



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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Many of you know that delicious lunches are served at both the Betty Ehart and White Rock senior centers every weekday, but fewer folks know that those same meals can be delivered hot and ready to eat to the homes of members who may not be able to cook for themselves. See page 11 for details.

Holidays 2017

Christmas	Dec 25-26
New Year	Jan 1, 2018

Legend

BE - Betty Ehart Senior Center
WR - White Rock Senior Center
 More details on page 2.

Were you here during the Cold War?

The Historical Society is embarking on a project focusing on the Cold War. Heather McClenahan, the Executive Director of the Los Alamos Historical Society, hopes to find volunteers to share their oral history of what life was like for families in Los Alamos during the Cold War era from the end of World War II through the early 1990's. See the LAVA news, page 8, for more information.

Theater: Sages Writing for the Stage

Have you ever thought about writing a play? Do you have stories you would love to see dramatized on stage? Come to an organizational meeting to launch *Sages Writing for the Stage*, a hands-on program developed specifically for seniors. Details on page 6.

Fundraising Update

We are so grateful for the generous gift of \$15,000 to LARSO from the estate of long-time community member Marvin Mueller. So far we have raised \$64,200 toward our operating budget deficit for this fiscal year of \$87,514. We are now partnering with the Los Alamos Community Foundation for a LARSO endowment fund that is newly in place. Endowment gifts can be given to the foundation specified for LARSO. We are excited about this new partnership.

We hope members will designate us for AmazonSmile purchases. Please continue to support our two senior centers as they strive to provide essential services to many in our community. Checks can be made out to "LARSO" and mailed to LARSO, 1101 Bathtub Row, Los Alamos NM 87544. Thank you!

Day Out

We had a wonderful visit from Brooke and her preschool group. They not only brought pictures that they had drawn but also home-made cookies, smiles and hugs! The two pictures below are of that visit. We as a group also went to visit one of our former participants for her 100th birthday! We miss this lady in our program and truly enjoyed going to visit her. If you know someone who should not be alone, encourage them to participate in our program, even just for our easy exercise group. You have to keep moving to keep moving!

Stay warm and stay loved!

Laurie Hochhalter
Day Out Program Director



Lunches at BE and WR

Lunch is served weekdays 11:30am-12:30pm. For reservations call 662-8924 (BE) or 672-2034 (WR) 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. 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.

Home Delivered Meals

If you wish to know about home delivered meals in Los Alamos or White Rock, call Cindy at 662-7957. To cancel an existing delivery, White Rock residents call Mike at 672-9544 and Los Alamos residents call Fred at 662-8924. See full details on page 11.

Special December Lunches

This year **LANB** will sponsor one holiday lunch at the WR on Fri Dec 8 and one at the BE on Fri Dec 15. **Tickets are required** for the lunch you wish to attend. There are 80 tickets for WR and 126 for BE, available starting Nov 20 at the senior centers.

The **Friends of the Senior Center (FOSC)** board will host lunch for members at our annual meeting on Tue Dec 12 11:30am. Be sure to make your reservation! Members should register at the money table after the usual My Senior Center sign in. See page 11 for membership and meeting details.

Legend - More Abbreviations

Days and months are now shortened to three-character abbreviations (Wednesday, September 27 is now Wed Sep 27), saving lots of space, but still keeping it concise and clear. Comments, complaints, suggestions? Want to start/stop your email/regular mail newsletter delivery? Email me. *Gale Williams, editor* news@losalamosseniorcenter.com



