



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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TaxAide begins Mon Feb 4!

Duncan Hammon and his team of volunteers will begin preparing tax returns for free 8:30am-noon every Mon & Wed at BE until Apr 15. Call now for an appointment! Details on page 11.

Senior Day at the Roundhouse

Please consider attending Senior Day at the Roundhouse Fri Feb 22 9:00am-4:00pm. Find out what is happening in the Legislature! There will be a special event 10:00am-2:00pm. If you don't feel like driving, consider getting a ride from LARSO – we will be providing transportation.

Los Alamos Medical Center Lunch

There will be a LAMC-sponsored lunch Feb 8, BE. See details on page 2 and 7.

White Rock Senior Center Kitchen Closure

The dates for the kitchen upgrades have been finalized. The WR kitchen will be closed Mar 18-29, reopening on Apr 1.

Welcome Remi Rand

as the new Assistant Kitchen Chef at the Betty Ehart Senior Center. Remi is no stranger to BE as she has been a dedicated volunteer with our meal program for the last year and a half. We are so glad you are here!



Holidays 2019

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



In the event of snow, the senior centers follow public schools delay and closure decisions. We advise KRSN of delays and closures, but you may also call the Los Alamos Public Schools Snow Line at 663-2223 for up-to-date information. Last-minute delay and closure information can also be found at the Betty Ehart Senior Center page on Facebook (facebook.com/BettyEhartSeniorCenter) and the LARSO website (losalamosseniorcenter.com).

Day Out



Ken Hendricks on guitar in the Day Out Program

On Thu Feb 21 12:30pm, we will enjoy the wonderful guitar playing of Ken with Home Instead. Feel free to join us.

This month on Fridays we are featuring 4 movies with the actor Jeff Bridges. After his Golden Globe acceptance speech of the Cecil B. DeMille award, I just had to take a look at some of his movies I had never seen. If you have a genre of movies you would like to see featured just send me an email or give me a call. I would like to emphasize our durable medical equipment that we loan out for free. If you have any just sitting in your garage unused, give it to us and it will be checked out to those who need it. We can use and loan out wheelchairs, walkers, canes, shower chairs, knee scooters, bedside commodes and oxygen concentrators. Please consider us when wanting to get rid of any unused equipment. As a not for profit we can give out donation receipts. We continue to have Tuesday afternoon visits 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 again to Rusty's handler Cathy for volunteering your time. We have a Wii game system that has golf, bowling, guitar, tennis etc. We often play some sort of game in the afternoons. If you know of anyone that could use our services and be more active 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.

Special Menus and Lunch Talks

Thu Feb 7 11:30am, WR Special Lunch & Photo presentation: Mt.Evans, CO. Details on page 10.

Fri Feb 8 12:00 noon, BE LAMC sponsored lunch. Dr Justin L Green speaking. More on page 7.

Thu Feb 14 11:30am, WR Potluck and Birthday Party. See details on page 10.

Fri Feb 22 11:30am, BE December and January Birthday celebration.



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 Feb Meals (salad bar listed for specific days)

Feb 1 Fri. Lemon cod, salad bar, strawberry shortcake
 Feb 4 Mon. Chicken cordon bleu, Dijon sauce, rice pilaf, wheat roll, pasta salad, pears
 Feb 5 Tue. Chicken tortilla soup, salad bar, biscuit, cobbler
 Feb 6 Wed. Pork green chile stew, biscuit, apricots
 Feb 7 Thu. Meatloaf, potatoes au gratin, gravy, mixed vegetables, wheat roll, peaches
 #Feb 8 Fri. Vegetable lasagna, salad bar, breadstick, banana w/strawberries **LAMC Lunch**
 Feb 11 Mon. Chili dog, potato salad, spinach salad, tropical fruit
 Feb 12 Tue. Beef tips over pasta, roll, spinach, pears w/cottage cheese
 Feb 13 Wed. BBQ bonanza, biscuit, salad bar, cake
 Feb 14 Thu. Turkey, mashed potatoes, peas, carrots, stuffing, cranberry sauce, pumpkin cookies
 Feb 15 Fri. Green chile cheese enchiladas, beans, calabacitas, fruit
 Feb 18 Mon. **Closed for Presidents' Day**
 Feb 19 Tue. Beer cod, French fries, German coleslaw, fruit salad, cookie
 Feb 20 Wed. Chicken fried steak, mashed potatoes, gravy, carrots, stewed apples
 Feb 21 Thu. Chicken chile cheese soup, salad bar, biscuit, peaches
 #Feb 22 Fri. Mac & cheese w/green chile, salad bar, roll, peach crisp **Dec & Jan Birthdays**
 Feb 25 Mon. Beef stew, 3 bean salad, biscuit, oranges
 Feb 26 Tue. Chicken pot pie, pasta salad, cookies & fruit
 Feb 27 Wed. Pork, tomato, green chile, corn bread, apple sauce
 Feb 28 Thu. Frito pie, salad bar, peach cobbler

