



# Los Alamos Retired and Senior News



## The Newsletter of the Los Alamos Retired and Senior Organization

Pauline Schneider, Executive Director

Web Site: [losalamosseniorcenter.com](http://losalamosseniorcenter.com)



### Holidays 2018

New Year's Day	Mon Jan 1
M L King, Jr Day	Mon Jan 15
Presidents' Day	Mon Feb 19
Memorial Day	Mon May 28
Independence Day	Wed Jul 4
Labor Day	Mon Sep 3
Columbus Day	Mon Oct 8
Veterans Day	Mon Nov 12
Thanksgiving	Thu-Fri Nov 22-23
Christmas	Mon-Tue Dec 24-25

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### LARSO Partners with LACF



#### LARSO partners with the Los Alamos Community Foundation (LACF) to Establish Endowment Fund.

A long-time wish of our organization is now coming to pass with the help of the Los Alamos Community Foundation. Past LARSO Boards have discussed the idea of having an endowment for our non-profit, but have never had the tools to make it happen. In November, LARSO transferred \$10,000 of our funds to the LACF because they have a mission to support non-profits in our community and can invest and manage this money that will come back to us when we need it. They have the ability to develop donors, encourage charitable giving, provide professional fundraising support and we love that they are local. LARSO is the first non-profit to join the LACF in this way. In the past year, we have seen up close the challenges of losing State funds that we were counting on to provide meals, rides and adult day services. We have worked really hard this year to raise funds to cover our significant shortfall. An endowment that grows will be a longer-term strategy to maintain financial stability for LARSO.

Community members who are interested in making a charitable gift to the Foundation to support the LARSO Endowment Fund may contact the LACF Treasurer, Ken Milder, at 661-4420 or [treasurer@losalamoscf.org](mailto:treasurer@losalamoscf.org) for more information.

### Day Out

Winter is here! Every fall we in the Day Out Program have a first snowfall contest. This year Lucy guessed the correct day for the first measurable snowfall for the Senior Center parking lot. Shown here is our Snow Queen Lucy leading the procession into the lunch room, waving to all of her loyal subjects. Gabe was her honor guard. As you can tell we have quite a bit of fun in Day Out.



If you know someone who should not be sitting at home alone, could use the benefits of our program, please recommend us. Make good friends and thoroughly enjoy your days with us! You can come for as little as two hours once day a week to all day every weekday from 7:30am to 5:00pm excluding holidays. Our newest addition to our program staff is Vee. She is shown leading a beading activity with our participants. You will also see Vee driving for the transportation department. We had a good time with the beads and everyone got to go home with a bracelet to give as a gift to a loved one.



Remember to live, laugh and love!  
*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.

### Special Thai Meal at WR

Thu Jan 18, 11:30am, WR.

Martin and Beverly Cooper present a Cultural Photo Safari to Thailand at 12:30pm following a special Thai Lunch:

- Khao Niao (Sticky Rice)
- Satay Ayam (Marinated Chicken with Peanut Sauce)
- Phla Mu (Spicy Pork Salad)
- Kluai Thot (Fried Bananas)
- Thai Iced Tea

Registration required by 10:00am (672-9544). Recommended donation of \$5. Presentation details on page 10.

### Senior Center Closed Dates

Both BE and WR centers will be closed Jan 1 for New Year's Day, Jan 5 for Staff Training Day, and Jan 15 for Martin Luther King, Jr Day.

# 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 Jan Meals

- 1/1 **CLOSED FOR NEW YEAR HOLIDAY**
- \*1/2 Grilled chicken sandwich, Swiss cheese, chips, lettuce, tomato, ice cream
- 1/3 Meat loaf, garlic mashed potatoes, gravy, peas, whole wheat roll, strawberry short cake
- \*1/4 BBQ chicken on a bun, baked beans, coleslaw, pears
- 1/5 **CLOSED FOR STAFF RETREAT**
- 1/8 Beef stew, biscuit, mixed vegetables, plum cobbler
- \*1/9 Chicken pot pie, spinach salad, vanilla pudding
- 1/10 Lemon cod, oven fried potatoes, whole wheat roll, succotash, pudding
- 1/11 Pork chops, wild rice, gravy, cut green beans, whole wheat roll, mandarin oranges
- \*1/12 Roast beef, new potatoes, roll
- 1/15 **CLOSED FOR HOLIDAY**
- \*1/16 Vegetable lasagna, garlic breadstick, apple crisp
- 1/17 BBQ pulled pork, bun, pork and beans, coleslaw, banana pudding
- \*1/18 Fettuccini, Alfredo sauce, breadstick
- 1/19 Chicken fried chicken, oven fried potatoes, country gravy, corn, okra, mixed fruit
- \*1/22 Green chile, bacon, cheddar cheese quiche, roll
- 1/23 Sweet-n-sour pork, pork egg roll, stir fry vegetables, Jell-O, peanut butter cookie
- 1/24 Fish and chips, spinach salad with red peppers, lemon cake
- \*1/25 Chicken, cheese, chile soup, chocolate pudding
- 1/26 Frito pie, peach cobbler
- \*1/29 Sausage lasagna, garlic breadstick, tapioca pudding
- 1/30 Chili dog, French fries, coleslaw, potato salad, mandarin oranges
- 1/31 Chicken Parmesan, pasta, breadstick, peach shortcake

