



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.

What's Inside

Activities	page 4-5
Day Out	page 2
Details	page 11
Directory	page 12
Donate	page 8,11
LAVA News	page 8-9
Lunches	page 2-3
Lunch Talks	page 7
Movies!	page 6
Newsletter Dates	page 12
Special Programs	page 6-7
Theater	page 6
Trips	page 6
Volunteer	page 8-9
White Rock	page 10

Gail Rubin "The Doyenne of Death®" with Shay Burns Kendricks, Estate Attorney, Thu Apr 11 9:00am-3:30pm, BE.

- "Kicking the Bucket List" Downsizing and Organizing Things to Do Before You Die.
- Lunch and lunchtime talk.
- Laughing in the Face of Death: Funny Films for Funeral Planning.



See full details on page 11.

TaxAide Now through April 15

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

Holidays 2019

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

White Rock Senior Center Kitchen Closure

The WR kitchen will be closed Mar 18-29, reopening on Apr 1. See details on page 7.

Carbon Monoxide Detectors Save Lives

If you don't have one already, please make sure that you have a carbon monoxide detector in your home as well as a smoke detector. Carbon monoxide is a colorless, odorless gas and can have a devastating effect if not detected.



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

Spring is on its way! We are starting our seeds for our garden. A big thank you to Santa Fe Ace Hardware for donating 3 big bags of good potting/gardening soil. Gabe has been very busy repotting some of our bigger plants. If you have any nice pots of the bigger/ceramic variety at home we could use some! Our durable medical equipment loan program is a roaring success! We have requests nearly every day for some type of equipment. I know I have mentioned this in the past but if you have a wheelchair, knee scooter, walker, bedside commode, an oxygen concentrator etc, that is just sitting in your garage please give me a call about donating to our program. As a private non-profit we can offer a donation receipt for tax purposes. I would like to mention that although we have our own activities we also participate in some other Senior Center activities. Here are a few pictures of our participants after completing the Canvas and Chamomile event in the great room at the end of January. One of our participants really enjoyed watching the Thursday afternoon dance class also. One of the instructors gave her a short twirl around the dance floor which quickly wore her out. She enjoyed the rest of the class watching the sure footed dancers. This will definitely become a regular occurrence. We sure enjoyed the blue grass group that played during lunch one day. We can't wait for them to return! If you know of anyone that should not be sitting at home alone and could benefit from our program please give me a call and I will get in touch with them. This month we have picked out some wonderful movies set in or about Ireland. We have so many that we want to see, we are showing movies on Thursdays and Fridays this month and the week of St. Patrick's day we are showing Irish themed movies all week! Please feel free to join us any of these afternoons! Would you like to see a very young Sean Connery? Mr. Connery is in one of these movies, do you recognize his picture?



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 \(BE\)](tel:662-8924) or [672-2034 \(WR\)](tel:672-2034) by 10:00am on the day you wish to eat. You can make them up to a month in advance by phone or on the Senior Center sign-in station. Please cancel your reservations if you are unable to come. Without a reservation we may not be able to feed you, so we ask that you wait until we have served those who made reservations. Only bread/pastries can be taken home. Fruit can be substituted for any dessert.

There are low-sugar fruit options available for Diabetics instead of desserts.

Suggested donation for lunch is \$5.00 for members. For non-members and guests under 60, the charge is \$10.00. Please do not request change for bills greater than \$20.00. Menus for both centers on page 3.

Salad Bar Days: At BE, the salad bar is indicated by a star (*) in the menu for some days. Thanks to a generous contribution to the WR food service, salads are available **every day** at WR.

Lunch Talks and Special Menus: A hashmark (#) in the menu indicates a lunch talk or special menu. See details for these talks and meals on page 7.

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.



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 7.**

BE Mar Meals (salad bar on starred (*) days)

3/1 Fri. Beer battered cod, parsley potatoes, roll, coleslaw, chocolate pudding w/ topping

3/4 Mon. Chicken fried steak, mashed potatoes, gravy, green beans, peaches/cottage cheese

3/5 Tue. Meat loaf, cauliflower, garlic mashed potatoes, gravy, roll, cantaloupe

3/6 Wed. BBQ grilled pork chops, mixed vegetables, rice pilaf, applesauce

*3/7 Thu. Chicken & dumplings, pears, sugar cookies,

3/8 Fri. Vegetable lasagna, breadstick, Italian vegetables, peach crisp

3/11 Mon. Salisbury steak, mashed potatoes, gravy, peas, roll, pears

*3/12 Tue. Soup du jour, crackers, cake

3/13 Wed. Roast beef, new potatoes, gravy, peas & carrots, roll, watermelon

3/14 Thu. Turkey pot pie, German coleslaw, peaches

#3/15 Fri. Corned beef, cabbage, carrots, soda bread, Jell-O w/ fruit **LAMC sponsored**

