



# 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)

## Living Treasures of Los Alamos



Living Treasures of Los Alamos will honor Cherl Ponzgratz, George Best, and Ruth S Williamson Sunday, April 22 at 2:00pm. You are invited to attend the ceremony at Crossroads Bible Church, 97 East Road, Los Alamos. These photos by Jim Gautier will be added to others on display in the BESC upstairs lobby. The Living Treasures program started in 1999 to celebrate the role senior citizens have played in the shaping of the history of Los Alamos County.

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### LANL Foundation Helps

LARSO is the recipient of a \$2500 grant from the LANL Foundation to help support low income seniors who are benefiting from the Day Out program. These funds will be applied to the monthly cost of direct care for several of our participants. Thank you LANL Foundation for your generous support of this vital program.



### Holidays 2018

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	Th-Fr Nov 22-23
Christmas	Mo-Tu Dec 24-25

### Day Out



This beautiful lady is Evelyn Hewitt who was a participant in the Day Out Program for over 9 years! She recently passed away at the age of 100 after a short stint on hospice. We miss her dearly and she always had a

good day here at the Day Out. We grew tomatoes specifically for her and she sure enjoyed them with her breakfast that we served her. We have had some wonderful, memorable participants pass this year and we remember and honor them. I would like to send a very sincere thank you to all those who continue to donate memorial funds in honor of their loved ones for the continuing support of our very important Program. We could not continue our vital service to our community without this money. I would like to specifically thank those who donated in memory of Barbara C and David B. Your continuing contributions are very gratefully utilized in our ongoing efforts. If you are looking to be more active during the day and have balance, medication or memory issues you can participate in our program. Please come and talk to me, I have been making popcorn for the 12:30 Friday movie with the wonderful popcorn maker the Friends of the

Senior Center bought for us. You can come visit with me then too! Here is a picture of me on a recent Friday. Please feel free to come join us for any of our activities. We have armchair exercises and music every day. Please pick up an activity calendar on the table in our foyer for times.



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 make them up to a month in advance by phone or on the 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

For information on 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 Lunch Menu at WR from New Guinea

Thu Apr 19 11:30am

*Mumu Pork* (Pit Roasted Pork)

*KauKau* (Baked Sweet Potato)

*Kumu* (Wild Greens)

*Taluatu* (Pineapple in Coconut Cream)

#### Community Foundation Lunch Talk

Wed Apr 25 following lunch, BE The Los Alamos Community Foundation will provide background information on the community foundation, and discuss the foundation's mission to serve the charitable needs of our community. See page 6 for more details.

PS – do you have any glass or plastic beads? Junk jewelry? We could use these for craft projects in the Day Out Program, please scrounge through your craft supplies or unused jewelry and bring them in to us! Thanks!



# 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.

**NEW:** Hashtag (#) indicates special menu or lunchtime talks detailed on page 2.

**Salad Bar Days** Asterisk (\*) before the days when the salad bar IS AVAILABLE.

## BE Apr Meals

- \*4/2 Mon: Spaghetti with meatballs, bread stick, ice cream
- 4/3 Tue: Italian sausage, wild rice, German coleslaw, plums
- 4/4 Wed: Meatloaf, mashed potatoes, peas, gravy, whole wheat roll, Jell-O
- \*4/5 Thu: Chicken tenders, French fries, gravy, honey mustard, fruit
- 4/6 Fri: Tamales, red chile, rice, beans, lettuce, tomato, rice pudding
- 4/9 Mon: Beef enchiladas, refried beans, calabacitas, lettuce, tomato, rice pudding
- \*4/10 Tue: Chicken parmesan with pasta, cookie
- 4/11 Wed: Cod with cucumber dressing, broccoli salad, roll, cherry cobbler
- 4/12 Thu: Pork posole, coleslaw, biscuit, peaches
- \*4/13 Fri: Frito pie, fruit
- 4/16 Mon: Soft beef taco, Mexican rice, beans, salsa, pudding
- \*4/17 Tue: Fish and chips, tartar sauce, mixed fruit
- 4/18 Wed: Chicken pot pie, German coleslaw, beets, applesauce
- 4/19 Thu: Sweet-n-sour pork over rice, stir fry vegetables, egg roll, ice cream
- 4/20 Fri: Chef salad with ham, chicken, vegetables, bacon, egg, fruit salad
- \*4/23 Mon: Chicken-fried chicken, gravy, mashed potatoes, plums
- 4/24 Tue: Green chile cheeseburger, potato chips, Jell-O with fruit
- #4/25 Wed: Turkey, stuffing, gravy, potatoes, cranberry sauce, carrots, pumpkin cookie (Lunch Talk)
- 4/26 Thu: Pork chops, stuffing, gravy, roll, vegetables, pears
- \*4/27 Fri: Egg salad on rye, broccoli salad, cake
- 4/30 Mon: Cod with cucumber dill sauce, potatoes, roll, California blend vegetables, peaches