## WR Jan Meals

- 1/1 **CLOSED FOR NEW YEAR HOLIDAY**
- \*1/2 BBQ chicken on a bun, baked beans, coleslaw, pears
- \*1/3 Grilled chicken sandwich, Swiss cheese, chips, lettuce, tomato, ice cream
- \*1/4 Soft beef tacos, lettuce, tomato, onion, salsa, Spanish rice, calabacitas, strawberry short cake
- 1/5 **CLOSED FOR STAFF RETREAT**
- \*1/8 Lemon cod, oven fried potatoes, whole wheat roll, succotash pudding
- \*1/9 Beef stew, biscuit, mixed vegetables, plum cobbler
- \*1/10 Roast beef, new potatoes, roll
- \*1/11 Chicken pot pie, spinach salad, vanilla pudding
- \*1/12 Pork chops, wild rice, gravy, cut green beans, whole wheat roll, mandarin oranges
- 1/15 **CLOSED FOR HOLIDAY**
- \*1/16 Fettuccini, Alfredo sauce, breadstick
- \*1/17 BBQ pulled pork, bun, pork and beans, coleslaw, banana pudding
- 1/18 **Special Thai meal** Khao Niao, Satay Ayam, Phla Mu, Kluai Thot, Thai Ice Tea (details page 2)
- \*1/19 Chicken fried chicken, oven fried potatoes, country gravy, corn, okra, mixed fruit
- \*1/22 Fish and chips, spinach salad with red peppers, lemon cake
- \*1/23 Green chile, bacon, cheddar cheese quiche, roll
- \*1/24 Sweet-n-sour pork, pork egg roll, stir fry vegetables, Jell-O, peanut butter cookie
- \*1/25 Frito pie, peach cobbler
- \*1/26 Chicken, cheese, chili soup, chocolate pudding
- \*1/29 Chili dog, French fries, coleslaw, potato salad, mandarin oranges
- \*1/30 Chicken and dumplings
- \*1/31 Sausage lasagna, garlic breadstick, tapioca pudding

## Regularly Scheduled Activities

### AARP Smart Driver Course

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 Jan 16, 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 Jan 10, BE

### Friends of the Senior Center Board

1:30pm Tue Jan 23, BE

Results of Dec 12 election of officers: President Patricia Rathbone, Secretary Sheila Girard, Members-at-Large Anne Souders, Bert Kortegaard, Bo West; Continuing in office: Vice-President Janet Harris, Treasurer John Stewart.

### LARSO Advisory Council

10:00am Third Mon Jan 22, BBE

### LARSO Board of Directors

9:30am Thu Jan 18, WR

## 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.

## Regularly Scheduled Activities

### Crafts

#### Hookers and Stitchers

1:00pm Thu, WR

#### LAVA Quilters

8:30am Wed, BE

#### Wood Carving

10:00am Mon, WR

### Dance

#### Ballroom Dancing

6:00pm Mon, Argentine Tango, BE

7:00pm Mon, BE. **See page 11 for details.**

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

#### 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 Jan 10, 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

10:00am Tue Jan 23, BE

#### Toenail Clipping (Donation \$15.00)

9:20am Thu Jan 4 & 18, BE

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

9:20am Thu Jan 25, 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 Chi

10:00am Mon & Thu, BE

9:30am Wed & Fri, WR

**See page 7 for details.**

### Table Tennis

7:30pm Tue & Thu, BE

10:00am Sat, BE

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

#### Therapeutic Posture Mat Class(donation \$5)

12:30-1:15pm Wed, BE

#### Therapeutic Posture Chair Class

1:30-2:15pm Wed, BE

Call 662-8920 to register. Donation \$5

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).

