

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

THEATER

Diablo Ballet closes its landmark 25th season with Celebrated Masters, at 8 p.m. on May 3 and at 2 p.m. on May 4, at the Del Valle Theatre in Walnut Creek. Diablo Ballet will feature an encore presentation of Swan Lake Suite, the romantic Tryst by Val Caniparoli, and Walk before Talk by KT Nelson. Immediately following each performance, ticket holders are invited to a dessert and coffee reception where you can meet and mingle with the dancers. Single tickets are \$15-\$47. For tickets, call (925) 943-SHOW (7469) or visit www.lesherartscenter.org. For more information, visit www.diabloballet.org.

California Shakespeare Theater opens its 2019 summer season with "A Midsummer Night's Dream" by William Shakespeare, playing May 22 through June 16 at the Bruns Amphitheater in Orinda. The season launches with A Pay What You can performance on Wednesday, May 22. Tickets will be available starting at 10 a.m. on the day of each show through TodayTix (todaytix.com) and the Cal Shakes Box Office (calshakes.org or 510.548.9666).

LECTURE & LITERATURE

Please join Friends of Hospice Orinda for coffee and refreshments followed by a presentation of the widely popular book "Beneath the Scarlet Sky" from 9:30 a.m. to noon on May 3 at Friends of Hospice, Orinda. The author is Mark Sullivan who gathered authentic material from the son of the protagonist, Pino Lella. His son, Michael Lella, will deliver a fascinating view of his father during WWII in Italy. He will bring slides and comments about his father, Pino, who is still living, at 92 years of age, on Lake Como, Italy. Reservations are available for \$50 per person. Please make a check out to Friends of Hospice, Orinda Mail to Diane Hill, 41 Charles Hill Rd. Orinda, CA 94563.

A book launch to celebrate local author Heidi Eliason's "Confessions of a Middle-Aged Runaway: An RV Travel Adventure" will be held at 2 p.m. on Saturday, May 4 at Orinda Books, 276 Village Square, Orinda. Come and enjoy refreshments, book signings, and a prize drawing. Free.

KIDS, PARENTS & TEENS

Lafayette Nursery School's 43rd Annual Science Day of Discovery from 10 a.m. to 1 p.m. on May 4 at Lafayette Nursery School, 979 First street, Lafayette. Make a volcano explode send a rocket into space or explore the GUI texture of flubber. If that's not enough, become an archaeologist for the day and dig for dinosaur bones or create giant bubbles. This hands-on science fair features exhibits and experiments designed for children in preschool age to the third grade. Cost: \$5. More information: (925) 284-2448 or visit www.lafayettenurseryschool.org.

Open House – Roughing It Day Camp from 10:30 a.m. to 1:30 p.m. on May 4. Come visit camp to learn more about our summer programs. Take a tour of our site at the Lafayette Reservoir. Meet our directors and staff. Kids can try some camp activities including fishing, crafts, sports, and nature games. Children and family members of all ages are welcome. Visit www.roughingit.com for more information and to RSVP.

ADAPT Town Hall from 7 to 8:30 p.m. on May 7 in the Lafayette Library. An evening to discuss how parents, schools and law enforcement partner to reduce underage substance use and keep kids safe. What are roles, responsibilities, rules and consequences? Members from Lamorinda Police and Acalanes High School District Office will share their expertise in a panel discussion. RSVP: www.eventbrite.com/e/town-hall-are-all-in-this-together-tickets-60222437933

Mindful Littles presents "Care for Therapy Horses" from 11 a.m. to 12:30 p.m. on May 19 at

Xenophon Therapeutic Riding Center, 60 Don Gabriel Way, Orinda. Feed, groom, and play with horses. Clean stalls and paddocks, and create horse-themed arts and crafts. Bring water and any snacks needed for your kids. Please also wear comfortable clothes. \$10 per person. Register at: https://www.flipcause.com/secure/cause_pdetails/NDg2MjE=

OTHER

15th Annual JF Kapnek 5/K Fun Run at 9 a.m. on May 5 at Miramonte High School. Along with a 5K run and a 1K children's run or walk, event participants will enjoy music, arts and crafts, food and prizes for the top finishers including certificates from Dick's Sporting Goods, and Sports Basement. All participants will receive a commemorative T-shirt. Strollers welcome! The event supports early childhood education, nutrition and AIDS treatment and prevention programs for children and families in Zimbabwe. Visit www.kapnektrustusa.org for more information and to register go to <http://jfkapnekusafunrun.eventbrite.com>. Onsite day of registration is also available.