## WR Apr Meals

- \*4/2 Mon: Chicken tenders, French fries, gravy, honey mustard, fruit
- 4/3 Tue: Italian sausage, wild rice, German coleslaw, plums
- 4/4 Wed: Tamales, red chile, rice, beans, lettuce, tomato, rice pudding
- \*4/5 Thur. Spaghetti with meat balls, bread stick, ice cream
- 4/6 Fri: Meatloaf, mashed potatoes, peas, gravy, whole wheat roll, Jell-O
- \*4/9 Mon: Chicken parmesan with pasta, cookie
- 4/10 Tue: Beef enchiladas, refried beans, calabacitas, lettuce, tomato, rice pudding
- 4/11 Wed: Pork posole, coleslaw, biscuit, peaches
- 4/12 Thu: Cod with cucumber dressing, broccoli salad, roll, cherry cobbler
- \*4/13 Fri. Frito pie, fruit
- 4/16 Mon: Chef Salad with ham, chicken, vegetables, bacon, egg, fruit salad
- 4/17 Tue: Soft beef taco, Mexican rice, beans, salsa, pudding
- 4/18 Wed: Chicken pot pie, German coleslaw, beets, applesauce
- #4/19 Thu: Special New Guinea Meal (see page 10 for details and presentation)
- 4/20 Fri: Sweet-n-sour pork over rice, stir fry vegetables, egg roll, ice cream
- 4/23 Mon: Pork chops, stuffing, gravy, roll, vegetables, pears
- 4/24 Tue: Green chile cheeseburger, potato chips, Jell-O with fruit
- \*4/25 Wed: Chicken-fried chicken, gravy, mashed potatoes, plums
- \*4/26 Thu: Egg salad on rye, broccoli salad, cake
- 4/27 Fri: Turkey, stuffing, gravy, mashed potatoes, cranberry sauce, carrots, pumpkin cookie
- \*4/30 Mon: Chicken Parmesan sandwich, potato chips, pickle, applesauce

## Regularly Scheduled Activities

### AARP Smart Driver Course

Mon Apr 23 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 Apr 17, 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 Apr 24, BE

#### LARSO Advisory Council

10:00am Mon Apr 16, BE

#### LARSO Board of Directors

9:30am Thu Apr 17, 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

9:30-11:00am Thu, WR

### Health

#### Alzheimer's Support Group

1:15pm Second Wed Apr 11, BE

**Benefits Counseling** provided by the state  
Aging Resource Center at 1-800-432-2080

#### Blood Pressure Check

1:00-4:00pm Wed, WR

#### Low-Vision /Hearing-Challenged Support

10:00am Tue Apr 24, BE

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

9:20am Thu Apr 5 & 19, BE

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

9:20am Thu Apr 26, WR

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

### Physical Fitness

#### A Matter of Balance fall prevention

1:00pm Thu, WR

#### 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

See page 11 for details.

### Therapeutic Posture Chair Class

1:30-2:15pm Wed, BE

Call 662-8920 to register. Donation \$5

See page 11 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 please call Reservation Desk 662-8920**

#### Dinner Out

Wed Apr 11

Harry's Roadhouse, Santa Fe

[www.harrysroadhousesantafe.com](http://www.harrysroadhousesantafe.com)

Depart BE: 4:10pm

Depart WR: 4:30pm

#### The Los Alamos Community Winds

**Present: Tomasz Robak, Pianist**

**PROKOFIEV**

[www.lacw.org](http://www.lacw.org)

Sat Apr 14, 7:00pm Concert

Crossroads Bible Church

**Tickets: \$10.00 Donation per guest**

Depart WR: 5:45pm

Depart BE: 6:10pm

### MOVIES

#### **BE Fri 12:30pm**

#### **Apr 6, The Wager, 2007**

**82 min, not rated**

**Randy Travis, Jude Ciccolella**

When the life of mega film star, Michael Steele (Travis), is destroyed right before the most important day of his life, his faith is put to the ultimate test.

