



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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Take the stress out of your long shopping trip. Turn it into a quick 5-minute errand on your way home. A free public introduction to Smith's **Clicklist** will be held to explain how to sign up, place an order, and to answer questions. Join us to see how Clicklist can help you save time when you shop online, Thu Feb 8 9:00-11:00am, BE. **Details page 11.**

Holidays 2018

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

February is American Heart Month

It is a short but busy month. Some special days include:

Feb 2:

Wear Red Day. Wear red in support of women's heart health.

Play Your Ukulele Day. Join the Hillstrummers ukulele group.

Groundhog Day. See the movie at BE on Friday, again!

Feb 13: Mardi Gras. Celebrate.

Feb 14: Valentine's Day. Take a date to Dinner Theater Fri 9.

Feb 16: Chinese New Year. Visit a Chinese restaurant.

Feb 19: Presidents' Day. The senior centers are closed.

Feb 9 evening at WRSC Valentine's Dinner Theater

Dinner at 5:00pm at the WR Event Hall, serving a 6 course meal. Following at 7:00pm a theatrical reading of "Wrinkles Take the Plunge" by Robert Benjamin, a romantic comedy comprised of Benjamin's most popular short plays intertwined, like old wine in new bottles. Tickets still available. This special night is limited to 35 tickets maximum and 20-person minimum, \$45.00 per person or \$85 per couple. Deadline for reservations Feb 4. Call WR for reservations 672-2034.

Amuse - Jamón Serrano Wrapped Scallop on a Bruschetta

Second Course - Seared Quail over a Jade Rice Compound with a Burgunda Coconut Reduction

Third Course - Belgium Endive Salad and Roasted Peppers coated in a Citrus Dressing

Fourth Course Main - Osso Bucco and Veal Demi Glaze with a Celeriac Puree and a Medley of Squash & Root Vegetables

Fifth Course - Mango Sorbet Or Artisan & Goat Cheese

Final Course - Tiramisu

A special thanks to our Chef Michael Mason for this wonderful menu.

Day Out



My granddaughter came to visit with my daughter and her hubby too. This is Ilaria Boots sitting on Jerry's lap, a Day Out participant. She loved visiting with him. We had a good time watching her crawl around, but Jerry is the only one that she let hold

her. Pictured below is our birthday party for Susie, program assistant and superb massage therapist. Everyone had a great time with the flaring candle and silly string show-down. FYI: If you let silly string completely dry it is easily removed!



We have room for a few more participants in our program. If you know someone that could benefit from our activities please have them come chat with me. 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.

Special Kenyan Lunch

Feb 15 11:30am at WR

Please call 505-672-2034 for reservations

- Ugali (Porridge)
- Sukuma Wiki (East African Collard Greens)
- Chapati (Flat Bread)
- Nyama Choma (Roast Meat)
- Kachumbari (Tomato Relish)
- Biskuti ya Nazi (Cookie)
- Chai (Tanzanian Hot Tea)

See details of Kenya Photo Presentation that follows lunch on page 10.





L e t ' s E a t L u n c h



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 Feb Meals

- *2/1 Chicken and dumplings, applesauce
- 2/2 Meat loaf, mashed potatoes, brown gravy, mixed vegetables, peach short cake
- 2/5 Sweet-n-sour pork, rice, eggroll, stir fry vegetables, vanilla pudding
- 2/6 Salmon over wild rice, mango salsa, Brussels sprouts, whole wheat roll, oatmeal cookie
- *2/7 Beer cheese soup, biscuit, blueberry cobbler
- 2/8 Chicken-fried chicken, sweet mashed potatoes, country gravy, peas & carrots, fruit cocktail
- *2/9 Frito pie, plums
- 2/12 Tilapia, fried diced potatoes, broccoli salad, roll, chocolate pudding
- *2/13 Soup du jour alle'bye (soup of the days gone by), biscuit, pears with cottage cheese
- 2/14 Grilled chicken, asparagus, grilled vegetables, white roll, heart shaped sugar cookie
- 2/15 Roast beef, au gratin potatoes, brown gravy, green beans, chocolate mousse
- *2/16 Sausage lasagna, breadstick, pineapples
- 2/19 **CLOSED FOR PRESIDENTS DAY**
- *2/20 Dill cod, roasted potatoes, tartar sauce, pear crisp
- 2/21 Salisbury steak, scalloped potatoes, brown gravy, green beans, banana pudding
- *2/22 Pasta primavera, breadstick, yogurt with fruit
- 2/23 Green chile chicken enchiladas, pinto beans, salsa corn, peaches with cottage cheese
- *2/26 Chicken chile cheese soup, biscuit, fruit cocktail
- 2/27 Pork chops, rice pilaf, roll, peas with red peppers, applesauce
- 2/28 Fish and chips, German coleslaw, roll, tapioca pudding

