



# 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

### Special September Events

#### September is National Senior Center Month

As you enjoy the many benefits of our senior centers, consider offering your support by contributing your time, talents, and funds. See volunteer opportunities on page 9 and ways to make financial contributions on page 11.

**Mon Sep 3** Labor Day. Both senior centers are closed.

**Fri Sep 7 11:30am, BE** Los Alamos Medical Center sponsored Lunch and Talk "Shingles and the Shingles Vaccine". Be sure to register for lunch. Details on page 7.

**Sat Sep 15 8:00am-noon, Griffith Gym** at the high school. Health Fair. Be sure to visit the Senior Center booth.

**Thu Sep 20 11:30am, WR** Special Irish lunch and presentation (details on page 10).

**Wed Sep 26 12:30pm, BE** Live performance "Ultimate Precision" (details on page 7).

**Thu Sep 27 12:30pm, WR** Live performance "Ultimate Precision" (details on page 7).

#### Mesa Public Library Closing

Please be aware that the majority of the Mesa Public Library is closed until December. We anticipate an increase in traffic in the upper level parking lot because of the temporary entrance near the back of the Betty Ehart Senior Center.



#### Welcome Amy Vigil as the new Business Manager for LARSO!

She brings with her 20 years of experience in banking at LANB, most recently as a Vice President and Branch Manager. Amy has worked in administration at LARSO part-time over the past year and we are delighted that she has agreed to take on the full time position of Business Manager following Rebecca Thuillez's departure to take a job at LANL. We wish Rebecca the best in her new job and are so excited to welcome Amy to her new position here at LARSO!

## Day Out



Continuous shenanigans in the Day Out Program! Jerry hand cranking ice cream for the 89+ ice cream social at the beginning of August. Of course we ALL had to sample the ice cream! Gabe, our resident chef in the Day Out, made fresh strawberry and vanilla for the party. We had leftovers as our afternoon snack for almost a week! We also had young volunteers come in and join us for some of our games. We really appreciate it when others come and join in. Why don't you join us some time? We always have puzzles and games going. In the afternoons we also show movies for those who would like to just relax for a bit. We also enjoy lunch in the garden when the weather is favorable. If you would like to keep yourself busy then come on in and I will give you a tour! This month we have "Talk Like a Pirate Day" on Sep 19. Please join us and dress up like a pirate for that day. We are showing all the Pirates of the Caribbean movies for the Friday 12:30 movies. 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 \(BE\)](tel:662-8924) or [672-2034 \(WR\)](tel:672-2034) 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

Fri Sep 7 11:30am, BE LAMC sponsored Lunch & Talk "Shingles & Vaccine" (details on page 7).

Thu Sep 20 11:30am, WR Special Irish lunch and presentation (details on page 10).

Wed Sep 26 12:30pm, BE Live performance "Ultimate Precision" (details on page 7).

Thu Sep 27 12:30pm, WR Live performance "Ultimate Precision" (details on page 7).



## 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 Sep Meals (\* indicates salad bar days)

- Sep 3 Mon. **Closed for Labor Day**
- Sep 4 Tue. Pork teriyaki, fried rice, pork eggroll, stir fry vegetables, Jell-O w/ fruit
- \*Sep 5 Wed. Baked potato bar, lemon bar
- Sep 6 Thu. Oven fried chicken, au gratin potatoes, green beans, pears w/ cottage cheese
- #\*Sep 7 Fri. Cod w/ dill cucumber sauce, roasted potatoes, chocolate chip cookies (**LAMC lunch**)
- Sep 10 Mon. Salisbury steak, mushroom gravy, wild rice, peas & carrots, fruit cocktail
- \*Sep 11 Tue. Hot dog of your choice (Chicago, chili or original), French fries, fresh fruit
- Sep 12 Wed. BBQ chicken breast, potato salad, carrot raisin salad, roll, peach crisp
- Sep 13 Thu. Pork tamales, Spanish rice, calabacitas, flour tortillas, fruit
- \*Sep 14 Fri. Fried catfish, tartar sauce, diced potatoes, vanilla pudding
- \*Sep 17 Mon. Chicken chile cheese soup, biscuit, fruit
- Sep 18 Tue. Sausage lasagna, Italian blend vegetables, breadstick, cinnamon applesauce
- \*Sep 19 Wed. Hamburgers, lettuce/tomato/onion/pickle, potato chips, brownies
- Sep 20 Thu. Chicken fried chicken, sweet mashed potatoes, Brussels sprouts, fruit
- \*Sep 21 Fri. Tilapia, rice pilaf, tartar sauce, roll, plums
- \*Sep 24 Mon. Fish & chips, roll, peaches
- Sep 25 Tue. Green chile chicken enchiladas, pinto beans, corn, chocolate pudding
- #Sep 26 Wed. Sweet-n-sour pork, rice, stir fry vegetables, chicken eggroll, peanut butter cookies
- Sep 27 Thu. Meat loaf, mashed potatoes, green beans & roasted bell peppers, fruit strudel
- Sep 28 Fri. Caesar or chicken salad, biscuit, cake & frosting

