



Los Alamos Retired and Senior News



The Newsletter of the Los Alamos Retired and Senior Organization

Bernadette Lauritzen, 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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Welcome New Director Bernadette Lauritzen



We are delighted to welcome Bernadette Lauritzen as the new Executive Director of the Los Alamos Retired and Senior Organization! Bernadette is well known in the community through her involvement with many organizations in town, including the Community Health Foundation, Leadership Los Alamos, Family Council, her non-profit Champions of Youth Ambitions and, of course, the senior centers, where along with other involvement, she introduced the Festival of Trees many years ago. She brings a wealth of experience and knowledge into this position, along with her great enthusiasm and dedication to the seniors in our community. Bernadette begins full time May 1. Please extend a warm welcome to Bernadette!

Holidays 2019

Memorial Day	Mon May 27
Independence Day	Thu Jul 4
Labor Day	Mon Sep 2
Indigenous Peoples' Day	Oct 14
Veterans Day	Mon Nov 11
Thanksgiving	Thu-Fri Nov 28-29
Christmas	Tue-Wed Dec 24-25

Special Days in May:

May 4	Star Wars Day
May 4	Kentucky Derby
May 5	Cinco de Mayo
May 8	V-E Day
May 12	Mothers Day
May 27	Memorial Day

A Fond Farewell

Please join us on Fri May 10 3:00-5:00pm, BE great room as we send Linda off with our blessing. We will be collecting for those that would like to donate to the party or wish to contribute to a gift basket. Checks should be made out to LARSO with a note in the memo line, "Linda Farewell". If you are unable to attend and would like to drop off a card, please leave it at the front desk at either center.

Questions can be directed to Bernadette after May 1.

Day Out

We were donated a REVO scooter which is a Pride Mobility Product and we would like to sell it to raise funds for our program. It comes with a hitch trailer as shown. If you are interested in it please stop by the Day Out Program and give it a spin. It fits easily through doorways and is fully charged. It is narrower than a standard scooter. We have it in our back storage room. We also have a few brand new rollator walkers if you are interested in borrowing or donating some funds for one to keep.



We have a good time in the Day Out Program. Pictured below is Clara, who reads some great stories on Thursday afternoons, and photos of a field trip to Ashley Pond. We had a wonderful time soaking up sun and getting some walking time in.



If you know of anyone that could benefit our program please have them or their caregiver come see me. Enjoy the Spring weather that is finally here!

Laurie Hochhalter – Day Out Program Director

Lunches at BE and WR and Home Delivered Meals

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. If you come without a reservation we may ask that you wait until we have served those who d. Only bread/pastries can be taken home. Fruit can be substituted for 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 on page 3.

Salad Bar Days: Salad bar is indicated by a star (*) in the menu for some days at BE. **For the month of May,** salads are available every day at both senior centers..

Lunch Talks, Special Menus: Hashmark (#) indicates a lunch talk or special menu.

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, call Mike at 672-9544 (White Rock residents) or Fred at 662-8924 (Los Alamos residents).

Lunch Talks, Special Menus

Wed May 1, lunchtime, BE Piano students of Frances Meier will be performs

Fri May 3, 11:30am, BE Laboratory Retiree Group (LRG) annual meeting and lunch. Details page 7

Wed May 8, 12:45pm, WR Dramatic Reading "Smiles". Details on page 6

Fri May 10, 11:30am, WR Cinco de Mayo Potluck and Birthday. Details on page 10

Wed May 15, 12:45pm, BE Dramatic Reading "Smiles". Details on page 6

Thu May 16, 11:30am, WR Manitoba Special Meal and Presentation. Details on page 10

Mon May 20, 11:30am-12:30pm, BE The bluegrass band Quatro plays over lunchtime

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 (descriptions on page 2).

BE May Meals (salad bar every day in May!)

