



# 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)

**The Mission** of the Los Alamos Retired and Senior Organization (LARSO) is to provide service, fellowship, instruction and advocacy for retirees and senior citizens. The senior activity sites are places where seniors will learn, share meals, socialize, have fun and support each other as they interact with a respectful and service oriented staff.

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### Meet the New Doc in Town



During lunch on Friday October 5 at BESC, Kurt Lange, Board Certified Gastroenterologist, will field general questions and answers, with time spent on cold and flu season issues. Lunch is provided by the Los Alamos Medical Center.

### It's about Voting

Naomi Maestas, County Clerk, will be giving two lunchtime talks, one at the WRSC Monday Oct 1 and at the BESC Tuesday Oct 2 about general information on voting.



### Oktoberfest Dinner Theater

at WRSC Saturday evening, Oct 27 beginning at 6:00pm. See details on page 10.

### Holidays 2018

Columbus Day	Mon Oct 8
Veterans Day	Mon Nov 12
Thanksgiving	Th-Fr Nov 22-23
Christmas	Mo-Tu Dec 24-25

### Mesa Public Library Closed

Most of the Library is closed until December. Expect increased traffic in the upper level parking lot because of the temporary entrance near the back of the BESC.



### Welcome Elizabeth

Please join us in welcoming Elizabeth Coons to the Los Alamos Retired and Senior Organization! Elizabeth will be assuming the role of Administrative Assistant/Program Coordinator. Elizabeth brings a wealth of knowledge from her former positions with local organizations, including many years with LANB. We are delighted that Elizabeth has agreed to join our LARSO team!

## Day Out



For those who have no idea what our program is I would like to give you a brief summary. The Day Out Program provides a warm and secure environment for seniors who will benefit from continuous supervision, planned social and recreational activities, nutritious meals, health screening and monitoring. This day program provides relief and respite for caregivers. I utilized a similar program in Phoenix when I was my mother's caregiver due to dementia. It was a life saver for me, I still had children in elementary school when I had both my parents move in with us. There are those in our program whose minds are still sharp. They are not here due to dementia but due to the need for health monitoring due to the medication they are on, complications from diabetes or the after effects of a stroke. If you know someone who could benefit from our program or even if you would like to just keep yourself busy then come on in and I will give you a tour! We are so lucky to have this program in our community. There was a day program in Santa Fe in the past that failed due to lack of community and county support. We are very fortunate to have the County support that we have. We need more users of our program though! Please refer us! Here is another request: do you have a wheelchair sitting unused in your garage? If so, please donate it to us! We are out of wheelchairs for loan. We loan out all kinds of durable medical equipment to the entire community for free but are very low on wheelchairs. If you can help us that would be great. 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.

### **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

- Mon Oct 1, WR Voter registration and voter information (details on page 7)
- Tue Oct 2, BE Voter registration and voter information (details on page 7)
- Wed Oct 3 11:45am-12:15pm, BE Piano concert by students of Madeline Williamson
- Fri Oct 5 11:30am, BE Lunch provided by LAMC and Talk "Meet the New Doc" (details on page 7)
- Wed Oct 17 11:30, BE Los Alamos Senior Olympic Athletes luncheon (details on page 7)
- Thu Oct 18 11:30am & 12:30pm, WR Falkland Islands Lunch & Presentation (details on page 10)
- Wed Oct 24, BE ALZ123 Lunch Talk about Alzheimer's (details on page 7)
- Fri Oct 26, WR Halloween Pot Luck (details on page 10)
- Sat Oct 27 6:00pm, WR Oktoberfest Dinner Theater beer pairing & short play (details on page 10)