WR Feb Meals

- 2/1 Meat loaf, mashed potatoes, brown gravy, 5-way vegetables, peach short cake
- 2/2 Chicken tenders, honey mustard sauce, French fries, winter blend vegetables, apricots
- *2/5 Beer cheese soup, biscuit, blueberry cobbler
- 2/6 Sweet-n-sour pork, rice, eggroll, stir fry vegetables, gelatin with fruit
- *2/7 Frito pie, plums
- 2/8 Chicken-fried chicken, sweet mashed potatoes, country gravy, peas and carrots, fruit cocktail
- 2/9 Salmon over wild rice, mango salsa, Brussels sprouts, whole wheat roll, oatmeal cookie
- *2/12 Sausage lasagna, breadstick, pineapple
- 2/13 Tilapia, fried diced potatoes, broccoli salad, roll, chocolate pudding
- 2/14 Roast beef, au gratin potatoes, brown gravy, green beans, heart shaped sugar cookie
- 2/15 **Special Kenyan Lunch (details on page 2)**
- *2/16 Soup du jour alle'bye (soup of the days gone by), biscuit, pears with cottage cheese
- 2/19 **CLOSED FOR PRESIDENTS DAY**
- 2/20 Salisbury steak, scalloped potatoes, brown gravy, green beans, banana pudding
- 2/21 Pasta primavera, Italian blend vegetables, breadstick, yogurt with fruit
- 2/22 Green chile chicken enchiladas, pinto beans, salsa corn, peaches with cottage cheese
- 2/23 **Pot Luck and Birthday Lunch**
- 2/26 Fish and chips, German coleslaw, roll, tapioca pudding
- *2/27 Chicken chile cheese soup, biscuit, fruit cocktail
- 2/28 Fettuccine Alfredo with chicken, Italian blend vegetables, breadstick, peanut butter cookie

Regularly Scheduled Activities

AARP Smart Driver Course

Mon Feb 26 12:15-4:30pm, BE classroom. Helena Whyte 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 Feb 20, 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 Sun

Committees and Boards

Friends of the Senior Center Board

1:30pm Tue Feb 27, BE

LARSO Advisory Council

10:00am Mon Feb 26, BE

LARSO Board of Directors

9:30am Thu Feb 15, BE

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

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 Feb 14, 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 Thu Feb 22, BE

Toenail Clipping (Donation \$15.00)

9:20am Thu Feb 1 & 15, BE

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

9:20am Thu Feb 22, WR

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



Physical Fitness

A Matter of Balance fall prevention

1:00pm Thu, WR

See details on page 7.

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

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).

Lunch Out

Wed Feb 7

Red Lobster in Santa Fe
It's Crab Fest Time!

Depart BE: 10:40am

Depart WR: 11:00am



Shrine Circus Trip

Albuquerque

Fri Feb 9, 4:00pm performance

Tickets are \$15, and suggested donation for the van ride is \$8. Call 662-8920 to reserve tickets and seats on the van.

Depart BE: 1:10pm

Depart WR: 1:30pm

NOTE: There will be just one van trip for the Feb 9 4:00pm performance only.

