



Los Alamos Retired and Senior News



The Newsletter of the Los Alamos Retired and Senior Organization

Pauline Schneider, Executive Director

Web Site: losalamosseniorcenter.com

Festival of Trees 2016



Santa and his sweet little friends at the Festival of Trees

The Festival of Trees took place on Saturday, November 12 from 10:00 a.m. to 2:00 p.m. It included a craft fair, live music, Santa visits, and the silent auction for all the trees! Proceeds from this event go to support senior programs at both centers as well as science education outreach done by Champions of Youth Ambition. This is the main fundraiser for this year for senior programs, and many of you supported it by donating items, bidding, shopping, and bringing your friends and family. See pages 8 and 9 for more photos from the Festival and ways to support the Senior Centers by donating and by volunteering.

Weather Closures & Delays

Now that winter is upon us, please remember to tune in to KRSN 1490AM or any of the network TV stations for announcements about school closures or delays in Los Alamos. The BESC will follow those closures or delays, which affects transportation, meal services, the Day Out and all recreation/fitness/social activities on these days.

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The Newsletter Staff

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Joan Upham and the BESC Staff.

Newsletter Dates

Items Due: Wednesday, December 14
Editing: Thursday, December 15
Folding: Wednesday, December 28

Holidays 2016

Christmas Day Fri. & Mon., Dec. 23, 26
New Year's Day Monday, Jan 2, 2017

Day Out



This is Jerry with his most recent puzzle he completed with the help of a couple of our other guys. Jerry was a career military man whose mind is still as sharp as ever! He helps us with some of our participants who suffer from some form of dementia. He can get them distracted by talking about something they love when they have a moment of confusion. In honor of

our Veterans we had a special music program where Ruth Williamson played all the songs honoring each branch of the service. When she started to play the Hymn for the Army, Jerry struggled to his feet with the help of one of our program assistants and stood at attention with tears of love in his eyes. You might have seen him in a commercial that was running at the Reel Deal Theater emphasizing some of our programs. He is our star for sure! We have recently suffered the loss of one of our most vocally talented Veterans, our beloved Roy Stone. During the special Veteran's day music program he always stood up and proudly sang the Marines' Hymn. The following is a quote from Doris, one of our program assistants, that I had posted on our Betty Ehart Senior Center page on Facebook: "I hope we can still appreciate what a wonderful country we live in and take the time today and every day to thank these men and women that have fought for this country. Today I thank you, any of my friends that have fought for ME, from the very bottom of my heart. And I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died, who gave that right to me!"

If you know you should not be sitting at home alone, come visit us at our Day Out Program and join our fun! I hope to have a satellite program at the new refurbished White Rock Senior Center some day soon. We need to let our County know how important this program is to our community.

Thank you and remember to live, laugh and love!

Laurie Hochhalter, Day Out Program Director



Movies
12:30, Fridays,
BESC



December 2, Mixed Nuts, 1994

97 min., rated PG-13

**Steve Martin, Madeline Kahn,
Robert Klein**

The events focus around a crisis hotline business on one crazy night during the Christmas holidays.

December 9, The Santa Clause, 1994

97 min., rated PG

**Tim Allen, Judge Reinhold,
Wendy Crewson**

Divorcee Scott Calvin is disgusted to learn that his ex and her husband have tried - and failed - to break it easy to their 6-year-old son Charlie that Santa isn't real. On Christmas Eve, Scott reads The Night Before Christmas... then receives an unexpected visitor on his roof. When he's startled by Scott's calling out and falls, the Santa impersonator disappears, leaving only an 8-reindeer sleigh and a suit with instructions to put it on if he's involved in an accident.

December 16, The Santa Clause 2, 2002

104 min., rated G

**Tim Allen, Spencer Breslin,
Elizabeth Mitchell**

Scott Calvin has been Santa Claus for the past eight years, and his loyal elves consider him the best Santa ever. But Santa's got problems (he's even mysteriously losing weight) and things quickly go south when he finds out that his son, Charlie, has landed on this year's "naughty" list. Desperate to help his son, Scott heads back home, leaving a substitute Claus to watch over things at the Pole.