Bay Area Book Festival from 10 a.m. to 7 p.m. on May 4 and 5, at Martin Luther King Jr. Civic Center Park, 2151 Martin Luther King Jr Way, Berkeley. Meet national book award winners, NY Times top 10 authors, international writers, YA and children's book legends, and a diverse literary community. Cost: Free to \$15. For more info see www.baybookfest.org or email info@baybookfest.org.

April showers bring May meowers! And Community Concern for Cats is bringing our meowers to a location near you this weekend from 1 to 4 p.m. May 4 and 5, at Pet Food Express in Lafayette and Pleasant Hill and Petco in Walnut Creek. For more information, see communityconcernforcats.org online.

The 2019 Moraga Community Faire and Car Show will be held from 11 a.m. to 3 p.m. on Saturday, May 11 at the town's Rheem Valley Shopping Center – offering a wonderful opportunity for a family fun day! Unlimited Kid's Zone activities include pony rides, bounce house and mazes, Bot Bash Party and Bay Area Ball Players (\$5 entry). Food trucks, live music, wine and beer, over 70 classic cars and booths to meet local artists, business and organizations. For more information, visit www.moraagachamber.org/faire.

Remember, Renew and Refill: A Journey Through Grief, will take place from 9:30 a.m. to 2 p.m. on May 11 at Moraga Valley Presbyterian Church. High school students and adults are invited to this workshop and luncheon to honor our lost loved ones. Marilyn Hunt, MS, LMFT, will be the keynote speaker. There is no cost for this event, however, please RSVP on our website so we can plan for lunch (mvpctoday.org) or call Colleen Giovanni (925.376.4800 x285; cgiovanni@mvpctoday.org). MVPC is located at 10 Moraga Valley Lane, Moraga.

Daughters of Norway, Aase Lodge #33, Lafayette will be celebrating "Syttende Mai" (May 17) Constitution Day at 10 a.m. on May 11 at Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette. The meeting is free. The program will include a presentation about the 1814 Norwegian Constitution and how Norwegians today celebrate their National Holiday. Some women will be dressed in traditional costumes (bunads), and traditional food, as if in Oslo, will be served. The DoN has openings for new members, so come by eat, enjoy and learn. If you have questions email us at deborahadah1@aol.com.

Taste of Lafayette – Lafayette's Favorite Dinner Party – from 5:30 to 8 p.m. on May 14 in downtown Lafayette. The Taste of Lafayette stroll begins when ticket holders head out at their own pace to stop at any or all of the participating

restaurants for sampling. Evening includes music throughout the stroll and a raffle supporting the Lafayette Community Foundation. Drawing for the raffle will be held at 7:45 p.m. at JPG@TheBank.

The Mt. Diablo Peace and Justice Center is joining with the Veterans Healthcare Policy Institute, Veterans for Peace, the American Federation of Government Employees and American Legion Post 31, to present an event on the current state of healthcare for veterans. This event takes place at 7 p.m., with a reception at 6 p.m. on May 16 at the Mt. Diablo Peace and Justice Center, 1035 Carol Lane, Lafayette. Cost: \$10 pre-registered; \$15 at door; \$5 MT. Diablo Peace and Justice Center and Our Savior Lutheran Church members; free for students and veterans. Tickets available at <http://ourpeacecenter.org> or call the office (925) 933-7850.

John Muir National Historic Site (John Muir NHS) will launch its second annual series of Stewardship Saturdays. Join the National Park Service for these free, Ranger-led land stewardship programs at the Martinez, California site. The programs begin at 9 a.m. at the Strentzel Creek meadow area of Mt. Wanda. This area recently came under NPS management and is currently only open to visitation with an NPS chaperone. The stewardship project will entail removing invasive plant species from the sensitive creek and surrounding meadow. All training and tools required for this project will be provided. The three 2019 Stewardship Saturday events will be on May 18. Find more information and register at: <https://jomu.eventbrite.com/>.

Parkinson's Disease and You at 7 p.m. on May 21 with Brianna Munson, PT, DPT, Physical Therapist at Lafayette Physical Therapy, 3468 Mt. Diablo Blvd. Suite B110 in Lafayette. This is a free event, but space is limited, so please sign up at lafayettept.com/events or call (925) 284-6150.

