



# Los Alamos Retired and Senior News



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

Linda Boncella, Executive Director

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

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### Holidays 2018

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

### Welcome Linda

LARSO is excited to welcome Linda Boncella as our new Executive Director! Linda has capably managed our volunteer programs for the past three years and so comes to this new position with a strong sense of our purpose and practices. We are very grateful to the LARSO members who served on the E.D. Selection Committee and now it is up to all of us to support Linda as she moves our non-profit ahead into Fiscal Year 2019. Linda brings not only skills in budget analysis and volunteer management but she truly has a heart for what we are about. Linda, we all wish you all success in this new leadership position! Bravo!!



### Special August Events

Fri Aug 3, 1:00pm, BE great room. **90+ Ice Cream Social.** See page 7 for details.

Tue Aug 21, 7:00am depart BE. **Conference on Aging Trip.** See details on pages 6 and 7.

Sat Aug 25, 9:00am-2:00pm, WR. **Car Show and Fish Fry:** See pages 7 and 10 for details.

## Day Out

Fun in the Day Out Program! We had a very active visit from a summer day camp. These 1st through 3rd graders were very full of energy and had a great time doing energizers with CeCe—one of our teen volunteers. The children also enjoyed eating their lunches with the Seniors. 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. We are showing Westerns this month in the Day Out so please check out the movie schedule. Warning! 3 of the movies are rated R. As we all know the West was not without foul language and violence. Please come enjoy these great movies with us on Friday afternoons! Do you have an ice cream maker? Could we borrow it for the 90+ ice cream social this week? We in the Day Out are determined to make homemade ice cream for all of our special elderly Seniors! If you bring one in, make sure your name is taped to the bottom of both pieces so we can get it back to you!



Thank you!

Remember to live, laugh & love!

*Laurie Hochhalter*

Day Out Program Director

Pictured: Joyce chatting with first-graders at lunch in June

## 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.

**Salad Bar Days:** An asterisk (\*) appears before the days when the salad bar is available at BE.

Thanks to a generous contribution to the WR food service, salads are available **every day** at WR.

## 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 & Special Menus

Wed Aug 1, 12:30pm, BE Live performance "10 Minute Grief Counseling" (details on page 7)

Thu Aug 2, 12:30pm, WR Live performance "10 Minute Grief Counseling" (details on page 7)

Wed Aug 8, WR Special Lunch to Celebrate Los Alamos County Festival, Fair and Rodeo

Thu Aug 9, WR Bhutanese Lunch (details on page 10)

Fri Aug 10, BE Special Lunch to Celebrate Los Alamos County Festival, Fair and Rodeo

Wed Aug 15, BE Talk by rep from Morningstar, Assisted Living and Memory Care of Santa Fe