Let's Eat Lunch



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

BE Dec Meals

- 12/1: Turkey, gravy, potatoes, dressing, green beans, cranberry sauce, pumpkin pie **(RPEA lunch)**
- 12/4: Chicken fried steak, au gratin potatoes, country gravy, green beans
- *12/5: Cod tails with cucumber dill sauce, rice pilaf
- 12/6: Meatloaf, mashed potatoes, brown gravy, peas & carrots, plums
- 12/7: Pork roast, green chile tomato sauce, black-eyed peas, applesauce
- *12/8: Baked potato bar, roll, tropical fruit
- 12/11: Lemon pepper cod, tartar sauce, diced potatoes, broccoli
- *12/12: Green chile chicken enchiladas, pinto beans, Spanish rice, chocolate pudding **(FOSC lunch)**
- *12/13: Spaghetti with sausage marinara, breadstick, apple crisp
- *12/14: Green chile chicken tortilla soup, crackers, gelatin with topping
- 12/15: Chicken cordon bleu, rice pilaf, Dijon cream sauce, peas/carrots, raspberry swirl cheesecake
(LANB lunch by reservation only. Details page 2)
- 12/18: Tuna, wild rice, mango salsa, Brussels sprouts, whole wheat roll, peaches
- 12/19: Pork posole, flour tortilla, tapioca pudding
- 12/20: Chicken fettuccini alfredo, Italian blend vegetables, bread stick, pears
- 12/21: Salisbury steak, mashed potatoes, 5-way mixed vegetables, brown gravy, fruit cocktail
- *12/22: Green chile baked potato soup, biscuit, chocolate cake
- 12/25: **Center Closed for Holiday**
- 12/26: **Center Closed for Holiday**
- 12/27: Tilapia, tartar sauce, fried diced potatoes, carrot raisin salad, blueberry muffins
- 12/28: Chicken breast, rice pilaf, green beans, roll, peaches
- *12/29: Minestrone soup, biscuit, vanilla pudding

WRSC Dec Meals

- *12/1: Frito pie, cherry cobbler
- *12/4: Pork roast, green chile tomato sauce, black-eyed peas, applesauce
- *12/5: Meatloaf, mashed potatoes, brown gravy, peas & carrots, plums
- *12/6: Chicken enchiladas, pinto beans, Spanish rice, chocolate pudding
- *12/7: Cod tails with cucumber dill sauce, rice pilaf, pineapples
- *12/8: Chicken cordon bleu, rice pilaf, Dijon cream sauce, peas/carrots, raspberry swirl cheesecake
(LANB lunch by reservation only. Details page 2)
- *12/11: Chicken fried steak, au gratin potatoes, country gravy, green beans
- *12/12: Lemon pepper cod, tartar sauce, diced potatoes, broccoli, mandarin oranges
- *12/13: Green chile chicken tortilla soup, crackers, gelatin with topping
- *12/14: Spaghetti with sausage marinara, breadstick, apple crisp
- *12/15: Baked potato bar, roll, tropical fruit cocktail
- *12/18: Chicken fettuccini alfredo, Italian blend vegetables, breadstick, pears
- *12/19: Green chile baked potato soup, biscuit, chocolate cake
- *12/20: Tuna, wild rice, mango salsa, Brussels sprouts, whole wheat roll, peaches
- *12/21: Pork posole, flour tortilla, tapioca pudding
- *12/22: Salisbury steak, mashed potatoes, 5-way mixed vegetables, brown gravy, fruit cocktail
- *12/25: **Center Closed for Holiday**
- *12/26: **Center Closed for Holiday**
- *12/27: Chicken breast, rice pilaf, green beans, roll, peaches
- *12/28: Minestrone soup, biscuit, vanilla pudding
- *12/29: Tilapia, tartar sauce, fried diced potatoes, carrot raisin salad, blueberry muffins

Regularly Scheduled Activities

AARP Smart Driver Course

No class in Dec.

Mon Jan 29 12:15-4:30pm, BE classroom. Kimberly Thomas 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 30 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, BE

Cards and Games

Bingo

1:00pm Third Tue Dec 19, BE

Bridge

10:00am Mon, Bridge Lite, WR

1:00pm Mon, Duplicate Bridge, WR

1:00pm Tue, Party Bridge, BE

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

1:00pm Wed, WR

1:30pm Wed, Duplicate Bridge, BE

7:00pm Thu, BE

Cards

Any time, any day BE is open, BE

Chat Room-WR

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

Close 7:00pm Tue, 9:00pm Thu

Cribbage

4:00-7:00pm Tue, WR

Dominos

10:00am Sat, WR

Movie

12:30pm Fri, BE. Details page 6.

