



# 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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### Thanksgiving Lunch

Our traditional Thanksgiving lunch will be held Thu Nov 15, BE and Fri Nov 16, WR. See menu on page 3. Space is limited - call now to make your reservation at either location.



### Festival of Trees

The Festival of Trees will be held Sat Nov 17 10:00am-2:00pm, BE. Come and browse the craft fair, bid on your favorite holiday items and participate in the raffle for a variety of beautiful items. This is our biggest fundraiser of the year shared jointly with the Champions of Youth Ambitions non-profit organization.



### Holidays 2018

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

### Senior Centers Closed

Staff Training Mon Dec 31

### Mesa Public Library Closed

Most of the Library is closed until December. Expect more traffic in the upper level parking due to the temporary entrance near the back of the BESC.

### Living Treasures Seeking Nominations

Nominations are being sought for Living Treasures of Los Alamos for 2019. The deadline is Dec 7. Full details on page 11.

The Living Treasures lunch will be held Thu Nov 29, BE. All Living Treasures are invited as guests of Living Treasures of Los Alamos.

## Day Out



A big thank you to Alfred B. who donated two like new wheelchairs to our program! We truly appreciate your generosity. Florence donated a set of glass shelves to aid in our growing plant rehabilitation program – Thank you Florence! We had a fun filled visit with Wolf Den #222. They made us new name boards that are erasable. They did a wonderful job and we enjoyed the visit very much. We had a visit from Rusty, the cutest Golden Retriever mix I have ever seen. He is a real sweetheart. He will be visiting our participants every Tuesday at 12:30pm. If anyone else would like to visit with Rusty, come on in. Thank you to Rusty's handler Cathy for volunteering your time. We have a wii game system that we can play golf,



bowl, play tennis etc but some of our participants can't get the feel of the game controller so we got out our bowling set. Shown on the right is Pat who just turned 96 taking a turn with a pink plastic bowling ball. We had a blast, if you know of anyone that could use our services please refer them to me. You can leave a message any time. 661-0081

Thank you to all who support our program!

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:** At BE, the salad bar is shown in the menu for some days. 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

Nov 15 11:30am, BE Thanksgiving lunch. See menu on page 3.

Nov 16 11:30am, WR Thanksgiving and Birthday lunch. See menu on page 3.

Nov 29 11:30am, BE Living Treasures lunch. Details on page 1 and 11.



## 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 details on page 2.

### **BE Nov Meals** (salad bar listed for specific days)

Nov 1 Thu. Pork chops, baked beans, green beans, roll, apple sauce  
 Nov 2 Fri. Salmon w/beurre blanc over wild rice, sautéed Swiss chard, mandarin oranges  
 Nov 5 Mon. Chicken teriyaki over fried rice, egg roll, stir fry vegetable, sugar cookie  
 Nov 6 Tue. Chicken chile cheese soup, salad bar, plums  
 Nov 7 Wed. Frito pie, salad bar, cherry strudel  
 Nov 8 Thu. Salisbury steak, mashed potatoes, mushroom gravy, peas & carrots, tropical fruit cocktail  
 Nov 9 Fri. Baked cod, roast potatoes, tartar sauce, salad bar, roll, chocolate pudding  
 Nov 12 Mon. **Closed for Veterans Day**  
 Nov 13 Tue. Beef stew, biscuit, salad bar, pineapple  
 Nov 14 Wed. Glazed ham, sweet mashed potatoes, peas w/roasted red peppers, roll, apricots  
 #Nov 15 Thu. **Thanksgiving** turkey, mashed potatoes, gravy, cranberry sauce, roll, pumpkin pie  
 Nov 16 Fri. Fish & chips, broccoli, salad bar, tartar sauce, apple strudel  
 Nov 19 Mon. Beer cheese soup, salad bar, biscuit, pears  
 Nov 20 Tue. Red beef enchiladas, Mexican rice, salsa corn, banana pudding  
 Nov 21 Wed. Tilapia, diced and cubed potatoes, coleslaw, tartar sauce, peach crisp  
 Nov 22 Thu. **Closed for Thanksgiving**  
 Nov 23 Fri. **Closed for Thanksgiving**  
 Nov 26 Mon. Chicken fried steak, mashed potatoes, pepper gravy, mixed vegetables, roll, peaches  
 Nov 27 Tue. Linguini w/marinara & meatballs, salad bar, breadstick, jello  
 Nov 28 Wed. Pork roast, black eyed peas, green chile w/tomatoes, cornbread, mandarin oranges  
 #Nov 29 Thu. Pasta, sundried tomato & bacon sauce, breadstick, cherry crisp **Living Treasures**  
 Nov 30 Fri. Clam chowder, salad bar, biscuit, pears w/cottage cheese

