



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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Los Alamos Retired and Senior Organization

LARSO is one organization that operates two senior centers. As part of our goal of UNITY, in November and December various staff members will be spending time at both facilities so you can get to know the whole team. They may teach a class or hold a brief information session about what they do at both centers.

Donate

Can you donate food items for those in need at our senior centers? If you can donate items like soups or shelf-stable meals (no refrigeration needed), bring them to either center any time. We will have boxes at each location through the winter months, to help those in need throughout the holidays. Please donate only unexpired items.

Holidays 2019

Veterans Day	Nov 11
Thanksgiving	Nov 28-29
Christmas	Dec 24-25
New Year's Day	Jan 1, 2020

Memorial Service

There are a variety of important events in November. The first is a memorial service for long-time member James Griffin. It will be held November 4 at 2:00pm in the great room at the Betty Ehart Senior Center. You can help with the donation of bottled water or store-bought cookies. We are not sure how many to expect, but a small treat would be nice.

Living Treasures

Nominations are being sought for Living Treasures of Los Alamos for 2020. The deadline is Nov 22. Full details on page 11.

Vote

We are honored to be a polling location for county voting on November 5. Please be patient as many requirements surround a secure voting location. Sample ballots are available now at the senior centers.

Festival of Trees

The 16th annual Festival of Trees is our major fundraiser for the year. It takes place Nov 16, 10:00am-2:00pm at the Betty Ehart Senior Center. There will be live music, pictures with Santa, a bake sale, mini mall and more than 80 items for silent auction. To sell items at the fair, members get a booth for just \$25. Paperwork must be done prior to the event.



Day Out

Are you a caregiver or would you like to learn about some aging issues? Please take advantage of the free training videos on a variety of topics at mmlern.org.

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 dementia; relief and respite for caregivers; self-administration of medications assistance. 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. We have gentle chair exercises that we do daily. We do change up the routines. If you have little trinkets around that might make good bingo prizes we are happy to take them! Drop them off any time we are open Mon-Fri 8:00am -4:00pm. Here is a recent photo of our field trip to the ski hill to see the changing fall colors.



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

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 \(BE\)](tel:662-8924) or [672-2034 \(WR\)](tel:672-2034) by 10:00am on the day you wish to eat. You can make them up to a month in advance by phone or on the Senior Center sign-in station. Please cancel your reservations if you are unable to come. 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.

Salads are available every day.

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.

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).

Lunchtime Events

Mon Nov 4 lunchtime, WR LRG presentation. Details on page 7.

Tue Nov 5 lunchtime, BE LRG presentation. Details on page 7.

Thu Nov 7 lunchtime, BE Remember When... Details on page 7.

Fri Nov 8 lunchtime, BE Lunchtime Sing-Along

Fri Nov 15 lunchtime, WR **Thanksgiving Lunch**

Mon Nov 18 lunchtime, BE Quatro Bluegrass.

Thu Nov 21 lunchtime, WR Special South African menu and presentation. Details on page 10

Fri Nov 22 lunchtime, BE **Thanksgiving Lunch** and HillStrummers perform for November birthday celebration.

Be sure to register at your favorite senior center for the special Thanksgiving dinner.



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) before 10:00am for reservations. # indicates special menu or lunchtime talks (see list on page 2).

BESC November Meals

Nov 1 Fri. Frito pie, lettuce/tomato/onion, red or green chile, salad bar, vanilla pudding
 Nov 4 Mon. Baked fish, tartar sauce, diced potatoes, zucchini & squash, wheat roll, apricots
 #Nov 5 Tue. Pork loin, tomato & green chile, black-eyed peas, cornbread, pears
 Nov 6 Wed. Beef stew, crackers, biscuit, salad bar, cherry cobbler
 Nov 7 Thu. Spaghetti w/meatballs, garlic breadstick, spinach salad, pears w/cottage cheese
 #Nov 8 Fri. Chicken fried chicken, pepper gravy, mashed potatoes, cauliflower, carrots, applesauce
 Nov 11 Mon. **Closed for Veterans Day**
 Nov 12 Tue. Tilapia, tartar sauce, German coleslaw, mixed veg, hush puppies, banana pudding
 Nov 13 Wed. Pork chops, mashed potatoes, gravy, green beans, wheat roll, apple cobbler
 Nov 14 Thu. Lasagna, honey glazed carrots, garlic bread, vanilla pudding
 Nov 15 Fri. Roast beef, scalloped potatoes, salad bar, biscuit, sugar cookie
 #Nov 18 Mon. Chicken chile cheese soup, crackers, biscuit, brownies
 Nov 19 Tue. Chicken tenders, gravy, mashed potatoes, winter blend veg, peaches /cottage cheese
 Nov 20 Wed. Beer batter cod, French fries, German coleslaw, tartar sauce, pineapple
 Nov 21 Thu. Green chile cheeseburger, lettuce/tomato/onion/pickle, potato chips, applesauce
 #Nov 22 Fri. Roast turkey, gravy, cranberry sauce, mashed potatoes, roll, pumpkin pie
 Nov 25 Mon. BBQ chicken on bun, pickles, beets, mandarin oranges
 Nov 26 Tue. Hot dog w/chili, onion, coleslaw, peach crisp
 Nov 27 Wed. Posole w/red chile, biscuit, salad bar, applesauce
 Nov 28 Thu. **Closed for Thanksgiving Day**
 Nov 29 Fri. **Closed for Thanksgiving Holiday**