Fri Aug 17, BE RPEA Lunch

Aug 22, BE Dental Hygiene and Decluttering your Home

## Let's Eat Lunch

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

### BE Aug Meals (\* indicates salad bar days)

- 8/1 Wed Chicken drumstick, mashed potatoes, spinach, biscuit, pudding
- 8/2 Thu Spaghetti, marinara sauce, breadstick, parmesan cheese, Jell-O
- \*8/3 Fri Frito Pie, Fruit
- \*8/6 Mon Vegetable lasagna, breadstick, fruit
- 8/7 Tue Sweet-n-Sour pork, rice, pork eggroll, stir fry vegetables, fruit
- 8/8 Wed Taco salad, lettuce/tomato/onion, salsa, sour cream, applesauce cake
- \*8/9 Thu Tater tot casserole, roll, Brussels sprouts, carrots, cookie
- #8/10 Fri BBQ bonanza chicken/sausage/brisket, coleslaw, biscuit, watermelon **Fair & Rodeo Lunch**
- 8/13 Mon Chicken enchiladas, calabacitas, Mexican rice, lettuce/tomato, fruit
- 8/14 Tue Meatloaf, oven fried potatoes, peas & carrots, roll, brown gravy, applesauce
- 8/15 Wed Chicken fried chicken, mashed potatoes, mixed vegetables, cream gravy, fruit
- 8/16 Thu Pork loin, tomato/green chile, black-eyed peas, cornbread, cottage cheese w/ peaches
- #\*8/17 Fri Burger/green chile/cheese/let/tom/onion, potato salad, coleslaw, watermelon **RPEA Lunch**
- 8/20 Mon Fish & chips, tarter sauce, German coleslaw, fruit
- 8/21 Tue Chicken taco, rice, calabacitas, lettuce/tomato, oranges
- \*8/22 Wed French bread sausage pizza, pineapple, peanut butter cookie
- 8/23 Thu Chili cheese dog, potato salad, coleslaw, onion, tropical fruit
- 8/24 Fri Chef salad, brownies
- 8/27 Mon Beef tips with rice, roll, winter blend vegetables, fruit
- \*8/28 Tue Chicken pot pie, peach crisp
- 8/29 Wed Roast beef, roll, mashed potatoes, peas, brown gravy, fruit
- \*8/30 Thu Chicken cordon bleu sandwich, potato chips, cookie
- 8/31 Fri Tilapia, fried potatoes, carrots, roll, tartar sauce, sugar cookies

### WR Aug Meals (salad bar every day)

- \*8/1 Wed Sweet-n-sour pork, rice, pork eggroll, stir-fry vegetables, fruit
- \*8/2 Thu Chicken drumstick, mashed potatoes, spinach, biscuit, pudding
- \*8/3 Fri Frito pie, fruit
- \*8/6 Mon Taco salad, lettuce/tomato/onion, salsa, sour cream, applesauce cake
- \*8/7 Tue Spaghetti, marinara sauce, breadstick, parmesan cheese, Jell-O
- #8/8 Wed BBQ bonanza chicken/sausage/brisket, coleslaw, biscuit, watermelon **Fair & Rodeo Lunch**
- #8/9 Thu Special Bhutanese Lunch (**details on page 10**)
- \*8/10 Fri Vegetable lasagna, breadstick, fruit
- \*8/13 Mon Fish & chips, tater tots, sauce, apple crisp
- \*8/14 Tue Chicken enchiladas, calabacitas, Mexican rice, lettuce/tomato, fruit
- \*8/15 Wed Pork loin, tomato/green chile, black-eyed peas, corn bread, cottage cheese w/ peaches
- \*8/16 Thu Meatloaf, oven fried potatoes, peas & carrots, roll, brown gravy, applesauce
- \*8/17 Fri Chicken fried chicken, mashed potatoes, mixed vegetables, cream gravy, fruit
- \*8/20 Mon Chicken taco, rice, calabacitas, lettuce/tomato, oranges
- \*8/21 Tue Chili cheese dog, potato salad, coleslaw, onion, tropical fruit
- \*8/22 Wed Chef salad, brownies
- \*8/23 Thu Burger, green chile/lettuce/tomato/onion, Swiss cheese, chips, ice cream
- \*8/24 Fri French bread sausage pizza, pineapple, peanut butter cookie
- \*8/27 Mon Chicken pot pie, peach crisp
- \*8/28 Tue Beef tips with rice, roll, winter blend vegetables, fruit
- \*8/29 Wed Tilapia, fried potatoes, carrots, roll, tartar sauce, sugar cookies
- \*8/30 Thu Chicken cordon bleu sandwich, potato chips, cookie
- \*8/31 Fri Roast beef, roll, mashed potatoes, peas, brown gravy, fruit

## Regularly Scheduled Activities

### AARP Smart Driver Course

Mon Aug 27 12:15-5:00pm, 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.



Pictured are Janet Basinger and Richard Huxtable when she was honored on June 25, 2018 for her 13+ years of teaching the AARP Safe Driver class at our senior centers. Janet is retiring and AARP Deputy State Coordinator Richard Huxtable was pleased to honor her for her service.

