



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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Lunches at the Senior Centers

We're still working on our goal of having lunch reservations match up with the numbers we serve each day. While we understand that sometimes life happens and things get missed, we have to be careful not to run out of food for those who have made reservations. At some point, if you haven't reserved a lunch, there may be a limited option available. These are state rules, not ones we choose to implement ourselves.

We ask that if you have reserved a lunch, try to arrive by 12:15. Those that haven't reserved a spot are asked to wait until after 12:15 to eat, so we can be sure we have enough food for the day. Our chefs are only allowed to make 5 extra lunches a day, again according to state rules. For the same reason, we are not allowed to offer second helpings.

Holidays 2019

Labor Day	Sep 2
Indigenous Peoples Day	Oct 14
Veterans Day	Nov 11
Thanksgiving	Nov 28-29
Christmas	Dec 24-25

White Rock Senior Center Birthday

On August 5 we celebrate the White Rock Senior Center's birthday. There will be a Cupcake Contest. Consider heading down for lunch and enjoying the fun. On August 10 there will be a car show and fish fry. Tickets available after August 1 for that lunch. See page 10 for details on both events.

Day Out

About our program: We are an Adult Day Services program. Services provided: continuous supervision; planned social and recreational activities, nutritious breakfast, lunch and snacks; door to door transportation, staff to participant ratio of 1-5 or 1-3 for those with Alzheimer's; relief and respite for caregivers; assistance with self-administration of medications. We have a good time in the Day Out Program, please peruse our activity calendar on our website or posted outside our door. We also participate in other Senior Center activities. We are located at the Betty Ehart Senior Center to the right after you enter the lower entrance.



Photos by Jackie Munroe, Jackie Munroe, Laurie Hochhalter, Doris B.

Pictured is Jerry with one of his shirts that he painted. He has been painting shirts as a hobby since the 70's. We also have gentle chair exercises that we do daily. We do change up the routines. We had a nice visit with the All Individuals First group who joined us for our weekly Bingo game. The joy these kids have when they get to pick out a prize is wonderful to watch. We have a "treasure chest" where we keep our bingo prizes. We play until everyone wins at least once so everybody gets to pick out a treasure. If you have little trinkets etc around that might make good bingo prizes we are happy to take them! Drop them off anytime we are open M-F 8-4. Our last picture is our visit to the Stables!

If you know of anyone that could benefit from our program please have them or their caregiver come see me. *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 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 Aug 14 12:30pm, WR Zero Waste Program. Details on page 10.

Fri Aug 16 11:30am, BE RPEA Luncheon. Details on page 7.

Wed Aug 21 12:30pm, BE Transportation Services. Details on page 7.

Thu Aug 22 11:30am, WR South Pacific Menu, 12:45pm Photo Presentation. Details on page 10.

Fri Aug 23 11:30am, BE Italian Lunch and Presentation. Details on page 7.

Thu Aug 29 12:30pm, WR Salt-Free Cooking, Los Alamos Extension Office

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 Aug Meals (* salad bar)