#3/18 Mon. Sweet-n-sour pork, egg roll, stir fry vegetables, fruit cocktail **Quatro plays**

*3/19 Tue. Chicken Alfredo, fettuccine, breadstick, applesauce

3/20 Wed. Baked ham, sweet potatoes, peas & carrots, roll, scalloped apples

3/21 Thu. Frito pie, lettuce, tomato, onion, lemon crisp cookie, fruit

*3/22 Fri. Broccoli Cheese Soup, breadstick, apricots

3/25 Mon. Green chile cheeseburger, let/tom/onion, pickle, coleslaw, ranch beans, applesauce

3/26 Tue. Chicken fried chicken, mashed potatoes, peas, gravy, roll, tropical fruit

#3/27 Wed. Chef salad, breadstick, Mandarin oranges **Caregiver Burnout talk**

*3/28 Thu. Chicken salad on rye, 3 bean salad, cherry cobbler

#*3/29 Fri Spaghetti w/ marinara sauce, breadstick, pears, March Birthdays **Eating Healthy talk**

WR Mar Meals (salad bar every day)

3/1 Fri. Fish & chips, roll, tartar sauce, tropical fruit cocktail

3/4 Mon. Spaghetti & meatballs, marinara sauce, breadstick, apricots

3/5 Tue. Chicken chile cheese soup, biscuits, peaches w/cottage cheese

3/6 Wed. Glazed ham, sweet mashed potatoes, mixed vegetables, roll, cherry strudel

3/7 Thu. Frito pie, pinto beans, lettuce, tomato, onion, pineapple

3/8 Fri. Tilapia, wild rice, Brussels sprouts, tartar sauce, roll, peach crisp

3/11 Mon. Chicken fried chicken, scalloped potatoes, country gravy, green beans, pears

3/12 Tue. Apple BBQ sauce pork chops, baked beans, broccoli salad, applesauce

3/13 Wed. Beef stew, biscuit, chocolate cake

3/14 Thu. Catfish, hushpuppies, tartar sauce, German coleslaw, fruit cocktail

3/15 Fri. Corned beef, cabbage, new potatoes, green Jell-O

3/18 Mon. **Kitchen Closed for Renovations**

3/19 Tue. **Kitchen Closed for Renovations**

3/20 Wed. **Kitchen Closed for Renovations**

3/21 Thu. **Kitchen Closed for Renovations**

3/22 Fri. **Kitchen Closed for Renovations**

3/25 Mon **Kitchen Closed for Renovations**

3/26 Tue. **Kitchen Closed for Renovations**

3/27 Wed. **Kitchen Closed for Renovations**

3/28 Thu. **Kitchen Closed for Renovations**

3/29 Fri. **Kitchen Closed for Renovations**

Regularly Scheduled Activities

AARP Smart Driver Course

Thu Mar 28 1:30-5:30pm, **WR**. Kim Thomas is the instructor. Call 672-2034 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 20 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 Mar 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 March

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 various days, **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 Mar 26, **WR**

The board approved expenses for a computer for the **WR** kitchen and mileage reimbursement for an upcoming speaker.

LARSO Advisory Council

10:00am Mon Mar 18, **BE**

LARSO Board of Director

9:30 Thu Mar 21, **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.

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 Wed Mar 13, BE

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 Mar 26, BE

Toenail Clipping (Donation \$15.00)

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

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

9:20am-noon Thu Mar 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 Mar 13

The Ranch House, Santa Fe

theranchhousesantafe.com

Come and enjoy BBQ with us!

Reservation for 5:00pm

Depart BE: 3:50pm

Depart WR: 4:10pm

A Second Spy Trip

Fri Mar 15, Santa Fe

A tour of the Dorothy McKibbin House and sites of interest from the Manhattan Project.

Lunch at La Fonda Hotel (private pay \$15-20).

Depart BE: 9:00am

Depart WR: 9:20am

MOVIES BE 12:30pm

Fri Mar 1, Brooklyn (2015)

PG-13 | 1h 57min | Drama, Romance

Saoirse Ronan, Emory Cohen

Thu Mar 7, The Wind that Shakes the Barley (2006)

Not Rated | 2h 7min | Drama, War

Cillian Murphy, Liam Cunningham

Fri Mar 8, Jimmy's Hall (2014)

PG-13 | 1h 49min | Biography, Drama, History

Barry Ward, Francis Magee, Aileen Henry

Thu Mar 14, Life's a Breeze (2013)

R | 1h 23min | Comedy, Drama

Kelly Thornton, Fionnula Flanagan, Pat Shortt

Fri Mar 15, My Left Foot (1989)

R | 1hr 43min | Biography, Drama

Daniel Day-Lewis, Brenda Fricker

Mon Mar 18, Darby O'Gill and the Little People (1959)