Pinochle

1:00pm Tue and Fri, WR

Pool & Billiards

BE & WR - Every day but Sunday

Committees and Boards

AARP Community Group

10:30am Second Wed Dec 13, BE

Friends of the Senior Center Board

1:30pm Tue Dec 12, BE

Annual meeting/elections at lunch. See FOSC Meetings & Membership, page 11.

LARSO Advisory Council

10:00am Third Mon Dec 18, BE

LARSO Board of Directors

No meeting in December

Computers

Computer Users Group (CUG)

All users or potential users are welcome. Meetings are at 10:00am on the third Tue at BE and on the first Tue at WR. 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 Tue at 8:30am in the BE 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 BE 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 WR.

Projector

A multimedia projector and associated laptop are available through the BE 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 Thu, WR

LAVA Quilters

8:30am Wed, BE

Wood Carving

10:00am Mon, WR

Regularly Scheduled Activities

Dance

Ballroom Dancing

6:00pm Mon, Argentine Tango, BE

7:00pm Mon, BE

2:00pm Thu, BE

Line Dancing

12:30-1:45pm Mon, WR

9:00am Fri, BE

Tap Dancing

12:00pm Tue, WR

1:30pm Thu, BE

Music

4pm Tue Dec 19 at BE join the Aspen Carolers and the Hillstrummers for festive holiday music!



Music with Ruth Williamson

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

Recorders

1:30pm Fri, BE

Call Marge Agnew, 662-7144

HillStrummers Ukulele Group

10:00-11:30am Fri, BE

Discussion Groups

Senior Civic Discussion Group

10:00am First and Third Mon, BE

Financial Investment Group

9:45-11:15am Thu, WR

Health

Alzheimer's Support Group

1:15pm Second Wed Dec 13, BE

Benefits Counseling

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

Blood Pressure Check

1:00-4:00pm Wed, WR

Low-Vision /Hearing-Challenged Support

No meetings in Nov and Dec.

Toenail Clipping (Donation \$15.00)

9:20am Thu Dec 7 & 21, BE

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

9:20am Thu Dec 28, WR

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

Physical Fitness

Cardio Plus Exercise

8:45am Mon & Wed, BE

Gentle Pilates suggested donation \$5

9:00am Mon & Fri, BE classroom

10:30am Mon & Wed, WR

Gentle Yoga

11:00am Wed, WR

Low Impact Aerobics

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

Silver Sneakers

9:00am Tue & Thu, WR

Strong Women Graduates

10:00am Mon, Wed, Fri, WR

Tai Ji Quan

10:00am Mon & Thu, BE

Table Tennis

7:30pm Tue & Thu, BE

10:00am Sat, BE

10:00am-1:00pm Sat, WR

Therapeutic Posture Class (donation \$5)

12:30-1:15pm Wed, BE

No class Dec 29

Call 662-8920 to register

See page 7 for details.

Variety Training

8:45am Tue & Thu, BE

Vinyasa Yoga

10:45am Mon, WR

4:30pm Wed, WR

Weight Room

10:00am Mon-Sat, WR

Call 672-2034 for closing time.

Zumba Gold recommended donation \$5

1:30-2:30pm Tue, WR

4:00-5:00pm Fri, WR

Walking

Early Walk

7:05am Wed, White Rock Baptist Church

Ad Hoc Hikers

8:30am Thu, BE downstairs. For more information call Pam at (505) 500-6979.

Special Programs

TRIPS

Suggested donation \$8.00 (cash or check payable to LARSO)

For reservations contact the BE Front Desk (662-8920).

Mystery Trip

Sat Dec 9

Georgia is our driver. No meals included. Take snacks. Some easy walking. Return in time to attend the 7:00pm WINDS CONCERT. For help with rides or more information, contact Mary (663-0107).

Make reservations starting Dec 1 at the BE Front Desk (662-8920).

Depart BE: 2:00pm

Depart WR: 2:20pm

Dinner Out

Wed Dec 13

The Shed, creative New Mexican cooking on the Santa Fe Plaza since 1953.

sfshed.com

Depart BE: 4:30pm

Depart WR: 4:50pm

MOVIES

BE Fri 12:30pm

Dec 1, Miracle on 34th Street, 1994

114 min., rated PG

**Eliabeth Perkins, Dylan McDermott
Richard Attenborough**

A lawyer and a little girl must prove that a man claiming to be Santa Claus is the real thing.