Aug 1 Thu. Pork loin, mashed potatoes, gravy, green beans, biscuit, fruit
 Aug 2 Fri. Roast beef, scalloped potatoes, gravy, biscuit, chocolate chip cookies, apples
 *Aug 5 Mon. Italian sausage, wild rice, roll, salad bar, apricots
 Aug 6 Tue. BBQ chicken, French fries, coleslaw, whole wheat rolls, jello fruit
 *Aug 7 Wed. Catfish, oven fried potatoes, tartar sauce, salad bar, roll, fruit/cookies
 Aug 8 Thu. Pork loin w/tomato & green chile, black eyed peas, corn bread, applesauce
 *Aug 9 Fri. Frito pie, red or green chile, let/tom/onion, salad bar, pudding
 *Aug 12 Mon. Tater tot casserole, whole wheat roll, salad bar, pears w/cottage cheese, sugar cookie
 Aug 13 Tue. Salmon, rice pilaf, cauliflower, tartar sauce, applesauce
 *Aug 14 Wed. Spaghetti w/sausage, bread stick, salad bar, cobbler
 Aug 15 Thu. BBQ brisket, baked beans, roll, ice cream
 #Aug 16 Fri. Chicken fried chicken, mashed potatoes, gravy, cauliflower, roll, applesauce
 Aug 19 Mon. Chicken and noodles, corn bread, fruit salad
 Aug 20 Tue. Chili cheese dog, tater tots, coleslaw, pudding
 #Aug 21 Wed. Chef salad, breadstick, oranges
 Aug 22 Thu. Sweet & sour pork, egg roll, stir fry vegetables, jello w/fruit
 #*Aug 23 Fri. Vegetable lasagna, breadstick, salad bar, watermelon
 Aug 26 Mon. Salisbury steak, mashed potatoes, gravy, spinach, wheat roll, fruit
 *Aug 27 Tue. Fish & chips, tartar sauce, beets, salad bar, peach crisp
 Aug 28 Wed. Green chile chicken enchiladas, pinto beans, rice, lett/tom, peaches, cottage cheese
 Aug 29 Thu. Tuna steak, mango salsa, sweet potato mashed, broccoli, pears
 Aug 30 Fri. Roast beef, mashed potatoes, peas & carrots, gravy, birthday cupcakes

WR Aug Meals (salad bar everyday)

Aug 1 Thu. Pizza experiment #3, garlic bread stick, cupcake
 Aug 2 Fri. Catfish, tater tots, coleslaw, tartar sauce, tapioca pudding
 Aug 5 Mon. Chicken fried chicken, mashed potatoes, country gravy, peas & carrots, apricots
 Aug 6 Tue. Glazed ham, sweet mashed potatoes, peas & carrots, roll, applesauce
 Aug 7 Wed. Sloppy joes on a bun, French fries, green peas, chocolate chip cookies
 Aug 8 Thu. Chicken salad sandwich, three bean salad, potato chips, orange jello w/mandarin
 Aug 9 Fri. Dill cod, rice pilaf, tartar sauce, roasted potatoes, broccoli salad, muffin
 Aug 12 Mon. Sweet & sour pork, rice, mixed stir fry vegetables, roll, chocolate cake
 Aug 13 Tue. Salisbury steak, scalloped potatoes, carrots, brown gravy, pineapple upside down cake
 #Aug 14 Wed. Chicken pot pie, carrots, fruit cocktail
 Aug 15 Thu. Salmon steak, roasted potatoes, corn bread, jello w/strawberries
 Aug 16 Fri. Lasagna, Italian mixed vegetables, bread sticks, pears w/cottage cheese
 Aug 19 Mon. Chili cheese dogs on a bun, pasta salad, baked beans, fruit cocktail
 Aug 20 Tue. Lemon cod, tartar sauce, seasoned herb rice, broccoli & cheese, apple crisp
 Aug 21 Wed. Green chile chicken enchiladas, tortilla, pinto beans, apple
 #Aug 22 Thu. Pork roast, sweet potatoes & bananas, slaw, papaya dressing, pudding
 Aug 23 Fri. Green chile cheeseburger, lett/tom/onion/pickles, potato salad, beets, fruit cocktail
 Aug 26 Mon. Chicken drumstick, wild rice, peas, apricots
 Aug 27 Tue. Tilapia, roasted diced potatoes, tartar sauce, coleslaw, roll, oatmeal cookies
 Aug 28 Wed. Hot turkey sandwich, wholewheat bread, cranberry salad, jello w/pineapple
 #Aug 29 Thu. Pineapple sliced ham, baked yams, peas & carrots, applesauce
 Aug 30 Fri. Chicken fried steak, mashed potatoes, green beans, country gravy, apple crisp

Regularly Scheduled Activities

AARP Smart Driver Course

Mon Aug 26 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 Aug 20, BE

Bridge

10:00am Mon, Bridge Lite, WR

1:00pm Mon, Duplicate Bridge, WR

1:00pm Tue, Party Bridge, BE

New players call Joyce Kephart (662-7907)

1:00pm Wed, Party Bridge, WR

New Players call Marilyn Thomas (672-9517)

1:30pm Wed, Duplicate Bridge, BE

7:00pm Thu, BE

Cards

Any time, any day BE is open

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 Aug 27, BE

LARSO Advisory Council

10:00am Mon Aug 19, BE

LARSO Board of Director

9:30am Thu Aug 15, BE

Computers

Computer Users Group (CUG)

10:00am First Tue, WR

10:00am Third Tue, BE

Mac Users Group (MUG)

8:30am Third Tue, BE classroom.