WRSC November Meals (salad bar everyday)

Nov 1 Fri. Tater tot casserole, California blend vegetables, roll, peaches
 #Nov 4 Mon. Green chile chicken enchiladas, pinto beans, salsa corn, tapioca pudding
 Nov 5 Tue. Chicken fried steak, mashed potatoes, mixed veg, country gravy, tropical fruit cocktail
 Nov 6 Wed. Chicken tortilla soup, biscuit, pineapples w/cottage cheese
 Nov 7 Thu. Pork roast, green chile tomato sauce, black-eyed peas, cornbread, applesauce
 Nov 8 Fri. Catfish, tater tots, tartar sauce, broccoli salad, chocolate pudding
 Nov 11 Mon. **Closed for Veterans Day**
 Nov 12 Tue. Salisbury steak, mashed potatoes, brown gravy, green beans, peaches
 Nov 13 Wed. Split pea & ham soup, biscuit, chocolate chip cookies
 Nov 14 Thu. Tilapia, diced potatoes, tartar sauce, carrot slaw, roll, mandarin oranges
 #Nov 15 Fri. Roast turkey, gravy, cranberry sauce, mashed potatoes, roll, pumpkin pie
 Nov 18 Mon. Sausage lasagna, breadstick, Italian veg, pears w/cottage cheese
 Nov 19 Tue. Chicken fried chicken, scallop potatoes, gravy, green beans /red peppers, apple crisp
 Nov 20 Wed. Clam chowder (Manhattan or Boston), biscuit, tropical fruit cocktail
 #Nov 21 Thu. Stew, potato green beans, bread roll, tart w/apricot jam & coconut topping
 Nov 22 Fri. Frito pie, red or green, pinto beans, cheese, lettuce, tomato, onion, pineapples
 Nov 25 Mon. Italian wedding soup, wheat roll, crackers, vanilla pudding
 Nov 26 Tue. Chicken tenders, mashed potatoes, country gravy, peas & carrots, banana
 Nov 27 Wed. Meatloaf, mashed potatoes, brown gravy, mixed 5-way veg, pineapple
 Nov 28 Thu. **Closed for Thanksgiving Day**
 Nov 29 Fri. **Closed for Thanksgiving Holiday**

Regularly Scheduled Activities

AARP Smart Driver Course

No class in November

Mon Dec 9 12:15-4:15pm, BE. 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 Nov 19, 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

Please contact John Baillie (505) 660-0484 if you are interested in joining.

Pool & Billiards

BE & WR - Every day

Committees and Boards

Friends of the Senior Center Board

1:30pm Tue Nov 26, BE

Board meetings are the fourth Tuesday of each month at 1:30pm, BE occasionally WR. The annual meeting and elections are at lunchtime Tue Dec 10.

LARSO Advisory Council

10:00-11:00am Mon Nov 18, BE

LARSO Board of Directors

9:30am Thu Nov 21, 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

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

Regularly Scheduled Activities

Discussion Groups

Baked Goods with Bernadette

Tue Nov 19 12:30–1:00pm, BE
Thu Nov 21 12:30–1:00pm, WR

Finance & Investing Group

9:30-11:00am Thu, WR

Senior Civic Discussion Group

10:00am First and Third Mon, BE

Ladies Living Single

1:00pm Tue, WR

Interested in joining this group? Please contact Priscilla Hardekopf at 672-9591.

