



Los Alamos Retired and Senior News



The Newsletter of the Los Alamos Retired and Senior Organization

Pauline Schneider, Executive Director

Web Site: losalamosseniorcenter.com

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Holidays 2017

Columbus Day	Oct 9
Thanksgiving	Nov 23-24
Christmas	Dec 25-26

An Evening of Arts and Culture

On Friday, October 13, from 5 to 9 pm, the Los Alamos Arts Forum will present "**An Evening of Arts and Culture**" a variety of venues within the Creative District. The idea is that people can walk from venue to venue and enjoy music, poetry, dance, a sculptor at work, and much more. The venues are the Mesa Public Library, Fuller Lodge Art Center, Unquarred, Bathtub Row Brewing Co-op, Performing Arts Center, the Betty Ehart Senior Center, Project Y, and the Hans Be-the House.

From 7 to 9 pm, please join us in the great room at the Betty Ehart Senior Center for a '40's dance featuring the live music of Trouble Cliff Jazz Band. In addition to dancing, there will be a costume contest and a variety of homemade desserts and punch. Hope to see you for a wonderful evening!



Fundraising Update

LARSO thanks Los Alamos Medical Center for their \$200 donation. We are using it to help pay for rides to and from LAMC. Thanks also to the individuals who made donations as a result of our recent appeal. As of September 15, we have received \$31,920 in donations. We are encouraged by your support, but as we complete the first quarter of the fiscal year, we are still far short of the goal of the needed \$70,000. As tax season approaches, we remind you that your charitable contribution to LARSO is tax-deductible. Please review the September newsletter for information on how you can donate, contribute, and volunteer.

After October...

Start thinking ahead about November and the **Festival of Trees**, C'YA and LARSO's big year-end fundraiser. See page 7 for what it is all about and how you can participate.



Day Out

Fall is here in all its glory! This month in the Day Out we are honoring the work of Gene Wilder. Every Friday we are showing one of his most famous movies and during the week we will be showing some of his lesser known ones. Wilder passed away August 2016 from Alzheimer's. Only a fraction of the participants in our program have some form of dementia. We welcome all those who need some form of assistance to participate in our program, even as simple as not being alone in case of some possible medication reaction. Even if you are home alone in the evenings doesn't mean you have to be alone all day. Please join our program. Make good friends, feel loved, feel wanted and thoroughly enjoy your days with us! You can come for as little as 2 hours, one day a week, to as long as all day. We are open from 7:30am to 5:00pm Monday through Friday excluding holidays. Here are a few pictures of some of our latest shenanigans here in the Day Out. This was for the Countywide "Talk Like a Pirate Day"! Remember to live, laugh and love!

Laurie Hochhalter
Day Out Program Director



Lunches at BESC and WRSC

Lunch is served weekdays 11:30am-12:30pm. For reservations call 662-8924 (BESC) or 672-2034 (WRSC) by 10:00am on the day you wish to eat. You can also make them up to a month in advance by phone or on the My Senior Center sign-in station. You can make reservations to dine at either center, but call or sign in at the center where you wish to dine. Please cancel your reservations if you are unable to come. Without a reservation we may not be able to feed you, so we ask that you wait until we have served those who made reservations. Only bread/pastries can be taken home. Fruit can be substituted for any dessert.

Suggested donation for lunch is \$5.00 for members. For non-members and guests under 60, the charge is \$10.00. Please do not request change for bills greater than \$20.00. Menus for both centers on page 3.

October Lunchtime Roundtable

Please join us on Monday, October 16, BESC and Tuesday, October, 17, WRSC for a roundtable discussion led by Director Pauline Schneider and local AARP point person Nelly Case to identify issues of importance that the newly formed Los Alamos AARP "community group" (replacing the former AARP chapter) might focus on in terms of presentations to seniors over the coming year. Topics of emphasis in the recent past have included senior-friendly housing and Money Smarts for older adults. Pauline and Nelly have begun a list of possible issues to pursue but are eager to add your ideas and to know your preferences.





