



Los Alamos Retired and Senior News



The Newsletter of the Los Alamos Retired and Senior Organization

Linda Boncella, Executive Director

Web Site: 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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Festival of Trees



The fifteenth annual Festival of Trees, held at the Betty Ehart Senior Center on Sat Nov 17 was full of good cheer and generous people! Thank you to all of the volunteers who helped with this event and a special thank you to Bernadette Lauritzen of Champions of Youth Ambitions (C'YA) for setting up, coordinating and getting the word out about this fun, annual event! This joint fundraiser for LARSO and C'YA would not be possible without all of the generous donations for our silent auction.

Additionally, the gift tags from the Home Instead tree for Be A Santa To A Senior were all taken by Saturday afternoon – almost 40 seniors will enjoy gifts from this for the holidays! Congratulations to all who won their silent auction items or items from our raffle! Happy Holidays to All!

Holidays 2018

Christmas	Mon-Tue Dec 24-25
Staff Training	Mon Dec 31

Holidays 2019

New Year's Day	Tue Jan 1
M L King, Jr Day	Mon Jan 21
Presidents' Day	Mon Feb 18
Memorial Day	Mon May 27
Independence Day	Thu Jul 4
Labor Day	Mon Sep 2
Columbus Day	Mon Oct 14
Veterans Day	Mon Nov 11
Thanksgiving	Thu-Fri Nov 28-29
Christmas	Tue-Wed Dec 24-25



Day Out

This month is just going to fly by! What happened to our Fall? We went directly into Winter! We will be keeping busy this Holiday season with a field trip to see the Creche show on the 7th and many more activities throughout the month. We will have our usual visit with Rusty the trusty Golden on Tuesdays and we are receiving gift bags from a sorority on Dec 12. We will be enjoying music with Haley who has been very gracious to sub for Ronaele who normally plays on Friday mornings. Ronaele will be out for a few months due to hand surgery. We are very grateful for Haley stepping in to replace her. For complete details of our December activities please stop by and pick up an activity calendar in full color! If you know of anyone that could use our services please refer them to me. Just email me at dayout@losalamosseniorcenter.com or give me a call at 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](tel:662-8924) (BE) or [672-2034](tel: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

Thu Dec 6 noon, BE Lunchtime holiday season-themed performance. See details on page 7.

Thu Dec 6 11:30am, WR LANB Christmas lunch, gifts, music. See details on page 7.

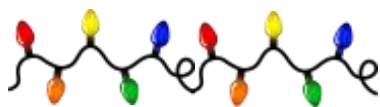
Tue Dec 11 11:30am, BE Friends of the Senior Center (FOSC) lunch (Free for FOSC members)

Wed Dec 12 noon, BE Madeline Williamson students lunchtime piano recital.

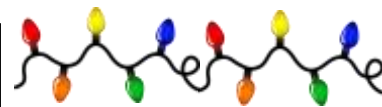
Thu Dec 13, 11:30am, BE LANB Christmas lunch, gifts, music. See details on page 7.

Thu Dec 13, 11:30am, WR Special Norwegian menu and presentation. Details on page 10.

Fri Dec 14 11:30am, BE RPEA Turkey Dinner. Be sure to register (Free for RPEA members).



Let's Eat Lunch



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

BE Dec Meals (salad bar is listed for specific days)

Mon Dec 3 Chicken tenders, mashed potatoes, gravy, roll, salad bar, tropical fruit

Tue Dec 4 Pork tamales, refried beans, calabacitas, red chile, jello

Wed Dec 5 Vegetable soup, biscuit, salad bar

#Thu Dec 6 Pasta w/sausage, Italian vegetables, bread stick, peach cobbler **Lunchtime performance**

Fri Dec 7 Green chile cheeseburgers, lettuce, tomatoes, onion, pickle, potato chips, ice cream

Mon Dec 10 Frito pie, salad bar, mixed fruit

#Tue Dec 11 Tuna w/mango salsa, German coleslaw, glazed carrots, roll, chocolate cake **FOSC**

Wed Dec 12 Meatloaf, scalloped potatoes, gravy, 5-way mixed vegetables, roll, applesauce

#Thu Dec 13 Chicken Cordon Bleu, Dijon sauce, peas, carrots, pilaf, roll, cheesecake, eggnog **LANB**