- #May 1 Wed. BBQ bonanza, coleslaw, pinto beans, whole wheat roll, peanut butter cookie **Piano**
- May 2 Thu. Burgers, lettuce/tomato/onion/pickle, green chile, potato chips, apple sauce
- #May 3 Fri. Turkey, stuffing, potatoes, cranberry sauce, pumpkin cookies, **LRG**
- May 6 Mon. Sausage w/wild rice, broccoli, biscuit, apple sauce
- May 7 Tue. Chicken tenders, mashed potatoes, gravy, whole wheat roll, winter vegetables, oranges
- May 8 Wed. Fish and chips, German coleslaw, tartar sauce, apricots
- May 9 Thu. Frito pie, salad bar, cake
- May 10 Fri. Egg salad or tuna salad, salad bar, crackers, ice cream
- May 13 Mon. Chicken marinara over pasta, bread stick, parmesan cheese, salad bar, ice cream
- May 14 Tue. Corned beef w/cabbage, sauce, carrots, potatoes, tropical fruit
- #May 15 Wed. Fish taco, oven fried potatoes, salad bar, roll, pudding w/topping **Dramatic Reading**
- May 16 Thu. Taco pizza, lettuce, tomato, cheese, salsa, pasta salad, pears
- May 17 Fri. Chicken enchiladas, beans, Mexican rice, lettuce/tomatoes, flour tortilla, jello w/fruit
- #May 20 Mon. Chicken dumplings, salad bar, apricots **Quatro bluegrass**
- May 21 Tue. Chicken fried chicken, mashed potatoes, cream gravy, peas and carrots, roll, oranges
- May 22 Wed. Tilapia, oven fried potatoes, German coleslaw, whole wheat roll, cake
- May 23 Thu. BBQ pork chops, mashed potatoes, gravy, salad bar, fruit cocktail
- May 24 Fri. Pasta primavera, Italian vegetables, marinara sauce, bread stick, brownies
- May 27 Mon. **Closed for Memorial Day**
- May 28 Tue. Salmon, mango salsa, coleslaw, potatoes, carrots, oranges
- May 29 Wed. Salisbury steak, new potatoes, roll, gravy, mixed vegetables, pears
- May 30 Thu. Chicken fried steak, gravy, wheat roll, California vegetables, bananas & strawberries
- May 31 Fri. Tatertot casserole, vegetables, roll, pears w/cottage cheese, cookies, birthday cupcakes

WR May Meals (salad bar everyday)

- May 1 Wed. Sweet & sour pork, rice, eggroll, stir fry vegetables, gelatin w/topping
- May 2 Thu. Fish & chips, tartar sauce, broccoli salad, peaches w/cottage cheese
- May 3 Fri. Potato bar, salad bar, roll, chocolate chip cookie
- May 6 Mon. Salisbury steak, mashed potatoes, mushroom gravy, California blend vegetables, plums
- May 7 Tue. Pork roast, scalloped potatoes, pork gravy, broccoli Normandy, gelatin
- #May 8 Wed. Chicken pot pie, breadstick, salad bar, pears w/cottage cheese **Dramatic Reading**
- May 9 Thu. Caesar salad w/chicken or beef, breadstick, chocolate pudding
- #May 10 Fri. Cinco de Mayo Potluck and May birthdays **Potluck & Birthdays (details page 10)**
- May 13 Mon. Meatloaf, mashed potatoes, brown gravy, 5 way mixed vegetables, roll, apricots
- May 14 Tue. Chicken fettuccini alfredo, Italian blend vegetables, breadstick, vanilla pudding
- May 15 Wed. Tilapia, roasted potatoes, tartar sauce, roll, coleslaw, fruit cocktail
- #May 16 Thu. Burger, fries w/curds/bacon/gravy, squash w/parsnips, rye bread, tart **Manitoba meal**
- May 17 Fri. Spaghetti w/marinara, Italian sausage or vegetarian, vegetables, peanut butter cookie
- May 20 Mon. Glazed ham, au gratin potatoes, winter vegetables, roll, oatmeal cookie
- May 21 Tue. Red chile beef enchiladas, pinto beans, calabacitas, tapioca pudding
- May 22 Wed. Chicken fried chicken, scalloped potatoes, country gravy, green beans, pears
- May 23 Thu. Variety of soups, salad bar, biscuit, crackers, pineapple
- May 24 Fri. Catfish, cornbread, tartar sauce, German coleslaw, tropical fruit cocktail
- May 27 Mon. **Closed for Memorial Day**
- May 28 Tue. Chicken drumsticks, au gratin potatoes, green beans w/red peppers, pineapple
- May 29 Wed. Pork chops, rice pilaf, peas & carrots, applesauce
- May 30 Thu. Fish & chips, tartar sauce, broccoli salad, peaches w/cottage cheese
- May 31 Fri. Green chile cheeseburger, potato salad, carrot & celery sticks, let/tom/onion/pickle, cake