December 30, Treasure Island, 1934

110 min., not rated

**Wallace Beery, Jackie Cooper,
Lionel Barrymore**

Young Jim Hawkins is torn between his loyalty to his benefactors and his affection for lovable rogue Long John Silver in their struggle to recover a buried pirate treasure.



Let's Eat Lunch



Lunch is served Monday through Friday from 11:30 a.m. - 12:30 p.m., BESC. For reservations call 662-8924. It is essential **to make reservations**. These can be made **as late as 10:00 a.m.** on the day that you wish to eat. You can also make them up to a month in advance. Please cancel your reservations if you are unable to come. If you arrive without a reservation, we may be able to feed you, but we ask that you wait until we have served our patrons who made reservations. Please be courteous and adhere to this request. Note: Only bread/pastries can be taken home. Fruit can be substituted for any dessert. Suggested donation for lunch is \$4.00. Please do not request change for bills greater than \$20.00.

SALAD BAR MOST DAYS

December 1 – 2

12/1 Thursday—Chicken Primavera, Au Gratin Potatoes, Wheat Roll, Apple Sauce, Pumpkin Bread
12/2 Friday—Roast Beef, New Potatoes, Gravy, Carrots, Red Peppers, Wheat Roll, Vanilla Bean Bundt Cake with Raspberry Flavored Icing.

Two seatings: 11:00 a.m. and 1:00 p.m. Lunch sponsored by LANB

December 5 – 9

12/5 Monday—Swiss Steak, Baked Potato, Cabbage, Wheat Roll, Pineapple
12/6 Tuesday—BBQ Chicken Thigh, Coleslaw, Green Beans, Wheat Roll, Chocolate Pudding
12/7 Wednesday—Pork Stir Fry, Stir Fry Vegetables, Wheat Roll, Apple Cobbler
12/8 Thursday—Catfish, Tartar Sauce, Coleslaw, Green Beans, Bread, Pineapple Upside Down Cake
12/9 Friday—BBQ Chicken, Pasta, Carrots, 3-Bean Salad, Wheat Roll, Honeydew

December 12 – 16

12/12 Monday—Baked Fish, Tartar Sauce, Tater Tots, Broccoli Salad, Roll, Apricots
12/13 Tuesday—Sloppy Joe, Green Peas, Potato, Yogurt with Fruit
12/14 Wednesday—Honey Dijon Chicken, Asparagus with Cheese Sauce, Wheat Roll, Lemon Bars
12/15 Thursday—Pork Posole, Bread, Pumpkin Spice Cookie
12/16 Friday—Turkey, Stuffing, Mashed Potatoes, Gravy, String Beans with Red Peppers, Roll, Tapioca Pudding **(RPEA Luncheon)**

December 19 – 23

12/19 Monday—Pineapple Pork and Beans, Spinach, Carrots, Potluck Roll, Sugar Cookie, Apricots
12/20 Tuesday—Fish Sandwich, Parsley Potatoes, Spinach, Pear, Cottage Cheese
12/21 Wednesday—Hamburger, Ranch Beans, Onion Rings, Applesauce
12/22 Thursday—Sweet & Spicy Chicken, Broccoli with Peppers & Onions, Carrots, Spice Cake
12/23 Friday—**BESC Closed Christmas Holiday**

December 26 – 30

12/26 Monday—**BESC Closed Christmas Holiday**
12/27 Tuesday—Chicken Pot Pie, Buttered Green Beans w/Onion, Pickled Beets, Apple Crisp
12/28 Wednesday—Pork Ribs, Corn, Broccoli, Wheat Bread, Pear Cobbler
12/29 Thursday—Tuna Sandwich, Potato Chips, Strawberry/Banana/Peach/Cantaloupe Compote
12/30 Friday—Meatloaf, Mashed Potatoes, Broccoli/Cauliflower w/Cheese, Roll, Strawberry Yogurt

Breakfast at White Rock Baptist Church (WRBC), 8:00 a.m. Wednesdays

Regularly Scheduled Activities

AARP Smart Driver Course

There is no class in December. The next class is scheduled for January 30, 2017 at BESC.