## 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 or lunchtime talks. See details on page 2.

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

Oct 1 Mon. Chicken chile cheese soup, salad bar, biscuit, pears  
 #Oct 2 Tue. Taco salad, beans, corn salsa, pudding **Voter Lunch Talk**  
 #Oct 3 Wed. Sweet & sour pork, pork egg roll, stir fry vegetable, Jell-O w/fruit **Piano Concert**  
 Oct 4 Thu. Chili dog, French fries, salad bar, apple sauce  
 #Oct 5 Fri. Vegetable lasagna, Italian vegetables, bread stick, fruit **LAMC Lunch Talk**  
 Oct 8 Mon. **Closed for Columbus Day**  
 \*Oct 9 Tue. Sausage pizza, salad bar, apricots  
 Oct 10 Wed. Chicken enchiladas, refried beans, calabacitas, mixed fruit  
 Oct 11 Thu. Pork chops, mashed potatoes, gravy, peas and carrots, apple sauce  
 \*Oct 12 Fri. Fish and chips, salad bar, fruit  
 Oct 15 Mon. Green chile chicken enchiladas, rice, calabacitas, pudding  
 \*Oct 16 Tue. Baked potato, soup w/bacon, salad bar, peaches  
 #Oct 17 Wed. BBQ bonanza, coleslaw, biscuit, mandarin oranges **Senior Olympic Athletes Lunch**  
 Oct 18 Thu. Taco salad, refried beans, corn w/peppers, rice pudding  
 \*Oct 19 Fri. Spaghetti marinara, salad bar, apple  
 Oct 22 Mon. Cabbage roll casserole, mashed potatoes, gravy, cookies  
 Oct 23 Tue. Baked ham, sweet mashed potatoes, peas, carrots, Jell-O  
 \*Oct 24 Wed. Green chile chicken tortilla soup, roll, salad bar, mandarin oranges  
 \*Oct 25 Thu. Frito pie, salad bar, fruit salad  
 Oct 26 Fri. Fish sandwich, tartar sauce, German coleslaw, fruit cocktail  
 Oct 29 Mon. Chicken tenders, mashed potatoes, roll, pepper gravy, pudding  
 Oct 30 Tue. Red beef enchiladas, calabacitas, pinto beans, tortilla, plums  
 Oct 31 Wed. Hot turkey sandwich, mashed potatoes, green beans, apple sauce

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

#Oct 1 Mon. Taco salad, beans, corn salsa, pudding **Voter Lunch Talk**  
 Oct 2 Tue. Vegetable lasagna, Italian vegetables, bread stick, fruit  
 Oct 3 Wed. Chicken chile cheese soup, salad bar, biscuit, pears  
 Oct 4 Thu. Sweet & sour pork, pork egg roll, stir fry vegetable, Jell-O w/fruit  
 Oct 5 Fri. Chili dog, French fries, salad bar, apple sauce  
 Oct 8 Mon. **Closed for Columbus Day**  
 Oct 9 Tue. Pork chops, mashed potatoes, gravy, peas and carrots, apple sauce  
 Oct 10 Wed. Fish and chips, salad bar, fruit  
 Oct 11 Thu. Chicken enchiladas, refried beans, calabacitas, mixed fruit  
 Oct 12 Fri. Sausage pizza, salad bar, apricots  
 Oct 15 Mon. BBQ bonanza, coleslaw, biscuit, mandarin oranges  
 Oct 16 Tue. Spaghetti marinara, salad bar, apple  
 Oct 17 Wed. Soft taco, calabacitas, pinto beans, salsa, Jell-O w/topping  
 #Oct 18 Thu. **Falkland Islands Lunch** (details on page 10)  
 Oct 19 Fri. Green chile chicken enchiladas, rice, calabacitas, pudding  
 Oct 22 Mon. Green chile chicken tortilla soup, roll, salad bar, Mandarin oranges  
 Oct 23 Tue. Cabbage roll casserole, mashed potatoes, gravy, cookies  
 Oct 24 Wed. Frito pie, salad bar, fruit salad  
 Oct 25 Thu. Baked ham, sweet mashed potatoes, peas, carrots, Jell-O  
 #Oct 26 Fri. **WRSC Halloween Pot Luck** (details on page 10)  
 Oct 29 Mon. Hot turkey sandwich, mashed potatoes, green beans, pumpkin cookie  
 Oct 30 Tue. Chicken tenders, mashed potatoes, roll, pepper gravy, pudding  
 Oct 31 Wed. Pork loin, black eye peas, tomato/green chile, tropical fruit

## Regularly Scheduled Activities

### AARP Smart Driver Course

Sat Oct 13 10:00am-2:00pm, 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 Oct 16, 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).

See **97 Years Young** on the right of this page

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 Oct 23, BE

#### LARSO Advisory Council

10:00am Mon Oct 15, BE

#### LARSO Board of Directors

Thu Oct 18, 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. 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

The computers in the Rawcliffe Room at BE are available for internet access and general use. One computer is available at WR.