Regularly Scheduled Activities

AARP Smart Driver Course

Thu May 23 1:30-5:30, **WR**. Kim Thomas is the instructor. 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 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 May 21, BE

1:00-3:00pm Tue White Elephant Bingo, **WR**

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

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 May 28, **BE**

LARSO Advisory Council

10:00am Mon May 20, **BE**

LARSO Board of Director

Lunchtime, Thu May 16, **BE** and **WR**

All senior center members are encouraged to come to lunch for the annual LARSO membership meeting and to cast your ballot for LARSO Board Members. Election is by paper ballot, which will be made available in the lunch rooms that day. If you are unable to be there that day, please contact Bernadette Lauritzen about your vote. Current board members up for election are John Baillie, Lewis Muir and Shelby Redondo. Please show your support and come to lunch to cast your ballot.

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

Discussion Groups

Senior Civic Discussion Group

10:00am First and Third Mon, BE

Technical Analysis & Options Discussion

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

Finance & Investing Group

9:30-11:00am Thu, 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

Salsa Dance*

7:00-9:00pm Wed, BE

Tap Dancing

12:00pm Tue, WR

1:30pm Thu, BE

Health

Alzheimer's Support Group

1:15-2:30pm Wed May 8 & 22, BE

ALZ123 No lunch talk in May

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

Cancer Care Giver Support Group

11:00am 2nd Wed May 8, WR

11:00am 4th Wed, BE conference room

Low-Vision /Hearing-Challenged Support

10:00-11:00am 4th Tue May 28, BE

Jemez Trip. See page 6 for details.

Toenail Clipping (Donation \$15.00)

Fingernail clipping on request. Book two slots for both toenail and fingernail clippings.

9:20am-2:00pm Thu May 2 & 16, BE

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

9:20am-noon Thu May 23, 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, Day Out

Recorders

1:30-2:30pm Fri, BE. Call Marge 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

10:30am-12:00pm Mon Wed, WR

Low Impact Aerobics

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

Prajna Yoga*

5:45-6:45pm Thu, BE

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 by Ward Zaelke
Second Thu 10:30am, WR main parking lot

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.

*Activities managed by LAC PROS Division

Special Programs

TRANSPORTATION

Payment Changes

Instead of requesting a donation each time a ride is given, we will track the number of rides and send a requested donation letter to you at the end of each month. As always, this is a requested donation. We will keep the same system that we have now for Trips.

Suggested donation \$8.00 (cash or check payable to LARSO). For reservations please call Transportation 662-8922.

TRIPS

Mystery Dinner Out

Thu May 9

This is a wonderful new restaurant. They offer great food choices, excellent service and a beautiful atmosphere. Yes, it is a bit more costly than the other local choices, but you get what you pay for.

Depart BE: 4:10pm

Depart WR: 4:30pm

Low-Vision/Hearing-Challenged Trip

Tue May 28

Our May gathering is a trip to the Jemez with our faithful driver Roy Cope. Some sight seeing and lunch in a restaurant. Plan to be back in town by 3:00pm. Donation of \$8 for van is appreciated, payable at trip time. You will be called for reminder and to make reservations.