### Adult Day Services

#### The Day Out

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

### Cards and Games

#### Bingo

1:00pm Third Tue Aug 21, 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).

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 Aug 28, BE

#### LARSO Advisory Council

10:00am Mon Aug 27, BE

#### LARSO Board of Directors

Thu Aug 16, BE

### Computers

#### Computer Users Group (CUG)

10:00am First Tue, WR

10:00am Third Tue, BE

All users or potential users are welcome. 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.

#### Mac Users Group (MUG)

8:30am Third Tue, BE classroom.

All welcome to discuss Mac usage/problems.

#### 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. One computer is available for internet access and general use at 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. Reservation 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 Aug 8, 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 meeting for Aug. Contact information:  
NM Commission for the Blind and Visually Impaired rep Deon Dodson (505) 860-3264.  
NM Commission for the Deaf and Hard of Hearing voice 383-6530, TTY 383-6541.

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

9:20am Thu Aug 2 & 16, BE

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

9:20am Thu Aug 30, 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

#### 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

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 - Let's try again**

Wed Aug 8

Maria's New Mexican Kitchen  
Margarita menu!

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

Depart BE: 4:10pm

Depart WR: 4:30pm



#### **New Mexico Conference "Active Aging"**

Tue Aug 21

Albuquerque – Isleta Resort

See page 7 for details

Depart BE: 7:00am

#### **Reminder: Santa Fe Operas**

Tickets are still available. Please call Karen at 662-8922 or come by to see her at the BE lower level 9:00am-5:00pm. \$8.00 van donation is included in ticket price.

#### **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

Tickets available

#### **Doctor Atomic**

I am become Death

Thu Aug 16 8:00pm

Ticket: \$55.00

Depart BE: 5:45pm

Depart WR: 6:00pm

**SOLD OUT**

#### **Madam Butterfly**

Love and sacrifice under the stars

Fri Aug 24 8:00pm

Ticket: \$50.00

Depart BE: 5:45pm

Depart WR: 6:00pm

Tickets available

#### **Coming in September!**

New Mexico State Fair

Seniors Celebration Day

Mon Sep 10

\$7.00 senior citizens (ages 65 & older).

Depart BE: 8:00am

Depart WR: 8:20am

### MOVIES

**BE Fri 12:30pm**

**Aug 3, 3:10 to Yuma, 2007**

**122 min, rated R**

**Russell Crowe, Christian Bale**

A small-time rancher agrees to hold a captured outlaw who's awaiting a train to go to court in Yuma. A battle of wills ensues as the outlaw tries to psych out the rancher.

**Aug 10, Seraphim Falls, 2006**

**115 min, rated R**

**Liam Neeson, Pierce Brosnan**

At the end of the Civil War, a colonel hunts down a man with whom he has a grudge.

**Aug 17, A Million Ways to Die in the West,**

**2014, 116 min, rated R**

**Seth MacFarlane, Charlize Theron**

As a cowardly farmer begins to fall for the mysterious new woman in town, he must put his new-found courage to the test when her husband, a notorious gun-slinger, announces his arrival.

**Aug 24, City Slickers, 1991**

**113 min, rated PG-13**

**Billy Crystal, Jack Palance**

On the verge of turning 40, an unhappy Manhattan yuppie is roped into joining his two friends on a cattle drive in the southwest.

**Aug 31, The Lone Ranger, 2013**

**150 min, rated PG-13**

**Johnny Depp, Armie Hammer**

A thrilling adventure infused with action and humor, in which the famed masked hero is brought to life through new eyes. Native American spirit warrior Tonto recounts the untold tales that transformed John Reid, a man of the law, into a legend of justice -- taking the audience on a runaway train of epic surprises and humorous friction as the two unlikely heroes must learn to work together and fight against greed and corruption.

## Special Programs

### THEATER

#### 10-Minute Grief Counseling

Wed Aug 1 12:30pm, BE

Thu Aug 2 12:30pm, WR

Be sure to attend 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.