Health

Alzheimer's Support Group

1:15-2:30pm 2nd & 4th Wed Nov 13 & 27, BE

ALZ123

No presentation in November

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

No meetings in Nov or Dec.

Parkinson's Support Group

2:00pm-3:30 3rd Wed Nov 20, BE classroom
Guest speaker is a Physical Therapist from the Los Alamos Medical Center discussing the benefits of exercise for those with Parkinson's Disease.

Toenail Clipping (Donation \$15.00)

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

9:20am-2:00pm Thu Nov 7 & 21, BE
For an appointment at **BE** call 662-8920.
9:20am-noon Tue Nov 26, WR
For an appointment at **WR** call 672-2034.

Music

Lunchtime Sing-along

12:00-12:30 Fri Nov 8, BE

New! Organized by Barbara Royer

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

Seated Tai Chi Sun

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

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
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

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

Mesa Prieta Petroglyph Trip

Thu Nov 7

Velarde, NM

mesaprietapetroglyphs.org

Drive toward Velarde to the Petroglyph site. We will have a guided tour on trails, an obviously rocky terrain, about 2 hours, a short distance. Wear boots or heavy shoes, hats and bring water. Walking stick is a good idea. Limited to 10 including the driver. Option of bringing a sack lunch or quick stop at an Espanola drive-in. \$50.00 covers tour ticket and trip donation.

Depart BESC: 8:15am

Depart WRSC: 8:30am

Dinner Out

Wed Nov 13

The Shed Restaurant, Santa Fe on the Plaza

sfshed.com

Dinner reservation is 5:00pm

Depart BESC: 3:45pm

Depart WRSC: 4:00pm

MOVIES BE Fri 12:30pm

Nov 1 Rigoletto

1993|1h 38min|Family, Drama, Musical

Set during the Depression-era is a retelling of the famous opera 'Rigoletto', putting one into the mind set of Beauty and the Beast with almost biblical undertones. In Rigoletto, a reclusive and wealthy man with a disfigured face named Ari Ribaldi moves into the old and long time abandoned mansion on the hill.

Nov 8 Guys and Dolls

1955|2h 30min|Comedy, Crime, Musical

In New York, a gambler is challenged to take a cold female missionary to Havana, but they fall for each other, and the bet has a hidden motive to finance a crap game.

Nov 15 For Me and My Gal

1942|1h 44min|Musical, Romance, War

Two vaudeville performers fall in love, but find their relationship tested by the arrival of WWI.

(movies continued)

Nov 22 This Time For Keeps

1947|1h 45min|Musical, Romance

Expected to follow his opera star father into the business, but discontent with his life, a young man pursues a career in popular music and romances the aquatic-ballet dancer he met during his time in the service.

THEATER

Wed Nov 13 12:45-1:15pm, WR

Mon Nov 25 12:45-1:15pm, BE

The Explaining Room, a delightful take on what happens next after an unplanned demise. Written by Taos playwright Helen Rynaski. Performed by Pat Beck. Free. Audience talkback after each performance.

Canvas & Chamomile Event



Paint Deer at Dawn

Mon Nov 18 1:30-3:30pm, BE

Enjoy a cup of tea while painting at this step by step guided painting event for beginners and experienced painters. All art materials included plus the deer will be sketched onto the 10" x 10" canvas. Register at LACanvasEvents.com or call Susanne Harrison 505-412-1534.

November Election Season is upon us and the BESC will be a polling location! Some regularly scheduled classes will be moved just prior to and including Election Day. If you have a question, check with a staff member.

Classroom Use

Los Alamos County will be using the BESC classroom from Oct 31 to Nov 6. Some regularly scheduled activities may be cancelled or moved to another room.

BESC Fall Clean-up

Sat Nov 2, 9:00-11:00am, BE

There will be doughnuts. Check with Sarah Chandler for details.

Special Programs

James Griffin Memorial Service

Mon Nov 4, 2:00pm, BE

James Griffin was a member of the senior center and a Veteran of the US Army. He passed away recently with no family. Those wishing to help are encouraged to make a donation of cookies or bottled water.



Art as Wellness (week 4) Nov 4 10:00-11:30am, BE. This is an open art studio space, a space for people to make art with the intent of wellness.