Adult Day Services

The Day Out See page 2

7:00 a.m. - 5:00 p.m. Daily, BESC

Cards and Games

Bingo

1:00 p.m. Third Tuesday, Dec 20, BESC

Bridge

10:00 a.m. Monday, Bridge Lite, WRSC

1:00 p.m. Monday, WRSC

1:00 p.m. Tuesday, Party Bridge, BESC

7:00 p.m. Tuesday, BESC

1:00 p.m. Wednesday, WRSC

1:30 p.m. Wednesday Duplicate Bridge BESC

7:00 p.m. Thursday, BESC

Cards

Any time, any day BESC is open, BESC

10:00 a.m. Saturday, WRSC

Chat Room-WRSC

10:00 am every day, Close 4:00 pm M, W, F.

Close 7:00 p.m. Tuesday, 9:00 p.m. Thursday

Chess

See Tom Pigott for an appointment, 662-6962

Dominos

10:00 a.m. Saturday, WRSC

Euchre Anyone?

If you are interested in playing Euchre please call the senior center 662-8920 or Kitty at 500-5068. If there is enough interest she will call you and set up time and dates.

Movies

7:00 p.m. Second Tuesday, Dec 13,

WRSC (see page 7 for details)

12:30 p.m. Fridays,

BESC (see page 2 for details)

Pinochle

1:00 p.m. Tuesday and Friday, WRSC

Committees and Boards

AARP Board Meeting

No meeting in December

Friends of the Senior Center Board

No meeting in December

LARSO Advisory Council

10:00 a.m. Third Monday, Dec 19, BESC

LARSO Board of Directors

9:30 a.m. Thursday, December 15, BESC

Computers

Computer Users Group (CUG)

All users or potential users are welcome. Meetings are at 10:00 a.m. on the third Tuesday at BESC; 10:00 a.m. on the first Tuesday at WRSC. Various subjects are discussed at each meeting depending on the immediate interests of those present. A particular effort is made to deal with questions and problems from beginners. Beginners are always welcome.

Mac Users Group (MUG)

MUG meets on the third Tuesday at 8:30 a.m. in the BESC classroom. This is a place to discuss your Mac usage or problems. All are welcome.

Projector: A multimedia projector and associated laptop computer are available through the BESC office for classes and activities. Initial instruction for set-up and use is required, and prior reservation is recommended.

Available Computers: When there is no scheduled use, the computers in the Raycliff Room at BESC are available for internet access, practice, and general purposes (see calendar next to the door). One computer is also available for internet access and general use in WRSC.

Crafts

Hookers and Stitchers

1:00 p.m. Thursday, WRSC

LAVA Quilters and Knitters

8:30 a.m. Wednesday, BESC

Wood Carving

10:00 a.m. Monday, WRSC

Regularly Scheduled Activities

Dance and Music

Ballroom Dancing

6:00 p.m. Monday, Argentine Tango, BESC

7:00 p.m. Monday, BESC

2:00 p.m. Thursday, BESC

Beginning Line Dancing

9:00 a.m. Friday, BESC

Classes are geared toward those in attendance.

Line Dancing

2:00 p.m. Monday, WRSC

No Line Dancing in December, BESC

Music with Ruth Williamson

10:30-11:15 a.m. Wednesday, The Day Out

Recorders

1:30 p.m. Friday, BESC

All are welcome. Call Marge Agnew, 662-7144

Tap Dancing

12:00 p.m. Tuesday, WRSC

1:30 p.m. Thursday, BESC

Discussion Group

Senior Civic Discussion Group

10:00 a.m. First and Third Mondays, BESC

Financial

Investment Group

10:00 a.m. Thursday, BESC

Health

Alzheimer's Support Group

1:15 p.m. Second Wednesday, Dec 14, BESC

Benefits Counseling

By appointment only.

Call 662-8920 or 672-2034.

Blood Pressure Check

1:00-4:00 p.m. Wednesday, WRSC

Low-Vision /Hearing-Challenged Support

No meetings in December. See White Cane Awareness Week photo, page 9.

Massage

10:00 a.m. Second Thursday, December 8, WRSC with Sandi. Please sign up in advance.

Toenail Clipping (Donation \$15.00)

9:00 a.m. Thursday, December 1 & 15, BESC

For an appointment at **BESC** call 662-8920.

