



Los Alamos Retired and Senior News



The Newsletter of the Los Alamos Retired and Senior Organization

Pauline Schneider, Executive Director

Web Site: losalamosseniorcenter.com

Reflection on 2016

Memories from 2016 at the Senior Centers: the long-awaited completion of the new WRSC, the rewarding volunteer programs at the BESC. See more photos on page 11.



One of the highlights in the LAVA office in 2016 was the introduction of the Teen Tech Tutoring program where teen volunteers help seniors with tech questions relating to their smartphones, tablets and laptops. Pictured: Steven Chen and Connie Poore

Looking forward to 2017

The new White Rock Senior Center offers the opportunity to stretch and grow. We hope to welcome seniors to many new programs, but most excitingly for lunch. See page 10 for the WRSC lunch menu.

Live theater performances at both of the senior centers will be produced by the Los Alamos Little Theater every other month in 2017. Admission is free. The first performance is *MusicPoemMusic*. See **Live Theater** details in Special Programs on page 6.

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Holidays 2017



New Year's Day	Monday, Jan 2
Martin Luther King Day	Monday, Jan 16
Presidents' Day	Monday, Feb 20
Memorial Day	Monday, May 29
Independence Day	Tuesday, Jul 4
Labor Day	Monday, Sep 4
Columbus Day	Monday, Oct 9
Veterans Day	Friday, Nov 10
Thanksgiving Day	Thu-Fri, Nov 23-24
Christmas Day	Mon-Tue, Dec 25-26

January 6 Closed Date

The BESC will be closed for **ALL** services on Friday, **January 6**. LARSO staff will be at an all-day training. Friday homebound meals will be delivered on Wednesday, January 4.



Goodbye and Hello

In the last few weeks of 2016, we said goodbye and thank you so much to Pat Randall. Pat worked as our Business Manager for the past 4 years – a job that touches every service we provide and makes for a very full plate for one person. Pat has joined her husband George in retirement, and for that we can be happy. In her place, is Rebecca Thuillez – new to town, but not new to non-profit services. Rebecca has embraced this job whole-heartedly and we are pleased to have her join us! Welcome Rebecca!

Day Out

We have such a beautiful facility and we really enjoy all the activities always happening. If you ever wonder what is going on, visit our website at www.losalamosseniorcenter.com If you click on the What's Happening icon you will see a drop down menu where you can access the Day Out Program activity calendar and you can always access the Senior Center newsletter and the activities going on at each Senior Center site on this webpage.

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

Thank you, and remember to stay warm, live, laugh and love!
Laurie Hochhalter, Day Out Program Director

Pearls from Pauline

With 2016 totally unwrapped now and 2017 still in the box, about to be opened, all I can say is "WHEW!!" This has been a challenging, eventful time with lots of ups (think people, ideas, interns, a new meal truck, and the WRSC project) and a few downs (think funding). We have increased our staff to meet the growing program needs, we have now given up the temporary WRSC site and are poised to explode into our old/new digs on Longview. Our address is now 133 Longview Dr. I am so grateful to those members who found it possible to give a donation to help us mitigate the State budget cuts. We will be visiting the Roundhouse during this year's Legislative Session to advocate for our funds to at least remaining at the current level. If you would like to come along, let me know. I am grateful to the LARSO Board Members for their efforts to keep our centers running and for hearing the needs of seniors and supporting our staff in their work. Every employee we have is engaged in the effort to provide the very best services to all our members. It is my pleasure every day to work alongside such a dedicated team. That team also includes our amazing volunteers who support and augment our services in so many ways. So, in this new year, please visit both of our wonderful centers and see what we can do for you!

To the Seniors of the Betty Ehart Center,

12 ½ years I've been serving you and getting to know you. I'm proud to say I know most of your names and dietary needs, but it's time to start a new chapter in my life. I believe my Seniors (this is how I like to think of you all) have personally shaped me into the person I am today. This is a good opportunity to work with the White Rock seniors and share my culinary skills with them. I will miss each and every one of you, but please do not be sad, because this is not a good bye, but an invitation to visit me down at the new White Rock Center. Stop by any time and just say hi the door will be open for you. Thank you for all the fond memories.