Depart BE: 10:00am

MOVIES BE Fri 12:30pm

May 3, Alexander and the Terrible, Horrible, No Good, Very Bad Day

2014 | PG | 1h 21min | Comedy, Family

Steve Carell, Jennifer Garner

Alexander's day begins with gum stuck in his hair, followed by more calamities. However, he finds little sympathy from his family and begins to wonder if bad things only happen to him.

May 10, The Odd Life of Timothy Green

2012 | PG | 1h 45min | Comedy, Drama

Jennifer Garner, Joel Edgerton

A childless couple buries a box in their backyard, containing all of their wishes for an infant. Soon, a child is born, though Timothy Green is not all that he appears.

(movies continued)

May 17, Old Dogs

2009 | PG | 1h 28min | Comedy, Family

Robin Williams, John Travolta

Two friends and business partners find their lives turned upside down when strange circumstances lead them to be the temporary guardians of seven-year-old twins.

May 24, The Reivers

1969 | PG-13 | 1h 47min | Comedy, Drama

Steve McQueen, Sharon Farrell

In turn-of-the-century Mississippi, an 11-year-old boy comes of age as two mischievous adult friends talk him into sneaking the family car out for a trip to Memphis and a series of adventures.

May 31, The North Avenue Irregulars

1979 | G | 1h 40min | Action, Comedy, Crime

Edward Herrmann, Barbara Harris

When crooks set up operations in a traditional town, a minister and a group of church ladies are willing to do anything, no matter how wacky, to get them out.

THEATER



What happens when a curious child desperately needs her grandparent's wisdom for a homework assignment, but teases him rather than directly asking? Come see **SMILES**, a whimsical, ten-minute, upbeat comedy by Robert F. Benjamin. SMILES is Benjamin's first children's play about "Aging with Grace, Courage and Humor."

Wed May 8 12:45pm, WR performed by Pat Beck and Amelia Dolejsi.

Wed May 15 12:45pm, BE performed by Jake Turin and Amelia Dolejsi.

Free admission and free refreshments during the post-show audience talkback.

Special Programs

May Special Lunches

Every day in May there will be salad bar at both WR and BE. Please let us know how much you enjoy having salad available every day!

Wed May 1, BE Piano students of Frances Meier will be performing.

Fri May 3, 11:30am, BE Laboratory Retiree Group (LRG) annual meeting and lunch. Free to LRG members. If you are interested in joining, see Sheila Girard.

Wed May 8, 12:45pm, WR Dramatic Reading "Smiles". Details on page 6.

Fri May 10, 11:30am, WR Cinco de Mayo Potluck and Birthday. Details on page 10.

Wed May 15, 12:45pm, BE Dramatic Reading "Smiles". Details on page 6.

Thu May 16, 11:30am, WR Manitoba Special Meal and Presentation. Details on page 10.

Mon May 20, 11:30am-12:30pm, BE The bluegrass band Quatro plays over lunchtime.

Matter of Balance Class

The Matter of Balance class returns to both senior centers in May. Instead of a once a week program for two months, it will be offered twice a week for one month. It will be held Mon & Wed 2:00-4:00pm from May 6 - Jun 3, BE and May 20 - Jun 12, WR. It will be taught by master trainers, Maria Francis, Sharon Tollson and Ann Church. Call 662-8920 (BE) or 672-2034 (WR) to sign up. A \$40 donation to cover costs is greatly appreciated.

Legal Workshop

Thu May 16 10:00-11:15am, BE

There will be a presentation by a Legal Resources for the Elderly (LREP) attorney, and then from 11:30am-1:00pm there will be attorneys available, by appointment, to prepare Powers of Attorney & Advance Health Care Directives.

