

Town Hall Theatre - "The Odd Couple (Female Version)," through ...

Lamorinda's Best

Classes/Workshops

Divorce Recovery workshop - April 23-June 4. The workshop will be led by Ray Campton, a Marriage and Family Therapist who will provide vital information about the process of healing from a divorce from both a spiritual and psychological perspective. Some of the topics include the stages of divorce, establishing healthy boundaries, forgiveness and setting reasonable expectations. The suggested donation for the seven-week workshop is \$120. The registration deadline is April 20th. A \$35 deposit is required by all participants. Space is limited so register early. Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette. Go to www.lopc.org under News & Info/Register Here or contact Robin Freeberg at robin@lopc.org.

Lectures

Commonwealth Club - 6:30 p.m. April 20. Speaker: Michael Krasny, SFSU professor and host of KQED's "Forum." Veterans Memorial Hall, 3780 Mt. Diablo Blvd., Lafayette. \$12 members, \$18 non-members, \$7 students. 415-597-6700.

"Natural Solutions to Allergies: A Fireside Chat at Orinda Library with Dr. Jay Sordean" - 7 p.m. April 21. Dr. Sordean, from the Foundation for Wellness Professionals, has 30 years of clinical experience in the field of natural medicine, including acupuncture, Orinda Way. 925-254-2184.

Volunteers

Volunteers needed for adult day program - Volunteers needed from 10:30 a.m.-3:30 p.m. Mondays through Thursdays, one or more days per month, to provide socialization and compassion to individuals with Alzheimer's disease and related dementias. Volunteers must provide physician verification of a negative tuberculosis test. Lamorinda Adult Respite Center, 433 Moraga Way, Orinda. 925-254-3465, larc@holyshepherd.org.

Events

Bike Safety Rodeo - 9 a.m.-2 p.m. April 19. The rodeo is designed to train children, from kindergarten through sixth grade, safe practices when riding a bike. Students will learn about bike safety practices, the "rules of the road" and practice riding through a mini-version of a city sidewalk and street. The event will also include a bike safety check performed by mechanics from Sharp Bicycle, helmet checks and fitting, refreshments and giveaways. Limited parking is available so consider biking to the rodeo via Lafayette-Moraga Trail. Dan Harkins: 925-323-6682.

J.F. Kapnek Trust Sixth annual Family Fun Run - 9 a.m. April 26. There will be races for children as well as adults along with music of Zimbabwe, children's crafts and activities and brunch. Registration fee includes brunch and a T-shirt. Miramonte High School, 750 Moraga Ave., Orinda. Adults 5K, \$30; Children 5K, \$15; Kids 1K, \$10. 925-962-7150, www.active.com

What's in Our Hat? - 3-6:30 p.m. April 26. Join Las Trampas at a Safari-themed party co-hosted by Don Potter. Featuring live music by Generations In Jazz, cuisine from Lafayette Park Hotel's Executive Chef Chuck Courtney, premium wines, raffle and silent auction. Lafayette Park Hotel and Spa, 3287 Mt. Diablo Boulevard. \$100. Bonnie Peacock: 925-284-1462, Ext. 239.

Food/Wine Events

Duckhorn Wine Dinner - 6:30 p.m. April 24. Join President Alex Ryan of Duckhorn Wine Company for a wine-paired dinner featuring Duckhorn Vineyards, Paraduxx and Goldeneye. Duck Club, 3287 Mt. Diablo Blvd., Lafayette. \$99 plus tax and gratuity. Reservations only. 925-283-7108.

Religious Happenings

"Four Hands, Two Pianos, One Brain" - 7 p.m. April 18. Dual pianists present light classical music, rags by Scott Joplin, songs by Irving Berlin and Cole Porter. Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette. Free admission, offering taken. 925-283-3722, www.oslc.net.

Theater

"Mulan Jr." - 4:30 p.m. April 22-23, 5 and 8 p.m. April 24, 3 and 7 p.m. April 25. Mulan is the heartwarming story of a Chinese heroine and celebrates

culture, honor and love. The score includes songs such as "Reflection," "Honor to Us All" and "I'll Make a Man Out of You," as well as many others. Performed by 78 Orinda Intermediate students in two casts. Run by 32 OIS students on tech crew. Orinda Intermediate School, 80 Ivy Drive, Orinda. \$5-\$10. 925-258-3090.

Town Hall Theatre - "The Odd Couple (Female Version)," through April 25. In this hilarious version of Neil Simon's classic play, a group of gal-pals get together for their weekly game of Trivial Pursuit at the apartment of divorcee (and slob) Olive Madison. Late to arrive is Florence Unger, a stickler for detail who has unfortunately just become separated from her husband. As life would have it, the slob and the fussy budget decide to room together. 8 p.m. Thursday-Saturday. \$28-\$32. 3535 School St., Lafayette. 925-283-1557, www.thtc.org

About the Author

Allergies : 5 Easy Steps to Wellness - Herbs Etc. (by Daniel Gagnon

Herbal Allergy Relief - Useful Herbs for Allergies

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