9:00 a.m. Thursday, December 22, WRSC.

For an appointment at **WRSC**

call Annie at 672-2034

Physical Fitness

Cardio Plus Exercise

8:45 a.m. Monday and Wednesday, BESC

Gentle Yoga

11:00 a.m. Wednesday, WRSC

Low Impact Aerobics

9:30 a.m. Tuesday, WRSC

10:30 a.m. Friday, WRSC

2:00 p.m. Sunday, WRSC

Silver Sneakers

10:30 a.m. Tuesday and Thursday, WRSC

For information, call the YMCA at 662-3100.

Strong Women Graduates

10:00 a.m. Monday, Wednesday, Friday,

WRSC

Table Tennis

7:30 p.m. Tuesday and Thursday, BESC

10:00 a.m. Saturday, BESC (**No table tennis on Dec 3** due to the Kiwanis Breakfast.)

10:00 a.m.-1:00 p.m. Saturday, WRSC

Variety Training

8:45 a.m. Tuesday and Thursday, BESC

Vinyasa Yoga

10:45 a.m. Monday, WRSC

4:30 p.m. Wednesday, WRSC

Weight Room

Open Monday - Saturday, 10:00 a.m. Call

672-2034 for closing time, WRSC

Zumba Gold

1:30 - 2:30 p.m. Tuesday, WRSC

4:00 - 5:00 p.m. Friday, WRSC

Pool & Billiards

Pool at WRSC - None until renovation is finished

Pool at BESC - Every day but Sunday

Services

Tire Pressure Check

10:30-11:30 a.m. Second Thursday, December 8, Metzgers in White Rock

More Activities

Trips

If you are leaving your car at the WRSC while you go on a trip, please park away from the building, so those seniors coming in and out of the Center can park closer to the building. Thank you.

Suggested donation \$6.00

**For reservations please call
Karen at 662-8922**

BIO PARK River of Lights Wednesday, December 7

If you have never seen one of these fabulous light shows at a zoo, treat yourself to this one. For kids of ALL ages (if you have been good!) Join the magical fun of the crowd as a gift to yourself. Dinner by the windows of the Aquarium followed by a magical after dark trip through the River of Lights.

Entrance fee: \$12.00

Dinner: Shark Reef Café
Albuquerque

Depart BESC: 2:00 p.m.

Depart WRSC 2:20 p.m.

Dinner Out

Wednesday, Dec. 14

La Fonda Hotel

Santa Fe

Depart **WRSC only**: 4:30 p.m.

Dinner Out

Thursday, Dec. 15

La Fonda Hotel

Santa Fe

Depart **BESC only**: 4:30 p.m.

Walking

Early Walk

7:05 a.m. Wednesday, WR Baptist Church

Ad Hoc Hikers

8:30 a.m. Thursday, BESC downstairs.

Usually 3-4 miles and back before noon. For more information call Pam at (505) 500-6979.

Friday Walkers

Friday Walkers will resume their hikes in the spring.

Special Programs

FOSC Annual Meeting December 9.

The membership will vote for President, Vice President, Treasurer, and members at large. Free lunch to all members. If you haven't already joined, sign the Roster Book at the meeting. Call for reservations at 662-8924.

Post-Election Financial Analysis

talk on Friday, December 9 at 2:00 p.m. in the BESC Great Room. LANB Wealth Strategists, Rado Georgiev and Dean Cross, discuss their best predictions on what the election results mean for:

- Taxation of Ordinary Income
- Taxation of Capital Gains and Dividends
- Estate and Gift Taxation
- Basis of Inherited Assets
- Restrictions on Wealth Transfer Planning
- Carried Interests
- Portability of Estate Exemptions
- Limitations on Itemized Deductions
- Corporate Tax Reform
- Planning Suggestions and Timing
- Economic Growth and Investments.

Holiday Music

at lunch. Seniors who enjoy holiday piano music are encouraged to come for lunch on Wednesdays and Thursdays to hear Cathy Knoop or Tom Oliphant at the keyboard. On Thursday, December 15, the piano students of Frances Meier will play at noon. Festive music and good food – what could be better?