#Fri Dec 14 Turkey, stuffing, potatoes, gravy, cranberry sauce, peas, carrots, pumpkin pie **RPEA**

Mon Dec 17 Beef stew, biscuit, salad bar, peaches

Tue Dec 18 Chicken tenders, sweet mashed potatoes, winter blend, honey mustard sauce

Wed Dec 19 Grilled pork chops, fried potatoes, gravy, roll, Brussels sprouts w/red peppers, pudding

Thu Dec 20 Broccoli cheese soup, biscuit, salad bar, plums

Fri Dec 21 Pepperoni pizza, three bean salad, pasta salad, fruit, oatmeal cookie

Mon Dec 24 **Closed for Christmas Eve**

Tue Dec 25 **Closed for Christmas Day**

Wed Dec 26 Chicken tortilla soup, spinach salad, roll, biscochitos

Thu Dec 27 Salisbury steak, mashed potatoes, green bean, roll, chocolate chip cookies

Fri Dec 28 Catfish, tartar sauce, corn w/red peppers, cornbread

Mon Dec 31 **Closed for New Year's Eve**

WR Dec Meals (salad bar every day)

Mon Dec 3 Vegetable soup, salad bar, biscuit

Tue Dec 4 Green chile cheeseburgers, lettuce, tomato, onion, pickle, potato chips

Wed Dec 5 Chicken tenders, mashed potatoes, gravy, salad bar, roll, tropical fruit

#Thu Dec 6 Chicken Cordon Bleu, Dijon sauce, peas, carrots, pilaf, roll, cheesecake, eggnog **LANB**

Fri Dec 7 Pasta w/sausage, Italian vegetables, bread stick, peach cobbler

Mon Dec 10 Meatloaf, scalloped potatoes, gravy, 5-way mixed vegetables, roll, applesauce

Tue Dec 11 Frito pie, salad bar, mixed fruit

Wed Dec 12 Chicken chile cheese soup, biscuit, salad bar, tapioca pudding

#Thu Dec 13 Meatballs, mashed potatoes, broccoli, cream sauce, Christmas dessert (**details p. 10**)

Fri Dec 14 Tuna w/mango salsa, German coleslaw, honey glazed carrots, roll, chocolate cake

Mon Dec 17 Chicken tenders, mashed potatoes, gravy, roll, salad bar, tropical fruit

Tue Dec 18 Pepperoni pizza, 3 bean salad, pasta salad, fruit, oatmeal cookie

Wed Dec 19 Broccoli cheese soup, biscuit, salad bar, plums

Thu Dec 20 Beef stew, biscuit, salad bar, peaches

Fri Dec 21 Grilled pork chops, fried potatoes, gravy, roll, Brussels sprouts w/red peppers, pudding

Mon Dec 24 **Closed for Christmas Eve**

Tue Dec 25 **Closed for Christmas Day**

Wed Dec 26 Salisbury steak, mashed potatoes, green bean, roll, chocolate chip cookies

Thu Dec 27 Catfish, tartar sauce, corn w/red peppers, cornbread

Fri Dec 28 Chicken tortilla soup, spinach salad, roll, biscochitos

Mon Dec 31 **Closed for New Year's Eve**

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 Dec 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, Party Bridge, WR

New Players call Marilyn Thomas (672-9517)

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

President Patricia Rathbone and Secretary Annette Hiteman will serve through 2019. In addition, Bo West will step down as Member-at-Large and Bertha Rutherford's name will be placed on the ballot. The positions slated for election are Vice-President Janet Harris, Treasurer John Stewart, and three Members-at-Large: Anne Souders, Sheila Girard, and Bertha Rutherford. The Friends of the Senior Center annual meeting and election of board members will be held Tue Dec 11 noon, BE Great Hall during lunch service. FOSC will provide lunch for members who attend the meeting. Nominations can also be accepted from the floor if the candidate provides written acceptance of the nomination.

LARSO Advisory Council

10:00am Mon Dec 17, BE

LARSO Board of Director

No meeting in December

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

New 10:00-11:00am 2nd & 4th Tue, BE conf rm

9:30-11:00am Thu, WR

Health

Alzheimer's Support Group

1:15pm Second Wed Dec 12, 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 Dec 6 & 20, BE

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

9:20am Thu Dec 27, 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.

