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OTHER ... continued

Contra Costa Commission for Women, in partnership with the Institute of Entrepreneurial Leadership at JFK University, will present a Leadership Panel Discussion featuring powerful women who have excelled in their chosen fields from 5:30 to 8:30 p.m. Wednesday, May 20. Panelists include: KPX 5's weekend news anchor Ann Notarangelo, Contra Costa County District III Supervisor Mary Piepho, Contra Costa County Deputy District Attorney, Dominique Yancey, and Political Strategist, Mary Jo Rossi. The goal of the Women's Commission is to inform, educate, and empower women to make more beneficial choices in their lives. Register now as seating is limited for this event. It will be held at JFK University Institute of Entrepreneurial Leadership, 2151 Salvio Street, Suite 350 Concord, CA. Refreshments will be served. To register go to www.womenscommission.com.

SENIORS

Sons In Retirement Lamorinda Branch 171 meets the first Wednesday monthly at Holy Trinity Culture Center 1700 School St. Moraga. Social hour at 11 a.m.; lunch at noon. The May 6 after-lunch speaker will be Fred

Not to be missed

Lezak, management consultant and former CEO who will speak on the demise and rebirth of civility in society and share some amusing incidences where the lack of civility in business led to some interesting results. Fred will also focus on issues that seniors contend with. For membership information, call Larry at (925) 631-9528.

Moraga Movers will hold their monthly dinner meeting at 5 p.m. at the St. Mary's Soda Center on Monday, May 11. Speaker will be Diane Burgis of EBMUD who will share the story of the Black Diamond Mines. For more information call Linda Borelli at (925) 376 6151.

The Stroke Support Group of Contra Costa County will hold its May meeting from 7 to 9 p.m. Monday, May 11 in the Concord I Room at John Muir Medical Center - Concord Campus, (2540 East Street, Concord). The speaker will be Susan O'Grady Ph.D., Clinical Psychologist. Her topic will be "Intimacy Following Stroke". For further information about the Stroke Support Group, contact Ann Dzuna at (925) 376-6218. Meetings are free and open to the public.

Sons In Retirement Lamorinda Branch 174, a social organization of retired and semi-retired men, meets for lunch at 11 a.m. the second Wednesday monthly at Holy Trinity Culture Center, 1700 School Street, Moraga. The May 13 guest speaker will be from The Lamorinda Village. For attendance and membership info, call Tyler at (925) 284-5561 or visit www.branch174.sirinc2.org.

Sons In Retirement Las Trampas Branch 116 - Many special activities are scheduled for the month of May, including a luncheon for our ladies with live entertainment by vocalist, Antonia, who has performed in the Bay Area, LA, New York, Italy and Africa. The event will be held at the Contra Costa Country Club, located at 801 Golf Club Road in Pleasant Hill on Thursday, May 14. This annual Spring Fling replaces the regular May meeting and includes lunch entertainment, door prizes and surprises.

Get Organized with an Estate Plan - Presented by Stefanie West, estate planning attorney, from 10:30 to noon Wednesday, May 20 in the Cedar Room, Lafayette Community Center. Are you aware of the basic documents you should have in place? Ms. West will cover the essential forms: Living Trust, Will, Health Care Directive, Fi-

ancial Power of Attorney, beneficiary forms, personal items distribution list and POLST. There will be plenty of time to answer your questions, such as, Why do I need these? and What happens if I don't have them? as well as How do I make sure they work correctly? and Are my old documents valid? Free for Senior Services members/ \$10 non-members.

GARDEN

A tour of five exceptional Orinda Gardens from 10 a.m. to 4 p.m. Thursday, May 7. The tour is organized by the Orinda Garden Club and tickets are \$50 per person. Visit orindagc.org/tour to purchase tickets.

Lafayette Community Garden and Outdoor Learning Center - Wind Chime Workshop: Making Music for Your Garden from 2 to 4 p.m. Saturday, May 9 at 3932 Mt. Diablo Blvd., Lafayette. Come celebrate Mother's Day weekend making musical wind chimes in the garden! Wind chimes can be made with an exciting mixture of elements. Bring recycled items like old keys and jewelry, drillable kitchen utensils, silverware, and garden knick-knacks. Use your imagination! There will be filament, string, drills, other fasteners and materials for you to use. For info, visit <http://lafayettecommunitygarden.org/sign-up-for-events/>.