### **WR Nov Meals** (salad bar every day)

Nov 1 Thu. Salmon w/beurre blanc over wild rice, sautéed Swiss chard, mandarin oranges  
 Nov 2 Fri. Frito pie, salad bar, cherry strudel  
 Nov 5 Mon. Pork chops BBQ, baked beans, green beans, roll, apple sauce  
 Nov 6 Tue. Cod tails w/dill, roasted potatoes, tartar sauce, German coleslaw, roll, chocolate pudding  
 Nov 7 Wed. Chicken chili cheese soup, biscuit, salad bar, plums  
 Nov 8 Thu. Salisbury steak, mashed potatoes, mushroom gravy, peas & carrots, tropical fruit cocktail  
 Nov 9 Fri. Chicken teriyaki over fried rice, egg roll, stir fry vegetable, sugar cookie  
 Nov 12 Mon. **Closed for Veterans Day**  
 Nov 13 Tue. Glazed ham, sweet mashed potatoes, peas w/roasted red peppers, roll, apricots  
 Nov 14 Wed. Fish & chips, broccoli, salad bar, tartar sauce, apple strudel  
 Nov 15 Thu. Beef stew, biscuit, salad bar, pineapple  
 #Nov 16 Fri. **Thanksgiving** turkey, mashed potatoes, gravy, cranberry sauce, roll, pumpkin pie  
 Nov 19 Mon. Red beef enchiladas, Mexican rice, salsa corn, banana pudding  
 Nov 20 Tue. Tilapia, diced and cubed potatoes, coleslaw, tartar sauce, peach crisp  
 Nov 21 Wed. Beer cheese soup, salad bar, biscuit, pears  
 Nov 22 Thu. **Closed for Thanksgiving**  
 Nov 23 Fri. **Closed for Thanksgiving**  
 Nov 26 Mon. Pork roast, black eyed peas, green chile w/tomatoes, corn bread, Mandarin oranges  
 Nov 27 Tue. Green chile chicken enchiladas, refried beans, calabacitas, tapioca pudding  
 Nov 28 Wed. Chicken fried steak, mashed potatoes, pepper gravy, mixed vegetables, roll, peaches  
 Nov 29 Thu. Linguini, marinara w/meatballs, salad bar, breadstick, jello w/topping  
 Nov 30 Fri. Clam chowder, salad bar, biscuit, pears w/cottage cheese

## Regularly Scheduled Activities

### AARP Smart Driver Course

Mon Dec 3 12:15-4:30pm, BE. 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 Nov 20, 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 Nov 20, BE

Two members of the Friends of the Senior Center Board have switched positions. Annette Hiteman is now Secretary and Sheila Girard will serve as a Member-at-Large. The Friends of the Senior Center annual meeting and election of board members will be held Tue Dec 11 1200noon, BE at lunch. Members' lunch will be provided by FOSC. President Patricia Rathbone and Secretary Sheila Girard will serve through 2019. The current incumbents in board positions slated for election this year are Vice-President Janet Harris, Treasurer John Stewart, and three Members-at-Large: Anne Souder, Sheila Girard, and Bo West. For those interested in standing for election to these positions, please advise any current board member or leave a note in the FOSC mail box at BE. Nominations can also be accepted from the floor if the candidate provides written acceptance of the nomination.

