



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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Season's



Holidays 2019

Christmas	Dec 24-25
New Year's Day	Jan 1, 2020

Center Swap

This month you might see a few new faces. LARSO is one organization that operates two centers. My hope is that you get to know our entire team, so you feel welcome at either site. They might join you for lunch or hold an informative session about their services. We heard our volunteers might be willing to make the same swap!

Bank Lunch

This a reminder that if you intend to join us for the annual lunch hosted by Enterprise Bank & Trust, formerly LANB, your assessment must be up-to-date. You may not attend without a ticket. Please check with Cindy Justice, Anne Cover, Lisa Larson, Amy Vigil or Bernadette Lauritzen to verify your assessment is up-to-date.

NEW YEAR'S EVE (1920-2020)

5pm-8pm \$3 Drink/snacks for sale Candy you ate as a kid.

Hours in White Rock

The White Rock Center now opens at 9:30am. This change was made after a process with both the County of Los Alamos and the Board of Directors. Please do NOT ask volunteers or staff for entry prior to 9:30am.

HOLIDAY STRESS

My hope for the holiday season is that we remember to be more patient. As always, if you have an issue or a problem, I ask that you bring your concern directly to me, not to a staff member. My staff tries hard to meet needs with added responsibilities during this time. Any concerns or complaints can be better received after the rush has passed. You can call, email or visit me almost any time between 8:00am and 4:30pm. ~ Bernadette

In the event of snow, the senior centers follow public schools delay and closure decisions. We advise KRSN of delays and closures, but you may also call the Los Alamos Public Schools Snow Line at 663-2223 for up-to-date information. See page 11 for more details.

Day Out

Our participants are the perfect mix of folks who are still mentally fit and those with some form of dementia. Our goal in the Day Out Program is to keep all active. An activity is more than an event or a game. It is the act of doing things. Staying active is essential for people with dementia.

Knowing how to keep people with dementia active is not an easy task. The person may seem uninterested or get frustrated when trying to do things. But with the right amount of challenge and the right approach, people with dementia can stay active at all stages of the disease. I have been fielding questions lately, from caregivers, regarding activities and dementia. If you know of someone who needs to stay active during the day so they are not restless at night for their caregiver, have them come talk to me. I am available through email, phone or in person. We can always make room for more participants.

This month we are showing a Friday movie twice – It is such a good movie I don't want anyone to miss it. The movie Quartet is about a home for retired musicians who are expecting a new resident – this movie is funny, heartfelt and it has so many beloved actors! Please join us on December 6 after lunch or on the Friday after Christmas to enjoy this movie! Remember you are loved!

Laurie Hochhalter – Day Out Program Director



Binh and Sarah serve Thanksgiving lunch at WRSC

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

Wed Dec 4 BE, EB&T lunch. Details page 1.

Thu Dec 5 BE, Living Treasures annual lunch. Details on page 7.

Fri Dec 6 BE, RPEA lunch. Three Nice Guys perform. Details on page 7.

Tue Dec 10 BE, FOSC annual meeting and board elections. Details on page 4.

Thu Dec 12 WR, EB&T lunch. Details page 1.

Fri Dec 13 BE, Lunchtime Sing-along

Wed Dec 18 BE, Barranca Mesa Bobcat Choir caroling and cider.

Wed Dec 18 WR, Emergency Preparedness

Thu Dec 19 WR, Special Mongolian menu and presentation. Details on page 10.

Fri Dec 20 BE, Sleep Talk by Desaree Jimenez. Details on page 7.

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 December Meals (salad bar everyday)

Dec 2 Mon. Beef stew, biscuit, apricots

Dec 3 Tue. Beef & mac, beets, w/w roll, peaches

#Dec 4 Wed. Roast beef, potatoes, gravy, peas & carrots, roll, raspberry cheesecake, eggnog

#Dec 5 Thu. Salmon w/buerre blanc over wild rice, sautéed swiss chard, cherry crisp

#Dec 6 Fri. Chicken cordon bleu, Dijon sauce, wild rice, asparagus, roll, peach cobbler