Dinner Out and Cruise the Lights

Wed Dec 12

Santa Fe Bar & Grill in the Devargas Center
Dinner and afterward cruise the Plaza and around Santa Fe to see the holiday lights!

santafebargrill.com

Space is still available. Call Karen 662-8922.

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

Dec 7, 1941(1979)

PG, 1h 58min

John Belushi, Dan Aykroyd

This comedy is set in Los Angeles days after the attack on Pearl Harbor, when the fear of a Japanese invasion hung over the city.

Dec 14, Bright Eyes (1934)

Approved, 1h 25min

Shirley Temple, James Dunn

An orphaned girl is taken in by a snobbish family at the insistence of their rich, crotchety uncle, even as her devoted aviator godfather fights for custody.

Dec 21, The Nativity Story (2006)

PG, 1h 41min

Keisha Castle-Hughes, Oscar Isaac

A drama that focuses on the period in Mary and Joseph's life where they journeyed to Bethlehem for the birth of Jesus.

Dec 28, The Poor Little Rich Girl (1936)

Approved, 1h 19min

Shirley Temple, Alice Faye

The daughter of a wealthy businessman becomes lost in the city while traveling to a new school, and is taken in by a pair of down-on-their-luck performers.

THEATER

Save the date...

The next live theater production at the Senior Centers will be *THE NIGHT BEFORE*, a 25-minute live comedy by Robert F. Benjamin, performed by Jody Shepard and Tomás Farish.

When a widower age 70 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. Yet she seems to know too much. His suspicion escalates but she diverts their chat toward a remarkable revelation that forces an awkward decision about whether to accept her unconventional gift.

Live performances Wed Jan 16, 2019 12:30pm, BE and Thu Jan 24, 2019 12:30 pm, WR.

Special Programs

LANB Holiday Lunch

LANB will once again host a holiday lunch 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 cheese-cake and eggnog. Be sure to make your reservations today!

The new Podiatrist in town

Dr. Marta Riniker, will be presenting a Los Alamos Medical Center sponsored lunch talk on Fri Dec 7, BE. Please join us for this popular event!

New Investment meeting at BE

There will be a new investment group meeting every second and fourth Tuesdays 10:00-11:00am in the BE conference room. George Hagedorn will be providing "Investment Option" information.

Canvas & Chamomile Event



Paint the Winter Aspens

Tue Dec 11 4:00-6:00pm, WR

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 at www.LACanvasEvents.com or call Susanne Harrison (505) 412-1534.



Lunchtime Music

On Thu Dec 6 noon, BE

Yelena Mealy will play piano, and her husband Jim Mealy will provide vocals for a holiday season themed performance. Please join us for a wonderful lunch and musical performance!

On Wed Dec 12 noon, BE

Madeline Williamson students will give a lunchtime piano recital. These amazing students are not to be missed!

Hillstrummers Holiday Music

The Hillstrummers Ukulele Group will be playing Holiday Music at these various times in the community:

Fri Nov 30 11:30am-noon, BE Birthday Lunch

Fri Dec 7 10:30am-12:30pm, Smith's Marketplace

Sat Dec 8 10:00-10:30am, Fuller Lodge WinterFest

Fri Dec 14 10:30am-12:30pm Smith's Marketplace

Fri Dec 28 11:30am-noon, BE Birthday Lunch
Come enjoy some of our favorite strumming tunes during the holidays.



LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director lava@losalamosseniorcenter.com



Festival of Trees a Huge Success

The Betty Ehart Senior Center was beautifully bedecked with trees and decorations on November 17! The annual event raises funds for the Senior Centers.

To all of our volunteers who spent many, many hours:

THANK YOU!!!!!!



Spotlight on Aurelia Hiteman

Aurelia was born in Pojoaque-one of eleven children. She attended Pojoaque Schools and, upon graduation, at age 18 started working at LANL. By the end of her career, she was in management and had obtained a Q clearance. It was there that she met her husband “King” Hiteman. Aurelia started working at the Senior Center in 1975. She knew Betty Ehart whom she describes as a “compassionate person who always had time to listen.”

Aurelia held many positions at the Center, including being in charge of transportation and training the drivers. She has a “soft heart for seniors”.

Her other interests are wood carving, ceramics, and jewelry. We thank her for all her years of service to LARSO!!!

