



# 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)**

## Farewell Pauline

The staff, the Board of Directors, the communities of Los Alamos and White Rock will be saying farewell to Pauline Schneider, Executive Director of the Los Alamos Retired and Senior Organization on July 13. Pauline and her husband Greg will be moving back to her place of origin in Ottawa Canada.

Pauline has been the Director since 2001, a time when services for Seniors were beginning to grow and the beautiful Betty Ehart Center was brand new. The years have seen many changes and much growth in the Center including the addition of the Day Out program wing. The expansion and renovated space for the White Rock Senior Center and the increase in programs have benefitted so many in this community. Her leadership skills coupled with her warm heart, generous spirit, strong advocacy and purposeful leadership have changed the lives of many.



Pauline's staff could always count on her support to ensure seamless provision of services, whether in the kitchen with a hairnet in place, from an office as a counselor, assessor, transportation coordinator, or Day Out manager. She worked with the maintenance staff to ensure that the building was safe, clean and accessible to anybody in the community who wanted or needed the space for socialization and friendship.

The Steering Committee would like to acknowledge the warmth of Pauline's personality which will be greatly missed by the WRSC. Her energy and total competence will be greatly missed by all of the seniors in the community. No matter the pressure of her work schedule, Pauline would always stop, even if in full stride, and attend to anyone who needed her help or reassurance. This is a memory we will cherish and that will stay with us forever. On a personal note, Annie at the WRSC would like to communicate appreciation for Pauline's calm, forgiving nature. Pauline has supported Annie's creative side and worked relentlessly on the renovation of the WRSC to help make the facility the beautiful and functional senior center that we enjoy every day. I hope the community understands the legacy she has left us.

Thank you Pauline from all of us who have had the good fortune to work for you, with you and near you to help carry out the mission of LARSO which is to serve this community with dignity, kindness and compassion.

**Please join us to bid Pauline a fond farewell on Friday, July 13 in the Great Room at the Betty Ehart Senior Center 4:00-7:00pm.**

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### Holidays 2018

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

### 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. There are low-sugar fruit options available for Diabetics instead of desserts. 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.

### Lunch Talks

- Wed Jul 11, BE Morningstar
- Tue Jul 17, WR LANL Job Related Illnesses
- Wed Jul 18, BE LANS Work Health Issues
- Thu Jul 19, WR Australian Lunch. Details on page 10.

**Breakfast** at White Rock Baptist Church on Wednesdays 8:00am. No breakfast on July 4 (Independence Day).

### Day Out



Fun in the Day Out Program! Here we have Jean dancing to the tunes that Ken is playing for us. Ken with Home Instead plays for the Day Out every third Thursday of the month after lunch. Please come join us and enjoy his wonderful performance.

Here also are a few of our ladies puzzling over a map puzzle. They were having a good time discussing the different States that they had visited or lived in. We always are having a good time. If you know someone who can use the services available in our program please come see me. Gabe, one



of our wonderful program assistants picked out the movies for this month and they are his favorites: all the past Jurassic Park movies. So if you want to get your heart beating a bit fast come enjoy these scary movies in the safety of our living room in the Day Out every Friday this month at 12:30, please feel free to bring any grandchildren with you! For a full list of the activities in the Day Out come by and pick up an activity calendar which is on the table below the white board in the lower level entrance.

Remember to live, laugh and love!

*Laurie Hochhalter*  
Day Out Program Director



## Let's Eat Lunch



Lunch served weekdays 11:30am-12:30pm at BE and WR. Call 662-8924 (BE) or 672-2034 (WR) for reservations. Hashtag (#) indicates special menu/lunchtime talks. See details on page 2.