Dec 9 Mon. Green chile pork stew, biscuit, applesauce

#Dec 10 Tue. Salmon w/mango salsa, rice pilaf, roll, apple crisp

Dec 11 Wed. Chicken chile cheese soup, roll, apple cobbler

Dec 12 Thu. Beer batter cod, French fries, tartar sauce, coleslaw, pears

#Dec 13 Fri. Frito pie, red chile, lettuce/tomato/onion, chocolate cake

Dec 16 Mon. Green chile chicken enchiladas, pinto beans, calabacitas, spinach salad, pudding

Dec 17 Tue. Chicken fried chicken, sweet mashed potatoes, gravy, green beans, roll, applesauce

#Dec 18 Wed. Baked tilapia, tartar sauce, hash brown potatoes, wheat roll, mandarin oranges

Dec 19 Thu. Soft chicken taco, Mexican rice, posole, lettuce/tomato salsa, choc pudding

#Dec 20 Fri. Meatloaf, mashed potatoes, beef gravy, cauliflower, ranch roll, jello w/fruit

Dec 23 Mon. Chicken and dumplings, carrots, asparagus, cookie, pears

Dec 24 Tue. **Closed for Christmas Eve**

Dec 25 Wed. **Closed for Christmas Day**

Dec 26 Thu. Red beef enchiladas, Mexican rice, pinto beans, jalapenos, peaches

Dec 27 Fri. Baked cod w/dill & tartar sauce, sweet potato fries, broccoli, coleslaw, cupcakes

Dec 30 Mon. Chili cheese hotdogs, tater tots, chocolate pudding

Dec 31 Tue. Grilled barbecue chicken, mashed potatoes, green beans, roll, melon

WRSC December Meals (salad bar everyday)

Dec 2 Mon. Chicken fried chicken, mashed potatoes, country gravy, mixed veg, peaches

Dec 3 Tue. Beef stew, biscuit, tropical fruit cocktail

Dec 4 Wed. Cod tails, dill sauce, wild rice, Brussels sprouts w/red peppers, roll, pineapple

Dec 5 Thu. Baked potato bar, roll, brownie

Dec 6 Fri. Roast pork, tomato green chile sauce, black eyed peas, cornbread, gelatin

Dec 9 Mon. Sausage lasagna, breadstick, Italian blend vegetables, peach crisp

Dec 10 Tue. Glazed ham, mashed sweet potatoes, green beans, apricots

Dec 11 Wed. Chicken chile cheese soup, biscuit, pears w/cottage cheese

#Dec 12 Thu. Roast beef, mashed potatoes, peas & carrots, gravy, roll, raspberry cheesecake

Dec 13 Fri. Fish and chips, tartar sauce, broccoli salad, mandarin oranges

Dec 16 Mon. Salisbury steak, mashed potatoes, brown gravy, mixed veg, fruit cocktail

Dec 17 Tue. Green chile chicken enchiladas, Spanish rice, calabacitas, spiced apples

#Dec 18 Wed. Green chile baked potato soup, biscuit, blueberry cobbler

#Dec 19 Thu. Mongolian: pot pie like dumpling, broccoli green bean stir fry, doughnut w/honey

Dec 20 Fri. Frito pie, red or green chile, pinto beans, cheese/lettuce/tomatoes/onion, pineapples

Dec 23 Mon. Salisbury steak, mashed potatoes, brown gravy, green beans, peaches

Dec 24 Tue. **Closed for Christmas Eve**

Dec 25 Wed. **Closed for Christmas Day**

Dec 26 Thu. Grilled pork chop, baked beans, peas & carrots, applesauce

Dec 27 Fri. Tilapia, tartar sauce, roasted potatoes, coleslaw, tapioca pudding

Dec 30 Mon. Grilled chicken breast on a bun, lettuce, tomato, onion, French fries, cookie

Dec 31 Tue. Meatloaf, mashed potatoes, brown gravy, mixed veg, vanilla pudding

Regularly Scheduled Activities

AARP Smart Driver Course

Mon Dec 9 12:15-4:30pm, 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. **Note! The fee increases by \$5 on July 1 so plan to attend before that date to save a few bucks!**

Adult Day Services

The Day Out

8:00am-4:00pm Daily, BE

Cards and Games

Bingo

1:00pm Third Tue Dec 17, 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

12:00pm Tue Dec 10, BE

The FOSC board elections will take place at the annual meeting in December 10 at noon in the BESC lunchroom. Up for election are the offices of Vice-President, Treasurer, and three Members-at-Large. We will cover the lunch donation for members that eat lunch that day.