LRG Lunchtime Presentation

Mon Nov 4 noon, WR

Tue Nov 5 noon, BE

The Laboratory Retiree Group will host a lunchtime presentation with a representative from Laboratory Benefits Group to answer any questions from Laboratory Retirees (Medicare and non-Medicare) on Laboratory Benefits for 2020 calendar year and the open enrollment process. If any Lab retiree has questions on retiree benefits and open enrollment, please plan to attend either meeting.

Medicare Part D Help

Wed Nov 6, 9:00am-1:00pm, WR

Need help with your Medicare Part D? Sign up for an appointment with a counselor 672-2034.

Remember When . . .

Thu Nov 7, 11:30am-12:30pm, BE

The Los Alamos Historical Society will join the Betty Ehart Senior Center during lunch. They will share objects and pictures to see if you remember when... Do you remember when you talked to operators on the telephone? Do you remember playing with jacks? Come see what fun they have in store for us.

Emergency Preparedness for the Home

Fri Nov 8 12:30pm, WR

This presentation gives ideas of how much food, documents to keep, and so on in an emergency event.

The Five Wishes Presentation

Fri Nov 8 12:30pm, BE

Leave with a document outlining your care and end of life choices. If you bring your ID, it can even be notarized on the spot.

Lunchtime Performances

Mon Nov 18, BE Quatro Bluegrass performs.

Fri Nov 22, BE November Birthday celebration. Hillstrummers perform.

Festival of Trees

Sat Nov 16, 10:00am-2:00pm, BE

The 16th annual Festival of Trees is our major fundraiser for the year. There will be live music, pictures with Santa, a bake sale, mini mall and more than 80 items for silent auction. To sell items at the fair, members may get a booth for \$25. Paperwork must be done prior to the event. Donations are needed for community trees, themes are Science and COMMUNITY.

Wellness Presentation

Thu Nov 21 12:30pm, BE

Dr Marlene Merritt will discuss the discoveries of Dr. Dale Bredesen's 2017 book, titled "The End of Alzheimer's". She will highlight the different types of Alzheimer's disease and the six different stressors that he found to be the causes of cognitive decline.

Grief & Transitions Art Therapy Group

(9 weeks began Oct 3) continues Thursdays in November, BE. This group is a more structured art therapy and discussion group. We would greatly appreciate the donation of art supplies or storage boxes.

Seated Tai Chi Sun Course

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

Laurie Hochhalter leads Seated Tai Chi for Arthritis and Fall Prevention classes every Monday and Friday. All are welcome to participate as space permits. Please call 661-0081 on the day before to see if space is available.

Coming Soon...

Living Legacy

LARSO begins a new project called *The Living Legacy*. Information will be available soon for donations to this special project. Please look for information in the local media, on our website, or in the December newsletter.

LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director lava@losalamosseniorcenter.com



Spotlight on Cindy Harvey

Cindy's warmth and welcoming nature has made her a great addition to the senior center since she has begun volunteering here at the Betty at our lower level reception desk this summer. I asked her how she came to us as a volunteer and she described the challenges and victories of the last year. In February she had brain surgery and the outcome was not what she was hoping for. After long months of very complicated recovery she began to feel deeply that she would need to "find a solution" to her situation. She decided that she needed to keep busy and focus her attention more externally. She had a good support system and took a proactive approach to handling the curveball life has thrown at her. She began volunteering with the Los Alamos Arts Council, the PEEC, and the Betty Ehart Senior Center. She volunteered at our last community blood drive and is a greeter at church. In addition to all the volunteer work, Cindy enjoys art classes and paints. She loves crafts and making her own healthcare products.



This is a wonderful example to me of living a full, beautiful and connected life. She didn't need us to make this happen for her. She created this life for herself, but we are so lucky to have her here volunteering with us. Thank you Cindy! We appreciate you!

~ Sarah

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 12:00-2:30pm
2. LARSO table (selling donated items) 9:30am-12:00pm
3. Raffle Table: 12:00-2:30pm
4. Piano Player: 1:00-2:00pm



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.

1:00-2:00pm Los Alamos Youth Activity Center or
White Rock Youth Activity Center
November 20 & December 11



(LAVA/RSVP continued)

**HELP Drivers BBQ**

Help Drivers were recognized for their valued service helping folks get to medical appointments and also received training on Ride Scheduler, a new online program to assist in connecting riders and drivers. Both the food and the company were terrific!



Time to sign up to ring the bell for our neighbors in need!