Michael Mason



LUNCH AT BESC



Lunch is served Monday through Friday from 11:30 a.m. - 12:30 p.m., BESC. For reservations call [662-8924](tel:662-8924). It is essential for seniors wishing to dine at the BESC **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, it is likely that we will be able to feed you, but we ask that you wait until we have served most of 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

January 2 – 6

- 1/2 Monday—**BESC Closed New Year's Holiday**
- 1/3 Tuesday—Chicken Fried Chicken, Mashed Potatoes, Gravy, Peas & Carrots, Roll, Fruit Cocktail
- 1/4 Wednesday—Frito Pie with Red or Green Chile, Tropical Fruit
- 1/5 Thursday—Beer Cheese Soup, Pear Cobbler
- 1/6 Friday—**BESC Closed Staff Retreat**

January 9 – 13

- 1/9 Monday—Tilapia, Tartar Sauce, Roasted Potatoes, Roll, Broccoli Salad, Pears w/Cottage Sauce
- 1/10 Tuesday—Baked Potato Bar, Wheat Roll, Pears
- 1/11 Wednesday—Sweet 'n' Sour Pork, Rice, Eggroll, Stir Fry Vegetables, Jell-O w/Fruit
- 1/12 Thursday—Green Chile Chicken Tortilla Soup, Biscuit, Tapioca Pudding
- 1/13 Friday—Roast Beef, Mashed Potatoes, Gravy, Carrots, Brussels Sprouts, Roll, Applesauce

January 16 – 20

- 1/16 Monday—**BESC Closed Martin Luther King Day**
- 1/17 Tuesday—Chicken Chile Cheese Soup, Biscuit, Cake
- 1/18 Wednesday—Fish and Chips, Tartar Sauce, Coleslaw, Roll, Plums
- 1/19 Thursday—Meatloaf, Mashers, Gravy, 5-Way Mix Vegetables, Wheat Roll, Peaches
- 1/20 Friday—Baked Potato Green Chile Soup, Bread Stick, Apple Cobbler

January 23 – 27

- 1/23 Monday--Green Chile Chicken Enchilada, Pinto Beans, Calabacitas, Vanilla Pudding
- 1/24 Tuesday—Chicken Fried Steak, Potatoes, Gravy, Roll, Broccoli, Cauliflower, Applesauce
- 1/25 Wednesday—Bratwurst, Sauerkraut, Baked Beans, Cali Blend Vegetables, Roll, Pineapple
- 1/26 Thursday—Spaghetti with Meat Sauce, Bread Stick, Oranges
- 1/27 Friday—Hot Turkey Sandwich, Mashed Potatoes, Gravy, Cranberry Sauce, Peas, Cookie

January 30 – 31

- 1/30 Monday—Red Chile Beef Enchiladas, Spanish Rice, Salsa Corn, Tortilla, Biscochitos
- 1/31 Tuesday--Sausage Lasagna, Italian Vegetables, Bread Stick, Tropical Fruit

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

Regularly Scheduled Activities

AARP Smart Driver Course

Monday, January 30, 12:15-4:30 p.m., BESC. Ron Strong teaches the Smart Driver Course. Call 662-8920 for a reservation. This course may qualify you for a discount on automobile insurance. The 4-hour course is **\$15** for AARP members, **\$20** for all others. **Checks made out to AARP are required.** The course is open to those who are 50 or older as verified by their driver's license. Seating space limits the class to 30 participants. Bring a pencil, a ballpoint pen, driver's license, and AARP card (if you are a member).

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, Jan 17, 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

Movie

7:00 p.m. Second Tuesday, Jan 10, WRSC

12:30 p.m. Fridays, BESC. Details page 6.