WR Feb Meals (salad bar every day)

Feb 1 Fri. Salmon w/beurre blanc, wild rice, broccoli, wholewheat roll, peaches w/cottage cheese
 Feb 4 Mon. Soft beef tacos, lettuce, tomato, onion, refried beans, corn salsa, banana pudding
 Feb 5 Tue. Pork roast, black eyed peas, tomatoes, green chile sauce, cornbread, apricots
 Feb 6 Wed. Tilapia, tartar sauce, garlic roasted potatoes, broccoli salad, peaches
 #Feb 7 Thu. Elk, potatoes, broccoli, cauliflower, bread, banana nut cake **Special Lunch (details p 10)**
 Feb 8 Fri. Chicken tortilla soup, biscuit, salad bar, pineapple
 Feb 11 Mon. Chicken fried chicken, sweet mashed potatoes, green beans, gravy, chocolate pudding
 Feb 12 Tue. Pasta primavera, marinara sauce, Italian vegetables, breadstick, mixed fruit
 Feb 13 Wed. Roast beef, au gratin potatoes, brown gravy, peas & carrots, roll, danish
 #Feb 14 Thu. February Pot Luck and Birthday Party. **(details p 10)**
 Feb 15 Fri. Clam chowder, salad bar, biscuit, tropical fruit cocktail
 Feb 18 Mon. **Closed for Presidents' Day**
 Feb 19 Tue. Split pea & ham soup, salad bar, crackers, biscuit, mandarin oranges
 Feb 20 Wed. Meatloaf, mashed potatoes, brown gravy, peas, wholewheat roll, vanilla pudding
 Feb 21 Thu. Green chile chicken enchiladas, pinto beans, calabacitas, tapioca pudding
 Feb 22 Fri. Chicken fried steak, mashed potatoes, pepper gravy, mixed vegetables, plums
 Feb 25 Mon. Salisbury steak, scalloped potatoes, broccoli Normandy, roll, cookies
 Feb 26 Tue. BBQ chicken, baked beans, winter blend vegetables, biscuit, fruit cocktail
 Feb 27 Wed. Beer cheese soup, salad bar, breadstick, apple sauce
 Feb 28 Thu. Glazed ham, sweet potatoes, Brussels sprouts, wholewheat roll, cherry strudel

Regularly Scheduled Activities

AARP Smart Driver Course

Mon Feb 25 12:15-4:30pm, BE classroom. Helena Whyte teaches. 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 Feb 19, 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

Bridge Class

No bridge class in Feb

10:15am-12:45pm Sat **Mar 16**, BE

Jerry Fleming teaches

Cards Any time, any day BE is open

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 Feb 26, BE

LARSO Advisory Council

10:00am Mon Feb 25, BE

LARSO Board of Director

Thu Feb 21, UNM-LA

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.

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

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

9:30-11:00am Thu, WR

Health

Alzheimer's Support Group

1:15-2:30pm Feb 13 & 27, BE

ALZ123

11:30-12:30 Feb 20, BE. Details on page 7.

Benefits Counseling provided by the state
Aging Resource Center at 1-800-432-2080

Cancer Patient Family & Friends Support Gp

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

Low-Vision /Hearing-Challenged Support

10:00-11:00am 4th Tue Feb 26, BE

Toenail Clipping (Donation \$15.00)

9:20am-2:00pm Thu Feb 7 & 21, BE

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

9:20am-noon Thu Feb 28, WR

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

Music

HillStrummers Ukulele Group

10:00-11:30am Tue & Fri, BE

Music with Ruth Williamson

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

Recorders

1:30-2:30pm 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

suggested donation \$10
11:00am Wed, WR

Low Impact Aerobics

9:30-10:15am Mon, Wed, Fri, WR

Silver Sneakers

10:00am 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

suggested donation \$10
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

9:00am 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 Feb 13

Vanessie's Piano Bar, Santa Fe

www.vanessiesantafe.com

Reservation for 6:00pm

Music starts at 6:30pm

Depart BE: 4:30pm

Depart WR: 4:50pm

Spy Trip and Much More

Wed Feb 20

Georgia will be our guide for a tour of sites significant to the Manhattan Project in Santa Fe. We have permission to visit the former home of Dorothy McKibbin. Then touring around to "spy" sites and other points of interest. Not much walking necessary. Lunch at the famous La Fonda Hotel (private pay \$15-20). This is a trip for newcomers and old timers alike. Please join us.