The BESC Hill Strummers

Ukulele Group has been strumming diligently to prepare four Holiday Sing-along programs for the Community. Come join us and enjoy celebrating the upcoming Holiday Season with music:

Friday, December 2, 10:00 a.m.

Sombrillo Day Room

Saturday, December 3, 10:45 a.m.

Winterfest

Fuller Lodge Pajarito Room

Friday, December 9, 11:00 a.m.

Smith's Marketplace

Produce Lobby

Thursday, December 15, 10:00 a.m.

Indoor Farmers Market

Fuller Lodge Upper Balcony

White Rock Senior Center 672-2034



Holiday Dessert Pot Luck, and December Birthday Party

Friday, Dec. 16 from
2:00 - 4:00 p.m.

at the Temporary White Rock Senior Center.
Please bring your favorite
holiday dessert to share.

Friday Walkers will resume their hikes in the spring.

New Game Time: Thursdays at 6:00 p.m.
Come try a variety of card and board games



Movie at the WRSC on Tuesday, Dec. 13 at 7:00 p.m. **"Mixed Nuts"**

Starring Steve Martin and Nora Ephron. A holiday comedy with dark overtones, *Mixed Nuts* presents a supposedly humorous look at the behind-the-scenes events at a crisis hotline on Christmas Eve.

Lockhart Report

Ten Senior Citizens and County Community Service employees toured the rehabilitation work in progress at the White Rock Municipal Complex on November 4. Installation of kitchen equipment had not started. Completion is anticipated by the end of November (November 20 - 30) with beneficial occupancy in early December.



LAVA
Los Alamos Volunteer Association
 lava@losalamosseniorcenter.com

Betty Ehart Senior Center
Phone 662-8923
Linda Boncella, Director

Spotlight on a Volunteer – Don Reeck

Don Reeck is no stranger to the Betty Ehart Senior Center – he has been a volunteer here since moving to Los Alamos from Virginia in 1999 to be near his daughter, son-in-law and two grandchildren. Don has volunteered extensively for LARSO – from keeping track of people visiting BESC (before My Senior Center was installed) for five years, to volunteering on the board of Friends of the Senior Center to being a money helper and receptionist for more than 10 years. He has also run grief sessions at BESC. Don taught the AARP Safe Driver course for many years and has volunteered in Los Alamos extensively. He was the Vice President for the Los Alamos Heart Council for about six years, volunteered with the Chamber of Commerce, Knights of Columbus, and was Treasurer at Oppenheimer Place for 12 years. Before moving to Los Alamos he was a Hospice volunteer in Virginia. He has given a tremendous amount of time giving to others! Don has moved to Washington, D.C. to be near his daughter, son-in-law, grandchildren (10) and great-grandchildren (12 + 1 on the way). We will miss him greatly, but wish him the best as he settles into his new home. Thank you so much Don for all that you have given here in Los Alamos!



Volunteer Opportunities

As we head into the holiday season there are many volunteer opportunities to help out those in need as well as opportunities to help new non-profits and, of course, the first blood drive of 2017!

Bell ringing – please consider helping out with the bell ringing for Self Help at either the Smith’s Marketplace in Los Alamos or Smith’s in White Rock. Bell ringing begins the day after Thanksgiving and continues on weekends (Friday through Sunday) until the week of Christmas when volunteer bell ringing will be Thursday, December 22 – Saturday, December 24. All donations from the bell ringing remain in Los Alamos County to help people with such basic needs as food, shelter and utilities. This volunteer effort brought in more than \$19,000 last year to help Los Alamos County residents.

The Bradbury Science Museum Association is a newly designated non-profit whose mission is to serve neighboring and underserved communities through field trips, workshops and STEM education efforts. Partial funding for these endeavors will be through proceeds from a gift shop in the Bradbury Science Museum. Volunteers are needed to staff the gift shop.

Family Strengths Network – Volunteers are needed to help with making gingerbread houses on Wednesday, December 7, Friday, December 9, and Wednesday, December 14. There are many shifts available to help – please contact the LAVA office for volunteering for specific times and age groups.

United Blood Services – The first blood drive of 2017 will be held at the First Baptist Church on Diamond Drive on Thursday, January 5 and Friday, January 6. Volunteers are needed to help register donors and to help with preparing snacks for the donors.