### LARSO Advisory Council

10:00am Mon Nov 19, BE

### LARSO Board of Directors

Thu Nov 15, 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. 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.

## 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 Nov 14, 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

No meetings in Nov and Dec.

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

9:20am Thu Nov 1 & 15, BE

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

9:20am Tue Nov 20, WR

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

### Music

#### HillStrummers Ukulele Group

10:00-11:30am Fri, BE

#### Music with Ruth Williamson

10:30-11:15am Wed, The Day Out

#### Recorders

1:30pm Fri, BE. Call Marge Agnew, 662-7144

### 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

#### Table Tennis

7:30pm Tue & Thu, BE

10:00am Sat, BE & WR

#### Tai Chi suggested donation \$5

10:00am Mon & Thu, BE

#### 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.

#### Lunch Out

Sat Nov 3

Pig + Fig Cafe

11 Sherwood Blvd, White Rock

Comfort food for everyone

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

Depart BE only: 11:00am

(no transportation in WR)

Reservation is for 11:30am. WR seniors who wish to attend should call to be included in the reservation count.

#### Dinner Out

Wed Nov 14

Paper Dosa, Santa Fe

Fresh South Indian Cuisine

[paper-dosa.com](http://paper-dosa.com)

Depart BE: 4:00pm

Depart WR: 4:20pm

#### Dinner Out and Cruise the Lights

Wed Dec 12

Santa Fe Bar & Grill in the Devargas Center

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

Following dinner, cruise Santa Fe to view the Holiday lights.

Depart BE: 4:00pm

Depart WR: 4:20pm

#### Seeking Vehicle Donation

The Betty Ehart Senior Center is looking for a vehicle in good condition, with low mileage to be donated to Los Alamos Retired and Senior Organization (LARSO). Do you have one? Donating your car or vehicle to the Senior Center can be a great way to get a tax deduction and help out our senior community.

All donations will benefit LARSO, a nonprofit senior organization, but you also get a 100% deductible receipt. We accept most cars, trucks, and vans. If interested in donating a vehicle, please call **Karen at 662-8922**.

### MOVIES

**BE Fri 12:30pm**

**Nov 2, The Little Colonel** (1935)

**Approved, 1h 21min**

**Shirley Temple, Lionel Barrymore**

After Southern belle Elizabeth Lloyd runs off to marry Yankee Jack Sherman, her father, a former Confederate colonel during the Civil War, vows to never speak to her again. Several years pass and Elizabeth returns to her home town with her husband and young daughter. The little girl charms her crusty grandfather and tries to patch things up between him and her mother.

**Nov 9, Dimples** (1936)

**Approved, 1h 19min**

**Shirley Temple, Frank Morgan**

Dimples Appleby lives with the pick-pocket grandfather in 19th century New York City. She entertains the crowds while he works his racket. A rich lady makes it possible for the girl to go legit. "Uncle Tom's Cabin" is performed.

**Nov 16, Rebecca of Sunnybrook Farm**

(1938), **Approved, 1h 21min**

**Shirley Temple, Randolph Scott**

Rebecca's Uncle Harry leaves her with Aunt Miranda who forbids her to associate with show people. But neighbor Anthony Kent is a talent scout who secretly set it up for her to broadcast.

**Nov 30, Susannah of the Mounties** (1939)

**Approved, 1h 19min**

**Shirley Temple, Randolph Scott**

Shirley is the orphaned survivor of an Indian attack in the Canadian West. A Mountie and his girlfriend take her in. Everybody suffers further Indian attacks and the Mountie is saved from the stake only by Shirley's intervention with the Indian chief.

## Special Programs

### Scams - A Roundtable Discussion

Holiday Season is Almost Here!  
Scammers are ready for you...  
Are you ready for them?