Circus Tickets

Thanks to the Los Alamos Shrine Club we have circus tickets for the Shrine Circus performances Feb 9, 10, 11. See the big cats, elephants and stunts galore! Call 662-8920 to reserve tickets (\$15 each) for the date you choose. Pay for and pick up your tickets at the BE reception desk, then drive yourself!

National Hispanic Cultural Center

Wed Feb 21, Albuquerque

A very popular exhibit of Piñatas has been extended so let's go enjoy it and many other exhibits. Seniors free on Wed. Lunch choices available on site (private pay). Weather permitting, we will return by way of Jemez Springs and more special sights.

Depart BE: 9:10am

Depart WR: 9:30am

Lamy train to La Posada Hotel Winslow AZ

Mar 20-22: Tue train from Lamy to Winslow; Wed enjoy the hotel and surroundings; Thu early departure back to Lamy. More details in March or call Mary 663-0107. \$100 required deposit per person to LARSO Business office by Feb 23 to secure your reservations.

Sign-up preference will be given to first-timers for this trip up until Feb 24.

MOVIES

BE Fri 12:30pm

Feb 2, Ground Hog Day, 1993

101 min, Rated PG

Bill Murry, Andie MacDowell

A weatherman finds himself inexplicably living the same day over and over again.

Feb 9, Hachi: A Dog's Tale, 2009

93 min, Rated G

Richard Gere, Joan Allen

A college professor's bond with the abandoned dog he takes into his home.

Feb 16, Walking with the Enemy, 2013

124 min, Rated PG-13

Ben Kingsley, Jonas Armstrong

Separated from his family, a young man disguises himself as a Nazi SS Officer and uncovers more than just his family whereabouts.

Feb 23, Songs My Brothers Taught Me,

2015, 98 min, Not rated

John Reddy, Jashaun St John

With an older brother in jail and living with their mother on the reservation, Johnny and his sister's lives develop new challenges when their absentee father dies. He strikes out for LA, leaving behind his beloved sister.

THEATER

Still in the Game a full-length stage play by Robert F. Benjamin, will be performed live on Feb 3 and 11 by Pajarito Players. This show is a tapestry of Benjamin's short, comedic plays meticulously and beautifully woven into a widower's journey of romance, family strife and a traffic citation. Directed by John Gustafson, this delightful, upbeat comedy about caregiving and aging with grace, courage and humor will have two FREE performances: Sat Feb 3 1:30pm, Mesa Library, and Sun Feb 11 1:30pm at the White Rock Library. The staged reading, about 75 minutes long, is followed by an audience talkback.

Details at: [facebook.com/pajaritoplayers](https://www.facebook.com/pajaritoplayers) or pajaritoplayers@gmail.com

Still in the Game is being presented by Pajarito Players, a performance organization focused on providing staged readings on topics pertinent to our community. Los Alamos Little Theatre is the fiscal sponsor for Pajarito Players.

Special Programs

Income Tax Preparation Services

TaxAide will provide free income tax preparation services at BE on Mon and Wed mornings from Feb 5 to April 16. Call the Senior Center (662-8920) for an appointment.

Taxpayers need to bring photo ID for taxpayer and spouse, proof of Social Security Number for everyone on the return, and 2016 tax return. Also bring any of the following which apply to your return:

- Income forms for 2017 (W-2, Social Security, 1099 (pension, retirement accounts, interest), investment statements
- Deductible expense statements, lists, mortgage statements
- Health insurance Form 1095
- Bank account information (blank check for routing and account numbers) for return deposit or to pay taxes owed.

Skills for Dementia Caregiving 101 is a FREE seven week class for family and friends of a loved one with dementia. Presented by the Alzheimer's Association, NM Chapter, and led by Gary and Paula Sanchez, the caregiving class will be held each Tue 6:30-8:30pm at Nuestra Señora de Guadalupe Church Parish Hall Room 7 in Pojoaque, beginning Feb 6. **Details on page 11.**

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.