#### 90+ Ice Cream Social

If you turned or will turn 90 in 2018 or you've been 90 for a while now, join us for Ice Cream on Fri Aug 3 1:00pm, BE. RSVP 662-8920.

#### Conference on Aging

Seniors are encouraged to attend this year's annual New Mexico Conference on Aging at Isleta Conference Center Aug 21-22. LARSO will provide transportation from BE on Aug 21. Call 662-8922 to reserve a bus seat. Conference registration forms are available at BE or online at the NM Aging and Long Term Services website [nmaging.state.nm.us](http://nmaging.state.nm.us).

#### Car Show and Fish Fry

WRSC First Annual "Show and Shine" Vintage Car Show and Catfish Fry Fundraiser. Sat Aug 25 9:00am-2:00pm, WR.

For car registration contact Mike Ragsdale at 672-3844.

Tickets for fish fry go on sale Aug 13-22 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.

### Thank You

May I please say a HUGE THANK YOU to the many, many friends who came to my wonderful musical sendoff on Friday July 13 at the BESC. I am very blessed to have known so many thoughtful and generous people in this



community. I am so grateful to the LARSO staff for planning such a celebration! Bravo to the Hill Strummers, the Lads & Ladies of Enchantment, Ken Hendricks from Home Instead, my own musical husband, M.C.

Ed Lang and David Izrealevitz and Shelby Redondo for their kind remarks. And to have Prime Minister Trudeau on hand for the party - well that was beyond surprising! Thank you for everything!



If you are traveling in the Ottawa area, please contact me!

My Canada address will be:  
Pauline Schneider  
135 Acklam Terrace  
Kanata, ON Canada  
K2K 2J4

# LAVA -- Los Alamos Volunteer Association

Sarah Chandler, Director

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

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## **A Message from our new LAVA Director**

LAVA Director Linda Boncella has been passed the LARSO Executive Director reigns. In the years I spent sharing the LAVA office with her, I witnessed a number of strengths that will benefit the seniors in our community and the staff she leads as she takes on her new role. Linda is driven to do a great job at anything she takes on. She is meticulous and organized. Challenges are met with positivity and the tasks of the day-to-day management met with smiles and laughter. She listens to seniors with warmth and kindness. Their goals and desires hold weight with her. While Linda's background in everything from accounting to volunteer coordinating have prepared her for this job, it is her genuine love for seniors and willingness to serve in whatever capacity is needed that will make her a great leader.

Linda is grateful to Pauline for her 17 years of service and plans to continue on the positive track that has been laid by her predecessor. She hopes to continue to reach out to the seniors of our community, educating them on all that the senior center has to offer. Linda also added that she looks forward to working with the dedicated staff at the senior centers.

While we send our best wishes to Pauline on this next chapter of her life in Canada, we also express our thanks to our new director for her willingness to serve. May she feel our support and encouragement.

***Sarah Chandler***

LAVA Director

Volunteers are truly amazing people. I am thrilled to expand my role in working with volunteers as the new LAVA director. Volunteers are a self-selecting group of individuals who have chosen to give some portion (Sometimes a large portion!), of their time to support the causes they believe in and I feel so fortunate to spend my days with them. As I begin this new adventure with the LAVA volunteers and our community, I would like to share my vision for LAVA.

### **Why Volunteer?**

Seniors who volunteer stay connected to their community, and with more connection and less isolation, comes better physical and mental health as well as longer lasting general wellness as they age. Our volunteers know how good it feels to support the causes they believe in and enjoy community with those who share those ideals. And the truth is, they are so very needed! The life experience they bring to the organizations they work with is immeasurable and highly valued.

### **What can LAVA do for you?**

LAVA volunteers are a diverse group. They have varied interests, physical capacities, and schedules, for example, and we considered all of this when assisting them in connecting with the ideal volunteer opportunity. Our job is to help you find a job you'll love! We stay up to date on volunteer opportunities in the community and work hard to match individuals with a rewarding volunteer job. As conditions change for our volunteers, it is important to us to be responsive and find new ways to keep them volunteering in jobs they enjoy and feel successful doing. We work for you!