Let's Eat Lunch



Lunch is served weekdays 11:30am-12:30pm at BESC and WRSC. Call 662-8924 (BESC) or 672-2034 (WRSC) for reservations. See **Lunches at BESC and WRSC** details on page 2. **Salad Bar Days** Asterisk (*) before the days when the salad bar IS AVAILABLE.

BESC October Meals

- *10/2 Mon: Lemon cod, tartar sauce, tater tots, applesauce
- 10/3 Tue: Chicken tenders, french fries, spinach, carrots, plums
- 10/4 Wed: Soft tacos, lettuce/tomato/onion/salsa, pinto beans, corn w/peppers, tapioca pudding
- 10/5 Thu: Pork loin, tomato green chile sauce, black-eyed peas, cornbread, jell-0 with fruit
- *10/6 Fri: Frito pie, green or red chile, pinto beans, lettuce/tomato/onion
- 10/9 Mon: Closed for Columbus Day**
- *10/10 Tue: Chicken teriyaki over fried rice, stir-fry vegetables, eggroll, pineapples
- 10/11 Wed: Roast beef, new potatoes, winter blend vegetables, brown gravy, ice cream
- 10/12 Thu: Hot turkey sandwich, potatoes, gravy, Brussels sprouts, cranberry sauce, cookies
- *10/13 Fri: Tilapia, hush puppies, coleslaw, tartar sauce, mandarin oranges
- 10/16 Mon: Glazed ham, sweet mashed potatoes, asparagus, roll, cinnamon applesauce
- *10/17 Tue: Chicken pot pie, biscuit, vanilla pudding
- *10/18 Wed: Fish and chips, roll, carrot raisin salad, tartar sauce, blueberry pie
- *10/19 Thu: Chile cheese chicken soup, peaches
- 10/20 Fri: Beef tips over fettuccini pasta, broccoli Normandy vegetables, breadsticks
- *10/23 Mon: Green chile chicken tortilla soup, crackers, biscochitos
- 10/24 Tue: Catfish, tater tots, broccoli salad, whole wheat roll, tartar sauce, tropical fruit cocktail
- 10/25 Wed: Salisbury steak, au gratin potatoes, mushroom gravy, peas and carrots, apricot
- *10/26 Thu: Pasta primavera with marinara sauce, breadsticks, peaches
- 10/27 Fri: Sweet and sour pork, rice, stir-fry vegetables, eggroll, Jell-O with topping
- *10/30 Mon: Beer cheese soup, biscuit, pears with cottage cheese
- *10/31 Tue: Spaghetti with "spookballs", marinara sauce, breadstick, "frightening" pudding

WRSC October Meals

- *10/2 Mon: Chicken tenders, french fries, spinach, carrots, plums
- *10/3 Tue: Soft tacos, lettuce/tomato/onion/salsa, pinto beans, corn with peppers, tapioca pudding
- *10/4 Wed: Lemon cod, tartar sauce, tater tots, applesauce
- *10/5 Thu: Pork loin, tomato green chile sauce, black-eyed peas, cornbread, Jell-0 with fruit
- *10/6 Fri: Frito pie, green or red chile, pinto beans, lettuce/tomato/onion
- 10/9 Mon: Closed for Columbus Day**
- *10/10 Tue: Chicken teriyaki over fried rice, stir-fry vegetables, eggroll, pineapples
- *10/11 Wed: Hot turkey sandwich, potatoes, gravy, Brussels sprouts, cranberry sauce, cookies
- *10/12 Thu: Roast beef, new potatoes, winter blend vegetables, brown gravy, ice cream
- *10/13 Fri: Tilapia, hush puppies, coleslaw, tartar sauce, mandarin oranges
- *10/16 Mon: Glazed ham, sweet mashed potatoes, asparagus, roll, cinnamon applesauce
- *10/17 Tue: Chicken pot pie, biscuit, vanilla pudding
- *10/18 Wed: Brazilian lunch
- *10/19 Thu: Beef tips over fettuccini pasta, broccoli Normandy vegetables, breadsticks
- *10/20 Fri: Fish and chips, roll, carrot raisin salad, tartar sauce, blueberry pie
- *10/23 Mon: Salisbury steak, au gratin potatoes, mushroom gravy, peas and carrots, apricot
- *10/24 Tue: Green chile chicken tortilla soup, crackers, biscochitos
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Regularly Scheduled Activities

