



925.631.1055 www.MVCRemodeling.com

Specializing in kitchens & bathrooms. All forms residential remodel/repair.



"A little bit of myself goes into every job."

Michael Verbrugge, President, Moraga Resident

Lic# 681593



Clean | Courteous | Conscientious
On-time | Trustworthy | Local References
Full design team resources available

~ HE'S ALL ABOUT LAMORINDA ~



CLARK THOMPSON

REAL ESTATE BROKER
VILLAGE ASSOCIATES

Office: 925-254-8585
Cell: 925-998-7898
www.clarkthompson.com
ct@clarkthompson.com



Giving Dreams an Address

From front page

Lafayette Reservoir Walking Group's Focus on Fitness

... continued from page A1

"Of course I said yes," said Scala. "I'm always in favor of that."

As a former adjunct professor, fellow in the American College of Nutrition and consultant for two U.S. Olympic ski teams, Scala is well acquainted with the benefits of activity. According to WebMD, the social support that comes from walking with others can help to increase stress resilience, lower cortisol and decrease blood pressure.

"I've always been a person who not only respects physical fitness but understands how important it is, right down to the roots," Scala remarked. "It's a part of me and what I do."

The reservoir walking group has been meeting since January, every Thursday from 10 to 11:30 a.m. At the end of the walk, Scala leads group members through

"easy yoga" poses and breathing exercises on the band stage overlooking the water. Afterward, many of the group members stay to share a brown bag lunch at the reservoir picnic tables. It's an added time of fellowship that Scala thinks will stick. The group is even talking about adding a second day to provide more options for those who want to walk.

"My ambition is that they will slowly but surely recognize the importance of keeping in shape and understand the importance that fitness can play in their health and longevity," Scala said of his fellow walkers. He noted that as people get older they tend to sit back more and get out less. It is his goal to help others see the importance and ease of being active.

"There's nothing difficult about any of this," he said.

An added benefit of walking with a group (as opposed to walking alone) is the accountability and conversation that goes with it. "What do we discuss? You name it," said Scala. "We talk about a lot of things ranging from relatively mundane stuff all the way through politics."

Scala is pleased with the direction the group is taking and grateful for the chance to share one of his great loves. "From my point of view it's one of the most beautiful places in the world," he said. "And it's right here for everybody."

Anyone interested in joining the reservoir walkers can call Lafayette Senior Services at (925) 284-5050 to add their name to the email notification list. They can also contact Scala at jscala2@comcast.net.

3469 Monroe Ave., Lafayette




Charming 3 bedroom, 2 bath home in the coveted trail neighborhood. Walk to town & schools. \$975,000.
Open Sat & Sun 1-4 Feb 28 & Mar 1. Not to be missed!

Shellie Abbes Kirby
shellie@shelliekirby.com
925-872-4257



CalBRE # 01251227

©2015 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker® is a registered trademark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Each Coldwell Banker Residential Brokerage Office is Owned by a Subsidiary of NRT LLC. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor sales associates and are not employees of Coldwell Banker Real Estate LLC, Coldwell Banker Residential Brokerage or NRT LLC. CalBRE License #01908304.

Submit stories and story ideas to storydesk@lamorindaweekly.com

DUDUM REAL ESTATE GROUP

PROFESSIONALISM. INTEGRITY. RESULTS.

A REAL ESTATE EXPERIENCE THAT WILL HAVE YOU SOLD!

<p>JULIE DEL SANTO BROKER/OWNER</p>  <p>925.818.5500</p> <p>ANGIE CLAY</p>  <p>925.207.9366</p> <p>THE CHURCHILL TEAM</p>  <p>RANDY 925.787.4622 SERETA: 925.998.4441</p> <p>JANE SMITH</p>  <p>925.998.1914</p> <p>JON WOOD TEAM</p>  <p>JON WOOD: 925.383.5384 HOLLY SIBBLEY: 925.451.3105</p> <p>LISA TICHENOR</p>  <p>925.285.1093</p> <p>MATT McLEOD</p>  <p>925.464.6500</p> <p>PAT AMES</p>  <p>925.330.5849</p> <p>TERESA ZOCCHI</p>  <p>925.360.8662</p> <p>TERRYLYNN FISHER</p>  <p>925.876.0966</p>	<p>LEGACY COURT, ALAMO \$3,400,000</p> <p>NEW CONSTRUCTION</p>  <p>SERETA & RANDY CHURCHILL 925.998.4441 / 925.787.4622</p> <p>841 GAIL COURT, WALNUT CREEK \$1,895,000</p> <p>COMING SOON</p>  <p>ANGIE CLAY 925.207.9366</p> <p>2152 TICE CREEK DRIVE, #4, ROSSMOOR \$575,000</p> <p>JUST LISTED</p>  <p>TERRYLYNN FISHER 925.876.0966</p> <p>44 VIA FLOREADO, ORINDA \$1,189,000</p> <p>PENDING 14 OFFERS</p>  <p>JOHN SEFTON 925.330.1985</p>	<p>UPPER HAPPY VALLEY \$2,295,000</p> <p>NEW CRAFTSMAN</p>  <p>SERETA & RANDY CHURCHILL 925.998.4441 / 925.787.4622</p> <p>11 ROBBINS PLACE, ALAMO \$1,312,500</p> <p>JUST LISTED</p>  <p>JON WOOD & HOLLY SIBBLEY 925.383.5384 / 925.451.3105</p> <p>4024 TERRA GRANADA, #2, ROSSMOOR \$450,000</p> <p>JUST LISTED</p>  <p>JANE SMITH 925.998.1914</p> <p>30 HARDIE DRIVE, MORAGA \$1,089,000</p> <p>PENDING</p>  <p>JON WOOD & HOLLY SIBBLEY 925.383.5384 / 925.451.3105</p>
--	---	--



CALBRE #01882902

LAFAYETTE

999 OAK HILL RD., #100
LAFAYETTE, CA 94549
O: 925.284.1400
F: 925.284.1411

WALNUT CREEK

1910 OLYMPIC BLVD., #100
WALNUT CREEK, CA 94596
O: 925.937.4000
F: 925.937.4001

WWW.DUDUM.COM

Distinctive Properties