#### **Apr 13, The Grass Harp, 1995**

**107 min, rated PG**

**Piper Laurie, Sissy Spacek**

After his mother's death, Collin Fenwick goes to live with his father's cousins, the wealthy, avaricious, and controlling Verena Talbo, and her compliant, earthy sister Dolly.

#### **Apr 20, Crazy, Stupid, Love, 2011**

**118 min, rated PG-13**

**Steve Carell, Ryan Gosling**

A middle-aged husband's life changes dramatically when his wife asks him for a divorce. He seeks to rediscover his manhood with the help of a newfound friend, Jacob, learning to pick up girls at bars.

### MOVIES continued

#### **Apr 27, Monte Walsh, 2003**

**117 min, rated PG-13**

**Tom Selleck, Isabella Rossellini**

Monte Walsh and Chet Rollins are long-time cowhands, working whatever ranch work comes their way, but "nothing they can't do from a horse."

### Support Group

The Support Group for Family & Friends of Cancer Patients meets at the BESC Conference Room on the 2nd and 4th Wednesdays every month 11:00am-12:15pm. This support group - led by Lori Padilla, Counselor, MA, LMHC - is free and open to family, friends, and those who provide care to cancer patients. It is a safe and loving environment in which everyone has the opportunity to share and learn. The support group is offered by the Cancer Foundation for New Mexico in collaboration with the Los Alamos Council on Cancer.

### Visionary Study

Viome, a Los Alamos company, is looking for participants in Visionary Study 110: Blood transcriptome. By providing a few drops of blood, you can help Viome study gene expression and push boundaries in human health. Viome will be at the BE Apr 4 at lunch to explain the details and Apr 5 all morning to collect fasting blood samples.

We are looking for volunteers **ages 70 and up** to provide a finger prick blood sample. In exchange for your participation, you will receive a **\$10 gift card**.

Here's how it works: each participant will:

- Receive a blood collection kit
- Prick your finger and collect a few drops of blood
- Fill out a survey

Anyone interested in participating can contact us at (505) 500-4550 or email [visionarystudies@viome.com](mailto:visionarystudies@viome.com)

## Special Programs

### Community Foundation Lunch Talk

On Wed Apr 25 following lunch, BE the Los Alamos Community Foundation will present to our members. Board President and LACF Founder David Izraelevitz and inaugural Executive Director Rachel Kizielewicz will provide background information on the community foundation, and discuss the foundation's mission to serve the charitable needs of our community. David and Rachel will provide an explanation of the various funds offered through the foundation, including endowed funds, donor designated funds, and legacy building funds. They welcome your questions, and look forward to a discussion on ways that we can magnify our philanthropic impact on the community.

### Los Alamos Council on Cancer

*Breakthroughs in Melanoma & Treatment*  
 Featured Speaker: Dr. Karen Lorusso, MD,  
 Medical Oncologist, Thu Apr 19 6:00pm at the  
 First Baptist Church, 2200 Diamond Dr:

- 5:15–6:00 Light Dinner
- 6:00–7:30 Seminar with Q+A Session

#### Seminar Objectives:

- Recognize the presentation and natural history of melanoma
- Understand surgical and medical treatment of melanoma
- Describe new research breakthroughs in melanoma treatment.

Pre-registration required by Apr 14 for light complimentary dinner!