#### Projector

A multimedia projector and laptop are available through the BE office for classes and activities. Initial instruction for set-up and use is required. Reservation recommended.

### 97 YEARS YOUNG!



Bill Bernard, an avid card player and member of the Tuesday afternoon Party Bridge group at the BESC celebrated the special occasion at a recent weekly bridge gathering. No word on how the cards were that day but you can bet that Bill was a tough competitor. Pictured to his left is group member Melba Lee.

## Regularly Scheduled Activities

### Crafts

#### Hookers and Stitchers

1:00pm Thu, WR

#### LAVA Quilters

8:30am Wed, BE

#### Wood Carving

10:00am Mon, WR

### 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

### Health

#### Alzheimer's Support Group

1:15pm Second Wed Oct 10, BE

#### Benefits Counseling

provided by the state

Aging Resource Center at 1-800-432-2080

#### Cancer Patient Family & Friends Support

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

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

10:00am Tue Oct 23

Los Ojos Restaurant, Jemez Springs

Depart LA: 10:00am

Depart WR: 10:20am

details on page 6.

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

9:20am Thu Oct 4 & 18, BE

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

9:20am Thu Oct 25, WR

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

### 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

### Physical Fitness

#### 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

suggested donation \$5  
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

7:15am Wed, WR Baptist Church parking lot

#### 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 Transportation 662-8922.**

#### Dinner Out

Wed Oct 10

Rancho De Chimayo Restaurante

Chimayo

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

Depart BE: 4:00pm

Depart WR: 4:20pm

Driver: Fred Ortiz

Dinner reservation is: 5:00pm

#### Latin Music Special

Sun Oct 14

Lensic Theater, Santa Fe

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

Depart BE: 2:45pm

Depart WR: 3:00pm

Driver: Georgia Strickfaden

Concert at 4:00pm

Tickets: \$49.00

A \$8 van donation would be appreciated.

As a tribute to the people of Puerto Rico, the Santa Fe Symphony will present this special program of Latin music.

Please join us!

#### Low Vision & Hearing Challenge Trip

Tue Oct 23

Los Ojos Restaurant, Jemez Springs

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

Depart LA: 10:00am

Depart WR: 10:20am

Driver: Roy Cope

Lunch reservation is for 11:30am

### MOVIES

**BE Fri 12:30pm**

**Oct 5, Nanny McPhee** (2005)

**PG, 1h 37min**

**Emma Thompson, Colin Firth**

A governess uses magic to rein in the behavior of seven ne'er-do-well children in her charge.

**Oct 12, Nanny McPhee Returns** (2010)

**PG, 1h 49min**

**Emma Thompson, Ralph Fiennes**

Nanny McPhee arrives to help a harried young mother who is trying to run the family farm while her husband is away at war, though she uses her magic to teach the woman's children and their two spoiled cousins five new lessons.

**Oct 19, Fantastic Beasts** (2016)

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

**Eddie Redmayne, Alison Sudol**

The adventures of writer Newt Scamander in New York's secret community of witches and wizards seventy years before Harry Potter reads his book in school.

**Oct 26, Coco** (2017)

**PG, 1h 45min**

**Anthony Gonzalez, Benjamin Bratt**

Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer.

### THEATER

#### Octoberfest Dinner Theater

Oct 27 6:00pm, WR Event Hall Beer Paring and Short Play, *THE NIGHT BEFORE*, a 20-minute live comedy by Robert F Benjamin, performed by Jody Shepard and Tomàs Farish.

When a widower checks into a hotel on a stormy night, he strikes up a conversation with a woman awaiting her friend. She probes about his upcoming reunion with childhood friends from 60 years ago. But she seems to know too much. His suspicion escalates but she diverts their chat toward a remarkable revelation that forces a humorous yet crucial decision about his future.

Also in October 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 through Oct 14 with Sunday matinees on Oct 7 & 14. Details and tickets: [SantaFePlayhouse.org](http://SantaFePlayhouse.org).

## Special Programs

### Voter Registration and Information

Naomi Maestas, County Clerk, will be presenting talks at lunchtime on Mon Oct 1, WR and Tue Oct 2, BE on voter registration and general voter information.

**Gentle Pilates** will be returning on Fridays 9:00am, BE in October! Gentle Pilates will continue the Monday class at 9:00am as well.