Pinochle

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

Pool & Billiards

WRSC - None until renovation is finished

BESC - Every day but Sunday

Committees and Boards

AARP Board Meeting

10:30 a.m. Second Wednesday, January 11, BESC Conference Room

Friends of the Senior Center Board

1:30 p.m. Fourth Tuesday, January 24, BESC

LARSO Advisory Council

10:00 a.m. Fourth Monday, January 23, BESC

LARSO Board of Directors

9:30 a.m. Thursday, January 19, 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

9:00 a.m. Friday, 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 (No tap until January 12)

12:00 p.m. Tuesday, WRSC

1:30 p.m. Thursday, BESC

Discussion Group

Senior Civic Discussion Group

10:00 a.m. 1st and 3rd Mondays, BESC

Financial

Investment Group

10:00 a.m. Thursday, BESC

Health

Alzheimer's Support Group

1:15 p.m. Second Wednesday, Jan 11, 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

Tuesday, Jan 24, 10:00 a.m., BESC classroom
Romy Pierce of ATS Resources Hear Better See Better (ALBQ) will be with us to demonstrate new equipment for helping us to "see better & hear better". This session is open to families, caregivers and anyone interested in the presentation.

A few calendars 2017 from the Commission for the Blind will be available.

Massage

10:00 a.m. Second Thursday, January 12, WRSC with Sandi. Please sign up in advance.

Toenail Clipping (Donation \$15.00)

9:00 a.m. Thursday, January 5 & 19, BESC

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

9:00 a.m. Thursday, January 26, WRSC.

For an appointment **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. Mon, Wed, Fri, WRSC

Table Tennis

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

10:00 a.m. Saturday, BESC

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

Services

Tire Pressure Check Metzgers, White Rock

10:30-11:30 a.m. 2nd Thursday, January 12,

Walking

Early Walk

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

Ad Hoc Hikers

8:30 a.m. Thursday, BESC downstairs. For more information call Pam at (505) 500-6979.

Friday Walkers

Hikes will resume in the the spring.

Special Programs

Trips

Suggested donation \$6.00

For reservations call Karen at 662-8922

Dinner Out

Wednesday, January 11

Pyramid Restaurant, Los Alamos

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

Depart **BESC** 4:50 p.m.

Note: WRSC departs first!

Meow Wolf

Tuesday, January 24

Santa Fe

Entrance fee: \$12 with valid New Mexico ID

Lunch: Tortilla Flats

Depart BESC: 8:50 a.m.

Depart WRSC 9:10 a.m.

Joshua Bell Concert

Friday, February 3

Duane Smith Auditorium, Los Alamos

WRSC: 7:00 p.m.

BESC: 7:00 p.m. and 7:15 p.m.

Transportation Only for Seniors with concert tickets. The Los Alamos Concert Association anticipates a sold out crowd, so parking will be limited. The LARSO transportation department will provide rides to and from the Duane Smith Auditorium on a reservation basis. **Seating is limited, so call Karen at 662-8922 to reserve your ride.**

MOVIES

BESC: Fridays 12:30 p.m.

January 13, Silverado

1985, 133 min., rated PG-13

Kevin Kline, Scott Glenn, Kevin Costner

In 1880, four men travel together to the city of Silverado. They come across many dangers before they finally engage the "bad guys" and bring peace and equality back to the city.

January 20, Rio Bravo

1959, 141 min., not rated

John Wayne, Dean Martin, Ricky Nelson

A small-town sheriff in the American West enlists the help of a cripple, a drunk, and a young gunfighter in his efforts to hold in jail the brother of the local bad guy.

January 27, The Shootist

1976, 100 min., rated PG

John Wayne, Lauren Bacall

A dying gunfighter spends his last days looking for a way to die with a minimum of pain and a maximum of dignity.

WRSC: Second Tuesday, 7:00 p.m.