### **How does LAVA support our community?**

LAVA is an important part of our community. We collaborate with many organizations with a wide variety of objectives. We coordinate volunteers to support both the senior centers in Los Alamos and White Rock, which include those volunteers helping with meal service and delivery, and reception. Some other programs are run right out of our office like HELP Driver, which matches drivers with those needing transportations to medical appointments off the hill, or The Quilters who take donated material and create beautiful quilts for homeless youth and children undergoing cancer treatments. Most, however, are long-standing community organizations that provide vital services right here such as LA Cares, the hospital auxiliary and Family Strengths Network. Other partners include the Los Alamos Historical Society, Big Brothers/Big Sisters, Bandelier National Monument, and the Pajarito Environmental Education Center (PEEC), just to name a few. All of these wonderful groups contribute to making our community the special place it is and we are proud to support them.



## (LAVA continued)

### **What about reporting hours?**

Our volunteers know how much it means to the LAVA office to receive reports about the hours they are serving and where they are serving them. We love to know about all the amazing work they do, but we also need this data to secure funding for the LAVA office. State and local funding agencies need to know how many volunteers we have and how many hours they put in. This is how they measure the success of our office and so we try hard to collect that data as accurately as possible and report it quarterly. Don't let reporting deter you though! We make it easy. We'll remind you and you can call, email, or drop by and chat with us about your service hours. To our many active volunteers who already faithfully report their hours, we thank you.

### **Ready to learn more?**

Flexibility is a high priority for all our volunteers. Visit us at the LAVA office on the lower level of the Betty Ehart Senior Center and we can talk about your individual needs and interests in volunteering. You can also call the LAVA office directly at 662-8923 or email us at [lava@losalamosseniorcenter.com](mailto:lava@losalamosseniorcenter.com).

### **Volunteer Opportunities**

#### **Los Alamos County Fair**

The Los Alamos County Fair will be held on August 10-12. LAVA volunteers are needed to serve as display monitors on the upper level of the Mesa Public Library. Two hour shifts are available on Friday, August 10 beginning at 4pm and 6 pm and two and a half hour shifts on Saturday, August 11 beginning at 10am and 12:30 pm. Please contact the LAVA office to sign up.

#### **Blood Drive**

A Blood Drive will be held on Thursday, August 30 and Friday, August 31. LAVA volunteers are needed to prepare sandwiches and snacks for donors. Please contact the LAVA office for current shift availability and to sign up.

### **Supporting our Senior Centers**

#### **Betty Ehart Senior Center**

Regular meal helpers in the dining room are needed now for Mondays and Fridays from 11am – 1pm. If a regular shift does not work well for you, please consider being a substitute. Having a little help getting their lunch tray to their table helps our senior lunch goers feel confident attending this shared meal with friends. Lunch is included.

Substitutes for the Money Table are needed for occasional weekday shifts from 11am-1pm. Duties include assisting patrons in using their meal ticket and making change as well as preparing the paperwork for deposit. Lunch is included.

#### **White Rock Senior Center**

Regular meal helpers in the dining room are needed now for Mondays and Fridays from 11am – 1pm. If a regular shift does not work well for you, please consider being a substitute. Having a little help getting their lunch tray to their table helps our senior lunch goers feel confident attending this shared meal with friends. Lunch is included.

**Ready to learn more about volunteering at the senior centers? Call LAVA at 662-8923**

White Rock Senior Center 505-672-2034

**WRSC First Annual  
"Show and Shine" Vintage Car Show  
and Cafish Fry Fundraiser.  
Sat Aug 25 9:00am-2:00pm**

**For car registration contact Mike Ragsdale at 672-3844  
Tickets for fish fry go on sale Aug 13-22 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.**

## **Bhutan**

### **Photo Presentation and Special Lunch Thu Aug 9 12:30 pm**

Martin and Beverly Cooper traveled to Bhutan October 16 - 27, 2010. Their tour focused on the culture. Visiting various parts of the country required long drives over mountain passes that separated the inhabited valleys. The international airport is in the West, and the Coopers traveled East as far as Jakar, where they had the special opportunity to photograph the Jambay Lhakhang Drub Festival. A surprise was the explicit fertility symbols. Bhutan is poor, but the people have a very high happiness index.