Cancer Support Group

Beginning Feb 14 a support group for family and friends of cancer patients will be held 11:00am-12:15pm on the 2nd & 4th Wed of the month at the BE. It is free and open to all those who offer care to cancer patients. This group will provide a safe and loving environment in which everyone has the opportunity to share what they are experiencing and feeling about their loved one's cancer and how it has impacted their lives. Coping strategies will be offered to deal with fear and the sense of being powerless and helpless.

The group will be led by Lori Padilla, Counselor, MA, LMHC and is provided by the Cancer Foundation for New Mexico (www.cffnm.org, 955-7931 ext 1), working with the Los Alamos Council on Cancer

(www.losalamoscounciloncancer.org) to launch this program in Los Alamos.

Sages Writing for the Stage

Have you ever thought about writing a play? Do you have stories to tell? Would you love to see those stories dramatized on stage? Come to an organizational and introductory meeting to plan and 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. At this meeting we will also explore different kinds of writing for future workshops, e.g. memoir writing, dramatic monologue, storytelling.

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.

The workshops will take place over four days in March, three hours each day and an additional hour on the final day for the performance. The fee for the program will be \$75.00.

Join us on Fri Feb 16 10:30am-noon at the BE

LAVA -- Los Alamos Volunteer Association

Linda Boncella, Director

lava@losalamosseniorcenter.com

Spotlight on a Volunteer – Arlene Merayo



This month's spotlight is on Arlene Merayo, long-time LAVA volunteer! Arlene arrived in Los Alamos from Berkeley in 1979 where she began working at LANL. For Arlene it was coming back home to New Mexico where she grew up and has spent the majority of her life. Always striving to keep busy, Arlene took a second job at the bowling alley in White Rock where she enjoyed doing something completely different from her lab job. Arlene retired in 2001 and began looking for ways to give of herself to the community and remain connected. When asked about where she started volunteering, she said without hesitation: with "Wreaths Across America". Arlene shared that this organization is near and dear to her heart since her father not only served, but lost his life in WWII. Enthusiastic and generous with her time, Arlene has volunteered for numerous organizations, devoting her time over the years to helping with and visiting residents at Sombrillo, volunteering with the Hospital Auxiliary in Pre-op, Bellringing & bucket collection for Self-Help, UBS Community Blood Drives, and volunteering as a poll worker during elections. In addition to all of this volunteering, Arlene has also helped at the senior centers. Arlene has been a substitute

meal helper at the Betty Ehart Senior Center and at the White Rock Senior Center she has been both a regular and substitute meal and money helper. She helps with newsletter folding and, recently, began taking the newsletters (over 1,000!) to the post office for the bulk mailing each month. In her spare (??) time, Arlene loves to read and garden as well as spending time with her son and his family who live in Los Alamos and her daughter who lives in California. One event that Arlene shared about herself that defines her adventuresome spirit is when she parachuted out of a plane flying out of the Los Lunas airport in 1997 and stuck the landing! Thank you Arlene, we are so fortunate to have you as a volunteer!

Salvation Army Bellringing/Self Help

LAVA has historically partnered with Self Help to schedule volunteers for the bell ringers and bucket collectors every year over the holidays. Every Fri-Sun from the day after Thanksgiving to Christmas Eve, the bellringers offer the opportunity for people to give donations that are used exclusively in Los Alamos County for helping people with such basic needs as food, shelter, and utilities. There are many wonderful volunteers of all ages that ring the bell and LAVA volunteers make up the majority. This year, 27 LAVA volunteers put in 130 hours ringing the bell. Thanks to you volunteers, over \$13,000 was raised to help individuals and families in our community! A special thank you to the Hillstrummers and to the LADS of Enchantment for their musical performances.

LANL Gift Drive

Thanks to the generosity of LANL employees, sixty seniors from our home delivered meal program and Day Out program received lovely warm blankets, gloves and scarves for the holidays. The employees personally pick out the gifts that they donate. LAVA BESC Volunteer Coordinator Sarah Chandler and her daughter Olivia delivered the gifts to the homebound seniors and were welcomed with delighted thank you's! What a wonderful way to spread warmth (literally and figuratively) over the holiday season!

