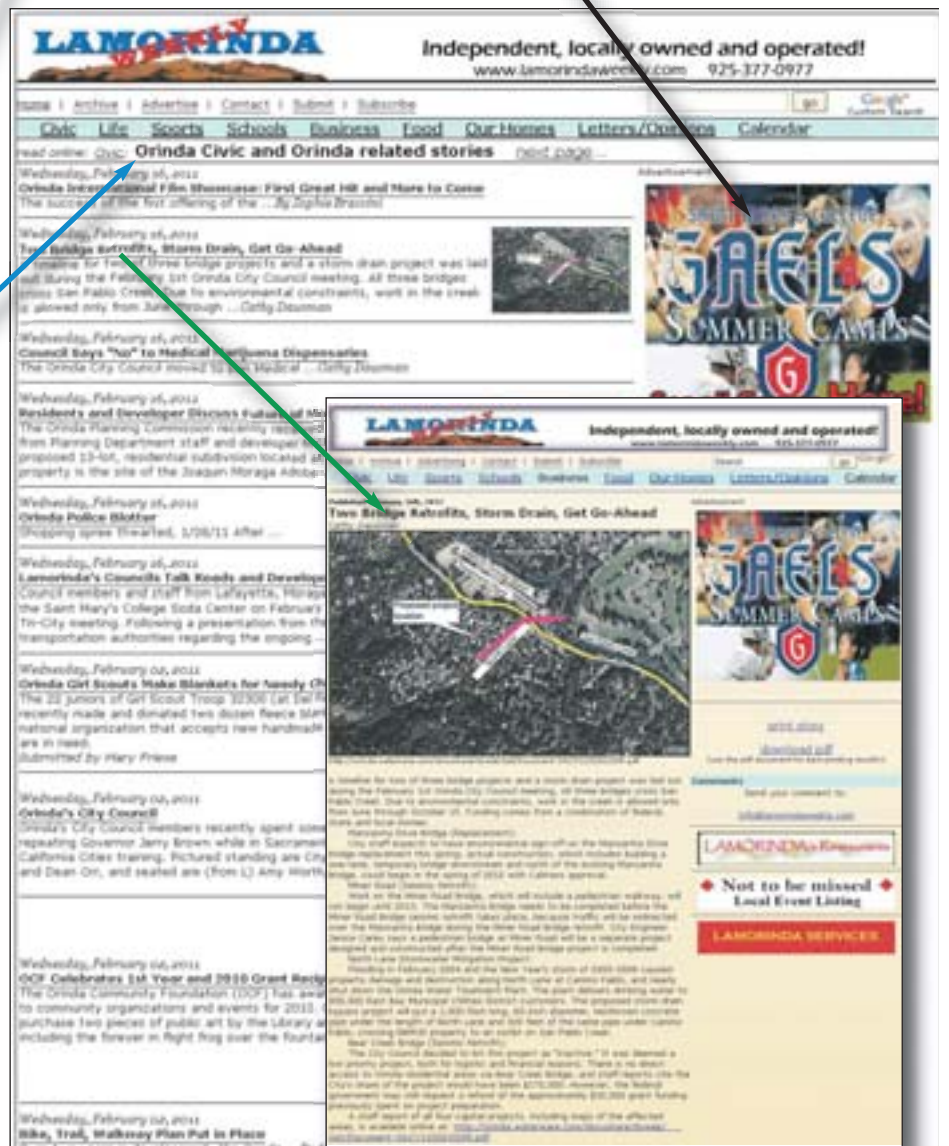
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