Suggested reading: "A Spy's Guide to Santa Fe" by E.B. Held.

Depart BE: 9:00am

Depart WR: 9:20am

Santa Fe Roundhouse

Fri Feb 22

Seniors Day

Depart BE: 7:30am

Depart WR: 7:50am

Los Alamos Concert

Fri Feb 22

Danish String Quartet

Smith Auditorium 7:00pm

Depart WR: 5:30 pm

Depart BE: 5:50 pm

Seeking Vehicle Donation

We are looking for a vehicle in good condition, with low mileage to be donated. All donations will benefit LARSO, a nonprofit senior organization, but you also get a 100% tax 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

Feb 1, True Grit (2010)

PG-13, 1h 50min

Jeff Bridges, Matt Damon

A stubborn teenager enlists the help of a tough U.S. Marshal to track down her father's murderer.

Feb 8, Only the Brave (2017)

PG-13, 2h 14min

Jeff Bridges, Josh Brolin

Based on the true story of the Granite Mountain Hotshots, a group of elite firefighters who risk everything to protect a town from a historic wildfire.

Feb 15, Bad Company (1972)

PG, 1h 33min

Jeff Bridges, Barry Brown

A god-fearing Ohio boy dodging the Civil War draft arrives in St. Joseph, MO where he joins up with a hardscrabble group of like runaways heading west.

Feb 22, Seventh Son (2014)

PG-13, 1h 24min

Jeff Bridges, Ben Barnes

When Mother Malkin, the queen of evil witches, escapes the pit she was imprisoned in by professional monster hunter Spook decades ago and kills his apprentice, he recruits young Tom, the seventh son of the seventh son, to help him.

THEATER

Save the Date

for a dramatic reading of the play "Of Butterflies and Roses" by Claudia I. Haas on Thu Mar 21 12:30pm, WR and Wed Mar 27 12:30pm, BE.

The memorial service for Clara and Laurel's mother is done, and the last guest has left. Laurel and Clara are now picking up the last pieces of comfort they can muster in their newly-orphaned world.

The March theater performance will be directed by Tomás Farish. He can be contacted at Tomás Farish tjfarish@gmail.com.

Special Programs

TaxAide will provide free tax preparation every Mon and Wed Feb 4 through Apr 15. Appointments will be available 8:30am, 9:30 am and 10:00am each day. Details page 11.

ALZ123 Wed Feb 20 11:30-12:30pm, BE classroom. 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 the treatments through research. All questions regarding Alzheimer's or other dementia-related illnesses will be answered.



Listening with My Eyes

Patricia Conoway's talk and book signing was canceled due to weather in January. It has been rescheduled for Mon Feb 11 12:30pm, BE classroom. She was a keynote speaker at the 2017 New Mexico Conference on Aging, and at the 2018 Caregiver Education Day in Santa Fe sponsored by Memory Care Alliance, Northern New Mexico. Read her biography on page 7 in the January newsletter

Silk Painting Class

Come join third grade students and teachers to learn how to silk paint Feb 20 & 27, Chamisa Elementary School and Mar 6, BE. All sessions are 8:30-10:00am.

Refreshments will be served. Seniors can attend all or any of the sessions. Space is limited to 10-12 participants. Please RSVP to Megan Lee m.lee@laschools.net or the front desk at the Senior Center.

Dr. Justin L. Green MD, PhD, MBA, FACS B, Board-certified General Surgeon is speaking Feb 8 12:00noon, BE.

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Dr. Green is a native of Los Alamos and graduated from Los Alamos High School in 1980. GO TOPPERS!

He received his Bachelors degree in microbiology/biochemistry as well as a Masters degree in biochemical toxicology from Texas A&M University. He also completed a Masters of Business Administration from the University of North Dakota, he then went on to complete a combined MD/PhD degree in Pharmacology and Toxicology from the University of Kansas. Dr. Green completed his Residency in General Surgery at the University of Kansas Medical Center and his Fellowship in Surgical Critical Care at the University of Missouri-Kansas City. He is Board Certified by the American Board of Surgery in both General Surgery and Surgical Critical Care. He is also a Diplomate of the American Board of Medical Examiners and a Fellow of the American College of Surgeons.