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

- \*Sep 3 Mon. **Closed for Labor Day**
- \*Sep 4 Tue. Pork teriyaki, fried rice, pork eggroll, stir fry vegetables, Jell-O w/ fruit
- \*Sep 5 Wed. Red chile beef enchiladas, refried beans, salsa corn, banana pudding
- \*Sep 6 Thu. Baked potato bar, lemon bar
- \*Sep 7 Fri. Cod w/ dill cucumber sauce, roasted potatoes, chocolate chip cookies
- \*Sep 10 Mon. Salisbury steak, mushroom gravy, wild rice, peas & carrots, fruit cocktail
- \*Sep 11 Tue. BBQ chicken breast, potato salad, carrot raisin salad, roll, peach crisp
- \*Sep 12 Wed. Pork tamales, Spanish rice, calabacitas, flour tortillas, oranges
- \*Sep 13 Thu. Fried catfish, tartar sauce, diced potatoes, German coleslaw, vanilla pudding
- \*Sep 14 Fri. Hot dog of your choice (Chicago, chili or original), French fries, fresh fruit
- \*Sep 17 Mon. Hamburgers, lettuce/tomato/onion/pickle, potato chips, brownies
- \*Sep 18 Tue. Sausage lasagna, Italian blend vegetables, breadstick, cinnamon applesauce
- \*Sep 19 Wed. Chicken fried chicken, sweet mashed potatoes, 5-way mixed vegetables, fruit
- #\*Sep 20 Thu. Special Ireland Lunch (**details on page 10**)
- \*Sep 21 Fri. Tilapia, rice, pilaf, tartar sauce, roll, plums
- \*Sep 24 Mon. Fish & chips, roll, peaches
- \*Sep 25 Tue. Meat loaf, mashed potatoes, green beans & roasted bell peppers, fruit strudel
- \*Sep 26 Wed. Sweet-n-sour pork, rice, stir fry vegetables, chicken eggroll, peanut butter cookies
- #\*Sep 27 Thu. Caesar or chicken salad, biscuit, cake & frosting
- \*Sep 28 Fri. Green chile chicken enchiladas, pinto beans, corn, chocolate pudding

## Regularly Scheduled Activities

### AARP Smart Driver Course

Thu Sep 20 2:00-6:00pm, WR. Kim Thomas teaches the Smart Driver Course. Call 662-8920 for a reservation. This course may qualify you for an automobile insurance discount. The 4-hour course is **\$15** for AARP members, **\$20** for others. **Checks made out to AARP are required.** The course is open to those who are 50 or older as verified by their driver's license. Seating space limits the class to 30 participants. Bring pencil, ballpoint pen, driver's license, and AARP member card.

### Adult Day Services

#### The Day Out

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

### Cards and Games

#### Bingo

1:00pm Third Tue Sep 18, 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 Sep 25, BE

In the past months we received two donations that qualified for Century Club recognition. We really appreciate the support. See the list of past donors in the hallway across from the lunch line entrance at BESC. If you would like to see your name included (sorry, no lights), just make a donation of \$100 or more to FOSC.

### LARSO Advisory Council

10:00am Mon Sep 24, BE

### LARSO Board of Directors

Thu Sep 20, WR

## 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 Sep 5, 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

10:00am Tue Sep 25, BE. Details on page 7.

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

9:20am Thu Sep 6 & 20, BE

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

9:20am Thu Sep 28, 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

#### 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

Wed Sep ?

La Chosa, Santa Fe

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

The locals' choice for chile!

Depart BE: 4:10pm

Depart WR: 4:30pm

#### New Mexico State Fair

Mon Sep 10

Seniors Celebration Day, Albuquerque

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

See page 7 for more details.

Depart BE: 8:00am

Depart WR: 8:20am

### MOVIES

**BE Fri 12:30pm**

#### Sep 7, Pirates of the Caribbean:

**The Curse of the Black Pearl (2003)**

**PG-13, 2h 23min**

**Johnny Depp, Geoffrey Rush**

Jack Sparrow's pirate life capsizes after his nemesis Capt Barbossa steals the Black Pearl, then attacks the town of Port Royal.

#### Sep 14, Pirates of the Carribbean:

**At World's End (2007)**

**PG-13, 2h 49min**

**Johnny Depp, Orlando Bloom**

After Elizabeth, Will, and Captain Barbossa rescue Capain Jack Sparrow trapped in Davy Jones' Locker, they must face their foes. Lord Cutler Beckett now has control of Jones' heart and forms a dark alliance with him in order to rule the seas.