Health and Fitness Day

National Senior Health & Fitness Day is Wednesday, May 29.

Canvas & Chamomile Event



Paint El Santuario

Mon May 20 1:30-3:30pm, BE great room

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 and stencils will be available at the event. Register at LACanvasEvents.com or call Susanne Harrison 505-412-1534

Coming in June

Mark your calendars for a senior housing forum Mon Jun 17 from 10:00am-12:00pm, BE. Members of the panel include Andrew Harden, Housing and Special Projects Manager for Los Alamos County, Steve Brugger, Executive Director, Los Alamos Housing Partnership, Inc., Philip Gursky and a realtor representative. Please bring your questions and concerns about the present housing situation and what the future holds for housing for seniors in Los Alamos County.

LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director lava@losalamosseniorcenter.com



Welcome Binh Wakeford, LAVA/RSVP volunteer coordinator!



If you volunteer with LARSO, chances are you have met Binh already, but if not, come by the LAVA/RSVP office and say "Hello!" Binh and her husband Daniel moved to Los Alamos from San Diego a few years ago and are really enjoying the scenery. You may see her adorable four year old son Corbin around the senior center from time to time as well. I am delighted to have her join me here in the volunteer office and know that you all will love working with her too. We send Ellen with our gratitude and well wishes as she starts her new adventure at the Botanical Gardens in Santa Fe.

Shout out to a very special volunteer, Cookie Halsted!



Cookie has been supporting our office as we transition to RSVP and collecting hours. You may have heard from her after the last quarter. She is volunteering long hours with us and I am so very grateful! Thank you Cookie!



LAVA Quilters Place over 75 Quilts on Recent Trip

LAVA Quilters take donated material and create beautiful quilts for the Santa Fe Youth Shelter, the Ronald McDonald House, and Bienvenidos among other special placements. These local charities connect the quilts, walker bags, hats and baby blankets made by the quilters with those in need.



On April 3, six members of the LAVA Quilters took a senior center bus to deliver their generous donation that included over 75 quilts. Their first stop was the Youth Shelter where they toured the resource center and learned about how that organization assists young people with emergency needs and also helps them find resources such as counseling and job training to prepare them for what's next.



The LAVA Quilters donated two quilts to be auctioned at the upcoming fund raiser, Boots, Bolos and Boogie on June 18 in addition to 33 other quilts for the clients. The group then continued on to the Ronald McDonald House in Albuquerque where they placed the rest of their goods and toured the residence where families can stay if their child is having treatment at nearby hospitals. Of the quilts, staff there said, "What a wonderful gift of love. Our families will cherish these for a lifetime."



(LAVA/RSVP continued)**Cookies and Conversation**

A group of LAVA/RSVP volunteers visited with youth at both the Los Alamos Youth Activity Center and the White Rock Youth Activity Center on March 20, sharing stories and talking about their favorite sports and songs while enjoying tasty cookies. This is a terrific volunteer opportunity for anyone who know that these youth are our future and have the desire to help shape that future.

The LAVA/RSVP office is now working with the transportation department for both senior centers to help volunteers get to the youth centers.

The next Cookies and Conversation will be held on Wed May 15 1:00-2:00pm. Call the office for details. 662-8923.

**Volunteering in May:**

- Blood Drive
Thu & Fri May 2 & 3
- Cookies and Conversation
Wed May 15
- Jemez Mountain Trail Run
Sat May 25
- Help fold the newsletter
Thu May 30
- Substitute for the meal program
(Call Bihn 662-8923)
- Play games with seniors in the Day Out
weekday afternoons.
- HELP Driving. Get signed up to drive people
to medical appointments off the hill.
Ask Sarah how to get started.

Thanks for all you do!!!

LARSO and LAVA/RSVP would like to thank you for all the things you do out of the kindness of your hearts, with no thought of acknowledgment. We noticed the customized rain barrels outside the Betty Ehart Senior Center and wanted to acknowledge Dick Tatro's efforts to keep our center beautiful and conserve water too. Thanks Dick!