(LAVA continued)**Blood Drive**

The first blood drive of 2018 was held at the First Baptist Church of Los Alamos on Thu Jan 4 and Fri Jan 5. There were 104 donors who have made a difference in the life of someone who is in need of a lifesaving blood donation. Thank you to all the LAVA volunteers who helped to make this blood drive a success! A special shout out to Florence Riebe who volunteered to register donors for the entire two days of the blood drive. Thank you Florence, for your incredible dedication! We also want to thank the Hospital Auxiliary of the Los Alamos Medical Center for their donation to LAVA for sandwich supplies – the Auxiliary has consistently donated for the Community Blood Drives over the years and it is very much appreciated! Thank you, too, to the Day Out Program for supplying eggs and for peeling them after our Kitchen Chef, Fred Ortiz, had steamed them. The egg salad made from these eggs is always very popular with the donors. Finally, a huge thank you to the First Baptist Church for the use of the event hall for these Community Blood Drives. The staff at the church is always so welcoming and helpful!



*Monica Herrera, Blood Drive Donor Recruiter
Florence Riebe, LAVA Volunteer*

Volunteer Opportunities**Los Alamos Retirement Community:**

- Volunteers are needed to provide art, music, exercise, reading, and connection with the Aspen Ridge Dementia Unit. If you are interested in helping out in any of these areas, please contact Cynthia Goldblatt, Community Liaison at 695-8981.

White Rock Senior Center:

- Tuesday Night Volunteer: A volunteer is needed to staff the WR Tue 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 Fri morning and afternoon shifts. If you would prefer to substitute only, that would work well too!

If you are interested in any of these volunteer opportunities, please contact either Annie Bard at the White Rock Senior Center at 672-2034, or Linda Boncella at the LAVA office at 662-8923.

Betty Ehart Senior Center:

- Dining Room Volunteer: We are looking for volunteers to help with our meal program – meal helpers are needed for Tue, Thu and Fri shifts 11:00am-1:00pm. If you would prefer to be a substitute meal helper rather than having a permanent slot, we are always in need of subs!
- Reception: We are in need of a receptionist for the upper level on Thursdays from 2:30 – 4:30 pm. If you would like to sub for this position please let us know – we would be happy to have you fill in from time to time!

***Please know what a difference your volunteer time makes for so many organizations!
Thank you! Linda and Sarah***



February Pot Luck and Birthday Lunch

Feb 23 at 11:30am

Please bring a dish to share



Kenya Photo Presentation Feb 15 12:30pm

Martin and Beverly Cooper traveled to Kenya's Maasai Mara from Sep 11-21, 2015 on a wildlife photo safari. The principal attraction is the legendary crossing of the Mara River by migratory wildebeest and zebra in search of the best grass. The Mara plains also contain an extremely rich variety of other wildlife including the Big Five (lions, elephants, cape buffalo, rhinoceroses, hippopotami). Leopard mothers with their youngsters are also very engaging. While primarily a wildlife show, some cultural experiences are included.

Special Kenyan Lunch Feb 15 11:30am

Please call 505-672-2034 for reservations

- Ugali (Porridge)
- Sukuma Wiki
- (East African Collard Greens)
- Chapati (Flat Bread)
- Nyama Choma (Roast Meat)
- Kachumbari (Tomato Relish)
- Biskuti ya Nazi (Cookie)
- Chai (Tanzanian Hot Tea)

Canvas & Chamomile Event with Susanne Harrison at WRSC

Paint the Love Birds Tue Feb 27 4:00-5:30pm

Enjoy creating this serene scene with acrylic paint on a 12"x12" canvas at this basic step by step guided painting event for beginners and experienced painters. Stencils are always available to help with the initial drawing. Fee: \$25 includes all materials



**Cribbage
Players
Needed
Tuesdays
4:00-7:00pm**

Register online: www.LACanvasEvents.com
Call Susanne Harrison to register: 412-1534

Details

SKILLS FOR DEMENTIA CAREGIVING 101

Every 66 seconds, someone in the United States develops Alzheimer's dementia. Alzheimer's takes a devastating toll – not just on those with the disease, but on entire families. In our own state, 38,000 New Mexicans are suffering from Alzheimer's. They are cared for by 106,000 unpaid caregivers, many of whom are members of their own families.