#### Sep 21, Pirates of the Caribbean:

**On Stranger Tides (2011)**

**PG-13, 2h 16min**

**Johnny Depp, Penelope Cruz**

A tale of truth, betrayal, youth, demise, and mermaids! Jack crosses paths with a woman from his past. He isn't sure if it's love, or if she's a ruthless con artist.

#### Sep 28, Pirates of the Caribbean:

**Dead Men Tell No Tales (2017)**

**PG-13, 2h 9min**

**Johnny Depp, Geoffrey Rush**

Captain Jack Sparrow finds the winds of ill-fortune blowing even more strongly when deadly ghost pirates led by his old nemesis, the terrifying Captain Salazar, escape from the Devil's Triangle, determined to kill every pirate at sea.

### THEATER



**Ultimate Precision** by Robert F. Benjamin will be performed by Pat Beck and Eric Bjorklund Wed Sep 26 12:30pm, BE and Thu Sep 27 12:30pm, WR. This 12-minute comedy is a skirmish of a long-married couple, sparked by estate planning. Audience talkback after each show.

The staged reading is a joint project of the Senior Centers, Pajarito Players, and playwright Robert F. Benjamin. It brings evocative snippets of theater to the senior community.

Also during late September will be the Benchwarmers Short-Play Festival at the Santa Fe Playhouse, featuring Benjamin's BROKEN OFF, a bittersweet comedy of an airplane passenger and flight attendant clashing over an obstreperous laptop computer. Benchwarmers also includes JULIAN BOX by local playwright, John Cullinan. Performances Sep 27 - Oct 14 with Sunday matinees on Sep 30, Oct 7 & 14. Details and tickets: [SantaFePlayhouse.org](http://SantaFePlayhouse.org).

## Special Programs

### LAMC Sponsored Lunch Talk

Please join us Fri Sep 7 11:30am, BE for another Los Alamos Medical Center sponsored lunch and talk. This month's speaker is Dr. Glendon Cook who will be speaking on the topic of Shingles and the Shingles Vaccine. Enjoy a meal of cod with dill cucumber sauce, roasted potatoes, salad bar and chocolate chip cookies, paid for by the Los Alamos Medical Center. These talks have been very popular in the past and we look forward to continuing this partnership with LAMC when possible!

### Low Vision and Hearing Challenged

Support Group Meeting

Tue Sep 25 10:00-11:00am, BE.

Our speaker will be Tim Donahue, the Outreach and Reader Services Librarian from the New Mexico Library for the Blind and Physically Handicapped. He will give a short presentation on equipment and services and then answer questions and facilitate a discussion. All are welcome. Contact Janet Montoya with any questions. 672-9626.



Senior Celebration Day Mon Sep 10 in Albuquerque. Register (662-8920) for a day at the State Fair: Concerts and Rodeo events, Agriculture, Art, Car, Horse shows and more. \$8 donation for transportation and \$7 for seniors (65+) on this special day. The bus departs BE at 8:00am and WR at 8:20am. Visit the official website [statefair.exponm.com](http://statefair.exponm.com) for more information.



# LOS ALAMOS

where discoveries are made

### The County Line

Want to know what is going on in town and the county in the coming week? Wish you knew when certain routes to and from White Rock will be closed? Any special events at Ashley Pond not found in the senior newsletter or the local papers? Sign up to get Los Alamos County events, news and updates delivered to your inbox every Friday. [The County Line](#) has the most up-to-date information delivered by email just in time for you to make plans.

### Thank You!

The new way of contributing to the Friends of the Senior Center (FOSC) Fund Raising with Amazon is already getting results. This is an easy way to make contributions to FOSC without costing you anything extra. If you already have an account with Amazon, go to the website [smile.amazon.com](http://smile.amazon.com) and designate a charity: expand the "Accounts & Lists" and select "Your AmazonSmile" (about 9 items down under "Your Account"), then select "Friends of the Senior Center of Los Alamos" as your charity. When you shop online, be sure to go to [smile.amazon.com](http://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.

# LAVA -- Los Alamos Volunteer Association

Sarah Chandler, Director

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

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## Spotlight on Bandelier, the Manhattan Project and the Valles Caldera:



I sat down with Starr Wood, the Community Volunteer Ambassador to discuss what draws volunteers to serving on these sites and how LAVA can help. She said that whether it's an interest in volcanism at the Valles Caldera or history buffs at the Manhattan Project or conservation enthusiasts at Bandelier, everyone agrees that National Parks are American icons and our volunteers love them! Immediate volunteer opening exist in the following areas:

**Valles Caldera:** Interpreters, volunteer shuttle bus drivers, Entrance Station Visitor Point of Contact ([brittney\\_vanderwerff@nps.gov](mailto:brittney_vanderwerff@nps.gov)).  
Invasive species mitigation ([martina\\_suazo@nps.gov](mailto:martina_suazo@nps.gov))  
and Amigos of the Valles Caldera group.