#### Past Dinner Out at The Shed in Santa Fe



#### Dinner Out

Wed Jan 10

Angelina's in Española

Native New Mexican Food

Facebook: [AngelinasRestaurantEspanola](#)

Depart BE: 4:30pm

Depart WR: 4:50pm

### MOVIES

**BE Fri 12:30pm**

**Jan 5, BE Closed for Staff Training Day**

#### Jan 12, Our Souls at Night, 2017

103 min., not rated

Robert Redford, Jane Fonda

Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years, have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor.

#### Jan 19, Eat Pray Love, 2010

133 min., Rated PG-13

Julia Roberts, Javier Bardem

A married woman realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself".

#### Jan 26, Notting Hill, 1999

124 min., rated PG-13

Julia Roberts, Hugh Grant

The life of a simple bookshop owner changes when he meets the most famous film star in the world.

### THEATER

Live Theater at Los Alamos Senior Centers opens its third season with a new 10-minute play by local playwright, Robert F. Benjamin. **BROKEN OFF** will be performed Wed Jan 24 12:30pm, WR and Thu Jan 25 12:30pm, BE. Each show will be followed by an audience talkback.

"The plane is cleared for takeoff but a wrinkle's laptop computer won't shut down. When the flight attendant strives to get this obstreperous passenger off the plane, she resists because her son needs her. She wants to be with him soon, but not to help."

### Legal Planning

David Davis of the Memory Care Alliance of Northern New Mexico will present **Legal Planning, What You Need to Know** Thu Jan 4 9:00am, BE classroom. David, an expert in the field of memory care, is the former NE Regional Manager of the Alzheimer's Association, New Mexico Chapter. He is now the director of the newly created Memory Care Alliance of Northern New Mexico. He works closely with the clinical and research teams at the UNM Memory and Aging Center and stays up to date on the most recent advances in treatments for Alzheimer's and dementia-related illnesses.

Being proactive is critical. What is included in a Legal Power of Attorney? What is the new MOST form and when do you need one? How is it different from a Medical Power of Attorney? What is the legal definition of mentally competent? These and other topics will be discussed. Bring your questions so that David can answer them.

David will also be on hand 1:30-4:00pm for private consultation on any matter concerning Alzheimer's or any other dementia-related illness. To schedule an appointment, please contact him at [ddalznm@gmail.com](mailto:ddalznm@gmail.com).

## Special Programs

### 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 12:30-1:15pm. See more 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.

This posture class uses sitting, standing, and walking exercises, based on the Egoscue Method(R), to help participants with stability and strength. Improving your body's position using your muscles reduces pain, improves balance, retrains neuromuscular mechanics, and helps you feel stronger and more physically capable. This class is appropriate for chronic musculoskeletal issues. It is helpful to attend on a regular basis, but not required. Class size is limited to 15 people.

Attire: Exercise clothes that are comfortable and allow you to move. A sweater is helpful for those who frequently feel cold. Yoga or gym clothes work well.

Equipment: All equipment will be provided.  
Instructor: Sandra West, Posture Alignment Coach. Suggested donation: \$5/day  
Location: Betty Ehart Senior Center

### Tai Chi for Arthritis & Fall Prevention

Every Wed & Fri 9:30am, WR  
Every Mon & Thu 10:00am, BE  
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](mailto: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 Jan 19 & 20 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.

### Sun Tours

Join Judy from Sun Tours on Mon Jan 29 12:45pm, BE as she shares *Helpful Tips to Avoid Travel Stress*. She'll talk about smart preparation to meet requirements enforced by airports and airlines: important documents, luggage and carry-ons, getting through airport security checkpoints. And then she'll discuss a few easy travel tricks and recommendations: itineraries, communication, packing techniques, personal care. Get prepared so you can avoid travel stress!

### Worried About Falls?

There's a Class for That!

Stephanie Vasquez and Pauline Schneider will offer "**A Matter of Balance**" fall prevention course for 8 weeks starting on Thu Feb 8 1:00pm in the WRSC Event Hall. This is a nationally recognized curriculum developed at Boston University. Topics to be covered include: Concerns About Falling, Preventing Falls & Fractures, Improving Your Balance, Recognizing & Changing Fall-ty Habits, Home Safety Issues & Solutions and lots of Balance Promoting Exercises.

The suggested donation for the 8 week training is \$40. Each class is 2 hours in length and participants should wear loose clothing and shoes appropriate for exercising and walking. If you've already had a fall or are worried that you will, this course is just what you need! Please call Pauline at 662-8920 to register.