AARP Smart Driver Course

Saturday, October 21, 9:00am-1:15pm in Day Out at BESC. Gary Doolen teaches the Smart Driver Course. Call 662-8920 for a reservation. This course may qualify you for an automobile insurance discount. The 4-hour course is **\$15** for AARP members, **\$20** for 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 15 participants. Bring pencil, ballpoint pen, driver's license, and AARP member card.

Adult Day Services

The Day Out See page 2

7:30am-5:00pm Daily, BESC

Cards and Games

Bingo

1:00pm Third Tuesday, October 17, BESC

Bridge

10:00am Monday, Bridge Lite, WRSC

1:00pm Monday, WRSC

1:00pm Tuesday, Party Bridge, BESC

New players: call Joyce Kephart, 662-7907, to be sure sufficient players are on hand.

1:00pm Wednesday, WRSC

1:30pm Wednesday Duplicate Bridge BESC

7:00pm Thursday, BESC

Cards

Any time, any day BESC is open, BESC

Chat Room-WRSC

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

Close 7:00pm Tuesday, 9:00pm Thursday

Cribbage

4:00-7:00pm Tuesday, WRSC

Dominos

10:00am Saturday, WRSC

Movie

7:00pm Tuesday, October 10, WRSC

12:30pm Fridays, BESC. Details page 6.

Pinochle

1:00pm Tuesday and Friday, WRSC

Pool & Billiards

BESC & WRSC - Every day but Sunday

Committees and Boards

AARP Community Group

10:30am Second Wednesday, Oct 11, BESC
See page 2 for Lunchtime Roundtable details.

Friends of the Senior Center Board

1:30pm Fourth Tuesday, October 24, BESC
See FOSC Meetings & Membership, page 11.

LARSO Advisory Council

10:00am Third Monday, October 16, BESC

LARSO Board of Directors

9:30am Thursday, October 26, WRSC

Computers

Computer Users Group (CUG)

All users or potential users are welcome. Meetings are at 10:00am on the third Tuesday at BESC; 10:00am 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, who are always welcome.

Mac Users Group (MUG)

MUG meets on the third Tuesday at 8:30am in the BESC classroom to discuss Mac usage or problems. All are welcome.

Available Computers

When there is no scheduled use, the computers in the Rawcliffe Room at BESC are available for internet access, practice, and general use. See calendar by the door. One computer is available for internet access and general use at the WRSC.

Projector

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

Crafts

Hookers and Stitchers

1:00pm Thursday, WRSC

LAVA Quilters

8:30am Wednesday, BESC

Wood Carving

10:00am Monday, WRSC

Regularly Scheduled Activities

Dance and Music

Ballroom Dancing

6:00pm Monday, Argentine Tango, BESC

7:00pm Monday, BESC

2:00pm Thursday, BESC

Line Dancing

12:30-1:45pm Monday, WRSC

9:00am Friday, BESC

Music with Ruth Williamson

10:30-11:15am Wednesday, The Day Out

Recorders

1:30pm Friday, BESC

Call Marge Agnew, 662-7144

Tap Dancing

12:00pm Tuesday, WRSC

1:30pm Thursday, BESC

HillStrummers Ukulele Group

10:00-11:30am Friday, BESC

Discussion Groups

Senior Civic Discussion Group

10:00am First and Third Mondays, BESC

Financial Investment Group

9:45-11:15am Thursday, WRSC

Health

Alzheimer's Support Group

1:15pm Second Wednesday, Oct 11, BESC

Benefits Counseling

By appointment only, 662-8920 or 672-2034.

Blood Pressure Check

1:00-4:00pm Wednesday, WRSC

Low-Vision /Hearing-Challenged Support

1:00pm Fri, Oct 13, BESC. Dr Walker.