“Skills for Dementia Caregiving 101” is a FREE seven week class for family and friends of a loved one with dementia. Presented by the Alzheimer's Association, NM Chapter, and led by Gary and Paula Sanchez, the caregiving class will be held each Tuesday from 6:30-8:30 at Nuestra Señora de Guadalupe Church Parish Hall Room 7, beginning February 6 and running until March 20. The class is open to anyone in Pojoaque and surrounding communities.

This evidence-based training aims to teach caregivers practical techniques for interacting with loved ones with Alzheimer's disease, and for understanding and managing their behavior. It also imparts tools for long-term planning and for reducing stresses common to Alzheimer's caregivers. The course explains the signs, impacts and pathology of Alzheimer's disease. The information provided can be invaluable to those who aren't directly caring for the their loved ones, because of distance or other factors, by helping them understand the disease and ways of providing support to family members doing the actual caregiving.

Class size is limited and it does fill up quickly. Call the NM Alzheimer's Association at 1-800-272-3900, kmgandara@alz.org to register. Participants may be reimbursed for the cost of having others tend to their loved one while they attend the class.

Smith's Marketplace ClickList

Smith's Marketplace is pleased to announce the opening of our Clicklist Department. We are very excited to offer this new service to our community. Shop for your groceries online, our highly trained employees will select your order and take it out to you curbside and you drive home. It's that easy! All you need is access to a computer (or your smartphone), a Smith's Shopper Card, a Smith's website account and your Credit or Debit Card. Start shopping on our website <https://www.smithsfoodanddrug.com/clicklist>, you can search for items by department, name or even UPC. Your homepage will also save your recently purchased products and even make suggestions for new related items for you to try out. Once you've added everything to your cart you can leave Special Instructions for your purchases, such as “Please make sure I get green bananas” or “can I have a well marbled steak”. We always strive to fulfill Special Instructions as close as possible with available product. You will also have the ability to allow us to select Substitutes for your items if something is out of stock, for example if we are out of Smith's 2% milk in the gallon we could substitute 2 half gallons. If something is substituted on your order you will never pay more than the item you originally purchased.

Then while you continue with your day our Clicklist Selectors will get to work on your order. Our Selectors are all specially trained to pick the best product available for you. Each employee spends time in our produce and meat departments learning how to select the freshest products whether it's checking your eggplant for firmness or making sure there is no bone dust on your T-Bone. Once everything in your order has been selected for you it is carefully stored in a refrigerator or freezer as required.

Our designated Clicklist parking is on the north side of the building by the pharmacy drive-thru, easily identifiable by the large blue Clicklist signs. Park in one of our spots and call us using the number on the sign and we will be out with your order in less than 5 minutes (this is when you can let us know if you would like to use reusable bags). When we take out your order we will inform you of anything that was out of stock and show you any substitutions we made for your approval. Our attendants will then carefully load your groceries and get you on your way. The first 3 uses are free and after that the service is \$4.95.

Let us take the stress of your long shopping trip and turn it into a quick 5-minute errand on your way home. We will be holding a free public introduction to Clicklist, explain how to sign up and place an order as well as answer any questions at the Betty Ehart Senior Center on Thu Feb 8, 9:00-11:00am. Join us and see how Clicklist can help you save time when you shop online.

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

Non-Profit
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Los Alamos, NM 87544

Address Service Requested

Addresses, Phone Numbers, and More

Betty Ehart Senior Center (BE)

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

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

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