

JEANNE DOWELLS YOGA CLASSES

Former instructor under US Olympic committee. Pioneer in the yoga movement Lamorinda area. Studied yoga thru out the world. Jeanne's classes are individualized. All ages welcome.
Mon. 9am to 10:15am and Wed. 6:30pm to 7:45pm
 You may try a class first before signing up. Strengthen your body, release tension and stress and use yoga techniques for healthy aging.
Monday 7-8:30 WORKSHOP. "Meditation, and how applying gratitude through journaling can be life changing." Journals are provided.

Yoga teaches us to cure what need not be endured and endure what cannot be cured.

B. K. S. Iyengar

www.YogaWithJeanne.com

Lamorinda's Religious Services

ORINDA CHRISTIAN SCIENCE CHURCH

24 Orinda Way (next to the Library) - 254-4212

Sunday Service and Sunday School 10 - 11 am
 Informal Wednesday Meeting 7:30 - 8:30 pm
 Reading Room/Bookstore M - F 11 - 4; Sat 11 - 2

www.christianscienceorinda.org



Sundays, 9 & 10:30am

10 Moraga Valley Lane | www.mvpc.today.org | 925.376.4800

Holy Shepherd Lutheran Church 433 Moraga Way, Orinda, 254-3422 www.holyshepherd.org



8:30 a.m. Traditions Worship Service
 9:45 a.m. Education for all ages
 10:45 a.m. Celebrations Worship Service
 Coffee Fellowship at 9:30 and 11:45 a.m.
 Childcare available for ages 5 and younger

SAINT GILES' EPISCOPAL CHURCH

9am Sunday School & Communion Service in the SMC Chapel



stgiles-moraga.org
 (925) 376-5770
 traditional liturgy + inclusive theology



St. Stephen's Episcopal Church

66 St. Stephen's Drive, Orinda
 254-3770. www.ststephensorinda.org
 Sunday 8am, 10am



10 Irwin Way, Orinda | 925.254.4906 | www.orindachurch.org
 "No matter who you are, wherever you are on life's journey, you are welcome here!"
 Join us Sundays at 10 a.m. | Sunday School 10 a.m.



Lafayette United Methodist Church

955 Moraga Road 925.284.4765 thelumc.org
 Sunday 10am Worship and Faith Formation for all ages
 Opportunities to Love God, Love Others, and Serve the World

St. Anselm's Episcopal Church A Loving Community

Sunday Services: 8 and 10 AM

In-church Youth Zone, 10 AM Nursery Childcare
 682 Michael Lane, Lafayette, 284-7420, www.stanselms.ws

LAFAYETTE-ORINDA PRESBYTERIAN CHURCH

Where all are welcome, nobody is perfect, and anything is possible with God.



• Sunday Worship 9:00 & 11:00 a.m.
 • Programs for all ages
 • Guest Speakers & Workshops
 • So much more! Connect with us today!

49 Knox Drive • Lafayette, CA • (925) 283-8722 • LOPC.org • #LOPC

Not to be missed

ART

The American Soldier, A Photographic Tribute, an exhibition of 116 photographs, from the Civil War to the War in Iraq, will open at 11 a.m. on Sunday, Sept. 18 in the Saint Mary's College Museum of Art along with a second exhibit Social Justice, It Happens to One It Happens to All which will open the same day. Both exhibits are previewed in our article page B3. The Saint Mary's College Museum of Art is open Wednesday-Sunday from 11 a.m. to 4:30 p.m. Admission is \$5. Children and military members are admitted free.

Valley Art Gallery presents their featured artist Peter McNeill, running through Sept. 9. McNeill is an accomplished figurative and landscape artist who lives and works in Walnut Creek and draws inspiration from many different locales. To learn more and see the work of all its artists, visit www.valleyartgallery.org.

The Moraga Art Gallery announces Creative Contrasts, a new exhibit featuring George Ehrenhaft's serene watercolor paintings inspired by California's incomparable outdoor world, and featured guest artists, David and Reed Bowman's brass and copper objects. The exhibit runs from Aug. 17 to Oct. 22 and includes works by the gallery's 16 member artists and several guest artists.