LARSO Advisory Council

10:00-11:00am Mon Dec 16, BE

LARSO Board of Directors

9:30am Thu Dec 19, BE

WRSC Steers Meeting

9:00am First Thu Dec 5, WR

Members always welcome.

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 Dec 17 12:30–1:00pm, WR

Thu Dec 19 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

Ladies Living Single

1:00pm Tue, WR

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

Health

Alzheimer's Support Group

1:45-3:15pm Thu Dec 5 & 19, BE

New Day and Time!

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 meeting in Dec.

Parkinson's Support Group

2:00-3:30pm 3rd Wed Dec 18, 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 Dec 5 & 19, BE

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

9:20am-noon Thu Dec 12, WR

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

Music

Lunchtime Sing-along

12:00-12:30 Fri Dec 13, BE

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 Course

10:40-11:10am Mon & Fri, 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.

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

Dinner Out

Wed Dec 11

"The famous" Plaza Café

Overlooks the Santa Fe Plaza

www.plazacafesantafe.com

Dinner: 5:30pm. No reservations accepted

Depart BESC: 4:00pm

Depart WRSC: 4:20pm

Biopark River of Lights Trip

Wed Dec 18

Albuquerque

river-of-lights

Entrance fee: \$14

If you have never seen one these fabulous light shows at a zoo, you are in for a treat on this one. For kids of ALL ages (if you have been good!). Join the magical fun of the crowd as a gift to yourself. Dinner by the windows of the Aquarium followed by a magical after dark trip through the River of Lights.

Dinner: Shark Reef Café

Depart BESC: 2:00pm

Depart WRSC: 2:20pm

MOVIES BE Fri 12:30pm

Dec 6 & 27 Quartet

2012|PG13|1h 34m|Comedy, Drama

At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi's birthday is disrupted by the arrival of Jean (Dame Maggie Smith), an eternal diva and the former wife of one of the residents.

Dec 13 Home for the Holidays

1995|PG13|1h 43m|Comedy, Drama, Romance

After losing her job, making out with her soon-to-be former boss, and finding out that her daughter plans to spend Thanksgiving with her boyfriend, Claudia Larson faces spending the holiday with her family.

Dec 20 Christmas Vacation

1989|PG13|1h 37m|Comedy

The Griswold family's plans for a big family Christmas predictably turn into a big disaster.

Canvas & Chamomile Events

Paint Holiday Candles

Tue Dec 17 4:00-6:00pm, WR



Paint El Santuario Farolitos

Mon Dec 23 1:30-3:30pm, 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. The fee includes all art materials.

Call Susanne Harrison to preregister at (505) 412-1534.

Art as Wellness with Lauren Sherwood

Art as Wellness is an open art studio space for individuals to create artwork on a weekly basis. Every week a variety of art materials will be provided for people to make artwork of their choice. There will be no formal instruction, but an art therapy intern will be present to assist and teach about art techniques as needed. This program is designed to support creativity, community and wellness. Those interested in participating in the group are welcome to come and go as they please during the group time, 1:00-2:30pm, in the BESC classroom every Monday in December.

If you are interested in having a one-on-one conversation with our Art Therapy students, email Lauren at laurensherwood@swc.edu.

Special Programs

Living Treasures Luncheon

Thu Dec 5, BE.

The Living Treasures annual luncheon is only one of two opportunities where our wonderful Living Treasures are gathered together in one place as they prepare to receive nominations for 2020 to be selected in the spring. Please help me join them for a lovely lunch together.

Barranca Mesa Bobcat Choir

Wed Dec 18 lunchtime, BE.

Students from Barranca Mesa School join us for lunch, caroling and cider.

Sleep: The What, Why and How

Fri Dec 20 lunchtime, BE

This presentation will focus on what happens if you don't get enough sleep; why do we need it, and how much do we need. Learn the potential health effects of a lack of sleep, the impact of sleep on eating, exercise, stress skills and work as well as what can lead to sleep issues.

Three Nice Guys

The Three Nice Guys, born in 2012, are part of a fabulous foursome that utilizes their golden melodious tones to spark passion and flame the fun. Maurice, Dick, David and Daniel make up this font of fashion and wisdom and are here for your listening pleasure. Three of them are locals, three are chemists and three change their socks every day. One thing is for sure: All four are adorable and can belt out a ballad and carry a tune. Which three are the nice ones? Come celebrate this barbershop group performance at the RPEA luncheon on Dec 6 at BE and decide for yourself!