10:00am Tue, Oct 24, BESC. Joshua MaestasJ on downloading library books to electronic devices.

No meetings in November and December.

See page 11 for contact information.

Toenail Clipping (Donation \$15.00)

9:20am Thursday, October 5 & 19, BESC

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

9:20am Thursday, October 12 & 26, WRSC.

For an appointment **call Annie at 672-2034.**

Physical Fitness

Cardio Plus Exercise

8:45am Monday and Wednesday, BESC

Gentle Pilates suggested donation \$5

9:00am Mondays & Fridays, BESC classroom

10:30-11:15am Wednesdays, WRSC

Gentle Yoga

11:00am Wednesday, WRSC

Low Impact Aerobics

9:30-10:15am Mon, Wed, Fri, WRSC

Silver Sneakers

10:30am Tuesday and Thursday, WRSC

For information, call the YMCA at 662-3100.

Strong Women Graduates

10:00am Mon, Wed, Fri, WRSC

Tai Ji Quan

9:30am Wednesdays, Fridays, WRSC

Table Tennis

7:30pm Tuesday and Thursday, BESC

10:00am Saturday, BESC

10:00am-1:00pm Saturday, WRSC

Therapeutic Posture Class (donation \$5)

See page 78 for details.

9:30-10:15am Thursday, BESC

Call 662-8920 to register

Variety Training

8:45am Tuesday and Thursday, BESC

Vinyasa Yoga

10:45am Monday, WRSC

4:30pm Wednesday, WRSC

Weight Room

10:00am Monday-Saturday, WRSC

Call 672-2034 for closing time.

Zumba Gold recommended donation \$5

1:30-2:30pm Tuesday, WRSC

4:00-5:00pm Friday, WRSC

Services

Tire Pressure Check at WRSC

10:30-11:30am Second Thursday, October 12

Walking

Early Walk

7:05am Wednesday, WR Baptist Church

Ad Hoc Hikers

8:30am Thursday, BESC downstairs. For

more information call Pam at (505) 500-6979.

Friday Walkers (WRSC)

Cancelled until further notice.

Special Programs

TRIPS

Suggested donation \$8.00
For reservations call Karen at 662-8922

Dinner Out

Wednesday, Oct. 11
The Shed Restaurant, Santa Fe
Creative Cooking on the Santa Fe Plaza with
the best red chile plate in New Mexico.

sfshed.com

Depart BESC: 4:30pm

Depart WRSC: 4:50pm

Back by popular request!

Enchanted Circle Tour

Thursday, October 19
Northern New Mexico tour through Taos, Red
River, Angel Fire, Shady Brook, with many
stops.

\$30 per person

\$8.00 donation requested.

Only a few seats left.

Call only for reservations: 662-8922

No walk-ins please.

Depart BESC: 8:30am

Depart WRSC: 8:50am

Dixon Studio Tour

Saturday, November 4

Depart BESC: 8:00am

Depart WRSC: 8:20am

MOVIES

WRSC

Tuesday, October 10, 7:00pm

A Streetcat Named Bob, 2016

103 min., Unrated

Luke Treadaway, Bob the Cat

Based on the best selling book, the true feel
good story of how James Bowen had his life
transformed when he met a stray ginger cat.

BESC Fridays, 12:30pm

**October 6, Willy Wonka & the Chocolate
Factory, 2017**

100 min., rated G

Gene Wilder, Jack Albertson

Charlie receives a golden ticket to a factory,
his sweet tooth gets going into the lush candy,
it turns out there's an adventure in everything.

Movies continued

October 13, The Producers, 1967

88 min., Rated PG

Gene Wilder, Zero Mostel

Producers Max Bialystock and Leo Bloom
make money by producing a sure-fire flop.

October 20, Silver Streak, 1976

114 min., rated PG

Gene Wilder, Richard Pryor

On a long-distance train trip, a man finds ro-
mance but also finds himself in danger of be-
ing killed, or at least pushed off the train.

