



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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June was busy

with a state audit, fire inspections for both centers and many reporting deadlines. We have many rules to follow to meet safety codes and will need to increase awareness. If you store things here, please be aware that you might be asked to scale back.



The time of year has arrived that the building could be sweltering or blizzard-like and while we do apologize, it does not mean we can change the temperature on a moment's notice. We will keep a few extra sweaters to borrow and blankets are always available. A change in temperature never depends on which staff member you ask!

I am enjoying Baked Goods with Bernadette and we are taking your thoughts into consideration and will try to fix dilemmas, as we are able. I have not brought meaningful change to creating a singles group, but I am working on it. It won't be meant for dating, just trying to increase friendships and fun.

Finally, I must beg that you reserve a spot when you want to eat lunch at either center. You can call and leave a message anytime and even up until 10:00am the same day. You can even reserve lunch right on the My Senior Center check-in pad. When we run out of lunch for someone that reserved a spot before they arrive, that can make for a bad day.



Holidays 2019

| | |
|------------------------|-----------------|
| Independence Day | Th Jul 4 |
| Labor Day | Mo Sep 2 |
| Indigenous Peoples Day | Oct 14 |
| Veterans Day | Mo Nov 11 |
| Thanksgiving | Th-Fr Nov 28-29 |
| Christmas | Tu-We Dec 24-25 |

Day Out

Our Adult Day Services program offers continuous supervision; planned social and recreational activities, nutritious breakfast, lunch and snacks; door to door transportation and a staff ratio of 1-5 or 1-3 for those with Alzheimer's. Our service offers relief/respite for caregivers and assistance with self-administration of medications. Our activities are available on our website and posted outside our door. We participate in many senior center activities and are located on the lower level.



Pictured here is our most social member, Jerry with one of our program assistants Gabe. We love having Jerry attend our program. He smart, entertaining and cold war veteran. Come join us for fun, friendship and fellowship, Monday through Friday for socialization or while a caregiver is at work.

We have a music program at least 3 days a week, enjoy listening to a variety of music during the day and have musicians perform from time to time. Members are welcome to exercise class every day, with a variety of options including, Sit and Be Fit. Stay happy and stay healthy in our program.



If you know of anyone that could benefit from spending time with us, please have them or their caregiver call our Day Out Director, Laurie Hochhalter, at 661-0081.

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 did. 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. Salads are available every day at the White Rock Senior Center.

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 Jul 10 12:00noon, WR Decluttering Tips. Details on page 10.

Tue Jul 16 11:30am, BE Preventing Medical Fraud. Details on page 6.

Thu Jul 18 11:30am, BE Magic Show. Details on page 7.

Fri Jul 19 11:30am, BE Emergency Preparednessw at Home. Details on page 7.

Wed Jul 24 11:30am, BE Tips and Tricks for the BE. Details on page 7.

Thu Jul 25 11:30, WR Special Indian Lunch. Details on page 10.

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 (descriptions on page 2).

BE July Meals (* salad bar)

- *Jul 1 Mon. Fish & chips, tartar sauce, cobbler
- Jul 2 Tue. Red beef enchiladas, beans, squash, zucchini, apples
- Jul 3 Wed. Chicken barbecue, baked beans, biscuit, watermelon
- Jul 4 Thu. **Closed for Independence Day**
- *Jul 5 Fri. Burger, green chile, cheese, let/tom/onion/pickles, potato chips, beans, fruit
- *Jul 8 Mon. Beef tips over rice, broccoli, wheat rolls, fruit
- Jul 9 Tue. Tilapia, rice pilaf, roll, asparagus, honeydew
- Jul 10 Wed. Sweet & sour pork over rice, stir fry veg, egg roll, jello
- Jul 11 Thu. Chicken drumstick, corn, okra, mashed potatoes, biscuit, fruit
- *Jul 12 Fri. Frito pie, red or green chile, peach shortcake
- Jul 15 Mon. BBQ beef brisket, wild rice, winter blend vegetables, crisp
- #**Jul 16 Tue. Tater tot casserole, wheat rolls, vegetables, strawberries & bananas
- Jul 17 Wed. Chicken tenders, gravy, BBQ sauce, carrots, asparagus, roll, oatmeal cookie, fruit
- #**Jul 18 Thu. Chef salad, biscuit, ice cream
- #**Jul 19 Fri. Chicken fried steak, mashed potatoes, gravy, mixed vegetables, strawberry shortcake
- *Jul 22 Mon. Chicken marinara with pasta, breadstick, cake
- *Jul 23 Tue. Tuna salad sandwich, potato chips, pickles, pudding
- #**Jul 24 Wed. Sweet & sour meatballs, wheat roll, fruit
- Jul 25 Thu. Chicken enchiladas, lettuce/tomatoes, beans, posole, fruit
- Jul 26 Fri. Meatloaf, potatoes, gravy, broccoli, cauliflower, roll, fruit
- Jul 29 Mon. Tuna, mango salsa, rice pilaf, asparagus, cobbler
- *Jul 30 Tue. Egg salad sandwich, pickle, ice cream
- *Jul 31 Wed. Sloppy Joe on a bun, French fries, pickles, pineapple salad, cottage cheese