Dec 8, Jingle All the Way, 1996

89 min., Rated R

Arnold Schwarzenegger, Sinbad

A father vows to get his son a Turbo Man action figure for Christmas, however, every store is sold out of them, and he must travel all over town and compete with everybody else in order to find one.

Dec 15, Miracle on 34th Street, 1947

96 min., Approved

Edmund Gwenn, Maureen O'Hara

When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him by arguing in court that he is the real thing.

Dec 22, White Christmas, 1954

120 min., not rated

**Bing Crosby, Danny Kaye,
Rosemary Clooney**

A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

Dec 29, Guardians of the Galaxy, 2014

121 min., rated PG

**Chris Pratt, Vin Diesel,
Bradley Cooper**

A group of intergalactic criminals are forced to work together to stop a fanatical warrior from taking control of the universe.

THEATER

Sages Writing for the Stage

Have you ever thought about writing a play? Do you have stories you would love to see dramatized on stage? Come to an organizational meeting to launch "*Sages Writing for the Stage*," a hands-on program developed specifically for seniors. We will explore the elements of a play and participate in playwriting exercises. Then participants will write their original short plays. Each participant will have the opportunity to have their play read aloud by local actors.

The program will be led by award-winning teacher, Marsha Pincus. She recently moved to New Mexico from Philadelphia, where she taught for 35 years. Her acclaimed teaching career included serving as executive director of *Philadelphia Young Playwrights*.

In addition to teaching playwriting, she is herself a playwright and performer. She wrote *CHALKDUST*, a one woman show about her teaching career.

Want to be part of this New Year opportunity? Please call the BE (662-8920) and leave your name and phone number by Dec 15. If there is sufficient interest we will schedule an organizational meeting in Jan 2018.

Learn about Our Neighbors

On Tue Dec 12 10:30am at the BESC, hear a talk by Leslie Colley, Development Officer for the Ohkay Owingeh Housing Authority regarding some amazing changes that are happening in this nearby community. See details on page 11.

Special Programs

A Community Conversation with Dr. Gary Rosenberg, Director of the Memory and Aging Center at UNM, Fri Dec 1 1:00-3:00pm at Legacy in Santa Fe, 3 Avenida Aldea (located off the 599 bypass). Dr. Rosenberg will discuss the advances in research, the services available at the center and opportunities to become a part of a study on drug trials being conducted at the center. He will be glad to answer any questions you may have related to Alzheimer's or any dementia-related illness. For more information, or to rsvp please contact ddalznm@gmail.com.

Therapeutic Posture Mat Class

Sandra West will continue teaching a mat-based exercise class, focused on reducing pain and improving joint position and function Wed Dec-Feb 12:30-1:15pm. No class Dec 29. See details on page 7 of Nov newsletter.

Therapeutic Posture Chair Class

Sandra West's sitting, standing, and walking exercise class, focused on improving joint position and function, will return in Jan at a new day and time: Wed 1:30-2:15pm at BE. Watch for full details in the Jan 2018 newsletter.

Senior Input Requested

On Mon Dec 4 during the BE lunch, County staff will discuss the *Americans With Disabilities Act Transition Plan* that is proposed in order to maintain the County's eligibility for Federal Transportation funds. This plan focuses on pedestrian access to sidewalks, curb ramps, pedestrian signals, bus stops, shared trails, Parks & Recreation facilities and County buildings. It is due by Dec 22. Please attend to provide feedback, ask questions and have input to this important effort. A draft report is available on the Public Works project page of the County's website: www.lacnm.us/government/departments/public_works/public_works_projects/

Canvas & Chamomile Event with Susanne Harrison Tue Dec 5 4:00-5:30pm, WR. Create a winter scene with acrylic paint at this guided painting event. \$25 fee includes all materials. Register by phone at 412-1534 or online at www.LACanvasEvents.com. See Nov newsletter page 7 for more details.

