



# Los Alamos Retired and Senior News



## The Newsletter of the Los Alamos Retired and Senior Organization

Bernadette Lauritzen, Executive Director

Web Site: [losalamosseniorcenter.com](http://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, Donate	page 11
Directory	page 12
From the Director	page 11
LAVA/RSVP	page 8-9
Lunches	page 2-3
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

### Holidays 2019

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



Happy Birthday Fred Ortiz, Chef at BE

### Special October Events

**Mon & Fri 10:40am, BE Seated Tai Chi Sun**

A new course for arthritis and fall prevention. See details on page 6.

**Thu Oct 3 12:45pm, WR Alignment play.** See Theater on page 6.

**Wed Oct 9 Dinner Out**

Rancho de Chimayo. See Trips on page 6.

**Mon Oct 21 12:30pm, BE Energy Employees Compensation presentation.** See details on page 7.

**Wed Oct 23 Las Vegas Trip**

Overnight trip to Las Vegas NM. See Trips on page 6.

**Thu Oct 24 11:30am, WR Uzbekistan lunch and 12:30pm presentation.** Details on page 10.

**Mon Oct 28 lunchtime, BE Quatro Bluegrass performs.**

**Tue Oct 29 2:00-3:00pm, BE 90+ Ice Cream Social**

For those 90+ years of age, join us for Ice Cream. Details on page 7. RSVP at 662-8920.

**Thu Oct 31 before lunch, BE Halloween**

Young community children are invited the senior center to Trick-or-Treat. Details on page 7.

More Special Events in October are detailed on pages 6 & 7, and there are many Regularly Scheduled Activities at both senior centers. Check them out on pages 4 and 5.

## Day Out

News from the Day Out – If you are not familiar with our program, please feel free to come in any time for a tour and a visit. At the end of the day we take our Senior Bus home. Pictured: our program assistant Doris working the lift, enjoying the play held in the classroom, and the decorated senior bus in the high school's Homecoming Parade! I am now leading a sitting Tai Chi class on Mondays and Fridays 10:40-11:10am. Everyone is welcome. Please see details about this free class on page 7.

Remember you are loved and always make room in your day for a good laugh!

Laurie Hochhalter, Day Out Program Director



### Free to borrow:

Wheelchairs, canes, walkers, rollators (wheeled walker with seat), crutches, bedside toilets, shower chairs, knee scooters, gait belts, transfer boards.

Call to check for availability 661-0081.

### Lunches at BE and WR

Lunch is served weekdays 11:30am-12:30pm. For reservations call 662-8924 (BE) or 672-2034 (WR) by 10:00am on the day you wish to eat. You can make them up to a month in advance by phone or on the Senior Center sign-in station. Please cancel your reservations if you are unable to come. 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:** 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

Thu Oct 3 12:45pm, WR "Alignment" play. Details page 10.

Mon Oct 21 12:30pm, BE Energy Employees Compensation presentation. Details page 7

Wed Oct 23 12:30pm, BE A Dementia-Friendly Community presentation. Details page 7.

Thu Oct 24 11:30am, WR Uzbekistan lunch and 12:30pm presentation. Details on page 10.

Fri Oct 25 11:30am, WR Halloween Pot Luck & Birthdays. Details on page 10.

Mon Oct 28, BE Quatro Bluegrass performs.

## L e t ' s E a t L u n c h

Lunch served weekdays 11:30am-12:30pm at BE and WR. Call 662-8924 (BE) or 672-2034 (WR) before 10:00am for reservations. # indicates special menu or lunchtime talks (see list on page 2).