WR July Meals (salad bar everyday)

- Jul 1 Mon. Salisbury steak, au gratin potatoes, mixed vegetables, roll, gravy, cookies
- Jul 2 Tue. Tuna over wild rice, Brussels sprouts, mango salsa, pears & cottage cheese
- Jul 3 Wed. Hotdogs, potato salad, watermelon
- Jul 4 Thu. **Closed for Independence Day**
- Jul 5 Fri. Chicken cordon bleu, rice pilaf, corn w/roasted red peppers, peaches
- Jul 8 Mon. Fish & chips, German coleslaw, whole wheat roll, fruit cocktail
- Jul 9 Tue. Sweet & sour pork over rice, stir fry vegetables, eggroll, gelatin w/fruit
- #**Jul 10 Wed. Green chile chicken enchiladas, refried beans, calabacitas, tapioca pudding
- Jul 11 Thu. Bratwurst on a bun, sauerkraut, baked beans, apricots
- Jul 12 Fri. Frito pie, pinto beans, red chile, cheese, lettuce, tomato, onion, pineapples
- Jul 15 Mon. Chicken teriyaki over fried rice, stir fry vegetables, eggroll, banana pudding
- Jul 16 Tue. Green chile cheeseburger, potato chips, let/tom/onion/pickles, carrot sticks, cookies
- Jul 17 Wed. Pork roast, green chile sauce w/tomatoes, black eyed peas, cornbread, apple
- Jul 18 Thu. Cod w/dill, rice pilaf, tartar sauce, roasted potatoes, broccoli salad, muffin
- Jul 19 Fri. Chicken tenders, mashed potatoes, carrot raisin salad, orange gelatin w/topping
- Jul 22 Mon. Tilapia, diced potatoes, tartar sauce, Brussels sprouts, mandarin oranges
- Jul 23 Tue. Chicken or steak Caesar salad, breadstick, cantaloupe & honeydew
- Jul 24 Wed. Chicken drumstick, potato salad, broccoli salad, roll, peaches
- #**Jul 25 Thu. Vindaloo pork curry, kidney beans, hyacinth beans, rice pudding w/dates (**see page 10**)
- Jul 26 Fri. Roast beef, scalloped potatoes, green beans, gravy, chocolate mousse
- Jul 29 Mon. Pork posole, flour tortilla, vanilla pudding
- Jul 30 Tue. Meatloaf, mashed potatoes, gravy, peas & carrots, applesauce
- Jul 31 Wed. Chicken fettuccini alfredo, breadstick, California vegetables, banana

Regularly Scheduled Activities

AARP Smart Driver Course

Mon Jul 22 12:15-4:30pm, BE. Helena Whyte 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 Jul 16, BE

1:00-3:00pm Tue Jun 11 & 25, 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 Jul 23, WR

You can preserve the memory of a loved one with a \$100 donation to FOSC to add a name to our memorial plaque, which is hung in the hallway by the transportation office. Recent additions to the plaque are: Stephen D. Stoddard, Minette Swift, Jackie Peckham, and Grace Boncella. We recently found a local retailer who engraves the plates at a lower price, so more of your donation now goes to helping the senior centers.

LARSO Advisory Council

10:00am Mon Jul 15, BE

LARSO Board of Director

9:30am Thu Jul 18, WR

Computers

Computer Users Group (CUG)

10:00am First Tue, WR

10:00am Third Tue, BE

All users or potential users are welcome.

Mac Users Group (MUG)

8:30am Third Tue, BE classroom.

All welcome to discuss Mac usage/problems.

Available Computers

Computers are available for internet access in the Rawcliffe Room at BESC. One computer is available at the WRSC.

Crafts

Hookers and Stitchers

1:00pm Thu, WR

LAVA Quilters

8:30am Wed, BE

Wood Carving

10:00am Mon, WR

Discussion Groups

Cookies and Conversation

Wed Jul 3 12:30-1:30pm, BE Details page 6.