- Share your experiences.
- How to recognize a scam.
- Is it or isn't it a scam?
- How do they know about me?
- What to do & whom to call.

Thu Nov 8 2:30-3:30pm, BE.

For more information contact Kelley Weaver (505) 662-5171, ext 3886.

Refreshments will be served.

### Tap Performance

Kathie Mackey will be bringing in her beginning tap and advanced tap students for a free performance Wed Nov 14 1:00pm, BE classroom. Refreshments will be served.

### Hymns with Home Instead

Ken Hendricks and his guitar will put on Hymns with Home Instead in the Day Out Living Room Thu Nov 15 12:30pm.



**Festival of Trees**  
Saturday  
November 17th  
10 am to 2 pm

Bid on holiday trees, shop our craft area, purchase poinsettias and baked goods. Visit with Santa Claus

*Admission is free but donations of pre-packaged food items are greatly appreciated*

Held at the Betty Ehart Senior Center to benefit the Los Alamos Retired Senior Organization (LARSO) and Champions of Youth Ambitions (CYA)

## Canvas & Chamomile Event



### Paint the Aspens

Mon Nov 19 1:00-3:00pm, BE

Fee: \$25 for Senior Center members, \$30 for non-members.

Enjoy a cup of tea while painting at this step by step guided painting event for beginners and experienced painters. All art materials included plus 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

### LANB Holiday Lunch in December

LANB will once again host a holiday lunch. The lunch will be Thu Dec 6 11:30am, WR and Thu Dec 13 11:30am, BE. This year's menu is Chicken Cordon Bleu with Dijon Cream Sauce, Rice Pilaf, Peas & Carrots, Raspberry Cheesecake and Eggnog. Look for more information in our December newsletter!

### Senior Olympian Awards

Senior Olympians were recognized on Wednesday, October 17 for their awards and participation in this year's Senior Olympics, which were held in July.



# LAVA - Los Alamos Volunteer Association

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



## Spotlight on Self Help

Self Help is a community, social service nonprofit dedicated to helping northern New Mexicans in need since 1969. Self Help provides financial assistance for basic needs, as well as seed grants for education and entrepreneurship, with the goal of helping families become self-reliant. The director of Self Help receives requests for assistance and makes sure that the funds are paid directly to the business, vendor, landlord, or utility company. In 2017, Self Help assisted 1500 families with these small grants. Additionally, Self Help operates the northern New Mexico 211 line, offering information and referrals to people seeking social services.



# Self Help, Inc.

## Self Help and the Salvation Army

The donations made to the Salvation Army during the holiday bell ringing in Los Alamos and White Rock is Self Help's largest fundraiser of the year, yielding \$12,000-\$15,000 each season.

**These donations stay right here in our community, helping our neighbors, families and friends.**

Each year, thanks to generous donations, The Salvation Army serves nearly 30 million Americans - or one person every second - from a variety of backgrounds. People receive assistance according to their need and each community's capacity to help - regardless of race, gender, ethnicity or sexual orientation.



## How can Volunteers Help?

**Bell Ringers are Needed** in two hour shifts Fri, Sat, and Sun Nov 23 - Dec 24. In past years, musicians such as the Lads of Enchantment and the Hillstrummers have been a festive addition to the fund-raising effort. Musical groups are invited to volunteer their time during any shifts.

To volunteer as a bell ringer or musician please contact the LAVA office at 662-8923.





(LAVA/RSVP continued)

## Festival of Trees Volunteer Opportunities!



- \* LARSO Table at craft fair: 9:30am-noon & noon-2:30pm
- \* Raffle table : 9:30am-noon & noon-2:30pm
- \* Lower Level Greeter: noon-2:30pm
- \* Lunch helper: 11:15am-12:45pm

Call the LAVA/RSVP office to volunteer!

### RSVP Enrollment Form

We are continuing to move forward in our collaboration with RSVP. Beginning in November, the LAVA office will be asking our volunteers to sign an RSVP enrollment form.