### BE Oct Meals

Oct 1 Tue. Baked dill fish, tartar sauce, oven fried potatoes, green beans, roll, choc pudding  
 Oct 2 Wed. Chicken enchiladas, let/tom, pinto beans, jello w/apricots  
 Oct 3 Thu. Pork chop with stuffing, peas and carrots, roll, jello w/strawberries  
 Oct 4. Fri. Frito pie, red chile, let/tom/onion, lemon cookie  
 Oct 7 Mon. Salisbury steak, gravy, red skin mashed potatoes, wheat roll, pumpkin bread  
 Oct 8 Tue. Beer battered cod, tater tots, tartar sauce, broccoli salad, roll, apricots  
 Oct 9 Wed. Chicken tenders, mashed potatoes, gravy or BBQ sauce, carrots, broccoli, roll, cookie  
 Oct 10 Thu. Pork loin, tomato & green chile, black eyed peas, corn bread, fruit cocktail  
 Oct 11 Fri. Chicken fried chicken, sweet potatoes, green beans, coleslaw, roll, cookie/applesauce  
 Oct 14 Mon. **Closed for Indigenous Peoples Day**  
 Oct 15 Tue. Hamburger w/green chile, let/tom/onion/pickle, beans, potato chips, applesauce  
 Oct 16 Wed. Soft beef taco, let/tom, Spanish rice, salsa corn, jello w/fruit cocktail  
 Oct 17 Thu. Vegetable lasagna, salad bar, pears w/cottage cheese, peanut butter cookie  
 Oct 18 Fri. Red beef enchiladas, pinto beans, apple cobbler  
 #Oct 21 Mon. BBQ pork chop, rice pilaf, peas & carrots, roll, jello w/strawberries  
 Oct 22 Tue. Chicken fried steak, mashed potatoes, gravy, mixed veg, wheat roll, strawberries  
 #Oct 23 Wed. Chicken strips, glazed carrots, asparagus, roll, peaches, oatmeal cookie  
 Oct 24 Thu. Meatloaf, garlic mashed potatoes, winter blend veg, roll, cantaloupe w/yogurt  
 Oct 25 Fri. Roast beef, oven fried potatoes, green beans, gravy, wheat roll, tropical fruit  
 #Oct 28 Mon. BBQ chicken, biscuit, pasta salad, cantaloupe  
 Oct 29 Tue. Tortilla crusted tilapia, tartar sauce, coleslaw, fried potatoes, roll, mandarin oranges  
 Oct 30 Wed. Turkey w/stuffing, cranberry sauce, mashed potatoes, gravy, roll, pumpkin pie/topping  
 Oct 31 Thu. Spaghetti w/meatballs, salad bar, garlic bread, parm cheese, tapioca pudding

### WR Oct Meals (salad bar everyday)

Oct 1 Tue. Meatloaf, mashed potatoes, gravy, California blend vegetables, banana pudding  
 Oct 2 Wed. BBQ chicken, baked beans, winter blend vegetables, biscuit, fruit cocktail  
 #Oct 3 Thu. Catfish, tater tots, tartar sauce, broccoli salad, chocolate pudding  
 Oct 4. Fri. Bratwurst, sauerkraut, bun, pasta salad, German coleslaw, peaches  
 Oct 7 Mon. Chicken fried chicken, scalloped potatoes, country gravy, green beans, pears  
 Oct 8 Tue. Salisbury steak, au gratin potatoes, mixed vegetables, brown gravy, cookie  
 Oct 9 Wed. Sweet & sour pork, rice, eggroll, stir fry vegetables, gelatin  
 Oct 10 Thu. Clam chowder, biscuit, tropical fruit cocktail  
 Oct 11 Fri. Pizza experiment, breadstick, cake w/topping  
 Oct 14 Mon. **Closed for Indigenous Peoples Day**  
 Oct 15 Tue. Red beef enchiladas, pinto beans, calabacitas, tapioca pudding  
 Oct 16 Wed. Tilapia, diced potatoes, tartar sauce, broccoli salad, roll, mandarin oranges  
 Oct 17 Thu. Chicken pot pie, roll, salad bar, pears w/cottage cheese  
 Oct 18 Fri. Spaghetti w/marinara sauce, Italian sausage & vegetarian, Italian veg, choc chip cookie  
 Oct 21 Mon. Chicken fried steak, mashed potatoes, mixed veg, country gravy, trop fruit cocktail  
 Oct 22 Tue. Chicken fettuccini alfredo, Italian vegetables, breadstick, pineapple  
 Oct 23 Wed. Pork posole, flour tortilla, banana pudding  
 #Oct 24 Thu. Skewered meat, tomato salad, baklava  
 #Oct 25 Fri. Halloween Potluck  
 Oct 28 Mon. Split pea & ham soup, biscuit, chocolate mousse  
 Oct 29 Tue. Fish & chips, tartar sauce, German coleslaw, cookie  
 Oct 30 Wed. Pork roast, black eyed peas, tomato green chile sauce, cornbread, apricots  
 Oct 31 Thu. Pasta primavera, marinara sauce, Italian vegetables, breadstick, mixed fruit