Tai Chi for Arthritis & Fall Prevention

Mon & Thu Dec 4 through Feb 15 10:00am at the BE Great Room. Suggested donation \$5. Tai Chi for Arthritis and Fall Prevention is an evidence-based program that aims to increase the physical activity and help reduce the risk of falls and injury in older adults throughout the senior community. This simplified Sun Style Tai Chi form, as adapted by Dr. Paul Lam from the Tai Chi for Health Institute, is specifically designed for older adults; it helps to improve the individual's balance, mobility, and strength. Please wear loose clothing and flat shoes. Pre-registration is strongly recommended. To register or for more info, contact Susanne Harrison (cell: 505-412-1534 or email: SHarrison.Arts@gmail.com)

Low Vision Appointments

In October, Optometrist Dr. Dulce Walker gave an informative low vision talk at the BE. She normally sees patients in Edgewood and Albuquerque but has agreed to schedule 2-3 appointments here at the BE on Fri & Sat Dec 8 & 9 for people who find it hard to travel out of town.

If you are interested in an appointment, please call her at (505) 453-4914 to see if you are a candidate for a Low Vision Exam. Exams usually last up to 2 hours and are not covered by insurance. The exam fee is \$350 and there would be an additional \$50 to cover her travel expenses. Dr. Walker can provide low vision glasses and electronic devices to help people with a number of vision limiting conditions.

Marietta Myers, Sculppotter

Befana (pronounced [\[be'fa:na\]](http://www.youtube.com/watch?v=be'fa:na)) is an old woman who delivers gifts to children throughout Italy on Epiphany Eve (the night of Jan 5) in a similar way to St Nicholas or Santa Claus.



Please drop by the WR Event Hall and enjoy a collection of Christmas gift givers, sculptures created by Marietta Myers. WR Director Annie Bard is proud to have had Marietta as her mother and will always be her biggest fan. See page 10 for more information.

LAVA -- Los Alamos Volunteer Association

Linda Boncella, Director

lava@losalamosseniorcenter.com

Spotlight on a Station – Los Alamos Historical Society

The Historical Society has been a station with LAVA (formerly RSVP) since 1980. The volunteer association has enjoyed a long history of helping to recruit volunteers for the Historical Society and its museum. Recently, the Historical Society has decided to embark on a project focusing on the Cold War. Heather McClenahan, the Executive Director of the Los Alamos Historical Society, has provided the following information with the hopes of finding volunteers to share their oral history of the Cold War era in Los Alamos:

When the Los Alamos Historical Society renovated and expanded the Los Alamos History Museum last year, the staff, volunteers, and consultants made a significant discovery: The scholarship on the role that Los Alamos played in the Cold War is remarkably sparse.

While hundreds if not thousands of books have been written on the Cold War, most of them focus on geopolitical history—unlike the hundreds, if not thousands of Manhattan Project books, almost all of which mention Los Alamos.

As a scholarly organization, the Historical Society has set about to remedy this situation. Through the generous donations of members and those who attended the annual gala, the Society is embarking upon a research project to learn more about what life was like in Los Alamos from the end of World War II through the early 1990s.

We are less interested in what happened at the laboratory (the Bradbury Science Museum tells those stories well) than in community—stories like what life was like for families, how people spent their leisure time, what was it like living under a constant threat from the Soviets, and how environmental issues and concerns changed over the years.

As part of the research project, the Society is working with the Los Alamos Senior Center to collect oral history interviews from those who lived in Los Alamos through the Cold War, whether a Cold Warrior at the lab, a child growing up in the town, or someone who has ties to the stories mentioned above.

The Senior Center plans to set up a “Cold War Corner,” with photographs and items that can serve as reminders or spark memories. Historical Society staff and volunteers will arrange times with the Senior Center to conduct video interviews. The project will get into full swing after the first of the year.

If you are interested in sharing your stories, please contact Linda Boncella at lava@losalamosseniorcenter.com. If you have questions, please contact Los Alamos Historical Society Executive Director Heather McClenahan at heather@losalamoshistory.org.