Coming in January

Write to Heal, a FREE writing workshop based on (but not limited by) the life-changing diagnosis of cancer.

Eight Tuesdays:

Jan 9, 16, 23, Feb 6, 13, 20, 27, Mar 5

10:00am-12:00pm at BESC

The intent of this group for cancer patients and survivors is that you experience "Expressive Writing" as a way of healing. While writing may not cure, it can heal, according to scientific studies. Writing with others on parallel paths will be our avenue to reclaim our voices, and reconnect with our lives. Everyone is welcome: if you have never written, or if you have always written.



Joanne Fay Brown, MSW, has led Amherst Writers & Artists workshops in Berkeley, Oaxaca, Mexico, and Santa Fe. She is a cancer survivor and a Master in Social Work.

Registration is required:
Contact Joanne Brown
510-381-1205 or
joanne@joannebrown.com



Wellness Presentation

Thu Jan 30, 2020 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.



LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director lava@losalamosseniorcenter.com



Ring the Bell for Your Friends and Neighbors in Need

The volunteer office is looking for volunteers to ring the bell for the Salvation Army at the White Rock and Los Alamos Smith's now through Christmas Eve. The proceeds of this drive are used right here through the local nonprofit, Self Help Inc.

"In 2018, the bell-ringing effort raised over \$19,000, which has helped over 70 local families so far this year with needs such as rent, utilities, emergency lodging, and vital prescriptions. Self Help receives requests for assistance from families in need, and coordinates with landlords, the utility department, the hospital, and other vendors to make sure needs are met. All funds raised in Los Alamos County are applied directly to helping neighbors in need—they don't go toward Self Help or Salvation Army's overhead."

~Maura Taylor, Self Help Inc. Executive Director.



While people often ring the bell on their own, you could bring a friend, a grandchild, your club or music group to ring with you. Nothing will put you in the holiday mood faster than knowing your time is making a difference in the well being of your neighbors. Call Sarah at the volunteer office and sign up for one or more two hour shifts this holiday season. Call Sarah today at 662-8923.

The next community blood drive will be held on

January 9 & 10

at the First Baptist Church on Diamond Drive.

Volunteers are needed to make sandwiches for donors both days. Please call Sarah to sign up for a shift.



Call for Volunteers The New Mexico Aging and Disability Resource Center (ADRC) is looking for volunteers for the State Health Insurance Assistance Program (SHIP). SHIP volunteers receive training in the areas of Medicare, insurance, benefits, and fraud so they can provide information and assistance in evaluating the beneficiaries needs. Once trained, you will be prepared to counsel beneficiaries through the Medicare enrollment process, connect seniors who have limited income to money saving resource for their healthcare costs, and educate the community about health insurance issues.

Volunteers who are good communicators, sensitive to others and reliable are best suited to this work. Please consider whether becoming trained to volunteer here in Los Alamos County helping your friends and neighbors get unbiased information about how to pay for the healthcare they need is something you'd like to pursue. Call Sarah at the volunteer office or 1-800-432-2080 to speak with ADRC directly.



Cookies and Conversation will take place at both the White Rock and Los Alamos Youth Centers on December 11 at 1pm. Dates for the spring semester will be available soon.

Call Sarah to learn more about this important program connecting our young people with senior volunteers. 662-8923

(LAVA/RSVP continued)

The Volunteer Office would like to recognize the NJROTC of Los Alamos High School for their efforts in preparing the grounds at the BESC for winter.

Thankyou!

**LAVA Quilters say “Thank You!”**

The LAVA Quilters sold many handmade items at the recent LARSO Festival of Trees. The proceeds from the sale allow the quilters to buy the batting used to make their quilts. All of the fabric is donated, but the batting must be purchased. The LAVA Quilters work all year round to provide quilts to the Ronald McDonald House in Albuquerque along with the Santa Fe Youth Shelter, Bienvenidos, and Sombrillo nursing home here in Los Alamos. They also make hats for the homeless and make many other valuable donations to those in need. They extend a special thank you to all those who purchased an item from the quilters at Festival of Trees and supported their charitable efforts.