## Regularly Scheduled Activities

### AARP Smart Driver Course

Sat Oct 26 9:00am-1:00pm, BE. Gary Doolen 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 Oct 15, BE

#### Bridge

10:00am Mon, Bridge Lite, WR

1:00pm Mon, Duplicate Bridge, WR

1:00pm Tue, Party Bridge, BE

New players call Ginny Staton (602) 525-4830

1:00pm Wed, Party Bridge, WR

New Players call Marilyn Thomas (672-9517)

1:30pm Wed, Duplicate Bridge, BE

6:30-10:00pm 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

#### 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

Linda Boncella dropped in to say hello

## Committees and Boards

### Friends of the Senior Center Board

1:30pm Tue Oct 22, BE

Recently FOSC paid for a blender for the BESC kitchen. If you would like to help raise funds for items for BESC and WRSC that are not in the regular budget, we will need another Member-at-Large next year. Board meetings are the fourth Tuesday of each month at 1:30pm, BE occasionally WR. The annual meeting and elections are at a lunch in December. Please contact any board member or leave a note in the FOSC BE mail slot.

### LARSO Advisory Council

10:00am Mon Oct 21, BE

### LARSO Board of Directors

9:30am Thu Oct 24, BE

## Computers

### Computer Users Group (CUG)

10:00am Third Tue, BE conference room

### 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



## 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

### Discussion Groups

#### Baked Goods with Bernadette

Mon Oct 28 12:30–1:00pm, WR

Wed Oct 30 12:30–1:00pm, BE

#### Finance & Investing Group

9:30-11:00am Thu, WR

#### Senior Civic Discussion Group

10:00am First and Third Mon, BE

#### Women Living Single

1:00pm Tue, WR

### Health

#### Alzheimer's Support Group

1:15-2:30pm 2nd & 4th Wed Oct 9 & 23, BE

#### ALZ123

Presentation to be confirmed

**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

#### Parkinson's Support Group

1:00-2:30pm 3rd Wed Oct 16, BE classroom

#### Toenail Clipping (Donation \$15.00)

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

9:20am-2:00pm Thu Oct 3 & 17, BE

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

9:20am-noon Thu Oct 24, WR

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

### Music

#### Music with Ruth Williamson

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

#### Recorders

1:30-3:00pm 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

#### Low Impact Aerobics

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

#### Prajna Yoga

5:45-6:45pm Thu, BE

#### Seated Tai Chi Sun

10:40-11:10am, BE Day Out

**Details about this new course on page 6.**

#### 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

**Tai Chi** suggested donation \$5

New instructor Rheta

10:00-10:45am Tue, BE classroom

2:45-3:30pm Thu, BE classroom

#### Variety Training

8:45am Tue & Thu, BE

**Vinyasa Yoga** suggested donation \$10

10:30-11:45am Mon & Wed, WR starting Oct 16, welcome new teacher Julie Parkinson.

#### 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

9:00am Thu, BE downstairs.

To be on the list for last minute changes, email Patricia Rathbone [patricx42@yahoo.com](mailto: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 Oct 9

Rancho De Chimayo Restaurante, Chimayo

[www.ranchodechimayo.com](http://www.ranchodechimayo.com)

Dinner reservation is 5:30pm.

Depart BE: 4:10pm

Depart WR: 4:30pm

### **Las Vegas NM Overnight Trip**

Wed Oct 23-Thu Oct 24

Another Fred Harvey event. Dinner and one night in the elegant Castaneda Hotel. All rooms are suites. Price will include hotel and transportation. Meals not included. Bring a sack lunch for Wed picnic. Water will be provided. Dinner at the hotel (private pay). Thu breakfast private pay, and home by 4:00pm. Price is yet to be determined. Mary will contact all interested parties (663-0107).

Call 662-8922 for reservations starting Wed Oct 2, 9:00am.

**Reservations not accepted before then.**

Depart BE 9:00am

Depart WR 9:20am

### **MOVIES BE Fri 12:30pm**

#### **Oct 4 The Little Stranger**

2018 | R | 1h 51min | Drama, Horror, Mystery

After a doctor is called to visit a crumbling manor, strange things begin to occur.

#### **Oct 11 Ghostbusters**

1984 | PG | 1h 45min | Action, Comedy, Fantasy

Three former parapsychology professors set up shop as a unique ghost removal service.