Denver Steels on Q Street (now Questa Dr), 1947

(LAVA continued)**LAVA Quilters**

On Oct 25 the LAVA Quilters made their semi-annual trip to donate quilts and knitted items to the Santa Fe Youth Shelter and to the Ronald McDonald House in Albuquerque. The staff from the Youth Shelter generously took time to explain their programs and what they do to help young people who are in need of a place to stay. The teens are given a quilt of their own to keep – and these quilts are cherished! The Executive Director of the Santa Fe Youth Shelter shared a recent news story about the youth shelter, which had a picture of one of the rooms with two beds that each had a quilt on it that had been donated by the LAVA Quilters. The Quilters then headed to Albuquerque to donate baby quilts, regular quilts, slipper sets, knitted socks, walker bags and hats to the Ronald McDonald House. It was an enjoyable, heart-warming day. Many thanks to Connie Johnson of LARSO, for driving us there and back!

Volunteer Opportunities

Earth Treasures Show: Volunteers are needed to help with the annual Earth Treasure Show on Sat Dec 2 9:00am-5:00pm and Sun Dec 3 10:00am-4:00pm. There are a variety of times and volunteer jobs available. Please contact Barbara Carlos directly at 662-5086 if you are interested in helping with this fun, annual event sponsored by the Geological Society. The proceeds from this event benefit the Los Alamos Geological Society Scholarship fund.

United Blood Services – January Blood Drive

Volunteers are needed to register blood donors and to prepare snacks for donors for the blood drive at the First Baptist Church on Jan 4 & 5. If you are interested in helping, please contact the LAVA office to schedule a time to volunteer.

White Rock Senior Center:

Tuesday Night Volunteer: A volunteer is needed to staff the WRSC Tues 4:00-7:00pm. Please consider being a substitute for this also if the regular volunteer is unable to be there.

Reception: Receptionists are needed for Mon and Fri morning and afternoon shifts. If you would prefer to substitute only, that would work well too!

Betty Ehart Senior Center:

Dining Room Volunteer: We are looking for volunteers to help with our meal program – meal helpers are needed for Thu and Fri shifts. If you would prefer to be a substitute meal helper rather than having a permanent slot, we are always in need of subs!

Home Delivered Meals (LARSO Transportation Dept.): Volunteers are needed to substitute for the home delivered meal program in the Eastern/Downtown area of Los Alamos. The route is a short one, delivering meals to approximately 9 homebound individuals. Delivering these meals takes about one hour from start to finish: 10:30-11:30 am.

As we head into the holiday season, we want to thank each of you for the volunteer work that you do – we are so very thankful for the generosity of spirit that you show! Linda and Sarah

LANB HOLIDAY LUNCH

This year LANB will sponsor one lunch at the WR on Fri Dec 8 and one at the BE on Fri Dec 15. Tickets are required for the lunch you wish to attend. Details on page 2.



Lunch Photo Presentation Traveling in Thailand Jan 18, 2018 at 12:30pm

Martin and Beverly Cooper traveled to Thailand from Oct 14-15 and Oct 29-Nov 7, 2010 on a mixed cultural-wildlife photo safari. They visited Bangkok, the southern national parks, and the Chiang Mai area. They captured a variety of pictures including people going about their lives, historical sites, and wildlife.

International Christmas Gift Giver Sculptures by *Marietta Myers* on display in Event Hall through Jan 1



Marietta had a gift for capturing almost any image in clay using the potter's wheel to create the basic form then with a little pinch here and a poke there pots became sculptures. She was best known for her 28 different Christmas figurines. Each figure celebrates the origin of gift giving in countries all over the world. Over decades of work Marietta established a customer base that also clamored for her portrait work her, her awards and retirement gifts for local schools and organizations, as well as museum displays depicting magicians as well as clowns.

After a knee injury Marietta had to stop doing art shows. She missed her customers and all the affection she enjoyed while greeting the public. She became involved with the local senior center teaching sculpture classes and taking fitness classes. She looked for a way to give back to the center that she enjoyed so much. She started having Christmas tea parties in her home. The funds donated from the sale of her work helped the senior center as well as helped her rekindle old friendships. She found her own unique way to make a difference.