The Diablo Fine Art Gallery will host an open house from 10:30 a.m. to 3 p.m. on Saturday, Sept. 10. Many former members of the Lafayette Gallery (which closed last March after 17 years in Lafayette) will be featured. Artist will be exhibiting their work outside the Gallery and throughout the Palos Verdes Mall. In addition, visitors will be able to watch while some artists work on their creations. The Gallery is located at 1535 Palos Verdes Mall in Walnut Creek (Lunardi's Shopping Center); (925) 933-4278.

Valley Stitchers & Fiber Artist Guild will have their first meeting of the 2016-2017 season from 10 a.m. to noon on Sept. 12 at the Faith Lutheran Church, 50 Woodworth Ln., Pleasant Hill. As a guild, its goals are to provide the opportunity for members to explore all forms of textile arts and further the highest possible design standards in these arts. Visitors are welcome to attend at \$5 per meeting, and encouraged to join at any time. The September speaker will be Trish Goldberg who is a Bay Area tapestry artist.

Jennifer Perlmutter Gallery Presents Off The Wall, from Sept. 8 through Oct. 1, with an artist reception from 7:30 to 9 p.m. on Sept. 8. This tongue-in-cheek art exhibit will show colorful works of glass, fiberglass, wood, and wire, all 3D art that pops off the wall and can be "off the wall" in character. Artists: Tim Sharman, Karen Olsen-Dunn, Vivien Hart, Tony Zorich, Dan Rider.

MUSIC

Local band The Rippers will play at Metro Lafayette at 9 p.m. on Friday, Sept. 9. Reservations on the patio are recommended to ensure a good seat. Call (925) 284-4422 ext 3 or visit www.metrolafayette.com.

At Lamorinda Music in Lafayette, the ensemble Ya Layl will play a concert of Middle Eastern music at 7 p.m. on Saturday, Sept. 10. This will be a varied program of Arabic, Turkish, Sephardic, Armenian and other music performed by Sarah Michael, kanun, Peter Maund, percussion and Suellen Primost, cello with Niko Bakulich, bass. From lively dance tunes to modal improvisations, Michael plays her current favorite tunes on the middle eastern zither. Tickets and information at yalayl.brownpapertickets.com.

In a not-to-be-missed season premiere, the Gold Coast Chamber Players launch their 2016-17 season with the first of five concerts, Oboe-Centric, at 7:30 p.m. on Saturday, Sept. 24, featuring oboist Mingjia Liu, Principal Oboe of San Francisco Opera. Mingjia is one of the leading oboe players in the US and his expressive style and virtuosity has made him one of Gold Coast's most popular musicians! Ticket price includes complimentary champagne, a pre-concert talk at 7 p.m., and a reception with the musicians following the performance. Tickets and more information are available at www.gcplayers.org and by phone at (925) 283-3728. Limited seating, please reserve early.

THEATER

Role Players Ensemble presents Edward Albee's Seascape, winner of the 1975 Pulitzer Prize for Drama. Seascape, directed by George Maguire, runs at the Village Theatre in Danville through Sept. 18, at 8 p.m. on Friday and Saturday and at 2 p.m. on Sunday. The show will lead off the 17th annual Eugene O'Neill Festival, which includes a Role Players co-production of O'Neill's The Emperor Jones at the Tao House National Historic Site (more information at www.eugeneoneill.org).

California Shakespeare Theater presents "Othello" on previews Sept. 14 through 16 at California Shakespeare Theater, 100 California Shakespeare Theater Way, Orinda. Cal Shakes director Eric Ting will face our society's fear of "the other" head on with this provocative rendition of Shakespeare's famous tragedy Cost: \$20-\$84. For more info and show times see www.calshakes.org, call (510) 548-3422 or email info@calshakes.org.

LECTURE & LITERATURE

Enjoy the Saint Mary's College Creative Writing Reading Series with MFA in creative writing faculty at 7:30 p.m. on Sept. 14 in the Hagerty Lounge, Saint Mary's campus.

KIDS, PARENTS & TEENS

The Lafayette Library & Learning Center presents GIANT Jenga from 4 to 5 p.m. on Wednesday, Sept. 28 in the Amphitheater. Play giant Jenga (made out of soda boxes) outside!

The Lafayette Library & Learning Center presents Cupcake Wars from 3:30 to 5 p.m. on Tuesday, Sept. 20 in the Arts & Science room. Participants will be provided three unfrosted cupcakes. They will be asked to make cupcakes that are inspired by or related to a book of their choosing. Four winners will be chosen. Prizes include a cupcake and a book. For more information or to register visit www.tinyurl.com/LAFcupcakewars.