**Manhattan Project:** Visitors Center staff. Center open from 9:00am-4:00pm daily.  
Training materials available.

**Bandelier:** SiteWatch (Please apply)

If you would like to learn more about the volunteer opportunities at any of these sites, please contact Starr at [starr\\_woods@partner.nps.gov](mailto:starr_woods@partner.nps.gov) or visit the LAVA office.

## LAVA Welcomes Ellen Morris Bond as the new Volunteer Coordinator

Please introduce yourselves to Ellen, our new volunteer coordinator in the LAVA office. Ellen is retired from a long career in the social services field, most recently as the Executive Director of Self Help. She is a jeweler and a gardener, and is married with a 21-year-old daughter in nursing school. We are excited for the wealth of experience she brings to the position and know that you will enjoy working with her as well.





**(LAVA continued)****THANK YOU!**

Special thanks to all those who faithfully help with the blood drive. 60% of the blood draw comes from mobile drives. Did you know that every 2 seconds someone in the US needs blood? What you do matters and you are appreciated!

**Volunteer Opportunities****Betty Ehart Senior Center:****Dining Room Volunteer:**

We are looking for volunteers to help with our meal program. Meal helpers are needed for the Friday 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!

**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.

**White Rock Senior Center:****Meal Helper:**

We are in need of meal helpers at the White Rock Senior Center. 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!

**Reception:**

Substitute receptionists are needed for morning and afternoon shifts. If you are interested in any of these volunteer opportunities, contact Annie Bard in WR at 672-2034 or Sarah Chandler at the BE LAVA office at 662-8923.



Sarah and Ellen



## September Hot Dog lunch and Birthday Party

Hotdogs with topping choices  
Fri Sep 14, 11:30am in the Event Hall  
Standard lunch donation applies.



### Special Lunch Irish Menu

Rump Steak (Spiced beef)  
Champ (Mashed Potatoes w/  
scallions, butter and milk)  
Cal Rosta( Garlic roasted  
Cabbage)  
Soda Farl (Soda Bread)  
Whiskey Ceic (Whisky Cake)



## Ireland Photo Presentation and Lunch

**Thu Sep 20, 12:30pm**

Martin and Beverly Cooper traveled to southwestern Ireland from May 31 - June 6, 2013. Expecting rain, they were pleasantly surprised to have good weather that led to some very nice seascapes. While eating simple foods at Irish pubs, they enjoyed lively song and dance. Castles and manor houses were sprinkled along their route.

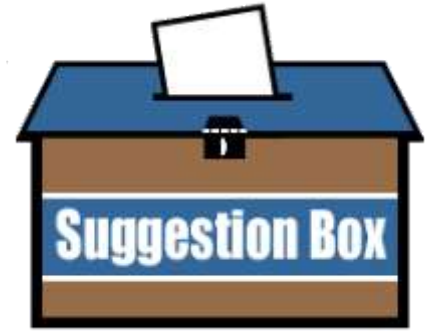


**Save the Date - October 27**  
**Dinner Theater comes back to WRSC**

## Donate

### Seeking Suggestions

Do you have an idea about something that you would like to see happening at the senior centers? What about a vote for your favorite lunch that you would like to see on the meals list or a suggestion on changing the meals for special dietary needs? Want to thank someone for the service he/she provided at the senior center? Know a topic you'd like to see at a lunchtime presentation? How about an article for the newsletter? Find the Suggestion Box located at both senior centers. Where is it? Ask at the reception desks.



### Help Reduce the Cost of Our Newsletter

The Los Alamos Retired and Senior News is a free benefit to all senior center members, but it is not free to produce and mail. You can help us reduce costs by removing your name from the mailing list. You may then choose to pick up your copy when you visit the senior center and/or choose to receive a copy by email. To help us, please leave a note for me at the BE reception desk or email me ([news@losalamosseniorcenter.com](mailto:news@losalamosseniorcenter.com)). Indicate your name and email address if you want to receive the email version. Advantages of receiving the email version? You will get the next month's issue a week before it is available in print. The photos and art work are in color, and the links to websites and email addresses work (they open the website or email directly). Don't have access to the internet or your email? There are computers available to seniors at both centers, and there is help if you need assistance in using them.

*Gale Williams* - Newsletter Layout Editor

### Fundraising Update

Thanks also to the individuals who made donations as a result of our recent appeal. As of August 21, we have received \$25,000 in donations. We are encouraged by your support and are hopeful that members will continue to donate as we strive to close the gap on our projected \$66,000 deficit. Your charitable contribution to LARSO is tax-deductible. Please review this and previous newsletters for information on how you can donate, contribute, and volunteer.

### 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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[news@losalamosseniorcenter.com](mailto:news@losalamosseniorcenter.com)

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