## **Bhutanese Lunch Menu**

**Red Rice  
Jasha Maru  
(Chicken and Tomatoes)  
Ema Datshi  
(Tomatoes & Chili Cheese Sauce)  
AAp Ko Kalfi  
(Mango Ice Cream)**



**Canvas & Chamomile  
Blue Door Event  
Tue Aug 14 4:00-6:00pm  
\$30 Includes all materials  
Limit 1, Pre-registration required.  
Contact Susanne at 505-412-1534**

Paint the Blue door painting on a 10"x 10" canvas with local artist Susanne Harrison while sipping a cup of chamomile or mint tea. This is a basic guided painting class for beginners or experienced painters. Stencils are always available for help sketching your image. All ages welcome when accompanied by an adult.

## Donate

### Friends of the Senior Center (FOSC) Fund Raising with Amazon

Announcing a new way to contribute to the Friends of the Senior Center! If you already have an account with Amazon, go to the web site [smile.amazon.com](http://smile.amazon.com). If you have not yet designated a charity you will be asked to do so. Otherwise, expand "Accounts & Lists" and select "Your AmazonSmile" (about 9 items down under "Your Account"). Select "Friends of the Senior Center of Los Alamos" as your charity. When you shop online, be sure to go to smile.amazon.com and 0.5% of your purchases will be directed to help your senior center.

This program is the latest of the fund-raising methods used by the Friends of the Senior Center, which supports the services and facilities of the Los Alamos Senior Center (both Betty Ehart and White Rock) for items that are not included in the county budget. Since we do not assess dues for membership in FOSC, we thank you for your support through this new program as well as the Smith's Gift Cards and the Smith's Inspiring Donations programs.

### Smith's Inspired Donation

Need help setting up your Smith's Inspired Donation account to benefit the Friends of the Senior Centers? On Wednesdays 1:00-4:00pm, WR volunteer Lisa can help you set up your account. She can also help you choose money saving coupons that you access with your Smith's card when you are shopping. You can help the Senior Centers while saving money on your groceries.

### Why Donate to the Los Alamos Senior and Retired Organization?

In short, because we are optimistic that you can help us as much as we hope we have helped you. Maybe you have found this free monthly newsletter to be a great resource. Perhaps you have had some great meals at our centers, or used our transportation to get you to the doctor or to go on an out of town trip. Some seniors appreciate that they can get their toenails clipped at our centers while others love that they can come and play games, dance, use the fitness equipment or the computers. All of these services and activities help to keep you independent and raise the quality of life in our community. They also have costs – some obvious and others not so much. In past we have had a healthy mix of County dollars, State funding and individual donations to keep us afloat. For the last two years our State and Federal funding has been reduced, and it is reduced this year too. For the fiscal year starting July 2018, we need to raise \$66,000 to maintain our current operating capacity. We are asking our members who can manage it to make an annual donation of \$25 or more to help us reach this goal. We have a lot of members, and if everyone helps a little, it would mean that our hours and services can remain at the current levels.

Thank you for your consideration of this request. Cash or checks made out to LARSO may be dropped off at either senior center. **If mailing a check, please use the coupon below.**

#### Would you like to make a donation to LARSO?

Please cut out and return to: LARSO, 1101 Bathtub Row, Los Alamos, NM 87544

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\$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$75 \_\_\_\_\_ \$100 \_\_\_\_\_ Other \_\_\_\_\_

Donor Name: \_\_\_\_\_

**Thank you for supporting the LARSO programs**

**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, Executive 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)**

Sarah Chandler, 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 - 8:00am-4:00pm

### **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**

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