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

Baked Goods with Bernadette

Mon Aug 26 12:30-1:30pm, WR

Fri Aug 30 12:30-1:30pm, BE

Finance & Investing Group

9:30-11:00am Thu, WR

Senior Civic Discussion Group

10:00am First and Third Mon, BE

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 **Cancelled until September**

1:30pm Thu, BE

Regularly Scheduled Activities

Health

Alzheimer's Support Group

1:15-2:30pm 2nd & 4th Wed Aug 14 & 28, BE
ALZ123

12:30pm 4th Wed Aug 28, BE classroom
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 Aug 1 & 15, BE

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

9:20am-noon Thu Aug 22, WR

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

Services

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

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
11:00am-12:30pm 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

Walking

Early Walk

7:15am Wed, WR Baptist Church parking lot

Ad Hoc Hiking Group

8:30am Thu, BE downstairs.

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 Aug 21

Harry's Roadhouse, Santa Fe

Depart BE: 4:30pm

Depart WR: 4:50pm

Upcoming Operas!

Reminder: Tickets are still available. Please call **Karen at 662-8922** or come by and see me at BE SC lower level between 9:00am and 5:00pm.

La Boheme Mon Aug 12

Thirteenth Child Wed Aug 14

Pearl Fishers Fri Aug 23 (Sold Out)

Admission \$50.00

Depart BE: 5:45pm

Depart WR: 6:00pm

MOVIES BE Fri 12:30pm

Aug 2 Dumbo

2019|PG|1h 52min|Adventure, Family, Fantasy
A young elephant, whose oversized ears enable him to fly, helps save a struggling circus, but when the circus plans a new venture, Dumbo and his friends discover dark secrets.

Aug 9 Fly Away Home

1996|PG|1h 47min|Adventure, Drama, Family
A father and daughter decide to attempt to lead a flock of orphaned Canada Geese south by air.

Aug 16 Shazam!

2019|PG13|2h12min|Action,Adventure,Comedy
We all have a superhero inside us, it just takes a bit of magic to bring it out. In Billy Batson's case, by shouting out one word - SHAZAM - this streetwise fourteen-year-old foster kid can turn into the grown-up superhero Shazam.

Aug 23 Patch Adams

1998|PG13|1h 55m|Biography,Comedy, Drama
The true story of Hunter "Patch" Adams, determined to become a medical doctor. He ventured where no doctor had ventured before, using humour and pathos.

(movies continued)

Aug 30 My Giant

1998 | PG | 1h 43min | Comedy, Drama

Billy Crystal plays a Hollywood agent who stumbles upon Max, a giant living in Romania, and tries to get him into the movies.

THEATER

Live Theater for September: A new comedy by Robert F. Benjamin, ALIGNMENT. "She feels empathetic with her old car that needs an alignment and perhaps more, but is it worth repairing?"

Canvas & Chamomile Event



Paint the Seaside

Tue Aug 6 4:00-6:00pm, WR

Summer discount fee for all ages: \$25 + tax
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.

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 last four sessions of this program will be held on Thursdays in August 2:00-4:00pm, BE. Those willing to donate art supplies can contact Bernadette.

Special Programs

Public Hearing on Senior Center Services

Tue Aug 6 1:00-2:30pm

At the Mesa Public Library Room 2 & 3.

Pre-school Field Trip

Thu Aug 1 10:00am, BE

Please come visit with our young community members.