Finance & Investing Group

9:30-11:00am Thu, WR

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

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

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 2nd & 4th Wed Jul 10 & 24, BE

ALZ123

12:00noon Wed Jul 24, BE Lunch talk
Tips and Tricks for the Caregiver. See page 7.

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

Cancer Care Giver Support Group

11:00am 2nd Wed, WR

11:00am 4th Wed, BE conference room

Low-Vision /Hearing-Challenged Support

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

Toenail Clipping (Donation \$15.00)

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

9:20am-2:00pm Thu Jul 18, BE

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

9:20am-noon Thu Jul 25, WR

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

Music

Music with Ruth Williamson

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

Recorders

1:30-2:30pm Fri, BE. Call Marge 662-7144

Ukulele Group

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



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 Hiking Group

8:30am Thu, BE downstairs.

No age or gender restrictions. No commitments. All are welcome. Hikes of 3 to 4 miles or more on uneven ground are typical. Dress in layers for conditions, wear a hat, and bring water. To be on the list for last minute changes, email Patricia Rathbone patricx42@yahoo.com

Special Programs

TRIPS

**Suggested donation \$4.00 - \$8.00 round trip
Cash or check payable to LARSO. For reservations, please call Karen at 662-8922**

Dinner Out

Wed Jul 10

Santa Fe Bar & Grill

Depart BE: 4:30pm

Depart WR: 4:50pm

Upcoming Operas!

Reminder: Tickets will go on sale starting Tue Jul 9 8:30-10:30am, BE lower level. After 10:30am we will take phone reservations. Please request your first and second choice of performances. \$8.00 van donation appreciated.

La Boheme Mon Aug 12

Thirteenth Child Wed Aug 14

Pearl Fishers Fri Aug 23

Admission \$50.00

Depart BE: 5:45pm

Depart WR: 6:00pm

MOVIES BE Fri 12:30pm

Jul 5 The Goonies

1985|PG|1h 54min|Adventure, Comedy, Family
A group of young misfits who call themselves The Goonies discover an ancient map and set out on a quest to find a pirate's lost treasure.

Jul 12 The Sandlot

1993 | PG | 1h 40min | Drama, Comedy, Family
In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy and his rowdy team, resulting in many adventures.

Jul 19 The Borrowers

1997|PG|1h 53min|Adventure, Comedy, Family
A secret family of four-inch people living inside the walls of a house must save their home from an evil real estate developer.

Jul 26 The Duke

1999 | PG | 1h 28min | Comedy, Drama, Family
When his nephew tries to wrest control of his estate from him, the Duke of Dingwall removes him from his will, leaves everything to his dog.

THEATER

Wed Jul 10 12:45pm, BE

Thu Jul 11 12:45pm, WR

The Mayor's Advisory Board, a short play by Jody Shepard, brought to the senior centers by the Pajarito Players: There's fun confusion when an article appears in the local small-town newspaper, upsetting a feisty woman who knows how to use a telephone. John Gustafson and Jody Shepard perform this short play. A short discussion with the playwright will follow.



Cookies and Conversation

Wed Jul 3 12:30-1:30pm, BE

Bring your favorite cookie and enjoy light conversation with anyone who joins us.

Grief Group

Two local art therapy students will be offering a free grief group called *Grief: Painting through Strokes*. The group is for any adult 50 and no art experience is necessary. The eight-week class is available even if you need to miss a session. The program will be held on Thursdays, starting Jul 11 2:00-4:00pm, BE. Those willing to donate art supplies can contact Bernadette.

Preventing Medical Fraud

The Aging and Disability Resource Center (ADRC) welcomes you to learn about preventing Medicare fraud and the Prescription Drug Assistance program. Krystal Armijo will present on Tue Jul 16 11:30am, BE.

Special Programs

Canvas & Chamomile Event



Paint the Seaside

Tue Jul 2 4:00-6:00pm, WR

Mon Jul 8 1:00-3:00pm, BE

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

Enjoy a cup of tea while painting at this step by step guided painting event for beginners and experienced painters. All art materials included. Register at LACanvasEvents.com or call Susanne Harrison 505-412-1534.

Learn to Declutter with Kendra Henning
Fri Jul 19 10:30-11:30am, BE.

Emergency Preparedness at Home
with Los Alamos Cooperative Extension Agent,
Desaree Jimenz on Fri Jul 19 lunchtime, BE

Tips and Tricks for the Caregiver

Wed Jul 24, BE, a lunch talk with some helpful ideas and tips to help make your job as a caregiver easier. It will address things to help you especially in the later stages of Alzheimer's or a dementia-related illness. How modern technology has changed to help caregivers will be discussed, also. Presented by David Davis, Executive Director of the Memory Care Alliance.