#### **Oct 18 Ghostbusters: Answer the Call**

2016 | PG-13 | 1h 56min | Action, Comedy, Fantasy

Following a ghost invasion, paranormal enthusiasts, a nuclear engineer, and a subway worker band together to stop the otherworldly threat.

#### **Oct 25 Young Frankenstein**

1974 | PG | 1h 46min | Comedy

An American grandson of the infamous scientist is invited to Transylvania where he discovers the process that reanimates a dead body.

## THEATER

Thu Oct 3 12:45pm, WR

*ALIGNMENT* is a 10-minute comedy about aging by Robert F. Benjamin, performed by Pat Beck and Kelly Dolejsi. Her old car needs repairs. The mechanic offers her options to align the car's front-end and the owner, but are these repairs affordable and is it worth the effort? Who is the mysterious mechanic, anyway? Free. Audience talkback after each performance. Refreshments.

## Canvas & Chamomile Event



### **Paint the Starry Night over the Mesa**

Tue Oct 22 4:00-6:00pm, WR

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](http://LACanvasEvents.com) or call Susanne Harrison 505-412-1534.

### **Seated Tai Chi Sun Course**

Mon & Fri 10:40-11:10am, BE Day Out

The CDC recommends our new Tai Chi Sun course for fall prevention and overall health and wellness. It is most beneficial for people with arthritis, who are more likely to fall. Laurie Hochhalter will be leading Seated Tai Chi for Arthritis and Fall Prevention classes every Monday and Friday 10:40-11:10am throughout the year. Anyone and everyone is welcome to join and participate at any time as space permits. Please call 661-0081 on the previous work day to see if space is available as Day Out participant slots are reserved first. If the need arises we will arrange for a bigger instruction space, but plan to meet in the Day Out Program, "living room area."

## Special Programs

**Art as Wellness** (4 weeks) Mon Oct 7, 21, 28 & Nov 4 10:00-11:30am, BE. This is an open art studio space. We hope to create a space for people to make art with the intent of wellness. There will be some discussion as the group evolves.

**Grief and Transitions Art Therapy Group** (9 weeks) begins Thu Oct 3 2:00-4:00pm, BE. This group will be a more structured art therapy and discussion group. We would greatly appreciate the donation of art supplies or storage boxes. We especially need 24"x18" drawing paper, new or lightly-used 2-D drawing materials, and collage materials.

### Flu Shots

Fri Oct 11 12:00-1:30pm, BE conference room. The Los Alamos Medical Center will be providing flu shots for our senior center members.

### Barbershop Harmony Show

The Los Alamos Lads of Enchantment and the Santa Fe Harmonizers will present the 2019 Barbershop Harmony Show, *Good Times*, Fri Oct 18 7:00pm at the United Church of Los Alamos. **Please note that the show will only be presented on Friday night in Los Alamos.**

The show's Special Guest Quartet *Sound Check* is from the Salt Lake City, Ogden, Provo Metroplex in Utah. They are medalists in Rocky Mountain District (RMD) Quartet Competition with an excellent audience rapport and a nicely blended full sound. For details about the shows visit <http://ladsofenchantment.org>.

### EEOICPA Talk

Mon Oct 21 12:30pm, BE

The Energy Employees Occupational Illness Compensation Program Act (EEOICPA) will be on hand to talk to members about compensation, effective on July 31, 2001. This is for current or former employees (or their survivors) of the Department of Energy (DOE), its predecessor agencies, and certain of its vendors, contractors and subcontractors, who were diagnosed some illnesses, as a result of exposure to radiation, beryllium, or silica while employed at covered facilities. If you feel that you or a family member may qualify for benefits, please contact the Resource Center @ 505-747-6766 and or [espanola@dolrc.com](mailto:espanola@dolrc.com).

## A Dementia-Friendly Community

Wed Oct 23 12:30pm, BE.

Ken Hendricks of Home Instead, Cynthia Goldblatt of UNM-LA and our own Bernadette will host *A Dementia Friendly Community presentation*. Come learn about things to watch for and helpful hints, when you see someone in need.

## Lunchtime Performance

Mon Oct 28, BE. Quatro Bluegrass performs.