October 27, Young Frankenstein, 1974

106 min., rated PG

Gene Wilder, Mel Brooks

An American grandson of the infamous scien-
tist, struggling to prove that he is not as in-
sane as people believe, is invited to Transyl-
vania, where he discovers the process that
reanimates a dead body.

Therapeutic Posture Mat Class

Would you like to improve your stability,
strength, and physical activity? Sandra West
is teaching a mat-based exercise class, fo-
cused on improving joint position and function,
on Thursdays, October 12 through November
16, 9:30-10:15am at the Betty Ehart Senior
Center.

This posture class uses floor exercises, based
on the Egoscue Method(R), to help partici-
pants improve stability and strength. Improv-
ing your body's position using your muscles
reduces pain, improves balance, retrains neu-
romuscular mechanics, and helps you feel
stronger and more physically capable. This
class is appropriate for most chronic musculo-
skeletal issues. It is helpful to attend on a reg-
ular basis, but not required. Class size is lim-
ited to 15 people.

Attire: Exercise clothes that you are comforta-
ble moving in. A sweater is helpful for those
who frequently feel cold. Yoga or gym clothes
work well.

Equipment: Please bring a yoga or exercise
mat for the floor exercises. All other equip-
ment will be provided.

Instructor: Sandra West, Posture Alignment
Coach. Suggested donation: \$5/day

Special Programs

Free Community Seminar

The Los Alamos Council on Cancer presents
Caregivers Need Love Too

Featured Speakers:

Joyce Rubinfeld, RN, BSN, MA Counseling
Rhona S Levine, Licensed Marriage and
Family Therapist

When: Thursday, October 5, 6:00pm

Where: First Baptist Church, 2200 Diamond
Drive, Los Alamos

Time: 5:14-6:00pm Light Dinner
6:00-7:30pm Seminar, Q&A Session

Seminar Objectives:

- Identify the stressors caregivers experience, recognize signs and symptoms of stress.
- Describe the patient's multiple roles within the family and community.
- Increase knowledge of stress relieving techniques, resources for the caregiver.
- Understand the process of defining "family" for each patient.
- Identify and understand the caregiver's role within the medical community.
- Understand how cultural norms have an impact on a patient and family with a cancer diagnosis.
- Understand the need for a Team and the role of support groups for the patient and family.

Pre-registration required by September 30 for light complimentary dinner!

Nurses and Allied Professionals will be awarded 1.5 CE contact hours

Los Alamos Medical Center is a provider approved by the California Board of Registered Nursing (Provider No. 15835) for 1.5 Contact Hours

To register, please call the Los Alamos Cooperative Extension Service at 662-2656 (email losalamos@nmsu.edu) or online at <http://www.LosAlamosCouncilOnCancer.org>.

Canvas & Chamomile



Aspen Tree Event Tuesday, Oct. 24, 4:00-5:30pm at WRSC. \$25 Includes all materials. Limit to 12. Pre-registration required with Susanne at [505-412-1534](tel:505-412-1534).

Enjoy creating vibrant fall aspen trees on a 10x10 canvas with acrylic paints. This is a 90-minute basic guided painting class for beginners or experienced painters. Stencils are always available for help sketching your image. Mix your own wonderful colors and apply them to the canvas with the help of local artist Susanne Harrison while sipping a cup of chamomile or mint tea.

Festival of Trees 2017

Members wishing to donate trees, wreaths or other holiday décor for the week-long Silent Auction are asked to have items to the BESC by Friday, November 10, 2:00pm.

The Festival of Trees concludes on Saturday, November 18 with 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 (C^{YA}).

We hope that many of you will support us by donating items, bidding and shopping and bringing your friends and family.



LAVA -- Los Alamos Volunteer Association

Linda Boncella, Director

lava@losalamosseniorcenter.com

Spotlight on a Service – Guerilla Gardeners



A new idea has blossomed amongst a group of generous people who love to garden! Guerrilla Gardeners, headed up by KokHeong McNaughton, is a loosely knit group that would like to help seniors with their yardwork, in particular those who have no one else to help them. The Guerrilla Gardeners are especially keen to help individuals whose yards need immediate attention (i.e., overgrown to the point of risking a citation from the County). If you feel you would qualify for this, please contact Linda Boncella in the LAVA office at 662-8923 for further information.