Breast Cancer Seminar from 6:30 to 8:30 p.m. on May 22 at the Lafayette Library. Join breast cancer specialists from the Women's Cancer Center of the East Bay for an update on cutting-edge breast cancer treatments and surgical techniques. The physicians recently attended national oncology and surgery symposiums and will discuss the latest advances presented from research, clinical trials and new FDA drug approvals. Please register by calling (925) 677-5041 x272 or email sjung@dvoahmg.com.

The Art of Leadership: Creative Ways to Fuel Growth: an evening of talks for entrepreneurs, founders, and organization leaders from 6:30 to 9:30 p.m. on May 22 at JPG@TheBank, a pop-up art gallery/event space at 3525 Mt. Diablo Blvd., Lafayette. Six speakers, each a leader in their respective field, will present unusual, inventive ways to grow your endeavor. Tickets are \$25 and are available at <https://artofleadershipnight.eventbrite.com>.

The North Orinda Fire Break is one of the highest priority projects in California. Lamorida Village is sponsoring a presentation at 1 p.m. on May 31 at LOPC. Jerry Kent, longtime EBRPD official, will talk about the history of East Bay Regional Parks and the wildfires that have come through, and Dennis Rein of MOFD will be presenting fire break plans. Local law enforcement will be present to discuss evacuation plans, and our Community Warning System will be represented as well. www.lamorindavillage.org

SENIORS

Spring Cleaning: What to do with All That Stuff from 10:30 a.m. to noon on May 14 in the Elderberry Room, Lafayette Community Center – presented by Jennifer Raftis, CEO of Efficiency Matters, who will guide you through a plan to assess the value of your belongings; decide to whom and where your treasures will go; and experience the joy of sharing those

items. You will receive handouts that will include where and how to start, checklists, resources, and helpful tips. Members: free; non-members: \$10.

Contra Costa Health Insurance Counseling and Advocacy Program (HICAP) will present "What Everyone Needs to Know About Medicare Regardless of Your Age" from 6 to 7:30 p.m. on May 20 at the Lafayette Library. As you get closer to 65 it's important to understand your options for getting Medicare coverage and completing enrollment in a timely manner to avoid costly mistakes. This talk is also useful for those who already have Medicare, or are helping someone who does, to ensure that you have optimal coverage and don't overlook opportunities to save money. HICAP offers free, impartial information about Medicare and related coverage and doesn't sell or endorse any products. For more information about HICAP, visit www.cchicap.org. Contact the Lafayette Library to register for the program.

GARDEN

Registration for the 15th Annual Bringing Back the Natives Garden Tour, which will take place from 10 a.m. to 5 p.m. on Sunday, May 5 is now open. This award-winning, self-drive tour features 37 Alameda and Contra Costa county gardens that are pesticide-free, water conserving, provide habitat for wildlife, and contain 60 percent or more native plants. Two of these gardens are located in Moraga. Pre-registration for the Tour is required. Cost: \$10 to purchase the garden guide; donations requested. www.BringingBacktheNatives.net, (510) 236-9558.

The Lafayette Garden Club invites everyone to their general meeting to be held at 10 a.m. on May 9 at the Lafayette Veteran's Building, 3780 Mt. Diablo Blvd in Lafayette. This month will be a silent auction and feature speaker Dan Yansura from the SF Fern Society. He will share common to rare ferns, how to grow and propagate them and which varieties will thrive in our climate. Free event, refreshments served.

Please submit:
Events: calendar@lamorindaweekly.com

Service Clubs Announcements

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 2: Sharron Tennison US/Russia relations	May 9: Peter deLaveaga CPA-new tax laws
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25th annual Concert at the Res
Sat., May 11, 11 am to 3 pm on the outdoor stage at the Lafayette Reservoir.

www.rotarylafayette.org
www.facebook.com/Rotary-Club-of-Lafayette-CA

MAY WEEKLY MEETINGS

3: Putnam Clubhouse Presentation by Tamara Hunter, Executive Director
10: Julian Guthrie, NYT Bestselling Author of Alpha Girls
17: Davide Asnaghi, Superhand: a 21st-Century Electronic Artificial Hand
24: Peter Friedman, Peruvian Fighter Plane!
31: Jon Fazel: Member Story

Breakfast, Friday 7:00 a.m.
The Lafayette Park Hotel & Spa, 3287 Mt. Diablo Blvd., Lafayette, CA
www.lamorindasunrise.com

Lamorinda Weekly

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