The Lafayette Garden will present Dustin Strobel, store manager of Sloat Garden Center in Danville from 10 a.m. to noon Thursday, May 14 at the Lafayette Veterans Memorial Hall, 3780 Mt. Diablo Blvd., Lafayette. Dustin's program, "Spring and Summer in the Garden," is sure to be both informative and entertaining. Check out their website at <http://www.sloatgardens.com>. Lafayette Garden Club welcomes guests. For info, email cpoetzsch@gmail.com.

Golden Gate Audubon Society presents Gardening for Wildlife in our Drought from 7 to 9 p.m. Thursday, May 21 at Northbrae Community Church, 941 the Alameda, Berkeley. Our current drought challenges us to find new ways to design sustainable residential landscapes to also create habitat for birds and butterflies. Cost: \$5 or free for members. For more info see <http://www.goldengateaudubon.org/education/speakerseries/> or call (510) 843-2222 or email ggas@goldengateaudubon.org.

'Avengers: Age of Ultron'

By Derek Zemrak



Photo Disney and Marvel Studios

"Avengers: Age of Ultron," is the highly anticipated sequel to "The Avengers," the third highest-grossing movie of all time, behind "Titanic" and "Avatar." All the main characters from the first film return which is always a treat: Tony Stark/Iron Man (Robert Downey Jr.), Thor (Chris Hemsworth), Bruce Banner/The Hulk (Mark Ruffalo), Steve Rogers/Captain America (Chris Evans), Natasha/Black Widow (Scarlett Johansson), Clint Barton/Hawkeye (Jeremy Renner), and Nick Fury (Samuel L. Jackson).

In this installment, Tony Stark sets out to create a peacekeeping artificial intelligence named Ultron (brilliantly voiced by James Spader) to protect the world. He quickly becomes a "Frankenstein" type creature that is determined to destroy the Avengers.

Ultron believes that the Avengers are the biggest threat to the world that he was created to protect. Ultron teams up with Wanda and Pietro Maximoff (Elizabeth Olsen and Aaron Taylor-Johnson), two super-powered twins, whom we saw at the end of the first "Avengers." The twins have re-

sentment and hatred towards Stark after his company's weapons killed their family. As the Avengers team begins to fall apart, Ultron sets his sights on destroying all humankind.

As with most "Superhero" movies of recent years the destruction, violence and intense action are at an extremely high level. Why does a complete city need to be destroyed in each fight scene? We get the point. "Avengers: Age of Ultron" is rated PG-13, but really pushes the "R" rating. I would recommend that parents see the film first before allowing their youngsters to see it. "Avengers: Age of Ultron" has a TRT (total running time) of 2 hours and 21 minutes. This movie is expected to be one of the highest grossing films of the year, so plan on spending 3 hours in the theater in order to get good seats.

The Rheem Theatre will allow photo ops this week with the life-size Iron Man located in the lobby (#LamorindaTheatres).

Other recommendations in theatres this week are "Woman In Gold" and "True Story."

Town of Moraga Community GARAGE SALE

Saturday, May 16

Featuring multiple residential sales throughout Moraga

Maps of garage sale locations and more information available at www.moragarec.com

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Service Clubs Announcements



Explore Lamorinda Rotary clubs The heart of Rotary is our clubs- dedicated people who share a passion for both community service and friendship. Learn about Lamorinda's Rotary clubs.



Please join us at our new location **THE LAFAYETTE PARK HOTEL** on Friday mornings at 7am. For more info, please email us at lamorindasunrise@gmail.com

May 8:
Recent Camp Royal (Rotary Youth And Leadership) attendees will share their experiences. Camp Royal is an intensive leadership program for outstanding 11th grade leaders.

May 15:
Diablo Ballet Artistic Director Lauren Jonas has recruited dancers from around the world - please join us to hear her story.

Please join us for a great speaker and breakfast!!

Lafayette Rotary Club

Step in on a Thursday and join us for our lunch meeting. Thursday at noon Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette.

May 7: Joy Alaidarous - "Global Grant for Ethiopian village." Joy will share photos of her recent visit.
May 14: Thomas Lindemuth - will speak about Desalination

Join us at the Concert at the Res May 9th
www.rotarylafayette.org

Lamorinda Weekly

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