LAVA and RSVP share a vision for senior volunteering here in Los Alamos County. The stated purpose of RSVP is “engaging persons 55 and older in volunteer service to meet critical community needs; and to provide a high quality experience that will enrich the lives of volunteers.” Please feel free to visit with Sarah if you have any questions about the transition.



### Volunteer Training Breakfast

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!

### Thank You



**Thanks to Don Lepsch and all our fantastic substitute meal program helpers at BE & WR!**

If you would like to sub at BE or WR, please call Ellen in the LAVA office. Subs are especially needed in White Rock. You can try it out and see if it's the right volunteer job for you. You get a free lunch and it's a fun way to meet new people!

**Thanks to Fall Cleanup Volunteers**

We would like to thank those who helped with the Fall cleanup at the Betty Ehart Senior Center in October. Mary Venable, Shelby Redondo, and Guy Estes were joined by Sarah Chandler and her children, Dean, Ethan, and Alec Chandler and Addie Voorhees. Many thanks to all the volunteers who tend the property year round as well.



Thank you! Sarah and Ellen

**Make your reservations today  
by calling 672-2034 for  
Fri Nov 16 11:30am**

## **Thanksgiving Lunch and Birthday**

**Recommended donation of  
\$5 for seniors, \$10 under 60.**



### **Los Alamos Extension Office Cooking Class**

**Fri Nov 30 1:30-3:30pm  
in the Activity Building**

**This class is for those looking to cut salt and  
implement a healthier way of living through diet.  
A \$5 donation is suggested. Please register by Nov 28.**

**The first beading lesson at the senior  
center will be on Fri Nov 9 12:30-3:30pm.**

The Chunky Spiral should be fun and a great project to make for family and friends. It's a good class for beginners but fun for all levels. The class will be **\$35 for each student due by Wed Nov 7**. All you will need to bring is a pair of sharp nippers or scissors. You may want to bring an Ott lamp if you have one available. I will have kits for you with all beads, needle, thread and clasp for a nominal fee, somewhere between **\$10 and \$15**. I'll bring beading mats for you to use that day. Please contact **Annie Bard at 672-2034** to secure a place with a check for \$35 made out to **Carol Mills**. The class will be postponed if there are fewer than six students.



~~**Toonail Clipping will be on Tue Nov 20  
from 9:20am-12:00noon at the WRSC**~~

## Details

### Living Treasures of Los Alamos Seeking Nominations

Nominations are being sought for Living Treasures of Los Alamos for 2019. The deadline is Dec 7 and must include specific information as given below:

- When did the nominee come to Los Alamos?
- In which areas did the nominee make volunteer contributions to life in Los Alamos?
- How long has the nominee been involved in community activities?
- How did the contributions affect people in the community?
- In what ways is Los Alamos a better place as a result of the efforts of this person?
- Contact information (name and phone number or email) of the submitter.

Nominations must be submitted by Dec 7 to Living Treasures of Los Alamos, PO Box 1065, Los Alamos, NM 87544 or be emailed the information to Sally Wilkins at [sfwilkins@post.harvard.edu](mailto:sfwilkins@post.harvard.edu). Additional information may be found at the website: <http://www.livingtreasureslosalamos.org>.

The Living Treasures lunch will be held Thu Nov 29, BE. All Living Treasures are invited as guests of Living Treasures of Los Alamos.

**New Medicare Health Insurance cards are now being received.  
THEY ARE FREE  
Please do not get caught in a SCAM to pay for yours.**

### Fundraising Update

Thanks to the individuals who made donations as a result of our recent appeal. As of October 18, we have received \$27,814.48 from 165 donors of the 4,259 members who benefit from the many services and activities provided by the Senior Centers. 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**

Layout Editor - Gale Williams  
News desk, Mail and Email subscriptions -  
[news@losalamosseniorcenter.com](mailto:news@losalamosseniorcenter.com)  
Items Due - Fri Nov 16  
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