Check your calendars and call the volunteer office about when you'd like to ring the bell at the Los Alamos or White Rock Smith's this holiday season. Salvation Army bell ringers are raising money for the local charity, Self Help. If you'd like a volunteer job with easy to measure benefits to your community, this is it! You can ring with a buddy, a grandchild, or alone. You can sing or play an instrument. You can ring with your community organization or club. Nothing will put you in the holiday mood faster than ringing the bell for your neighbors in need. Because Thanksgiving is so late this year, please consider signing up shifts on November 25, 26 & 27, 4:00-6:00pm at either location. We will need the help those days especially!

'Tis the season to keep in touch with your volunteer stations!

- The senior centers and many local stations will have special holiday meals, hours and events. Do you know how they effect your scheduled volunteer shifts?
- Complicated weather and even declared snow days may effect your scheduled shift. Do you know where to find updates?
- Are you comfortable driving in winter weather? If not, the senior center transportation may be able to help you and if you're coming in for a volunteer shift, the volunteer office may even pay for your ride!
- Do you know your holiday travel plans? PLEASE let the volunteer office and other stations know when you'll be away.
- Do the holidays put you in a volunteering mood? We need lots of subs over the holidays so come see us! We will find the perfect place for you to help out! ~ Sarah and Binh

White Rock Senior Center 505-672-2034



Thanksgiving Lunch and Birthday Party

Friday, November 15

Lunch Donation applies.

South African Special Lunch and Photo presentation

Thursday November 21 at 12:30 pm

Beverly and Martin Cooper traveled to South Africa from November 26 - December 2, 2012. There is a buffer zone around Kruger National Park that has much the same wildlife as in the park. The buffer regions are either regional parks or privately owned reserves used for tourism, so the animals feel safe and are plentiful. On the privately owned land, photographers can get much closer to the animals. Our pictures will include such rare animals as the white rhinoceros and the cape hunting dog along with the rest of the big five.



South African Menu

Potjiekos (Beef Stew)

**Boereboant jies (Potato Green Bean
Side Dish)**

Rooster Koe (Bread Roll)

**Hertzoggie (Tart with Apricot Jam and
Coconut Topping)**

“The Explaining Room”

Wednesday November 13 at 12:45 pm

A delightful take on what happens next after an unplanned demise.

Written by Taos playwright Helen Rynaski

**Be a BOW (Boss of the Week) or WRSC Steering Committee Member
or just come with your suggestions, programing feed back, and questions.**

Meetings are always on the first Thursday of the month at 9 am at WRSC.

Next meeting is scheduled for Thursday November 7 at 9 am.

Details / Donate

Living Treasures of Los Alamos Seeking Nominations

Nominations are being sought for Living Treasures of Los Alamos for 2020. The deadline is Nov 22 and must include specific information as given below:

- When did the nominee come to Los Alamos?
- In which areas did the nominee make volunteer contributions to life in Los Alamos?
- How long has the nominee been involved in community activities?
- How did the contributions affect people in the community?
- In what ways is Los Alamos a better place as a result of the efforts of this person?
- Contact information (name and phone number or email) of the submitter.

Nominations must be submitted by Nov 22 to Living Treasures of Los Alamos, PO Box 1065, Los Alamos, NM 87544 or be emailed the information to Sally Wilkins at sfwilkins@post.harvard.edu. Additional information may be found at the website: <http://www.livingtreasureslosalamos.org>.

Spotlight on Volunteer Shirley Carter



Our own Shirley Carter worked with Doris Jackson and members of the Summit Garden Club and the Los Alamos Garden Club to create this stunning wreath at Fuller Lodge. It was part of the New Mexico True program. Shirley is a member of the Society of Landscape Architects and holds a Bachelor of Landscape in Architecture, graduating cum laude, from the University of Georgia.



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, meant to highlight large donations and leave a lasting legacy and 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

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

The Day Out

Laurie Hochhalter, Director 661-0081

dayout@losalamosseniorcenter.com

Hours - 8:00am-4:00pm

White Rock Senior Center (WR)

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Annie Bard, Coordinator
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Meal Reservation 672-2034

Delivered Meal Reservation 672-9544

Hours - M,W,F - 10:00am-4:00pm

Tue - 10:00am-4:00pm

Thu - 10:00am-10:00pm

Sat - 10:00am-12:00noon

Los Alamos Retired & Senior News

Layout Editor - Gale Williams

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news@losalamosseniorcenter.com

Items Due - Fri Nov 15

Editing - Wed Nov 20

Folding - Wed Nov 27