Dr. Green served a total of 28 years in the United States Air Force, Army and Marine Corps, as well as exchange tours with the French, British and Royal Canadian Armies.

Dr. Green practices all aspects of General and Acute Care Surgery with particular interests in Surgical Oncology, Critical Care and Thoracic Surgery. As a fellowship-trained and board certified intensivist, Dr. Green is able to manage critically ill patients suffering from a variety of medical and surgical emergencies. He is also able to manage patients both in the operating room and the ICU setting, during periods of critical illness and organ system failures. Surgical critical care provides a helpful adjunct to other specialties caring for critically ill patients in a comprehensive, multidisciplinary care model.

Dr. Green is thrilled to be back in his home town of Los Alamos. He cherishes spending time with his daughters, Megan and Madison, and his dog, Jane. In his spare time he enjoys hiking, fishing and Boy Scouting.

HE IS CURRENTLY WELCOMING ALL NEW PATIENTS.

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LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director lava@losalamosseniorcenter.com



Spotlight on Pajarito Environmental Education Center (PEEC)

PEEC is a source of great pride for our community. Its beautiful building and wonderful programming are such an asset. Its mission is to "Enrich people's lives by strengthening their connections to our canyons, mesas, mountains, and skies," and it certainly does that with programming aimed at every age and interest. PEEC has received the Governor's Environmental Excellence Award for environmental education and outreach, which comes as no surprise to the community it serves. As a non-profit, PEEC relies heavily on volunteers and they love what they do!

"PEEC is the very best place I have ever worked or volunteered, hands down! The staff treats me like royalty, and the other volunteers feel like family. PEEC's mission statement is so important. There is no better place to volunteer!"
- Sue Barns.

"What I enjoy most about PEEC is the people - staff, visitors, other volunteers and the children. They have all enriched my life and it is such a positive happy place to be! The interactions are priceless."
-Dody Richardson



RSVP/LAVA Volunteer Natali Steinberg

There are so many ways to get involved at PEEC

Docent: The ambassadors of PEEC. Data Entry: Work when you like and use PEEC computers. School Education Help: Help kids connect with nature & have fun too! Planetarium Projection: A great technical job for science and astronomy types. Mailing Parties: Stuff envelopes, stick on labels and eat cookies together! Program Presenters: Share your special knowledge and help educate others. Fundraising/Marketing: Bring your grant writing, schmoozing, publicity or graphics skills to PEEC! Critter Care: Help look after our salamanders, frogs, snakes and bugs. Critter Outreach: Talk to visitors about animals. Odd jobs: Be on call for a little of this and a little of that. The most critical need at PEEC right now, however, is for docents.

Is the PEEC docent job right for you?

The docent's primary responsibilities are to create an inviting and welcoming nature center experience that connects visitors and shoppers to the nature of the Pajarito Plateau. This volunteer position also includes customer service, interpretive tasks, gift shop sales, and opening and closing procedures. You will need a desire to connect with people of our community, surrounding areas, and visitors from around the world, an interest to learn more about the environment of the Pajarito Plateau, ability to use a computer and willingness to learn cash-register and availability to work a minimum of four hours monthly.

Ready to learn more? Contact Christa Tyson, Visitor Services Manager at visitorservices@peecnature.org or 662-0460.

(LAVA/RSVP continued)**Congratulations Bellringers!**

With all the time, energy, love, and ingenuity you put into fundraising this year, you raised a grand total of **\$19,391.15** for our friends and neighbors here in town! I just wanted to give my most humble and heartfelt thanks. This could never happen without all of you.

~ Maura Taylor, Self-Help Director

SAVE THE DATE!

There will be a special thank you party for all those who participated in this effort Tue Mar 5.

Thank you volunteers and donors!

Many thanks to the LAVA/RSVP volunteers who support this important community blood drive by signing people in, making sandwiches, and taking good care of the donors. The blood drive resulted in the donation of 97 lifesaving products. Great job donors! There were familiar faces and new faces too. The next blood drive is May 2 and 3.

The LAVA office would also like to extend a special thank you to the Hospital Auxiliary for continuing to paying for the sandwich fixings. We appreciate you!

RSVP Volunteer Ingrid Morris and Nancy Kurnath pictured with Monica Herrera of the newly renamed "Vitalant."