Approved | 1h 33min | Adventure, Fantasy

Albert Sharpe, Janet Munro, Sean Connery

Tue Mar 19, The Quiet Man (1952)

Passed | 2h 9min | Comedy, Drama, Romance

John Wayne, Maureen O'Hara

Wed Mar 20, The Secret of Roan Inish

(1994) | PG | 1 h 43min | Drama, Fantasy

Jeni Courtney, Eileen Colgan, Mick Lally

Thu Mar 21, Philomena (2013)

PG-13 | 1h 38min | Biography, Drama

Judy Dench, Steve Coogan

Fri Mar 22, Choosing Signs (2013)

Not Rated | 1h 27min | Comedy, Drama

Jessica Lancaster, Owen Dara, Betsy Douds

Thu Mar 28, The Dead (1987)

PG | 1h 23min | Drama

Anjelica Huston, Donal McCann

Fri Mar 29, Shergar (1999)

1h 35min | Crime, Drama, Romance

Alan Barker, Billy Boyle, Stephen Brennan

THEATER

Of Butterflies and Roses



A dramatic reading of the play "Of Butterflies and Roses" by Claudia I. Haas on Wed Mar 27 12:30pm, BE and Thu Apr 4 12:30pm, WR.

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.

Featuring Mandy Marksteiner and Cassandra Bowman, directed by Tomás Farish

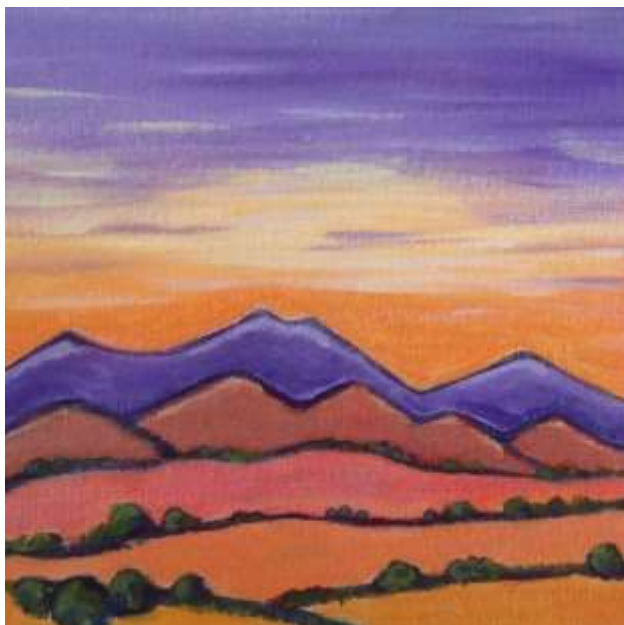
Special Programs

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

Silk Painting Class

Come join third grade students and teachers to learn how to silk paint Mar 6, 8:30-10:00am, WR. Refreshments will be served. Seniors can attend. Space is limited to 10-12 participants. Please RSVP to Megan Lee m.lee@laschools.net or the front desk at the Senior Center.

Canvas & Chamomile Event



Paint the Purple Mountains

Mon Mar 25, 1:00-3:00pm

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 plus stencils of the mountains will be available at the event.

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



MARCH LUNCH TALKS

LAMC-Sponsored Lunch Talk

Emergency Room Doctor
Fri March 15 12:00noon, BE



Quatro Mon Mar 18, 11:30am-12:30pm, BE

Come and enjoy lunch and bluegrass music with the band Quatro! If you missed their performance at BE in early February, please join us for some fantastic music!

Caregiver Burnout

Wed Mar 27 12:00noon, BE. Come to learn tips to avoid caregiver burnout and fatigue. Explore the reasons for the most common caregiver stressors, symptoms, effects and ways to cope when burnout does happen. This program is sponsored by Memory Care Alliance for Northern New Mexico.

Eating Healthy with Diabetes

Fri Mar 29 12:30pm, BE. Are you an individual with a disability who is in need of an auxiliary aid or service to participate? Please contact Los Alamos Cooperative Extension Service at 662-2656 or losalamos@nmsu.edu.

REMINDER

The White Rock Senior Center Kitchen will be closed for upgrades Mar 18 through 29. The lunch program will start again on Mon Apr 1. Sometime in the not-too-distant future, Michael will be coming up with a special menu designed to showcase the new equipment and capabilities.

The home delivered meals will continue through that time. The Congregate lunch program will be closed for kitchen upgrades. We apologize for the inconvenience and thank you for your patience.

LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director lava@losalamosseniorcenter.com



Spotlight on Gloria Quintana



Gloria is a very active volunteer at the Betty Ehart Senior Center. She folds newsletters, helps with administrative jobs and supports our meal program by serving in the dining room. She brings energy and drive to her volunteering. Formerly, she volunteered with the Pojoaque Public School, but now she dedicates all her time to the senior center and we appreciate her!