Guerrilla Gardeners shown cleaning up outside the former Blue Window Restaurant

Art Display for Senior Center Month

Thank you to all of the LAVA volunteers who so generously allowed their artwork to be shown at the Betty Ehart Senior Center for the month of September: Debra Gardner, Tori Iverson, Jerre Walterscheid, Cathy Knoop, Marcy Rislove and Peggy Pendergast. It has been a pleasure looking at the beautiful pieces that you have created!



Volunteer Hours

This is just a gentle reminder to LAVA volunteers to turn in hours for the quarter (July – Sept), if you have not already done so. You may call in your hours, e-mail hours, or drop by the LAVA office. I have sent out an e-mail reminder to those for whom I have an e-mail address. If you did not receive this reminder and would like to be included in the e-mail list, please contact the LAVA office at 662-8923. LAVA submits volunteer hours and total number of volunteers to our state funding agency, Aging and Long Term Services Dept on a quarterly basis. These are the two measurement goals in our funding contract with the state. Thank you so much, not only for all the volunteer work that you do, but also for being so diligent in submitting your hours!

(LAVA continued)**Volunteer Opportunities****Betty Ehart Senior Center:**

Upstairs Reception: The LAVA office is seeking receptionists for the upstairs desk. This is a very flexible opportunity. We have two and four hour shifts available, both for permanent weekly or monthly time slots, and for substitute shifts.

Dining Room Volunteer: Volunteers are needed to assist during lunch in the dining room. Permanent positions are available on Thursdays and Fridays. Shifts run from 11am to 1pm. Substitutes are also needed. If interested, please contact the LAVA office at 662-8923.

Home Delivered Meals (LARSO Transportation): LARSO is looking for volunteers to help with a short route (about one hour from start to finish, 10:30-11:30am) to deliver home-delivered meals for approximately 9 homebound individuals in the Eastern/Downtown area of Los Alamos. We are looking for someone to help out every other Friday, and we are especially looking for volunteers to substitute for the regular volunteers when they are not available.

White Rock Senior Center:

Desk Receptionist for new shifts designed to extend the hours of operation to 8:30am-5:30pm. Changes will start in November if volunteer staff is in place.

Activity organizing: Example Friday Walker organizer and hike guide.

Herb garden: planning and maintenance.

If you are interested in volunteering at the White Rock Senior Center, please contact Annie at the White Rock Senior Center at 672-2034 or Linda in the LAVA office at 662-8923.

UNM-LA: UNM-LA is looking for volunteers to tutor students pursuing their high school equivalency degree and for those in the English as a Second Language program. If you enjoy helping people in an academic environment, please consider being a tutor. Contact Jane Clements, Program Coordinator, at 662-0338, or e-mail janec181@unm.edu.

Bradbury Science Museum Association: Volunteers are needed to staff the retail kiosk at the Bradbury Science Museum. Proceeds from these sales help to provide funding for STEM field trips and workshops for neighboring and underserved communities. Please contact the LAVA office for further information.

Los Alamos Retired Community (LARC): Please consider volunteering your time at either Sombrillo or Aspen Ridge by either helping with a program, reading to residents, or playing music. If you are interested in volunteering at either of these locations, please contact Cynthia Goldblatt, Community Liaison for the Los Alamos Retirement Community at 661-0066 or e-mail at cgoldblatt@larcnm.com, or contact the LAVA office.

If you are interested in any of the above volunteer opportunities, please contact the volunteer office at 662-8923, or e-mail to lava@losalamosseniorcenter.com

If you would like a complete listing of volunteer opportunities, please contact the LAVA office at lava@losalamosseniorcenter.com. We will be happy to e-mail you a copy of both the LARSO volunteer opportunities and those at the stations with which LAVA partners.