**Salad Bar Days** Asterisk (\*) before the days when the salad bar is available.

### BESC July Meals

- 7/2 Mon. Tilapia, tartar sauce, wild rice, broccoli salad, whole wheat roll, Mandarin oranges
- \*7/3 Tue. Chicken salad, carrots/celery sticks, crackers, fruit strudel
- 7/4 Wed. **CENTER CLOSED FOR INDEPENDENCE DAY**
- 7/5 Thu. Hot dogs, potato chips, coleslaw, watermelon
- 7/6 Fri. Chicken fried steak, mashed potatoes, country gravy, 5-way mixed vegetables, apple
- 7/9 Mon. Pork chips, scalloped potatoes, California blend vegetables, pear crisp
- \*7/10 Tue. Green chile cheeseburger, baked beans, potato salad, honeydew melon
- #7/11 Wed. Catfish, tartar sauce, roasted potatoes, winter blend vegetables, pineapple
- 7/12 Thu. Baked chicken, rice pilaf, Italian blend vegetables, chocolate chip cookies
- 7/13 Fri. Chef salad, breadstick, peaches
- 7/16 Mon. Salisbury steak, mashed potatoes, peas & carrots, roll, orange
- \*7/17 Tue. Vegetable lasagna, breadstick, pears
- #7/18 Wed. Green chile chicken enchiladas, pinto beans, calabacitas, vanilla pudding
- \*7/19 Thu. Italian sausage sub, marinara, cheese, tater tots, plums
- 7/20 Fri. Tuna steak, wild rice, mango salsa, asparagus, whole wheat roll, oatmeal cookie
- 7/23 Mon. Red chile beef enchiladas, pinto beans, salsa corn, banana pudding
- 7/24 Tue. Glazed ham, sweet mashed potatoes, green beans, biscuit, fruit cocktail
- \*7/25 Wed. Egg salad sandwich on Jewish rye, potato chips, diced peaches
- \*7/26 Thu. Fish & chips, broccoli salad, banana
- 7/27 Fri. Meatloaf, red skin mashed potatoes, broccoli Normandy, brown gravy, applesauce
- 7/30 Mon. Tater tot casserole, broccoli, breadstick, fruit strudel
- \*7/31 Tue. Lemon pepper cod, tartar sauce, fried potatoes, tapioca pudding

### WR July Meals

- \*7/2 Mon. Chicken salad, carrots/celery sticks, crackers, fruit strudel
- \*7/3 Tue. Tilapia, tartar sauce, wild rice, broccoli salad, whole wheat roll, Mandarin oranges
- \*7/4 Wed. **CENTER CLOSED FOR INDEPENDENCE DAY**
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- \*7/18 Wed. Tuna steak, wild rice, mango salsa, asparagus, w/w roll, oatmeal cookie
- #\*7/19 Thu. Australian lunch ([see page 10 for details](#))
- \*7/20 Fri. Green chile chicken enchiladas, pinto beans, calabacitas, vanilla pudding
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- \*7/31 Tue. Lemon pepper cod, tartar sauce, fried potatoes, tapioca pudding

## Regularly Scheduled Activities

### AARP Smart Driver Course

Thu Jul 19 2:00-6:00pm, WR. 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

8:00am-4:00pm Daily, BE

### Cards and Games

#### Bingo

1:00pm Third Tue Jul 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 Mon, Tue and Fri, WR

#### Pool & Billiards

BE & WR - Every day but Sun

### Committees and Boards

#### Friends of the Senior Center Board

1:30pm Tue Jul 24, BE

#### LARSO Advisory Council

10:00am Mon Jul 23, BE

#### LARSO Board of Directors

Thu Jul 19, 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.

### 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

### Discussion Groups

#### Senior Civic Discussion Group

10:00am First and Third Mon, BE

#### Financial Investment Group

9:30-11:00am Thu, WR

### 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

### Health

#### Alzheimer's Support Group

1:15pm Second Wed Jul 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

#### Cancer Patient Family & Friends Support Group

11:00am 2nd & 4th Wed, BE conference room

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

No meetings for Jun, Jul, Aug.

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

9:20am Thu Jul 5 & 19, BE

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

9:20am Thu Jul 26, WR

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

### Physical Fitness

#### Cardio Plus Exercise

8:45am Mon & Wed, BE

### Physical Fitness continued

#### Gentle Pilates suggested donation \$5

9:00am Mon, 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

#### Tai Chi for Arthritis and Fall Prevention

9:00am Mon, Fri, WR. (Donation \$5)

See details on page 10.

#### Table Tennis

7:30pm Tue & Thu, BE

10:00am Sat, BE & WR

#### Therapeutic Posture Mat Class

12:30-1:15pm Wed, BE (donation \$5)

#### Therapeutic Posture Chair Class

1:30-2:15pm Wed, BE

Call 662-8920 to register (donation \$5)

#### Variety Training

8:45am Tue & Thu, BE

#### Vinyasa Yoga

10:45am Mon, WR

4:30pm Wed, WR

#### Weight Room

10:00am Mon-Sat, WR

#### Zumba Gold recommended donation \$5

1:30-2:30pm Tue, WR

4:00-5:00pm Fri, WR

### Services

WR Tire Pressure Check

Second Thu 10:30am, WR main parking lot

Ward Zaelke Volunteer

### Walking

#### Early Walk

7:05am Wed, White Rock Baptist Church

Temporarily suspended. Looking for new leadership. If interested, contact Annie or Lisa at WR, 672-2034.