Details

Home Delivered Meals

Many of you know that delicious lunches are served at both the Betty Ehart and White Rock senior centers every weekday, but fewer folks know that those same meals can be delivered hot and ready to eat to the homes of members who may not be able to cook for themselves. If you have been hospitalized or sustained an injury or illness that has you feeling weak, unable to stand at the stove or just not feeling like eating, these meals could really help. Good nutrition is imperative for healing and maintaining one's health and meals from the senior center are heart healthy and portioned for older adults. Meals come with milk or juice and include an entrée, sides and dessert. Now that winter is in the air, you will see menus with a variety of hearty soups, chicken pot pie or yummy enchiladas. The other benefit of this service is the short visit from the people who deliver the meals. One route is handled by volunteers and the other routes are driven by senior center staff. They check in with each senior to see how they are doing and if any additional assistance is needed. This can be very reassuring for family members and many seniors say they look forward to seeing their driver each day. Extra meals for the evening and weekends can be arranged. Home delivered meals are offered on a suggested donation basis, with the current suggestion being \$5.50/meal. Additional funds used to support this service come from the Area Agency on Aging and Los Alamos County. The following feedback recently came to the senior center from local resident, Karen Kendall:

We are so grateful to the Senior Center for the home food program. My husband's parents love the meals. Cooking to manage diabetes is not easy especially as you age. Having daily, well balanced meals delivered and easy to heat up for dinner has made a huge difference and improved their health. Their favorite meals are the cobb salad and frito pie.

A call to the Betty Ehart Senior Center at 662-7957 will connect you with the staff who can answer any questions about this service and get it started for any persons 60 or older who are homebound in White Rock or Los Alamos.

Learn about Our Neighbors

On Tue Dec 12 10:30am at the BESC, hear a talk by Leslie Colley, Development Officer for the Ohkay Owingeh Housing Authority regarding some amazing changes that are happening in this nearby community. Owe'neh Bupingeh is the traditional name for the center of the Ohkay Owingeh village and has been occupied for over 700 years. Owe'neh Bupingeh is comprised of four plazas, once surrounded by several hundred homes. Sixty homes remain, most of which were abandoned by 2005 due to deterioration and decades of housing options far removed from the heart of the pueblo. To date, 34 ancestral adobe homes have been rehabilitated with sensitivity to both pueblo architecture and modern living. As a result, 42 families now live in the pueblo, bringing vibrancy and community back to the community core. Fifteen homes remain to be completed in the final phase of this award-winning project. The rehabilitation of Owe'neh Bupingeh is one strand of a broad tribal effort to bring life back to the plazas and strengthen their cultural traditions. The Ohkay Owingeh Housing Authority continues to take an innovative approach to the mission of restoring their plaza and the project serves as a model for pueblos across the state. The project was awarded \$500,000 in a New Mexico tax credit program that benefits New Mexico businesses and individuals that wish to be a part of the rebirth of Owe'neh Bupingeh.

Friends of the Senior Center (FOSC) Membership and Annual Meeting

Membership is open to any Senior Center member. There are no dues. To join, sign the book kept upstairs under the electronic bulletin board. The Dec 12 meeting will start at noon. The major item of business will be the election of board members. Vice-President Janet Harris and Treasurer John Stewart will continue in their offices. Election will be held for the following board positions: President - Patricia Rathbone, Secretary - open, and Members-at-Large - Sheila Girard, Bert Kortegaard, and Anne Souders. We are seeking a candidate for secretary who is able to attend monthly meetings on the 4th Tue 1:30pm. Additional candidates may be nominated from the floor. A written statement of consent from the nominee must be presented at the time the nomination is made.

Los Alamos Retired and Senior Organization
1101 Bathtub Row
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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

White Rock Senior Center (WR)

133 Longview Dr, White Rock, NM 87547

Annie Bard, Coordinator

wpsc@losalamosseniorcenter.com

Phone 672-2034

Meal Reservation 672-2034

Delivered Meal Reservation 672-9544

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

Tue - 10:00am-7:00pm

Thu - 10:00am-10:00pm

Sat - 10:00am-noon

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

Los Alamos Retired & Senior News

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