**WOW! We have some very impressive newsletter-folding volunteers!**

On a day when the snow was deep, the senior center closed, and the staff was sparse, a dedicated group of volunteers found their way through the snow to fold almost a thousand copies the January newsletter, place the labels and prepare them for mailing. Special thanks to Dennis Casias, Florence Riebe, Ruthann Rains, Christine Juveland, Martin and Frances MacRoberts, and Patricia Rathbone. LARSO is lucky to have you!

Dear Volunteers,

Thank you so much for helping with the transition to RSVP by bringing your RSVP enrollment forms by the office or mailing them in. I could feel your love and support and I am so grateful. There has also been an increased need for HELP rides and our volunteers have responded so generously, driving many times a month. One even moved an appointment of her own to provide a ride for someone else. Valentine's month seems like a great time to tell you what a joyful experience you make running the volunteer office. The love, kindness, and thoughtfulness with which you offer service has been very touching to me and is an inspiration to those who know you and the good you do.

With love, Sarah

White Rock Senior Center 505-672-2034

February Potluck Birthday Party
Thu Feb 14, 11:30am
Please bring a dish to share and join us for lunch
and Birthday Party



Paint the Love Birds

Tue Feb 12 4:00-6:00pm

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 the stencils of the birds will be available at the event.



Register at LACanvasEvents.com
or call Susanne Harrison 505-412-1534

Photo Presentation 12:30pm and Special Lunch 11:30am

Thu Feb 7

Mt Evans, Colorado

Martin and Beverly Cooper traveled via car to the summit of Mt. Evans in neighboring Colorado August 19-24, 2018. The images were taken between 11,500 and 14,200 feet, so, despite its proximity, the ever-changing weather gave a fresh appearance every morning and evening to the varied wildlife, scenic vistas, and bristlecone forest.

Special Lunch Menu

Elk Roulade Pan Fried Potatoes Broccoli and Cauliflower
Bread Loaf Banana Nut Cake



Beaded Earrings Class Fri Feb 22, 12:30-3:30pm



Learn how to successfully make a wire wrapped loop! You'll be making 5 pairs of earrings, 4 of which could include post earring attachments for those who would prefer those. The class is \$35 for a three-hour class 1:00-4:00pm with the possibility of staying longer if needed. I could meet with you at 12:30 if you want extra help with our previous class. The kit for the earrings is an additional \$10 each. Please register for the class by February 15.

Learn How to Die Your Way, With Laughter and a Plan
Those interested in attending a one-day learning seminar featuring
Gail Rubin and Shay Kendrick
Please sign up with the BESC at 662-8920 or WRSC at 672-2034

Details / Donate

Income Tax Preparation Services

TaxAide will provide free income tax preparation services at BE on Mon and Wed mornings from Feb 4 through April 15. Call the Senior Center (662-8920) for an appointment.

Taxpayers need to bring photo ID for taxpayer and spouse, proof of Social Security Number for everyone on the return, and 2017 tax return. Also bring any of the following which apply to your return:

- Income forms for 2018 (W-2, Social Security, 1099 (pension, retirement accounts, interest), investment statements
- Deductible expense statements, lists, mortgage statements
- Health insurance Form 1095
- Bank account information (blank check for routing and account numbers) for return deposit or to pay taxes owed.



Duncan Hammon

Become a member of the Los Alamos Retired and Senior Organization

and enjoy our programming and services. Anyone 60+ can become a member for free. If you are between 50 and 60, the membership fee is \$20 per year. Come join us for fitness, dancing, yoga, gentle pilates, Tai Chi, nutrition talks, live theater, art classes and other wonderful programming! We also offer lunch Monday – Friday at both the Betty Ehart Senior Center and the White Rock Senior Center. We also offer home delivered meals for homebound individuals, transportation services anywhere within Los Alamos County, and our Day Out program, an adult day care program which provides respite for caregivers.

LARSO Board of Directors

Robert Swift, President; Tom McLaughlin, Vice President; Shelby Redondo, Secretary;
Richard Foster, Treasurer; John Baillie, Juanita Jebbanema, Dan Judge, Lewis Muir, Ann Shafer

Fundraising Update

A Paypal option for donations is now available on the senior center website under [Donate](#). If you would like to make a donation to LARSO with a credit card, just click on the Paypal icon and follow the instructions. If you would like to pledge a monthly amount, that option is available.

Thank you to all of our donors for their generous contributions to LARSO! To date \$41,432 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	

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