White Rock Senior Center Meal Helpers – If you are interested in volunteering as a meal/money helper at the newly renovated White Rock Senior Center in January, please contact the LAVA office at 662 -8923 to put your name in as a volunteer.

Betty Ehart Senior Center – please consider volunteering as a meal/money helper or receptionist here at the BESC. We have a couple of regular shifts that need to be filled, but we would be happy to put you on the sub list, if that works better for you.

The LAVA office wishes you all a joyous and peaceful holiday season. Thank you all for what you do here in Los Alamos County - people helping people is a wonderful reminder of what it is all about. Linda and Sarah



Further Funding Cuts

In our November issue, we requested donations to help to make up for state funding cuts that would impact the Day Out program. Thanks to several generous donors, we have \$1750.00 less to raise. In November, we learned that the cuts to this year's budget are extending to other service areas, such as meals and transportation. The total state dollar reduction is now at \$15,000. Senior centers all across the state are feeling this big pinch. The services that these dollars support are what helps to keep many of our local seniors independent at home. The rides that we have been able to offer six days/week and the weekday senior center meals, which will soon be available at the WRSC as well mean that seniors can get a healthy meal and connect with friends. We are currently delivering 50 meals/day throughout the County and we want to continue to offer this weekday service to all the homebound seniors who need it. Please consider a financial gift to LARSO as 2016 draws to a close.

Season of Giving, Consider Meal Sponsorship

As hard as it may be to believe, there are hungry folks in Los Alamos! In this season of giving, you may want to direct your year-end contributions towards that of a sponsorship for meals. This can be directed either for our Monday-Friday Senior Center meals or perhaps for home delivered meals. Our congregate meals have a suggested donation of \$4.00 per meal, and our home delivered meals have a suggested donation of \$4.50 per meal. Any increment that you wish to donate would be greatly appreciated, fully tax-deductible and a written receipt will be given to you from the Business Office. Please see or call Rebecca Welch (662-8920 x 102) for more details, if you would like to join us in this campaign of giving!

AARP TaxAide Volunteers Needed

We prepare Federal and NM State returns from early February until April 17.

We do preparation in Los Alamos on Mondays and Wednesdays.

We also go to three pueblos on Thursdays.

We file the returns electronically using TaxSlayer, the official AARP program, or TurboTax.

A test is to be taken and passed.

Those interested can contact Dexter Sutherland at 662-7969.

Los Alamos Retired and Senior Organization
1101 Bathtub Row
Los Alamos, NM 87544

Non-Profit
US Postage Paid
Permit No. 15
Los Alamos, NM 87544

Address Service Requested

Addresses, Phone Numbers, and More

Betty Ehart Senior Center

1101 Bathtub Row
Los Alamos, NM 87544
Front Desk - 662-8920, Fax - 661-7677
Meal Reservation - 662-8924
Transportation Reservation - 662-8922
Transportation Weekend/Evenings - 412-2200
Pauline Schneider, Director
E-mail - director@losalamosseniorcenter.com
Web Site - losalamosseniorcenter.com
Hours - M-F - 8:00 a.m. to 4:30 p.m.
Saturday - 10:00 a.m. to 1:00 p.m.

LAVA

1101 Bathtub Row
Los Alamos, NM 87544
Phone - 662-8923
Linda Boncella, Director
lava@losalamosseniorcenter.com

White Rock Senior Center

134 State Rd 4 Suite A-2
White Rock, NM 87547
Phone - 672-2034
wpsc@losalamosseniorcenter.com
Hours - M,W,F - 10:00 a.m. to 4:00 p.m.
Hours - Tuesday - 10:00 a.m. to 8:00 p.m.
Hours - Thursday - 10:00 a.m. to 9:00 p.m.
Hours - Saturday - 10:00 a.m. to 1:00 p.m.

The Day Out

1101 Bathtub Row
Los Alamos, NM 87544
Phone - 661-0081
Laurie Hochhalter, Director
dayout@losalamosseniorcenter.com
Hours - 6:30 a.m. to 5:00 p.m.

Los Alamos Retired and Senior Organization (LARSO)

1101 Bathtub Row
Los Alamos, NM 87544
Ann Shafer, President