# LAVA -- Los Alamos Volunteer Association

Linda Boncella, Director

[lava@losalamosseniorcenter.com](mailto:lava@losalamosseniorcenter.com)

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## **Spotlight on a Station – Big Brothers Big Sisters**

Big Brothers Big Sisters of Northern New Mexico became a station with LAVA (RSVP at the time) in 2007. Most of our volunteers are with the lunchtime mentoring program. This makes such a difference in young people's lives! Victoria McFarland, the Los Alamos Program Specialist, explains the program and its impact on these students:

### ***"It all starts with a Little"***

*Since 1904, Big Brothers Big Sisters (BBBS) has been changing children's lives by matching them with a caring adult to guide them on a path to success. For more than 100 years BBBS has operated under the belief that every child has the ability to succeed and thrive in life. Our mission is to provide children facing adversity with strong and enduring, professionally supported 1-to-1 relationships that change their lives for the better, forever.*

*Big Brothers Big Sisters Mountain Region which includes Los Alamos and Rio Arriba counties has had a strong connection with northern New Mexico for many decades, successfully running community based, school based and special partnership programs. We have volunteers with us who have been volunteering as school lunch mentors for over 20 years since the local program began in 1979. Recently a long time Los Alamos Big commented, "Once they are matched with me, they are lifers. I try to go to their games, dance recitals, plays, band concerts, graduations. I have even gone to one wedding and, alas, two of their funerals."*

*While many places in the country struggle with economic and quality of life measures, New Mexico stands as a state at the top of this list. With nearly 1/3 of New Mexico's children living at or below poverty level, New Mexico now has the highest rate of child poverty in the nation. Of the 132,790 children ages 5-18 in the BBBS Mountain Region service area, 34% are considered to be "at risk." These risks include dropping out of school, using drugs or being involved in the legal/judicial system. Fortunately, programs such as BBBS can help to combat these negative life effecting challenges. Because BBBS uses a professionally supported model and collects longitudinal data on youth outcomes, we are able to compile statistics that inform our mentoring practice. These statistics tell us that youths who benefitted from a Big Brother Big Sisters mentoring relationship were:*

**46% less likely to begin using illegal drugs, 27% less likely to use alcohol, 27% less likely to hit someone, and 50% agreed that their Bigs influenced them to not drop out of high school**

*On top of this research has shown that children matched with a Big Brothers/Big Sisters mentor: improved their school performance, had a better attitude towards school, were less likely to skip school and their Big helped them reach a high level of education than they thought possible. Additionally, through a study on our adult (littles) alumni we found:*

**62% consider themselves more successful than peers that were no involved in BBBS, 65% showed high levels of self-confidence, and 46% had household incomes of \$75,000 or more**

*Not only does the program positively affect the at-risk youth involved, but our adult Big Brothers and Big Sisters also report finding high levels of satisfaction by being involved in their BBBS matches. Big Brothers Big Sisters Mountain Region is looking for new volunteers interested in creating life-changing friendships. We are looking for adults able and willing to make at least a year long commitment to bettering a child's life through mentorship.*

***To see Big/Little matches in action, come to the Big Brothers Big Sisters Community night at the Parajito Environmental Education Center on January 19 starting at 5:30pm.***

If you are interested in becoming involved with Big Brothers Big Sisters as a mentor, volunteer, donor, etc, please contact Los Alamos Program Specialist Victoria McFarland at [Victoria.mcfarland@bbbsmountainregion.org](mailto:Victoria.mcfarland@bbbsmountainregion.org).



**(LAVA continued)****Volunteer Opportunities****White Rock Senior Center:**

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

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

Please contact either Annie Bard at the White Rock Senior Center at 672-2034, or Linda Boncella at the LAVA office at 662-8923 if you are interested in helping out!

**Betty Ehart Senior Center:**

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

Money Table – We are in need of volunteers interested in substituting at the money table during lunch. This is a great way to interact with the many people who come to Betty Ehart for lunch. This opportunity involves making change for lunch donations and selling meal tickets and you will always have someone there working beside you!

Reception – We are looking for a volunteer that is interested in a permanent Friday morning time slot at the upper reception from 8:30am-12:30pm. If you are interested in a shorter shift, we are in need of someone at reception on the lower level from 11:00am-1:00pm. Duties include helping people sign in for lunch and fielding questions about the senior center.