#### Ad Hoc Hikers

8:30am Thu, BE downstairs. For more information call Linda at (505) 242-6662.

## Special Programs

### TRIPS

**Suggested donation \$8.00 (cash or check payable to LARSO). For reservations please call Reservation Desk 662-8920**

#### Dinner Out

Wed Jul 11

Maria's New Mexican Kitchen  
Margarita menu!

[marias-santafe.com](http://marias-santafe.com)

Depart BE: 4:10pm

Depart WR: 4:30pm



#### Operas

**Tickets go on sale Tue Jul 10 8:30-**

**10:30am, BE lower level.** After 10:30am we will take phone reservations. Please request your first and second choice of performances. If the first is filled, we will try to get you your second choice. Ticket price includes transportation expenses and donation.

#### **L'Italiana in Algeri** (The Italian Girl in Algiers)

Never underestimate Her

Fri Aug 3 8:00pm

Ticket: \$55.00

Depart BE: 5:45pm

Depart WR: 6:00pm

#### **Doctor Atomic**

I am become Death

Thu Aug 16 8:00pm

Ticket: \$55.00

Depart BE: 5:45pm

Depart WR: 6:00pm

#### **Madam Butterfly**

Love and sacrifice under the stars

Fri Aug 24 8:00pm

Ticket: \$50.00

Depart BE: 5:45pm

Depart WR: 6:00pm

### MOVIES

**BE Fri 12:30pm**

**Jul 6, Jurassic Park, 1993**

**127 min, rated PG-13**

**Sam Neill, Laura Dern**

During a preview tour, a theme park suffers a major power breakdown that allows its cloned dinosaur exhibits to run amok.

**Jul 13, The Lost World: Jurassic Park, 1997**

**129 min, rated PG-13**

**Jeff Goldblum, Julianne Moore**

A research team is sent to the Jurassic Park Site B island to study the dinosaurs there while another team approaches with another agenda.

**Jul 20, Jurassic Park III, 2001**

**92 min, rated PG-13**

**Sam Neill, William H Macy**

A decidedly odd couple with ulterior motives convince Dr. Grant to go to Isla Sorna, resulting in an unexpected landing, and unexpected new inhabitants on the island.

**Jul 27, Jurassic World, 2015**

**124 min, rated PG-13**

**Chris Pratt, Bryce Dallas Howard**

A new theme park, built on the original site of Jurassic Park, creates a genetically modified hybrid dinosaur, which escapes containment and goes on a killing spree.

### THEATER

#### **10-Minute Grief Counseling**

Wed Aug 1 12:30pm, BE

Thu Aug 2 12:30pm, WR

Be sure to mark your calendars for a free short play reading of *10-Minute Grief Counseling* by John McDonnell. Kate Ramsey will direct.

This funny, engaging short play centers on a grieving daughter and a seemingly callous grief counselor whose methods are somewhat unorthodox.

The readings are part of an ongoing partnership among the Senior Centers, Pajarito Players, and playwright Robert Benjamin to bring live theater in enjoyable snippets every few months to the senior community.

The readings are intended not only to be entertaining, but also to spark conversation about issues relating to aging. Previous readings include *Gardening Hotline*, by Mark Dunn; *Epiphany*, by David MacGregor; *I'm Herbert*, by Robert Anderson; *Broken Off*, *Newborn Security*, *Final Gift*, *Fresh Out*, *Swerving*, and *Too Soon*, by Benjamin.

## Special Programs

### Recital with Tea and Treats

Sun Jul 8, 4:00pm, BE

Bellini & Friends... a vocal recital with tea and treats featuring Tess Light, mezzo soprano singing enchanting melodies of Vincenzo Bellini and Linda Wieseman, soprano with operatic favorites from *The Magic Flute*, *Rusalka*, *Susannah*, and *The Pirates of Penzance*.  
Alicia Solomon, teacher/accompanist.

### Farewell Pauline

Fri Jul 13 4:00-7:00, BE

Please join us to bid Pauline a fond farewell in the Great Room at the Betty Ehart Senior Center.

### Therapeutic Posture Mat Class

Wednesdays 12:30-1:15pm, BE

Would you like to improve your stability, strength, and physical activity? Sandra West teaches a mat-based exercise class, focused on reducing pain and improving joint position and function. This gentle class meets on Wednesdays 12:30-1:15pm.