Tea & Harmony ~ a vocal recital

Sun Jul 28 4:00pm, BE. Music of Gounod, Debussis, Donizetti, Bellini, and Rossini; Steven Foster, Andrew Lloyd Webber, Leonard Bernstein, and P.D.Q Bach, featuring Tess Light, Linda Wieseman, Max Light and Alicia Solomon.

Magic Show and Workshop

Thu Jul 18 11:30am, BE

A special feature during lunch will be **Professor Cheeseurdle's Magic Show**, a fun, family-oriented half-hour presenting some of the great classics of magic, past and present. Professor Calamitus C. Cheeseurdle has been a performing New Mexico magician and member of the International Brotherhood of Magicians (IBM) since 1975. He is also a member of the highly respected Order of Merlin in association with his IBM membership. Among numerous other current magic endeavors, the professor has been, for many years, a regularly featured performer at El Rancho de las Golondrinas, a living history museum south of Santa Fe. He has also (sometimes as another of his magical alter-egos) been part of the talented cast and crew that has produced Albuquerque's wondrous **Albuqadabra** stage show for the last five years.

After the show and lunch, Professor Cheeseurdle will conduct a free, one hour magic workshop during which he will present and teach attendees a variety of fun but easy-to-learn magic effects using such simple and easily acquired items as playing cards, money, rubber bands, paper clips, string, and paper. The Professor suggests that anyone wishing to attend the workshop should bring their own deck of cards.



LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director lava@losalamosseniorcenter.com



Spotlight on Volunteer Home-Delivered Meal Drivers

Mary Hrbek, Irene and David Powel, Dody Richardson, Kim and Jan Taylor (pictured), Chris and Judy Lovejoy, and Chris Rondeau of the LAFD all volunteer to deliver meals to homebound seniors. This service supports the transportation department as well as those individual seniors who need the meals. They are often the only outside people a homebound senior sees on any given day. This serves as a safety net for them and it is not uncommon for drivers to develop warm relationships with those they visit. Thank you volunteer home delivered meal drivers. We love and appreciate the diligence and kindness with which you serve!



RideScheduler.com, Help for HELP Drivers

The LAVA/RSVP office runs a beautiful program called HELP Drivers. We match volunteer drivers with community members in need of transportation to medical appointments in Santa Fe, Espanola and even Albuquerque. There are many logistics to manage with regard to the program. Every volunteer driver has a unique schedule of availability. The riders all have different addresses and destinations and there are new appointments and changes every day. There are times of intensive need, for example, when we have one or more clients in need of daily transportation to Santa Fe for radiation.

Until a few years ago this program was administrated by volunteers, but as the need grew it became too much for a volunteer to manage, and the LAVA office took it on. We value enormously, the service of the volunteer drivers and feel the meaningful need of those receiving the rides, but could use some help managing the logistics of connecting those in need with an available driver.



Recently the volunteer office has become aware of an online service called Ride Scheduler. This is not software, but rather an online service to manage rides. Drivers can access it from any web browser and see who needs rides, and when and where they need them. The service also provides maps for drivers and automated reminder calls or emails. Once a rider or destination is in the system, it is convenient to prepopulate that data with new dates and times. In addition to the convenience of scheduling, Ride Scheduler also generates required reports and helps in tracking the insurance and license information for our drivers.

The fee for Ride Scheduler is \$1320 a year. Please consider making a donation of any amount to LAVA/RSVP specifically to help cover the cost of this program. Do you need a HELP ride sometimes or think someday you might? Do you have a loved one who needs this service? Maybe you just know how important getting to medical appointments is and want to support a community based solution to a real community need. Whatever the case may be, we hope you will consider helping us help those in need by making a monetary donation specifically to cover this service. Feel free to speak with Sarah, LAVA/RSVP Director or Bernadette, LARSO Executive director if you have questions.

(LAVA/RSVP continued)**It's time to send in your VOLUNTEER HOURS!**

June 30 marks the end of the fiscal year. It is now time to submit hours for the months, April, May and June. How can you report your hours:

- 1. Pick up a time sheet at the office, fill it out and return it.**
- 2. Email the office with your hours, station and the period of time you are reporting for.**
- 3. Call Sarah and she will help you fill a timesheet out by phone.**

Please be sure to include where you volunteer and the time period for which you are reporting in addition to the hours. If you have unreported hours from previous quarters all the way back to July 1, 2018, you are welcome to report them now, just indicate the period of time on the timesheet. As always, don't hesitate to call if you have questions about how to report your hours. Hours is the measure of our efforts here at LAVA/RSVP so we are truly grateful when you send them in!