Thank you LAVA volunteers! Linda and Sarah

White Rock Senior Center 672-2034



**Halloween Potluck and
Birthday Party**

**Friday, Oct 27
at 11:30am**

**Please bring
a dish to share!**



**WRSC Lunch Talk in Event Hall
Brazil Photo Presentation by Martin Cooper
October 18 at 12:30pm
Brazilian menu will be served that day.**

**WRSC hours
will remain as
follows:**

**M, W, F -
10:00am-
4:00pm**

**Tuesdays
10:00am-
7:00pm**

**Thursdays
10:00am-
10:00pm**

**Saturdays
10:00am-noon**



**Canvas & Chamomile Aspen Tree Event,
Tuesday, Oct. 24, 4:00-5:30pm
\$25 Includes all materials Limit 12**

Pre-registration required with Susanne at 505-412-1534

Enjoy creating vibrant fall aspen trees on a 10x10 canvas with acrylic paints. This is a 90-minute basic guided painting class for beginners or experienced painters. Stencils are always available for help sketching your image. Mix your own wonderful colors and apply them to the canvas with the help of local artist Susanne Harrison while sipping a cup of chamomile or mint tea.

Details

Low-Vision/Hearing-Challenged Support

1:00pm Fri, Oct 13, BESC. Presentation by Dr Walker, low vision specialist.

10:00am Tue, Oct 24, BESC. Presentation by Joshua Maestas on downloading library books to electronic devices.

No meetings in November and December.

Commission for the Blind Representative: Deon Dodson

office 1-888-513-7964

cell 1-505-860-3264

Commission for the Deaf and Hard of Hearing: e-mail: nmcdhh.info@state.nm.us

TTY: 505-383-6541

VP: 505-435-9319

Toll-free: 1-800-489-8536

Contribute at No Extra Cost

Los Alamos Retired and Senior Organization is now a registered charity with Amazon Smile. Please consider designating us when you order products from Amazon, but use the AmazonSmile portal instead of regular Amazon.

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support your charitable organization by starting your shopping at smile.amazon.com.

Thank you for remembering us when you shop on line. Every little bit helps us towards meeting our budget goal for this year.

Friends of the Senior Center (FOSC) Meetings and Membership

The Friends of the Senior Center (FOSC) board usually meets the 4th Tuesday of each month at 1:30pm – everyone is welcome to attend. Our typical schedule is to meet in the conference room at BESC, with meetings at WRSC in March, June, and September. In December we instead hold the annual meeting/elections at lunch on the second Friday at BESC.

The current board members are:

President - Patricia Rathbone

Vice-President - Janet Harris

Treasurer - John Stewart

Secretary - Anne Souders

Members-at-Large - Sheila Girard, Bert Kortegaard, and 1 vacancy

Membership is open to any Senior Center member. There are no dues. Just sign the book, which is kept in the drawer of the cabinet that is located upstairs under the display monitor (near the top of the stairs and the elevator).

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 (BESC)

losalamosseniorcenter.com
Pauline Schneider, Director
director@losalamosseniorcenter.com

Front Desk	662-8920
Fax	661-7677
Meal Reservation	662-8924
Transportation	662-8922
	500-8019
Weekend/Evenings	412-2200
Hours - M-F - 8:00am-4:30pm	
Sat - 10:00am-1:00pm	

Los Alamos Volunteer Assoc (LAVA)

Linda Boncella, Director 662-8923
lava@losalamosseniorcenter.com

The Day Out

Laurie Hochhalter, Director 661-0081
dayout@losalamosseniorcenter.com
Hours - 7:30am-5:00pm

White Rock Senior Center (WRSC)

133 Longview Dr
White Rock, NM 87547
Annie Bard, Coordinator
wrscc@losalamosseniorcenter.com

Phone 672-2034

Hours - M,W,F - 10:00am-4:00pm
Tue - 10:00am-7:00pm
Thu - 10:00am-10:00pm
Sat - 10:00am-noon

Los Alamos Retired & Senior News

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