Manhattan Project Stories

Nathaniel Jordan and Matthew Smith will be in Los Alamos August 2 and 3, and would love to hear stories from seniors about the Manhattan Project. Matthew studies History of Science at Oxford, while Nathaniel studies Nanotechnology and comes from the Pavle Group at the University of Waterloo. The team is making a series of Podcasts inspired by Richard Rhodes' *The Making of the Atomic Bomb*, and have received permission to produce a podcast that highlights his book. If you would be interested in sharing fun stories from the time, contact Bernadette at 662-8920 or by email Director@losalamosseniorcenter.com. She will be happy to connect you to the duo, to schedule a time.

Emergency Preparedness

Fri Aug 9 9:00-10:00am, BE classroom

with Cody Ulrich, from the Office of Emergency Management.

The Five Wishes

Fri Aug 9 10:00-11:00am, BE

This presentation is for those that don't have end of life documents in place. Local Chaplain Jenn Bartram can assist in the preparation of documents which can be notarized on the spot, if you have your driver's license, to make them official.

RPEA Luncheon

Fri Aug 16 lunchtime, BE

Guest Speaker is Rebecca Franciscus, US SEC from Denver Regional Office, on Investment Fraud.

Transportation Services

Wed Aug 21 12:30-1:30, BE

A presentation on services from Atomic City Transit and our very own transportation services will be highlighted to show the benefits on both.

Italian Lunch and Presentation



Fri Aug 23 11:30, BE

Lunch will be lasagna and there will be Italian music and a slide show compliments of Patricia Rathbone.

Business Fair

Tue Aug 27 1:00-4:00pm, BE great room.

On this day, the Great Room will become the mini mall, with a chance to learn about services and ask questions. Local businesses and a few seniors will offer their wares for purchase.

Pictured is one of the hand painted shirts that will be available at the fair.



Tips and Tricks for the Caregiver

Wed Aug 28 12:30, BE classroom, a 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.

LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director lava@losalamosseniorcenter.com



Spotlight on new volunteer Lynn Chamberlin

Lynn Chamberlin is a new volunteer with LAVA/RSVP. Lynn started volunteering because she was ready to have more structure in her day and was looking for opportunities to connect with people after retiring and completing her stewardship in raising her special needs grandson. She's already reaping the benefits from volunteering and meeting people at the senior centers.

She has a new lease on life starting this new chapter. She feels good being helpful, but feels she is getting more in return. Choosing to volunteer has jump started projects in other areas of her life as well. She has decluttered her whole house, painted and begun renting a room. She's using the special knowledge gained in raising her grandson to help friends with similar issues. She is happy with all the changes retiring has brought to her life.



We are delighted she reached out to the volunteer office and both senior centers have truly benefited from her service with the meal program already! Thank you Lynn, for sharing your time and talents with us. We are inspired by your story.



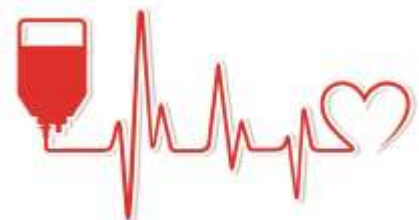
Please consider volunteering with our meal program at the senior centers. Dining room helpers assist other seniors in getting their tray to their seats. They also arrive early to set tables with table cloths, center pieces and salt and pepper and prepare drinks. No heavy lifting is required.

The shifts run from 11am to 1pm. Subs for every weekday at both senior centers are needed, however the LAVA/RSVP office is looking for dedicated volunteers on Tue and Fri at the BESC.

Volunteers dine for free during their shift and receive training and support. Extended leave for travel, caregiving and personal health concerns are always accommodated and should not discourage volunteers from taking on a regular shift.

Blood Drive August 29 & 30

There are still some shifts available for making sandwiches during the community blood drive. Volunteers work 2 or 3 hour shifts making sandwiches for donors and then visiting with them before they leave to make sure they are feeling well. Call Sarah for more information. 662-8923



(LAVA/RSVP continued)

Sharpen your tools and get some new tools at this essential LARSO Training

Who: All meal helpers, money table and dining room, and all receptionists, upstairs and downstairs for both senior centers

When: September 12 8:30am-10:00am

Where: BESC great room

Why: New procedures and important information for all LARSO volunteers

Every meal helper, money table volunteer and receptionist should plan to attend

Call Sarah today and let her know you are coming please. 662-8923



HELP Driver Thank You BBQ

Who: All HELP Drivers and their guest.