Nurses and Allied Professionals will be awarded 1.5 CE contact hours

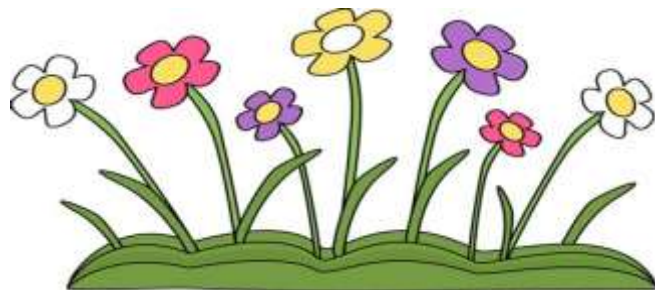
Los Alamos Medical Center is a provider approved by the California Board of Registered Nursing (Provider No. 15835) for 1.5 Contact Hours

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

### Bystander Intervention Workshop:

How to safely take action. Jess Clark, the Education and Prevention Department Manager at Solace Crisis Treatment Center is the presenter. The UNM-LA campus event will take place Fri Apr 27 9:00-11:00am at UNM-LA, Building 5, Wallace Hall. Bystander Intervention is about how to intercede in sexual assault or sexual harassment, either by offering to help a victim or by standing up to a perpetrator. In this workshop the participants will explore some common rape myths, learn about bystander theory, and engage with some common scenarios and how to intervene. The Los Alamos community, students and faculty are invited to attend. Refreshments will be served. For more information: Cynthia Goldblatt, Program Coordinator at 505-235-2329.

### April is National Garden Month



### Coming in May:

Need Help Managing a Chronic Condition?

Are you living with a chronic condition like diabetes, arthritis, pain, asthma, high blood pressure, or heart disease? Come build new relationships and skills to help you manage all the things needed to improve your health, as well keep you active in your life and relationships. Family, friends, and caregivers are welcome to attend too. This free class is called "Manage Your Chronic Disease" and is licensed by Stanford University. The instructors are Paula Roybal Sanchez & Pauline Schneider.

Day of the week: Monday afternoons

Workshop Dates: May 7-June 18

(5/7, 5/14, 5/21, 6/4, 6/11, 6/18)

Time: 1:00–3:30pm

Location: BE Classroom

Join, Learn, and Take Control!

Call the BE (505) 662-8920 to sign-up.

# LAVA -- Los Alamos Volunteer Association

Linda Boncella, Director

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

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## **Spotlight on a Station – My Brother’s Keeper**

My Brother’s Keeper is made up of volunteers who meet each Friday at St. Joseph’s Mission Church in White Rock to construct sleeping bags for the homeless. These volunteers make about two sleeping bags per week and distribute them one to two times per month to Bienvenidos Outreach in Santa Fe. Bienvenidos distributes goods and services to the homeless in Santa Fe. New volunteers are always welcome and will be trained on site. My Brother’s Keeper also welcomes donations in the form of quilts, blankets, drapes, bedspreads, sheets, mattress pads and warm fabric that is at least 3’x3’. If you would like to drop off donations, the LAVA office will temporarily hold items and pass those along weekly to one of the volunteers for My Brother’s Keeper. It does not matter if items are torn and stained, however they should be clean, as these will go into the middle of the sleeping bag.

If you are interested in volunteering with My Brother’s Keeper please contact the LAVA office at 662-8923 or Marilyn Minshall at 672-3499.



## **Volunteer Opportunities**

### **United Blood Services Blood Drive – May 3 and May 4**

Volunteers are needed to help with making sandwiches and putting out snacks for the spring blood drive. There are three shifts on Thursday, beginning at 11:30am and ending at 7:30pm and three shifts on Friday beginning at 9:30am and ending at 5:00pm. Please contact the LAVA office if you are interested in volunteering for a shift.

### **Los Alamos Historical Society**

Volunteers are needed to help out at the Hans Bethe House weekdays 9:00am-1:00pm. The shift is typically four hours, but a two-hour shift can also be arranged. If you are interested, please contact Todd Nickols, Museum Shop Manager for the LA Historical Society at 695-5253 or at

[museumshop@losalamohistory.org](mailto:museumshop@losalamohistory.org)



**(LAVA continued)****Los Alamos Retirement Community**

Volunteers are needed to provide art, music, exercise, reading, and connection with the Aspen Ridge Dementia Unit. Please contact the LAVA office at 662-8923 if you are interested in helping out at Aspen Ridge.

**White Rock Senior Center:**

Tuesday Night Volunteer - Substitute volunteers are 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: Substitute receptionists are needed for am and pm shifts. 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 the Thursday shift 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!