### Medical Center Lunch Talk, Fri Oct 5,

Dr. Lang: "Meet the New Doc in Town" Question and Answer session. Lunch is provided by the Los Alamos Medical Center.

### Canvas & Chamomile Event

Tue Oct 9 4:00-6:00pm, WR



#### Paint the Abstract Poppy

Fee: \$30 includes all materials (\$5 discount for Senior Center members)

Enjoy creating this abstract poppy with local artist Susanne Harrison at this guided painting event for beginners and experienced painters. All art materials are included and stencils will be available to help with the initial drawing.

Register online: [www.LACanvasEvents.com](http://www.LACanvasEvents.com)

Call Susanne Harrison to register by phone: 505-412-1534

### Evening of Arts and Culture

Fri Oct 12 5:00-9:00pm. Stroll through the Los Alamos Creative District, including the BESC. Enjoy local bands and other cultural events! There will be Argentine Tango 6:00-7:30pm and Bach2Rock playing 7:30-9:00pm at BE.

### Senior Olympic Athletes Luncheon

The Los Alamos Senior Olympic Athletes will have their annual luncheon celebration at the Wed Oct 17 11:30am, BE lunch. For more information please call (505) 709-0423.

### Being Mortal

Wed Oct 17 1:00-3:00pm, BE classroom.

You are invited to a free screening and discussion of the documentary *Being Mortal*. The film sheds light on how a cure-focused medical system often leaves out the sensitive conversations that need to happen so a patient's true wishes can be known and honored at the end. It underscores the importance of people planning ahead and talking with family members about end-of-life decisions.

### ALZ123 at lunch Wed Oct 24 12:00pm, BE

What is Alzheimer's exactly? What isn't it? This presentation by David Davis with the Memory Care Alliance for Northern New Mexico will explain what Alzheimer's, along with other forms of dementia, really is and what it is not. He will also discuss risk factors, getting a diagnosis, stages of the disease and how you can be a part of finding treatments through research. All questions regarding Alzheimer's or other dementia-related illnesses will be answered.

### Annual Barbershop Harmony Show

The Los Alamos Lads of Enchantment and the Santa Fe Harmonizers will jointly present the 2018 Annual Barbershop Harmony Show, "Living in Harmony", Fri & Sat Oct 26 & 27, 7:00pm at the United Church of Los Alamos.

The first part of the show will feature an evening of uplifting music presented by the LOE and the Harmonizers, as the show explores the importance of living life to its fullest in our work, play and personal lives.

The second part of the show will feature Special Guest Quartet, Clutch, who gained prominence by winning both the Novice and Open Quartet Competitions at the 2014 Southwestern District Convention. Since entering international competition in 2015, Clutch has placed among the world's top 20 quartets each year. In 2018 Clutch advanced to 11<sup>th</sup> place in the world. Information about the show's music and links to Clutch Quartet can be found at [www.ladsfenchantment.org](http://www.ladsfenchantment.org).



# LAVA -- Los Alamos Volunteer Association

Sarah Chandler, Director [lava@losalamosseniorcenter.com](mailto:lava@losalamosseniorcenter.com)



## Spotlight on Volunteering at the WR Senior Center

The White Rock Senior Center is a beautiful, brand new facility and the clients and volunteers love to be there! Maybe it's the quality exercise equipment and classes, interesting presentations, endless treats, wonderful people or Chef Michael's cooking, but the atmosphere is just fabulous! If you'd like a reason to spend more time at the White Rock Senior Center, LAVA is looking for some help with the meal program at lunchtime. Volunteers to make change and help with meal tickets as well as volunteers to set up the tables and assist seniors are needed. Substitutes for these positions are needed as well. As a bonus, our volunteers enjoy a complimentary meal during their two hours shift! Please contact Sarah or Ellen if you would like to learn more about this volunteer opportunity.

## What's a "Boss of The Week?"

Since 1995 the White Rock Senior Center has been staffed by a group of seniors lovingly referred to as "Boss of the Week" or BOW. Monday through Saturday the BOW opens the center, makes sure the desk is staffed, and helps stock the coffee and munchies tables. They check in throughout the day and come back to close the center and clean up. We would like to offer a special thank you to those who serve as BOW. If you have a special love for the WR senior center and would like to train as a sub BOW, please contact Annie Bard at 672-2034.