LAVA/RSVP Bell-Ringers

BELL RINGERS ARE NEEDED in two hour shifts Fridays, Saturdays, and Sundays beginning on November 23 through Christmas Eve, **especially in White Rock**. In past years, musicians such as the Lads of Enchantment and the Hillstrummers have been a festive additions to the fund-raising effort. All funds are managed by Self Help, Inc. and stay in Los Alamos County. Musicians and 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)

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.

BOARD MEMBER SPOTLIGHT JOHN BAILLIE

John was born in Ludgershall, Wiltshire, England within fifteen miles of Stonehenge. His sister still lives “across the pond” in Guildford, England. He is a widower with no children.

John, who originally had dual citizenship in the US and England renounced his British citizenship to obtain a Q clearance at LANL. He had an extensive career in super computing and retired in 2006.

Retirement has given John the opportunity to be of service to the community. He holds memberships in the LARSO Board, the LARSO Advisory Council, and is an the Los Alamos County representative/advocate for the Non-metro Area Agency on Aging which meets quarterly. He notes that if seniors have issues they would like him to present to the statewide organization, he is happy to do so. John said, “ I am 80, so can do and say what I want!”

His other interest include hiking, ballroom dancing, Pinochle, singing in the Bass section of the Lads of Enchantment, and travelling. We wish him well in his upcoming travels to New Zealand and Australia!



**Thank you for all you do!
Sarah and Ellen**

**Photo Presentation of Norway
Thu Dec 13 11:30am**



Martin and Beverly Cooper traveled to Norway July 15-21, 2012. Norway is a country of stunning landscapes, interesting cities, a rich history, and some fantasy. Some of the highlights included stave churches, fjords, waterfalls, trolls, Bergen, Telenark, Oslo, Vigeland's sculpture garden, and the Kon-Tiki.

Special Menu

**Kjottboller
(Meat Balls Norwegian style)**

**Pot et mos
(Mashed Potatos)**

Brokkoli (Broccoli)

**Flote Saus
(Cream Sause)**

**Julekake
(Christmas Dessert)**

**Visiting Nurses Lunch Talk
Tue Dec 11 noon in the Event Hall**



You know you are getting old when you fall down and wonder what else you can do while you are down there... Tips on home safety, including information on medical alert systems. Suggestions for self-care during the holidays. Presentation by Cheryl Henry, Social Worker for Los Alamos Visiting Nurse Service.

**Beading Class with Carol Mills
Fri Dec 7 12:30-3:30pm**

Come and join us and make five pairs of earrings featuring wire wrapped loops. The technique gets easier with practice and you'll be practicing loops ten times in one day! Each pair would make a nice gift. The class is \$35 and the kits are \$10 each. Every thing is provided in those kits. Please confirm with a check to Carol Mills for the above amount. Class will need at least six students but not more than eight.



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. Additional information may be found at the website: <http://www.livingtreasureslosalamos.org>.

A Note from Linda

As we all begin to enjoy this holiday season, I would like to express my appreciation to our staff here at LARSO for their dedication to this wonderful organization and its members! We are truly blessed to have such caring employees! I would also like to thank all of our volunteers who help us at the Betty Ehart Senior Center and the White Rock Senior Center – we could not do what we do without you!! Finally, thank you to all of our LARSO members – we hope you have been able to enjoy some of the many programs and services that LARSO provides and we look forward to a new year full of good things to come! Happy Holidays to you all and we look forward to seeing you this month and in 2019!!

Linda Boncella
Executive Director

Fundraising Update

A Paypal option for donations is now available on the senior center website under “Donations”. If you would like to make a donation to LARSO with a credit card, just click on the Paypal icon and follow the instructions. Coming soon – if you like to pledge a monthly amount, that option will soon be available.

Thank you to all of our donors for their generous contributions to LARSO! So far, \$32,505.44 has been raised to help offset our projected deficit of \$66,000. We would not be able to continue to provide the current level of services and programs without your donations. Thank you so much!

Would you like to make a donation to LARSO?

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

\$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
Linda Boncella, Executive Director
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

The Day Out

Laurie Hochhalter, Director 661-0081
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

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
Items Due - Fri Dec 14
Editing - Mon Dec 17
Folding - Wed Dec 26