West's posture mat class uses floor exercises, based on the Egoscue Method(R), to help participants increase stability, strength, and alignment. Improving the position of your body's bones and joints reduces pain, increases balance, retrains neuromuscular mechanics, and helps you feel stronger and more physically capable. This class is appropriate for most chronic musculoskeletal issues. It is helpful, but not required, to attend on a regular basis. Class size is limited to 10 people.

Attire: Exercise clothes that do not restrict your range of motion. A sweater is helpful for those who frequently feel cold. Yoga or gym clothes work well.

Equipment: Please bring a yoga or exercise mat. All other equipment will be provided. If you don't have a mat, come anyway; Sandra brings a few extra mats.

Instructor: Sandra West, Posture Alignment Specialist, Egoscue University®

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

(505) 500-4489

Suggested donation: \$5/day

Location: Betty Ehart Senior Center

### Grandfriends

How would you like to have a young pen pal right in the community? The Youth Activity Centers in Los Alamos and White Rock would like to have pen pals with local seniors this summer. We will have the opportunity to exchange mail twice a month. In August, we will invite you for cookies and lemonade so that they can meet their senior friends. The sign up list is available and the writing will begin this month. If you have questions, please call Sarah Chandler at 662-8923. And if you're worried about penmanship – no need to – they want us to print!!

### BESC Gardens



Check out all the lovely flowers around the senior center. Most have tags identifying them. Thanks to Mary Venable and Gabe Vigil for their diligence in caring for the gardens.



# LAVA -- Los Alamos Volunteer Association

Linda Boncella, Director

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

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## **Interim LAVA Director**



Please welcome Sarah Chandler as the Interim LAVA Director. Many of you already know Sarah through her work in the LAVA office as the BESC Volunteer Coordinator.

Sarah has been working in the LAVA office for three years and is well acquainted with its operations.

Prior to working for the LAVA program, Sarah managed the Many Mothers volunteer program for eight years and is familiar with volunteer program management.

Sarah will be juggling both volunteer office jobs until the LAVA Director position is filled. We are excited that Sarah has agreed fill the Interim LAVA Director position!

## **Volunteer Opportunities**

### **ScienceFest**

Please consider helping with this year's ScienceFest on Saturday, July 14. Volunteers are needed to help staff the information booth at Ashley Pond and to also help at the information booth at the Main Gate entrance to town. This is always a well attended event and this year there are 60 booths with fun, interactive and informative activities. Please contact Sarah in the LAVA office or Lauren McDaniel (661-4844) at the Chamber of Commerce, for scheduling a shift if you are interested in helping out!

### **United Church Thrift Shop**

The United Church Thrift Shop is looking for volunteers to help with sorting, tagging, selling and bagging items that are donated to the thrift shop. Training will be provided. Proceeds from the thrift shop benefit numerous non-profit organizations. If you would like to help, please contact the LAVA office at 662-8923 or Corine Christman at 662-7184.

### **Manhattan Project National Historical Park**

The Manhattan Project National Historical Park is looking for volunteers for their Volunteers-in-Parks position to greet visitors at the Visitor Center, provide information about the park, orient visitors to the community, and provide information on other things to do while visiting Los Alamos. The shifts are 3-4 hours long, once a week (or more often if you are interested). Please contact Starr Woods at [crystal\\_woods@partner.nps.gov](mailto:crystal_woods@partner.nps.gov) or call the Visitor Center at 661-6277 for more information or to sign up as a new volunteer!



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

Meal Helper – We are in need of regular meal helpers at the White Rock Senior Center on Mondays and Fridays – duties include set-up, helping seniors with their trays (if needed) serving dessert, and wiping the tables at the end of lunch. This is a wonderful way to interact with people and enjoy a lunch as well! If you would like to help out once in awhile, but not every week, please consider being a substitute meal helper.

Tuesday Night Volunteer - Substitute volunteers are needed to staff the WRSC Tuesday evenings 4:00-7:00pm. Please contact either the LAVA office at 662-8923 or Annie Bard at 672-2034.

Do you enjoy planning events, coordinating committees, and working toward a great cause? We are looking for some senior volunteers that would like to be part of four fundraisers a year at the White Rock Senior Center. These dedicated individuals would help to organize, set up and run activities like Dinner Theaters, a Car Show, and a Fish Fry. Also, any suggestions and feedback on other fundraisers would be most welcome.