Money Helper Substitute. If you are interested in helping as a money helper in a temporary situation, we are looking for a substitute on Tuesdays for the next month or so.

Reception: We are in need of a receptionist for the upper level on Thursdays 2:30-4:30pm. 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!

Poster Distribution: We are looking for substitutes for poster delivery. This delivery is twice a month and takes no more than an hour for each route. If you are interested in being a substitute for poster distribution route, please contact the LAVA office.

**LAVA Volunteer Celebration**

LAVA Volunteers: Mark your calendar for Fri Apr 27 3:00-5:00pm for the annual volunteer celebration here at the Betty Ehart Senior Center! Eddy and the Nomads will once again provide music, but this time it is to a 60's theme. Look for your invitation in early April.

*Linda and Sarah*



White Rock Senior Center 672-2034

**April Lunch Out and Birthday Party**  
**Friday April 13 at 1:00pm**  
**at the Little Saigon Restaurant**  
**Please make reservations by calling WRSC**



**Papua New Guinea Photo Presentation**  
**Thursday, April 19 at 12:30pm**



Birds and Huli - Martin and Beverly Cooper traveled to Papua New Guinea July 19-28, 2017 to photograph exotic birds. Among others, they succeeded with a number of species of birds of paradise. While in the Tari Valley, located in the highlands, they took time to visit with the Huli Wigmen, visiting a makeup session and one of their cult schools. Their travels were substantially affected by civil unrest.

**Special Lunch Menu from New Guinea**  
**Thursday, April 19 at 11:30am**

*Mumu Pork* (Pit Roasted Pork)  
*KauKau* (Baked Sweet Potato)  
*Kumu* (Wild Greens)  
*Taluatu* (Pineapple in Coconut Cream)

**Thank you to John and Nancy Cerutti for the donation of a flat screen TV. It makes the Chat room a showplace. We moved our smaller TV to the exercise room so everyone can enjoy a bit of news and entertainment.**



**Sign Up today for exercise equipment instruction:** Apr 24 & 26 12:00-2:00pm. YMCA Instructors Ann Funsten and Stacey Castille offer 20-minute one on one exercise equipment instruction. These sessions focus on safety and technique. Their aim is to help users understand which exercises are functional and appropriate as well as teaching form and how to combine exercises for a total workout.

**WRSC Tire Pressure Check:** April 12 (Every second Thursday at 10:30am)

All our thanks to Ward Zaelke for helping our seniors stay safe on the road.

## Details

### Eagle Scout Project



Last summer, Michael Aslam constructed 3 sturdy, attractive planters for the Jerry Bower garden adjacent to the Day Out program at the BE for his Eagle Scout project. On Saturday March 3, Michael went through his Eagle Scout Ceremony and Linda Boncella, LAVA Director was on hand to celebrate with Michael.

### April is National Garden Month

**April 1: Easter**

**April 1: April Fool's Day**

**April 22: Earth Day**



### No More Faxing

At our centers, we have noticed a significant decline in the need for faxing, and so we will no longer pay to have this service available to our patrons. We are happy to recommend the people at Aspen Copies in Los Alamos (who so ably print this newsletter) for your faxing needs.



April showers may bring May flowers, but they also bring the need for umbrellas for getting our seniors in and out of the centers in inclement weather. A donation of new or gently used umbrellas, especially the golf-size ones, would be greatly appreciated. Please drop off any spares (or ones you forgot to return!) to the transportation desk.



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

Non-Profit  
US Postage Paid  
Permit No. 15  
Los Alamos, NM 87544

**Address Service Requested**

## Addresses, Phone Numbers, and More

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

[losalamosseniorcenter.com](http://losalamosseniorcenter.com)  
Pauline Schneider, Director  
[director@losalamosseniorcenter.com](mailto:director@losalamosseniorcenter.com)

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

### **Los Alamos Volunteer Assoc (LAVA)**

Linda Boncella, Director 662-8923  
[lava@losalamosseniorcenter.com](mailto:lava@losalamosseniorcenter.com)

### **The Day Out**

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

### **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 Retired & Senior News**

Layout Editor - Gale Williams  
News desk, Mail and Email subscriptions -  
[news@losalamosseniorcenter.com](mailto:news@losalamosseniorcenter.com)

Items Due - Mon Apr 16  
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