"Gloria is always there when you need her! She's there early and stays late. When she's working with me, I know it will all get done and she does it with a smile."

~Fellow lunch program volunteer

Gloria has many interests in addition to volunteering. She likes reading, listening to country music and oldies, having lunch with friends, going to bible class, and learning new pieces on the piano. She especially likes to play "This Little Light of Mine," "Be Not Afraid," and "Amazing Grace." Ellen and I know that Gloria will do anything to be of service and we are so grateful for her dedication. Thank you Gloria!

Cookies and Conversation Mar 20 at both Youth Activity Centers (WR&LA)

Please consider volunteering for the Cookies and Conversation Program. The youth of Los Alamos need your presence and influence. Nervous to try something new? Why not invite a friend to join you? Call Sarah for more information, 662-8923.



BINGO PRIZES NEEDED



The volunteer office is looking for donations of small items that could be used as bingo prizes for our monthly bingo activity here at the Betty Ehart Senior Center on the third Tuesday of every month.

Knickknacks, jewelry, household items and seasonal things all make great prizes.

Unwrapped donations can be brought to the LAVA office any-time Monday-Friday before 3:00pm. Thank you in advance!

(LAVA/RSVP continued)

LAVA Quilters Enjoy Annual Visit with Piecemakers Guild

Each February the Piecemakers Guild brings a beautiful Valentine's Day brunch to the LAVA Quilters complete with decoration, soups, salads, bread and desserts. After dining, there's an opportunity for each group to share a bit about what they do and the art of quilting. It is such an enjoyable morning of community building.

The LAVA Quilters would like to thank the guild for the lovely party and their donation toward batting and supplies.



Volunteers Needed:



The volunteer office is looking for regular help in the dining room at the Betty Ehart Senior Center on Tuesdays and substitute meal helpers at the White Rock Senior Center.

Contact Ellen for more information, 662-8923

Save the Date for the Fabulous 50's Volunteer Celebration April 26, 2019



As part of the 50's celebration I would like to hang photos (copies, not originals), around the great room from the 50's. Ideally, they would be of our volunteers. Do you have pictures from the 50's of you or your family members that you'd be willing to share with me?

You can scan and email them to java@losalamosseniorcenter.com or bring them by and I'll copy them while you wait and return them to you for safe keeping. You can also mail or drop off copies you have made. Be sure to include your name.

Thanks for the help with this fun project!

~Sarah

White Rock Senior Center 505-672-2034



St. Patrick's Corned Beef Lunch And Birthday Party

Corned Beef, Cabbage, Potatoes, Soda Bread

Fri Mar 15, 11:30am-12:30pm

Recommended: \$5 donation



Ice Cream Social

**Fri Mar 22, 1:00pm in the White Rock Senior Center
Sponsored by LARC Inc.**

Please come, enjoy an ice cream sunday,
and meet Karen Moemeka, Program Manager
from Aspen Ridge and Sombrillo



"Of Butterflies and Roses"

A dramatic reading of the play by Claudia I Haas

**Rescheduled
Thu Apr 4, 12:30pm, WR**

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

REMINDER.....

**The WRSC Kitchen will be closed
Mon Mar 18 until Mon Apr 1**

The home delivered meals will continue through that time. The Congregate lunch program will be closed for kitchen upgrades. We apologize for the inconvenience. Thank you for your patience.



Details / Donate

Gail Rubin “The Doyenne of Death®” with Shay Burns Kendricks, Estate Attorney

Thu Apr 11 9:00am-3:30pm, BE. Make your reservations at 662-8920

Morning Session 9:00-11:30am:

“Kicking the Bucket List” Downsizing and Organizing Things to Do Before You Die

This talk focuses on practical ways to downsize excess goods without being overwhelmed by the job, what you need to know to organize your information for your executor, and how to plan for end-of-life issues. Learn what you need to know before someone dies to reduce stress and conflict, save money and create a “good goodbye.” Just as talking about sex won’t make you pregnant, talking about funerals won’t make you dead – and your family will benefit from the conversation.

Lunch 11:30am–12:15pm: \$5 donation applies at BE.

Talk at 12:30pm: Shay Burns Kendricks will answer questions on the legal side of estate planning.

Afternoon Session 1:30–3:30pm:

Laughing in the Face of Death: Funny Films for Funeral Planning

This upbeat talk illustrates funeral planning issues with clips from comedy films and television programs. Come laugh and learn - really, it won’t kill you. Gail’s books are available for sale and signing that day.

Income Tax Preparation Services

TaxAide will provide free income tax preparation services at BE on Mon and Wed mornings 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. Bring any of the following which apply to your return:

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

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

Thank you to all of our donors for their generous contributions to LARSO! To date \$42,297.93 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

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