**Betty Ehart Senior Center:**

Dining Room Volunteer: We are looking for volunteers to help with our meal program – meal helpers are needed for the Monday and Friday shifts from 11:00 am – 1:00 pm. If you would prefer to be a substitute meal helper rather than having a permanent slot, we are always in need of subs!

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 a poster distribution route, please contact the LAVA office.

**Upcoming Volunteer Events**

August Blood Drive – The August blood drive will be held on Thursday, August 30 and Friday, August 31. If you are interested in helping prepare sandwiches and snacks for the donors, please contact Sarah in the LAVA office at 662-8923 to schedule a volunteer shift.

Los Alamos County Fair – The Los Alamos County Fair will be held Aug 10 – Aug 12 and, once again, LAVA will be helping to recruit volunteers to help as display monitors on the upper level of the Mesa Public Library. On Fri Aug 10, we are in need of four volunteers to work 5:00-8:00pm and Sat Aug 11, three volunteers are needed 10:00am-12:30pm and three volunteers are needed 12:30-3:00pm. Please contact the LAVA office at 662-8923 if you are interested in helping out.



***Linda and Sarah***

White Rock Senior Center 505-672-2034



**July Ice Cream Social  
and Birthday Party  
Friday July 20  
at 1:30pm in the  
WR Senior Center Chat Room**

**Tai Chi for Arthritis/Fall Prevention  
9:00-10:00am  
Monday and Friday  
at the WRSC Activity Building**  
Rheta Moazzami will teach evidence-based Tai Chi for Arthritis/Fall Prevention. Rheta's training was paid for by the New Mexico Health Department with a grant from the Centers for Disease Control because falls are the NUMBER ONE CAUSE of DISABILITY in this country. This exercise for Arthritis and fall prevention is endorsed by the Arthritis Foundation.

**July Photo Presentation  
and Special Lunch  
Thu Jul 19 12:20pm**

Australia: Birds and More - Martin and Beverly Cooper traveled to Australia from July 9 - 18 and July 29 - August 10, 2017. The purpose was to photographically capture the beautiful wildlife. Birds are the easiest, but some other non-avian animals found their way onto the camera sensor. Their search for wildlife took them to some places pretty far off the tourist routes.



**Special Australian  
Lunch Menu**

**Minced Meat Pie  
Roasted Butternut Squash  
Damper Soda Bread  
Pavlova  
(Meringue type Dessert)**

WRSC First Annual

**“Show and Shine” Vintage Car Show  
and Catfish Fry Fundraiser.  
August 25 9:00am-2:00pm  
For car registration contact Mike Ragsdale  
at 672-3844**

**Tickets for fish fry go on sale Aug 13 at the WRSC desk  
Adults - \$12.00, Children under 12 - \$6.00**

**We would like to welcome the community to our county complex to see our beautiful facility, enjoy the cars and sample our great food.**

## Details

### Your new Medicare ID card is FREE

It has a unique combination of 11 letters and numbers. Your Social Security number is no longer on this card. These changes are for fraud prevention. However, scam artists are already calling seniors, so please give NO INFORMATION and SEND NO MONEY. It will take many months to process all the beneficiaries so be patient. Visit [Medicare.gov/NewCard](http://Medicare.gov/NewCard) to learn more about when your card will arrive.

### Health and Fitness Event



Last month a lunchtime Health and Fitness event was held at the Betty Ehart Senior Center.

Pictured are the Los Alamos Visiting Nurses who provided information and assisted with blood pressure measurement, and the Healthy Snacks display in the dining room where presenters provided more health and fitness information.

### The Final Pearls from Pauline

As I write this in mid-June, my White Rock home is about to go on the market, a Pod container sits in my driveway not full yet, but likely to be so, and what was my office at the BESC will only be "mine" for a few more days. I am thankful to the Executive Director Search Committee, Bob Swift, John Baillie, Mary Venable, Anna Gibbs, John Stewart and Kay Burick for executing the interview process and for recommending the LARSO Board's choice, Linda Boncella to be the next Executive Director. As our LAVA Director for 3 years, Linda knows well our staff and members. I am happy to hand over my keys to one so capable! The days ahead for senior services will be challenging and rewarding, as they have been for me these past 17 years. Thank you for the many kind notes and expressions of support that have been mine to enjoy over the past month. They will surely carry me north to Canada and on to my next adventure.

So long, my friends.

Gratefully,

*Pauline Schneider*

**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)

Linda Boncella, 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

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

133 Longview Dr, White Rock, NM 87547

Annie Bard, Coordinator

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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

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### **Los Alamos Retired & Senior News**

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