January 10, Mona Lisa Smile

2003, 117 min., rated PG-13

Julia Roberts, Kirsten Dunst, Julia Stiles

A free-thinking art professor teaches conservative 1950's Wellesley girls to question their traditional social roles.

THEATER

BESC: Wednesday, January 25 12:30 p.m.

WRSC: Thursday, January 26 7:30 p.m.

Event Hall, Rover Blvd & Longview Dr

This month the Los Alamos Little Theater presents **MusicPoemMusic**, a ten-minute upbeat comedy by Elaine Jarvik. Directed by Gwen Lewis, the show features local actors.

The play's action takes place at Pie Heaven, a diner renowned for its fruit pies and quirky clientele. When two sisters meet at the diner to commemorate a family event, tradition clashes with their father's wishes in this comedy about how seniors engender legacy to dissimilar progeny. An audience discussion follows each performance. Admission is free.

AARP General Meeting Wednesday, January 11, 12:30 p.m., BESC classroom.

All current members are encouraged to attend to vote for officers for 2017. A possibility is to decide to form a Community Group instead of a Chapter. This action requires a vote. Reminder calls will be made to members in January. Many positive comments followed our recent Senior Housing Forum.

Save the Date: Senior Housing Forum, Tuesday, February 7, 9:30-11:30 a.m. at the BESC. We will have a variety of presenters. Seniors and those considering moving, renovating, downsizing, selling or discussing new innovative ideas for senior housing in Los Alamos County should plan to attend. Look for more details in the February Senior News.

LAVA
 Los Alamos Volunteer Association
 lava@losalamosseniorcenter.com

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

Wishing everyone a Happy New Year and all the best in 2017!

Thanksgiving Lunch – Homeschool Volunteers



Many thanks to the homeschool volunteers who served Thanksgiving lunch at the Betty Ehart Senior Center on Friday, November 18, including these two young ladies who greeted patrons with their friendly smiles!

There were two seatings with more than 200 people in all, and these wonderful volunteers generously lent their time to help make everything go smoothly! All of these homeschool volunteers who were serving had helped out last year and were enthusiastic about helping again this year.

Bell Ringing – Thank You Volunteers!

Thank you to all of the volunteers who rang the bell to raise funds to be used exclusively to help residents in Los Alamos County with basic needs. Self Help is the Los Alamos County representative agency for whom the Salvation Army lends its bell ringing equipment. LAVA partners with Self Help to recruit and schedule volunteers to ring the bell over the weekends from the day after Thanksgiving through Christmas Eve. It is clear that the generosity of the people donating touches the hearts of the volunteers.

Music also played an important role with bell ringing. The BESC Hill Strummers ukulele group performed on December 9 and the Lads of Enchantment performed on December 22. Also, as has been tradition for a while, Ruth Tatter played the accordion alongside Mary Venable ringing the bell for a couple of the shifts. Many thanks to Santa Claus too (aka Roger Schamaun), for bringing such a fun spirit to White Rock Smith's!

On Monday, November 28, several LAVA volunteers helped at the "Cookies & Cocoa & Tree Decorating" event at the BESC. The Christmas tree in the Great Room is beautifully decorated thanks to these wonderful volunteers.

Pictured: Irene Ryan and her grandson.



(LAVA continued)

Volunteer Opportunities

Please check out LAVA's complete listing of volunteer opportunities with the stations that we partner with, as well as LARSO volunteer opportunities, which are posted on the bulletin board outside of the LAVA office.

Upcoming volunteer opportunities include:

United Blood Services Blood Drive – Volunteers are needed for the January 5 and 6 blood drive held at the First Baptist Church on Diamond Drive. Volunteers will work 2 hour shifts either registering donors or preparing sandwiches and snacks for the donors. The blood drive runs from 11:00 a.m. to 7:00 p.m. on Jan 5 and from 9:00 a.m. to 4:00 p.m. on Jan 6.