**Volunteer Hours**

Just a gentle reminder to please submit your volunteer hours, if you have not done so already, for October through December by January 24. Our quarterly report of number of volunteers and volunteer hours is due to our state funding agency, Aging and Long Term Services Dept., by January 25. Thank you so much for the generous support of your time and expertise to our local organizations!

**Happy New Year everyone!**

*We hope you had a wonderful holiday season and that the year will be full of special times for you all!*

*Linda and Sarah*



White Rock Senior Center 672-2034

**January Birthday Dessert Party**  
**Fri Jan 19 1:00pm**  
**in Senior Center Building**



**January Lunch Photo Presentation**  
**Traveling in Thailand**  
**Jan 18 12:30pm**

Martin and Beverly Cooper traveled to Thailand 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.

**Save the Date: February 9, 2018, Dinner Theater coming to WR**

Dinner at 5:00pm, serving a 5-course meal, followed at 7:00pm by a theatrical reading of "Wrinkles' Take the Plunge" by Robert Benjamin. Tickets go on sale to seniors on Jan 10. Tickets available to the public on Jan 20. This special night is limited 35 tickets. Ticket price to be determined.



**Silver Sneakers**  
**Tue and Thu at**  
**9:00am**  
**Instructor: Vera**  
**Jaramillo**

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. For information, call the YMCA at 662-3100.



**Zumba Gold**

**Tue 1:30pm and Fri 4:00pm**

**Instructor: Natalie Smith**

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

***Tai Chi for Arthritis and Fall Prevention***

**Every Wed and Fri morning 9:30-10:30am in the Activity Building.**

**\$5 suggested donation per class.**

**For more information, call Suzanne at 412-1534.**

## Details

### **A Visitor or a Helper for an Hour - Fun for All**

As a participant in Leadership Los Alamos (Class of 2017-2018) Joe Dudziak's Project for Leadership Los Alamos (LLA) is to match fellow LLA participants (and some co-workers) up with a senior or seniors for an hour. If you are interested please sign up at the BE front desk or contact Pauline Schneider (662-8920). Indicate what you would be interested in for the hour: help with shopping, something around the house or yard, computer help, someone to come over and visit. Simply let us know your need for an hour.

### **New life for Monday Night Ballroom at the Betty Ehart Senior Center**

The news is out: the rocking chair is in storage and seniors are kicking up their heels at the Betty Ehart Monday Night Ballroom! Each class begins with a dance lesson led by primary teacher Robert Zimmerman who coordinates a team of five other talented dancing instructors, some with competitive ballroom experience. The program offers good beginning dance instruction, but also provides the more experienced dancer with technical and stylistic pointers. The inter-generational mix offers not only seniors but "pre seniors" the benefits of learning, social connections, fitness, release of stress and JUST A PLAIN OLD GOOD TIME. Seniors are encouraged to join us for waltz Mondays, Jan-Feb 7:00-9:00pm at the BE great room.



Pictured: Selmo Jaramillo & Brook Davis, Clark Davis & Madeline Bolding

### **Looking Forward to 2018 - New Year's Resolutions**

We often make resolutions at the beginning of the New Year to lose weight/stay fit and healthy, enjoy life to the fullest, and spend more time with family and friends. Our senior centers offer many ways to keep those resolutions with terrific health and fitness programs, places to exercise, healthy meals, and many varied activities to keep us active. Enjoy a romance or mystery novel from the lending library, or join others playing cards or a pool game. Learn technology from younger members of our community to keep up with ways to connect with family and friends. Sit back and relax watching a new movie, or sign up for a trip to dinner out, an opera, or a longer adventure in our region. Our senior centers offer so many great benefits to help us achieve our New Year resolution goals. Plan on visiting your senior centers often this year, and always consider contributing your time, talent, and money to keep all these benefits coming.



Happy New Year!  
*Gale Williams*  
 newsletter editor

**Los Alamos Retired and Senior Organization**  
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**Los Alamos, NM 87544**

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## Addresses, Phone Numbers, and More

### **Betty Ehart Senior Center (BE)**

[losalamosseniorcenter.com](http://losalamosseniorcenter.com)

Pauline Schneider, Director

[director@losalamosseniorcenter.com](mailto: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

### **White Rock Senior Center (WR)**

133 Longview Dr, White Rock, NM 87547

Annie Bard, Coordinator

[wpsc@losalamosseniorcenter.com](mailto: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](mailto:lava@losalamosseniorcenter.com)

### **The Day Out**

Laurie Hochhalter, Director 661-0081

[dayout@losalamosseniorcenter.com](mailto:dayout@losalamosseniorcenter.com)

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