When: September 27 @3pm

Where: BESC Patio

**Please RSVP to Sarah
662-8923**

Savvy Volunteers Know...

As the seasons of life change, your relationship with your volunteer job may change too. The volunteer office would like to make those transitions as easy as possible. Here are some things you might want to come in and talk to us about:

1. I have recently retired and I suddenly have more time. I'm looking for a place to use my skills.
2. My health is changing and my volunteer job isn't working for me any more.
3. I'm a caregiver now and I need a more flexible placement or a break.
4. My interests are changing and I'd like to know what other jobs in town are available.
5. I'm ready to retire as a volunteer.

Volunteering should meet needs, not just in the community, but in the lives of the volunteers as well. Communicating your needs to the volunteer office can help us do a good job supporting you at every stage of service. Come by and visit with us soon!

~ Sarah and Binh

Second Annual Car Show and Catfish Fry



Aug 10 10:00am-2:00pm

Call 662-8920 for car show info
Entry \$20 recommended donation.

Donation to be paid
the morning of the show.

Car Show starts at 9:00am.

Peoples Choice award wins \$50.

Fried Catfish Lunch
and WRSC 24th Birthday

11:30am-1:30pm

\$12 adults, \$6 for children under 12

Tickets available at WRSC Aug 1-7

For more Info call 672-2034

Martin Coopers Photo Presentation to the South Pacific Aug 22 12:45pm

Beverly and Martin Cooper traveled to eight island countries of the South Pacific from June 4-29, 2016. The countries furthest to the East have a dramatic history from World War II. The photographs cover the beautiful scenery, people living within their Micronesian culture and the modern world, World War II battlefields, and some interesting birds.

Special Menu from the South Pacific

Roast Pork

Sweet Potatoes and bananas

Napa Cabbage w/ Papaya Dressing

Micronesian Pudding (coconut milk pudding over cake)



WRSC Birthday Cupcake Contest

On Aug 5 12:30pm bring your favorite cupcake for judging at our birthday celebration.

Lunch attendees will pick a winner and devour the cupcakes upon completion of the judging.

The winner will receive a meal lunch ticket good at either center.



Lunch Talk on
“Zero Waste Program”
Wed Aug 14 12:30pm
Event Hall in
WRSC Complex
Learn what you can recycle and in what condition

From Home to Lunch transportation

White Rock Pick up at 10:00am.

Return home at 1:00pm.

Call Karen in the BESC Transportation Office 505-662-8922 to schedule a ride.

Details / Thanks / Donate

Queen Anne's Lace

It is hard to miss these showy 3 foot tall volunteers now blooming. Try finding the tiny red flower in the center of some blooms. Although of the carrot family, please do not pull them up to eat the tuber. In Fall, the seed heads resemble bird nests.



Thank You

One of FOSC's on-going commitments is the tuning of the senior center pianos. This year Secretary Annette Hiteman located a highly recommended local piano tuner who could give us a lower rate than the man we had been using who had to travel from Albuquerque. The savings will help compensate for our loss of the Smith's gift card recharge program. Thanks Annette!



Two garden benches have been donated to us.

A set of china has been donated to LARSO. Contact Bernadette if you are interested. The set contains platters, bowls, and a serving vessel.



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
 The amount needed to balance the budget for the next fiscal year is \$32,000. I know that sounds confusing, since a new fiscal year has begun, but it has to do with the amount of services we provide and what the state says we have to provide, within that year. We appreciate any and every donation throughout the year, no matter how big or how small.
 Soon you will see the creation of a new donor's wall. The wall is meant to highlight large donations and leave a lasting legacy, meant to further the mission of the senior centers, long after we are gone.

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

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

Los Alamos Retired & Senior News

Layout Editor - Gale Williams

News desk, Mail and Email subscriptions -

news@losalamosseniorcenter.com

Items Due - Mon Aug 19

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