White Rock Senior Center - As the newly renovated White Rock Senior Center opens, meal helpers and money helpers are needed for the lunch program. Meal helpers set up and take down the tablecloths and centerpieces and help to get drinks and trays for those that need it. This is a great way to interact with patrons and the time goes by quickly! Both meal helper and money helper volunteers provide a much needed service to help run the lunch program.

Betty Ehart Senior Center – Subs are always needed for reception and meal/money helpers. Beginning this month, several of the afternoon reception shifts will be split: from 12:30 p.m. to 2:30 p.m. and from 2:30 p.m. to 4:30 p.m.. Please consider volunteering for either a permanent position or as a substitute.

The Bradbury Science Museum Association – A new partner with LAVA, BSMA serves students from neighboring and underserved communities through field trips, workshops and STEM education efforts. BSMA has begun to operate a gift shop kiosk at the Bradbury Science Museum and is in need of volunteers to staff the kiosk in two hour shifts. This volunteer opportunity will require moving the kiosk and setting it up, as well as operating an easy to use point-of-sale system. Please contact the LAVA office at 662-8923 or KayLinda Crawford at 695-4996 for more information on how you can volunteer for this new organization.

Teen Tech Tutoring

The Teen Tech Tutoring program continues and we have teens on standby waiting to help you with your smartphones, tablets or laptops! Please call the LAVA office at 662-8923 to set up an appointment at either BESC or the White Rock Senior Center.

Thank you LAVA volunteers for your gift of time and energy to the organizations that are near and dear to your hearts! Happy New Year! Linda and Sarah

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.
A test is to be taken and passed.
Those interested can contact Duncan Hammon at 672-3058.

Newsletter Dates

Items Due: Thursday, January 19
Editing: Monday, January 23
Folding: Monday, January 30

The Newsletter Staff

Layout Editor - Gale Williams
email: summer@galew.com
Proof Readers - Patsy Casias, Kari Lier,
Joan Upham and the BESC Staff.

White Rock Senior Center 672-2034

**Renovated WR Senior Center Soft Opening
and January Birthday**

Friday, Jan. 27 from 2:00 -4:00 p.m.

Appetizer Pot luck



LA County Cooperative Extension Office - Heart Healthy Program

This class is designed for men and women 50 years and older who are interested in improving cardiovascular healthy through exercise, healthy eating and weight loss. Each session includes both a physical activity and nutrition component. Cost is \$20. Classes will begin the week of February 6 and run for 6 weeks, 2 times per week. Days and times TBD.

The White Rock Senior Center could use some new items to start the New Year in our new space on a positive note.

If you would like to help the WRSC please send your donations to:

LARSO for the White Rock Senior Center

C/o BESSC , 1101 Bathtub Row, Los Alamos NM 89544

Thank you so much

Movie at the WRSC on Tuesday

January 10 at 7:00 p.m.

“Mona Lisa Smile” Starring Julia Roberts

WRSC Moving back to Renovated Space Schedule

**WRSC will be Closed December 17
through Tuesday, January 3.
Programing Resumes at 133 Longview Dr.**

Many thanks to everyone that helped make the renovation possible.



LUNCH AT WRSC



Meals will be served as soon as permit is given

Lunch is served Monday through Friday from 11:30 a.m. - 12:30 p.m., WRSC. For reservations call 672-2034. It is essential for seniors wishing to dine at the WRSC **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, it is likely that we will be able to feed you, but we ask that you wait until we have served most of 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

January 2 – 6

- 1/2 Monday—**WRSC Closed New Year's holiday**
- 1/3 Tuesday—Chicken Fried Chicken, Mashed Potatoes, Gravy, Peas & Carrots, Roll, Fruit Cocktail
- 1/4 Wednesday—Beer Cheese Soup, Crackers, Pear Cobbler
- 1/5 Thursday—Meatballs over Rice, Spinach, Red Peppers, Roll, Cake
- 1/6 Friday—**WRSC Kitchen Closed, Staff Retreat**