Thank you to everyone who came to the Volunteer Celebration! We hope you feel our love and gratitude for all you do to make our community great!

Sarah and Binh

White Rock Senior Center 505-672-2034



Cinco de Mayo Potluck and May Birthdays
Fri May 10 11:30am

Please bring a dish to share.



**Coming to the WRSC
 Lunch transportation
 in White Rock**

Pick up at 10:00am and return home at 1:00pm. Call Karen in the BESC Transportation Office 505-662-8922 to schedule a ride.

NEW AT WRSC
White Elephant Bingo
 Tuesdays from 1-3:00pm

Have Lunch and stay for Bingo.
 Big Winner wins Lunch.
 At the WRSC

9	16	39	57	62
2	25	53	68	
6	30	33	58	70

Photo Presentation May 16 12:30pm
Churchill (Manitoba, Canada)

"Martin and Beverly Cooper traveled to Churchill, Manitoba, Canada October 29 - November 2, 2012. "Churchill is a place where polar bears gather as they wait for the Hudson Bay to freeze over. They can only capture seals on the ice, and while they are ashore, the females try to hide their young from the males, and the males play dominance games to establish their social position. Red fox also provide nice photographic subjects."



Robert Benjamin's "SMILES"

Benjamin's first children's play about "Aging with Grace, Courage and Humor."

Wed May 8 12:45pm, WR

performed by
 Pat Beck and Amelia Dolejsi

Wed May 15, 12:45pm, BE

performed by
 Jake Turin and Amelia Dolejsi

Manitoba Special Menu
WRSC May 16 11:30am

Winnipeg Rye Bread
Sautéed Squash w/Parsnips
Sals "Nips" (sandwich)
Poutine (French Fries w/Gravy, Bacon, Cheese Curds)
Butter Tart (dessert)

Details / Donate

A Note from Bernadette

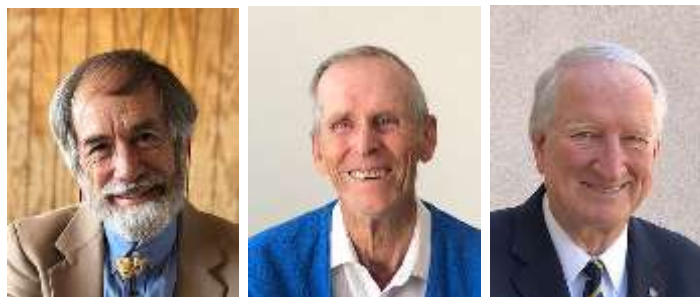
I am truly honored to lead LARSO and the jewels of our community, the Los Alamos and White Rock Senior Centers. While I have two sets of big shoes to fill, the good news is I have big feet!

Look for Baked Goods with Bernadette coming each month at each center so I can gather your thoughts on a regular basis.

Living Treasures of Los Alamos 2019

Living Treasures of Los Alamos honored Robert 'Bob' Benjamin, Joel Dahlby, and Denny Erickson this spring. Their photos will be added to others on display in the BESC upstairs lobby. The Living Treasures program started in 1999 to celebrate the role senior citizens have played in the shaping of the history of Los Alamos County.

Visit livingtreasureslosalamos.org to learn more about the past and present Living Treasures of Los Alamos.



Thank You

Thank you so much to Los Alamos County for the vehicle that they have made available to LARSO for use for transportation around White Rock! We have been limited in our ability to provide transportation to and from the White Rock Senior Center and to other locations around White Rock until now. Please call our Transportation department at 662-8922 to schedule a ride.

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 \$51,308.53 has been raised to help offset our adjusted projected deficit of \$59,461. We would not be able to continue to provide the current 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

Bernadette Lauritzen, 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

White Rock Senior Center (WR)

133 Longview Dr, White Rock, NM 87547

Annie Bard, Coordinator

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