## 90+ Ice Cream Social

Tue Oct 29 2:00-3:00pm,

BE If you turned or will turn 90 in 2019 or you've been 90 for a while now, you and your guests are invited to join us for Ice Cream. RSVP at 662-8920.



## Halloween



Thu Oct 31 before lunch, BE.

On Halloween day, young community children are invited to visit the senior center just before lunch. If you are inclined to purchase some candy, pre-packaged snacks or cookies, boxes of raisins, juice boxes, etc, bring them in and we will allow the children to trick-or-treat through the great room. Contact Bernadette for details.

## Coming in November: Festival of Trees

Nov 16 10:00am-2:00pm

Donations are needed for two community trees. The themes for 2019 are Science and CommUNITY.

## Sad News

Our deepest condolences to our Head Costodian, Robert Smith who recently lost his son.

The Administrative Office is collecting donations for funeral expenses and has a card available to sign.





# LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director [lava@losalamosseniorcenter.com](mailto:lava@losalamosseniorcenter.com)



## Quilters Gift Continues To Bring Comfort

May 10, 2000. I find it hard to believe that it has been over 19 years since the fire. Not wanting to face the task of rebuilding, we found a good place to recover from our loss and have been happy here. My husband passed away in 2006 and during his last months in the local care facility, he used the quilt that the RSVP Quilters had given us after the fire. I have a daughter living with me now and, at almost 92, I'm feeling my age. But here I sit with my comfort quilt wrapped around me. I have several quilts now but my RSVP quilt is the one I love and use the most. As a quilter myself, I just wanted you to know how much your time and generosity has meant to me. Thank you.

**Clarinda Leep**

Bonnors Ferry, Idaho



Email and photo received September 2019

### Volunteer Opportunities:

**Festival of Trees is November 16.** Volunteers needed 9:30am-2:30pm to work various positions throughout the BESC. Call Sarah to schedule.

1. Poinsettias sales and upstairs greeter 9:30-12:00, 12:00-2:30
2. LARSO table (selling donated items) 9:30-12:00, 12:00-2:30
3. Raffle table: 9:30-12:00, 12:00-2:30
4. Lower level greeter: 9:30-12:00, 12:00-2:30
5. Piano Player: 10:00-11:00, 11:00-12:00, 12:00-1:00, 1:00-2:00
6. Lunch Helper: 11:15-12:45



**Cookies and Conversation** is a volunteer opportunity to make a difference for the youth of Los Alamos County by visiting with them in an organized setting. The Los Alamos and White Rock Youth Centers host seniors and youth together and invite them to share about their experiences while enjoying a treat. Please specify which location you would like to serve at. Free rides through the senior center transportation can be arranged with Sarah.

1pm-2pm Los Alamos Youth Activity Center or  
White Rock Youth Activity Center

October 23  
November 20  
December 11

**90s Birthday Party :** Volunteers needed to help serve ice cream at the 90 and up birthday party on Oct 29. The party is at 2:00pm but volunteers are needed 1:30-3:30pm.





**(LAVA/RSVP continued)****Congratulations Volunteers and Donors on an amazing Blood Drive!**

We collected 66 life-saving blood products on Thu Aug 29 and 93 more on Fri Aug 30, far exceeding our goals for the drive. The generosity of all involved was so moving. Many thanks to the donors and volunteers and a special thank you to the fire recruits (Photo left) and all our first responders.

**Los Alamos says THANK YOU!**



## HOURS!HOURS!HOURS!HOURS!HOURS!HOURS!HOURS!

It is time to turn in hours for July, August and September! Please be sure to include where you volunteer and the time period for which you are reporting in addition to the hours. 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! How to report:

- 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 over the phone.**

### **More opportunities to serve...**

**White Rock Senior Center:** Immediate help is needed at the reception desk. Substitutes are also needed for weekday lunchroom help. Please call the volunteer office if you can serve. 662-8923

**Los Alamos Historical Society:** Seeking new volunteers for a variety of positions. A training session focusing on the community's history and historic district will be offered Tue Oct 1, 8, 15, and 22 4:00-5:00pm. We will gather in the lobby of Fuller Lodge at 4:00pm each of the mentioned Tuesdays. For more information call Todd Nickols at (505) 695-5250 or email [museumshop@losalamoshistory.org](mailto:museumshop@losalamoshistory.org).