January 9 – 13

- 1/9 Monday—Green Chile Chicken Tortilla Soup, Biscuit, Tapioca Pudding
- 1/10 Tuesday—Tilapia, Tartar Sauce, Potatoes, Roll, Broccoli Salad, Pears w/Cottage Cheese
- 1/11 Wednesday—Roast Beef, Potatoes, Gravy, Carrots, Brussels Sprouts, Roll, Applesauce
- 1/12 Thursday—Baked Potato Bar, Wheat Roll, Pears
- 1/13 Friday—Sweet 'n' Sour Pork, Rice, Egg Roll, Stir Fry Vegetables, Jell-O w/Fruit

January 16 – 20

- 1/16 Monday—**WRSC Kitchen Closed, Martin Luther King Day**
- 1/17 Tuesday—Baked Potato Green Chile Soup, Bread Stick, Apple Cobbler
- 1/18 Wednesday—Meatloaf, Mashers, Gravy, 5-way Mixed Vegetables, Wheat Roll, Peaches
- 1/19 Thursday—Chicken Chile, Cheese Soup, Biscuit, Cake
- 1/20 Friday—Fish and Chips, Tartar Sauce, Coleslaw, Roll, Plums

January 23- 27

- 1/23 Monday—Spaghetti w/Meat Sauce, Bread Stick, Orange
- 1/24 Tuesday—Green Chile Chicken Enchiladas, Pinto Beans, Calabacitas, Vanilla Pudding
- 1/25 Wednesday—Hot Turkey Sandwich, Mashed Potatoes, Gravy, Cranberry Sauce, Peas, Cookie
- 1/26 Thursday—Bratwurst, Sauerkraut, Baked Beans, California Blend, Roll, Pineapple
- 1/27 Friday—Chicken Fried Steak, Brown Gravy, Roll, Broccoli, Cauliflower, Applesauce

January 30 – 31

- 1/30 Monday—Sausage Lasagna, Italian Vegetables, Bread Stick, Tropical Fruit
- 1/31 Tuesday—Red Chile Beef Enchilada, Spanish Rice, Salsa Corn, Flour Tortilla, Biscochitos

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

Looking back at 2016

Here are some photos from 2016 that depict the WRSC's journey toward renovation. Our time at the temporary space was challenging but it united us as a membership. Thank you to everyone that worked so hard to make this happen.



Tai Ji Quan: Moving for Better Balance[®]
1-hour class session twice a week for 24 weeks – Limit 15 persons

Instructor: Susanne Harrison

**Classes begins in February at the new
 White Rock Senior Center
 Wed and Fri 9:30 -10:30
 \$5 suggested donation per class**

If you are looking to gently improve your strength, balance, mobility and daily functioning, and prevent falls in the future, this class is for you.

Falls are a public health problem that are largely preventable. Older adults can stay independent and reduce their chances of falling by: 1) exercising regularly; 2) having their doctor or pharmacist review their medicines to identify medicines that may cause side effects or interactions such as dizziness or drowsiness; 3) having their eyes checked by an eye doctor at least once a year; and 4) making their homes safer.

Tai Ji Quan: Moving for Better Balance is based on clear evidence of effectiveness in reducing the frequency of multiple falls by 55%. This evidence-based fall prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan (pronounced tye gee chuwan). Martial arts movements transformed into a therapeutic regimen aimed at improving postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength.



Susanne was introduced to Tai Ji in Los Alamos by KokHeong McNaughton who has been practicing and teaching different forms of Tai Ji and Qigong for many years. Susanne's experience practicing the forms in her words "has been life changing." She recently completed the Community Instructor Training Workshop on Tai Ji Quan: Moving for Better Balance[®] with Fuzhong Li, Ph.D., a Senior Scientist at Oregon Research Institute who developed the program and is looking forward to sharing the practice at the White Rock Senior Center.

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 Org. (LARSO)

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