FESTIVALS

The California Independent Film Festival opens Thursday, Sept 8 at the Rheem and Orinda Theatres. Visit www.CAIFF.org for full schedule and tickets.

Don't miss the 12th Annual Orinda Classic Car Show Weekend: "Dancing with the Cars." Pre-party, 6 p.m. Friday Sept. 9; Classic Car Show, 10 a.m.-3 p.m. Saturday, Sept. 10. Enter your car and buy party tickets today at www.Orinda-CarShow.com. These events benefit the Seniors Around Town transportation program, Educational Foundation of Orinda and other local charities.

Lafayette Chamber of Commerce presents Lafayette Art & Wine Festival 2016 from 10 a.m. to 7 p.m. on Saturday, Sept. 17 and from noon to 6 p.m. Sunday, Sept. 18 in downtown Lafayette, 3553 Mt. Diablo Blvd, Lafayette. The award-winning art, wine and music festival runs two days, features four

stages, 20 cover bands, 260-plus artists and a KidZone. There will be Food, wine and beer. Free admission. Near BART. For more info see www.lafayettefestival.com, call (925) 284-7404 or email festival@lafayettechamber.org.

The Middle Eastern Festival is from 10 a.m. to 8 p.m. Saturday, Sept 24, and from 11 a.m. to 7 p.m. Sunday Sept. 25 at 501 Moraga Way, Orinda. Enjoy fabulous food, entertainment, folk dancing, a craft bazar and more. Plus fun and games for children of all ages. Sponsored by St. John the Evangelist Orthodox Church. Visit www.stjohnorinda.org or call (925) 258-4255.

Mobility Matters Spaghetti Hop, Birthday bash and Fundraiser - Support Our Services and Celebrate Our CEO's (ElaineWelch) 70th Birthday from 4 to 8 p.m. on Saturday, Sept. 24 at Our Savior's Lutheran Church Fellowship Hall, 1035 Carol Lane, Lafayette. Tickets: \$35 per person, adults only. 925.284.2207 email: office@mobilitymatterscc.com. Space is limited, RSVP early to ensure your seat.

OTHER

The Lafayette Flag Brigade's 15th Annual 9/11 Remembrance and Candlelight Vigil from is from 4 to 8 p.m. on Sunday, Sept. 11 at the El Curtola Bridge, above Hwy. 24 in Lafayette. See article page A3.

Five Best Foods for Women Over 50. Meet nutrition expert Jill West at The American Association of University Women Showcase, "Celebrating Us," at 9:30 a.m. Tuesday, Sept. 20 at the Orinda Community Church, 10 Irwin Way, Orinda. In addition, AAUW-OML will be celebrating its 60th year of service to the Lamorinda community. For more information, visit the AAUW-OML website, www.oml-ca.aauw.net.

ElderConsult Geriatric Medicine, a medical practice that addresses the challenging medical and behavioral issues often facing older patients and their families, will be hosting a conference for families and elder care professionals on overcoming the challenges of early dementia. The conference will be held from 9 a.m. to 1 p.m. on Thursday, Sept. 22 at the Orinda Masonic Center at 9 Altarinda Road, Orinda. The fee is \$25 for general admissions and \$45 for CEU units for selected professionals: Nurses, RCFE Administrators, Nursing Home Administrators, CNA/HHA, Geriatric Care Managers. Registration is required. Go to elderconsult.com to register.

Las Trampas invites you to a fun event for the entire family that also supports a good cause. You can walk, roll or run at the seventh annual Walk n' Roll one-mile or 5K from 9 a.m. to noon Saturday, Sept. 24, on the Lafayette-Moraga Trail at 3460 Lana Lane. Registration fee of \$25 includes tee-shirt, raffle, Whole Foods bag, games by KKDV and Backyard Carnivals, refreshments and entertainment by the KKDV van and Bread & Roses. You can register online at www.las-trampas.org.

Walnut Creek Walk to End Alzheimer's is at 10 a.m. on Saturday, Oct. 1 at Heather Farm Park 1301 North San Carlos Drive, Walnut Creek. Registration opens at 7:30 a.m. Walkers can register individually or start teams with friends, family or coworkers. Register online at www.act.alz.org/Walnut-Creek2016.

... continued on next page

Please submit:
Events:

calendar@
lamorindaweekly.com