July Volunteer Opportunities

1. Science Fest, July 13. Information booth
2. YMCA Firecracker Run, July 4 7:30am

August Volunteer Opportunities

1. County Fair August 9-11
2. Blood Drive August 29 & 30



LOS ALAMOS
Pride

Many thanks to those who volunteered at the Los Alamos Pride Festival as huggers!

Welcome summer teen volunteers!

You may have noticed all the young people around the senior center lately. The volunteer office isn't just a place for volunteers 55 and over to connect with volunteering. We want to help everyone in Los Alamos County find a place to serve. Teens especially enjoy volunteering in the Day Out program, chatting with and doing puzzles with the clients.

Share with the young people in your world why you volunteer and encourage them to get involved in something they are passionate about.



Do you know someone who seems a little lonely or isolated? Volunteering is a great way to connect with new friends, and there is a volunteer job for everyone. Need to sit? No problem. Can't hear well. No problem! Call the LAVA/RSVP office today and find the perfect volunteer job for you and bring your friends and family by too! Call Sarah at 662-8923

White Rock Senior Center 505-672-2034



Ice Cream Social and July Birthday Party

Fri Jul 19 1:00pm

In the Senior Center Chat Room



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 662-8922 to schedule a ride.

White Elephant Bingo

Tues Jul 9 & 23

1-3:00 p.m.

Have lunch, stay for Bingo.

Big Winner wins

at WRSC Lunch

India

Photo Presentation by

Beverly and Martin Cooper traveling to India to photograph wild tigers. They spent a few days seeing the famous tourist spots like the Taj Mahal before going for 10 days to Bandhavgarh and Kanha National Parks. They photographed plenty of wildlife, but did they see any tigers?"

Thu Jul 25 12:30pm

Special Indian Lunch 11:30am

Indian Menu

Vindaloo - Pork Curry

Rajma - Kidney Beans

**Sheer Khurma -
Rice Pudding with dates**

Suradr Papd - Spinach

2nd Annual

Car Show and Catfish Fry

August 10 10:00am-2:00pm

Registration for the car show is available by calling 662-8920. Entry fees are \$20 payable the day of the show. The People's Choice Award recipient wins \$50.

Chef Mike Mason will be creating the catfish lunch: \$12 adults and \$6 for children under 12.

Tickets are available at the WRSC Aug 1-7 at Reception desk 672-2034.

**"Lunch Talk with Kendra Henning
Decluttering, Downsizing
and Moving Tips & Tricks**

Kendra Henning brings over 20 years of project management and real estate experience to clients who need help organizing, downsizing, and moving.

**Wed Jul 10 noon
WRSC Event Hall**

Details / Donate

Many folks have asked

The brilliant purple flowers along the sidewalk by Day Out windows are GENTIAN, gifts from Vera Gallagher. She died recently and these are beautiful reminders of that lovely lady. Hand painting flowers on china was just one of her talents. The two-tone white and maroon lily and also bright orange one were donated by Marge and Bruce Gavett. Alice Mann shared her white daisies with us to fill that spot along the path. All the plants in the upper level entrance garden were chosen by Ruby Turner to honor her mother. Please enjoy the memories.



Collette has decided to retire as the LARSO Case Manager, and Anne Cover has been hired to take her place.

Anne has many years of customer service experience connecting seniors with resources.

Please feel free to call her at 662-8920 ext 114. Her schedule will stay the same as Collette's (Mon, Tue, Thu).

She will remain in a very part time position with Medical Associates as she transitions out of their offices.

Change to Gift Card Program
Smith's has without warning cancelled the gift card recharge program. This has been a big fundraising source for FOSC for many years. Refunds will be made to those who recharged their cards in June. We still have the Smith's Community Rewards program for now and Amazon Smile for ongoing donations programs.

LARSO Board of Directors
Robert Swift, President; Tom McLaughlin, Vice President; Shelby Redondo, Secretary; Richard Foster, Treasurer; John Baillie, Dan Judge, Lewis Muir, Ann Shafer, Dennis Beery

Fundraising Update
THANK YOU! Thank you to those that made donations throughout the year. The kind gestures made by members, helped us meet our fiscal goals for the year. Every donation, big and small allows for our success, and we thank you.

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

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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