**HELP Driving:** Our volunteer driving program is still working hard to recruit enough volunteers to meet the needs of our neighbors trying to get to their medical appointment off the hill. Can you help? If you have a vehicle and can safely drive people to medical appointments, please call Sarah and talk about how the program works and see if it might be the right volunteer fit for you. You are so very needed.

~Sarah and Binh

White Rock Senior Center 505-672-2034



**Halloween Potluck Lunch and October Birthday  
Fri Oct 25 11:30am**

**Please bring a dish to share**

**We will have a cake and celebrate October birthdays**

**Costumes optional but appreciated.**

**Special Lunch Thu Oct 24 11:30am and Presentation 12:30pm  
Uzbekistan**

Beverly and Martin Cooper traveled to Uzbekistan May 24-31, 2018. Uzbekistan is at the center of the many trails that made up the Silk Road, the primary commercial route for traders with China. Uzbekistan remains devoutly Muslim. The spread of Islam during the Silk Road's zenith depended on the erection of great mosques, walled cities, large madrasas, and elaborate necropolises.



**Special Uzbekistan Menu**

Shashlik—Skewered grilled meats  
Chicken or beef

Zamburug Dolma - Cheese stuffed mushrooms

Plov—Rice Pilaf

Nan—Flat Bread

Baklava—Terribly good dessert

**Short Play**

**“ALIGNMENT” by Robert Benjamin**

**Thu Oct 3 12:45pm, WR**

Her old car needs repairs. The mechanic offers her options to align the car's front-end and the owner, but are these repairs affordable and is it worth the effort? And who is the mysterious mechanic, anyway? Free. Audience talkback and refreshments after performance.



**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 / Donate

### From the Director

A special thanks to our LARSO volunteers for attending the training event in September. We could not float this boat without you.

If you are due for a re-assessment, please don't avoid us. If we don't have current information, we don't get reimbursed for your participation. If you need one, you can see the following people to get you up-to-date. You can do your assessment at either center. If you're super busy, schedule an appointment and we'll get you on your way. The team includes Cindy Justice, Anne Cover, Lisa Larson, Elizabeth Coons, Amy Vigil and Bernadette Lauritzen. We're here to serve.

Baked Goods with Bernadette continues this month with shorter sessions. We're adding some new things to the docket, so feel free to share an idea. This month, we ask that you bring your favorite sweet treat, or just the recipe to one of our sessions. I will be compiling a recipe book of Sweets for the Sweet. If you'd like to purchase an on-line version, it will cost just \$2.00. This is a fundraiser for the Friends of the Senior Center. Hard copies will be slightly more and available in November. Watch for details next month.

The Festival of Trees will celebrate our 16th year in 2019! If you have a holiday tree that needs a new home, we'll be happy to have it. Our themes this year are COMMUNITY and Science.

Did you read the entire newsletter? Find any errors or typos? Be the first to let Bernadette know you noticed this last line and earn a special surprise.

### 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. 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)**

1101 Bathtub Row, Los Alamos, NM 87544  
Bernadette Lauritzen, Executive Director  
[director@losalamosseniorcenter.com](mailto:director@losalamosseniorcenter.com)

Front Desk 662-8920

Meal Reservation 662-8924

Open Mon-Fri 8:00am-4:30pm

Sat 10:00am-12:00pm

**Transportation** **662-8922**

Hours Mon-Fri 8:00am-4:30pm

**After Hours Transportation** **412-2200**

Wed-Fri 4:30-6pm

Sat 8:00am-4:30pm

### **Los Alamos Volunteer Assoc (LAVA)**

Sarah Chandler, Director 662-8923  
[lava@losalamosseniorcenter.com](mailto:lava@losalamosseniorcenter.com)

### **The Day Out**

Laurie Hochhalter, Director 661-0081

[dayout@losalamosseniorcenter.com](mailto:dayout@losalamosseniorcenter.com)

Hours - 8:00am-4:00pm

### **White Rock Senior Center (WR)**

133 Longview Dr, White Rock, NM 87547  
Annie Bard, Coordinator  
[wrscc@losalamosseniorcenter.com](mailto:wrscc@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**

Layout Editor - Gale Williams

News desk, Mail and Email subscriptions -

[news@losalamosseniorcenter.com](mailto:news@losalamosseniorcenter.com)

Items Due - Fri Oct 18

Editing - Wed Oct 23

Folding - Wed Oct 30