## Call for Volunteers!

Fall Cleanup at the Betty Ehart Senior Center is scheduled for Oct 13 9:00-11:00am. Call the LAVA office for more information.

## SAVE THE DATE

LAVA volunteers who serve in the Betty Ehart Senior Center and White Rock Senior Center are asked to attend a special training breakfast on **Thu Nov 1 9:00am**. It will be held in the great room at the Betty Ehart Senior Center. There will be food, freebies and fun so mark your calendars now!





**(LAVA continued)**

Ingrid Morris and Barbara Royer, pictured left, along with many other volunteers made sandwiches for donors at the last blood drive. It was such a success!

At right, volunteer Marilyn Yeamans gets some top-notch assistance from her grandson while volunteering with the meal program.



**Thank you volunteers!**

**Cookies and Conversation**

Oct 24 12:30pm, come connect with the youth! This program combines cookies and lighthearted conversation to encourage inter-generational connection. Small groups meeting at the youth centers are a good setting to answer questions like "What's the best gift you've ever received?" Ready to make a difference with the next generation? Call or email Sarah at the LAVA office for more information.

**Senior Corps**

LAVA has rejoined forces with Senior Corps! Those familiar with RSVP may recognize this logo popping up wherever you see LAVA. What does that mean for the Los Alamos Volunteer Association and it's volunteers? Stay tuned...



**Thank You! Sarah and Ellen**

White Rock Senior Center 505-672-2034



**Halloween Pot Luck  
and Birthday Party  
Oct 26, 11:30am  
Please bring a dish to share**

**The Falkland Islands  
Photo Presentation  
Oct 18, 12:30pm**

Martin and Beverly Cooper traveled to the Falkland Islands in March of 2012. In addition to East Falkland Island, where many cruise ships stop, they went to Sea Lion Island and Pebble Island. These two small islands are explored on foot and have abundant and diverse wildlife including sea mammals and numerous bird species. The Coopers found the Falklands to be "the Galapagos without people."

**Special Falkland Menu**

**Fish and Hand Cut Chips  
Tartar Sauce or Malt Vinegar  
Asparagus, Spinach  
Beet Root Salad  
with Pomegranate dressing  
Bread Pudding**

**WRCS presents Oktoberfest Dinner Theater  
Beer Paring and Short Play  
Event Hall Oct 27, 6:00pm**

**\$60/person. Tickets on sale starting Mon Oct 8. Seating limited to 80.**

**Menu**

**Roast beef, spatzel, asparagus with a full pour of our Oktoberfest Beer (Beer provided by Bathtub Beer Coop)**

**Worst sampler with a 5oz pour of our Little Bird Blonde Bavarian Cream and a 5oz pour of our Butter Beer**

***Short play to follow dinner at 8:00pm. THE NIGHT BEFORE, a 20-minute live comedy by Robert F. Benjamin, performed by Jody Shepard and Tomàs Farish. When a widower checks into a hotel on a stormy night, he strikes up a conversation with a woman awaiting her friend. She probes about his upcoming reunion with childhood friends from 60 years ago. But she seems to know too much. His suspicion escalates but she diverts their chat toward a remarkable revelation that forces a humorous yet crucial decision about his future.***

## Donate

### Seeking Suggestions



What is your favorite lunch at the senior centers? Let our wonderful chefs know what you'd like to see on the menu more often. What about an article you would like to read in the newsletter? 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? Find the Suggestion Box (or Jar) located at both senior centers. Where is it? Ask at the reception desks.

### 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? Tan or blue carts to the curb next week? 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.



**LOS ALAMOS**  
where discoveries are made

### Thanks for Helping Reduce the Cost of Our Newsletter

Thank you for all who have chosen to switch from snail mail to email for their newsletter delivery. I hope you are enjoying receiving the colorful online version of the newsletter early enough to plan all your next month's activities. For those who are thinking about changing your delivery, but haven't yet done so, 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.

*Gale Williams* - Newsletter Layout Editor

### Fundraising Update

Thanks to the individuals who made donations as a result of our recent appeal. As of September 18, we have received \$25,964.48 from 138 donors of approximately 4,000 members. 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. 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-12:00noon	

### **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-12:00noon	

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

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