Thank You Youth Volunteers

Los Alamos High School students, teachers, and home schooled youth served seniors at both the Betty Ehart and White Rock senior centers in November for our Thanksgiving meals. We extend our heartfelt thanks for their kind service. Youth volunteers allow our senior volunteers to share holiday meals with their friends instead of having to volunteer.

Way to go, youth volunteers!



This is such a special time of year full of traditions, community, service to others and family. We invite our volunteers to include self care in their holiday planning. We know how hard you work to be present to those you serve, but please take time to check in with your own needs. If there is something we can do for you here or a resource we can connect you with, we'd like to do that. Have a happy, healthy holiday.

~Love, Sarah and Binh

White Rock Senior Center 505-672-2034



EB&T Holiday Lunch Thursday Dec 12

WRSC Event Hall Sponsored by Enterprise Bank and Trust

Pick up tickets after Nov 18 (one ticket per member)

**Roast Beef, Mashed Potatoes, Peas & Carrots, Roll,
Raspberry Cheese Cake, Tea, Coffee, Milk, Juice, Eggnog**



**Mongolia Photo Presentation
Thursday, Dec 19 at 12:30pm**

Beverly and Martin Cooper traveled to Mongolia from June 1-12, 2015. At the time of travel, there were no wildlife tours of Mongolia, just some birding tours. To find wildlife like taki, argali sheep, and Siberian ibex, it was necessary to go to remote areas like Hustain Nuruu National Park, Gun-Galuut Nature

Preserve, and the Gobi-Altai Mountains. It was also very rewarding to photograph cultural experiences. Learn about the fourth most popular sport in Mongolia, which you would probably never guess without Google or your own visit.

Special Mongolian Lunch Menu

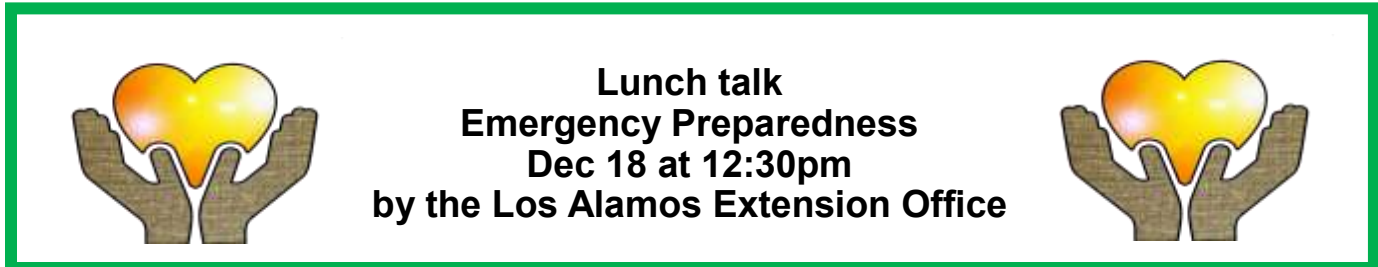
Khuusuur (Pot Pie like Dumpling)

Broccoli Breen Been Stir fry

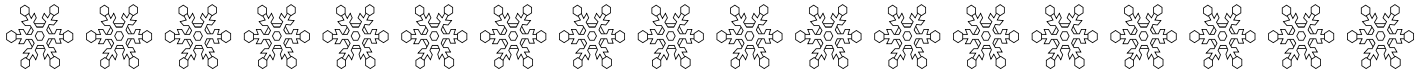
Boortsog (Doughnut with Honey)



**Lunch talk
Emergency Preparedness
Dec 18 at 12:30pm
by the Los Alamos Extension Office**



Details / Donate



Snow Closures

In the event of snow, the senior centers follow public schools delay and closure decisions. We advise KRSN of delays and closures, but you may also call the Los Alamos Public Schools Snow Line at 663-2223 for up-to-date information.



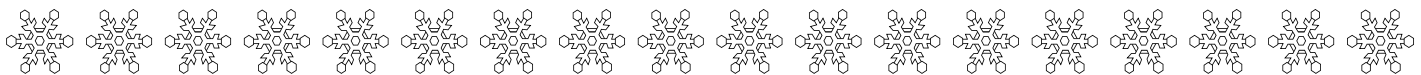
We attempt to put something immediately on our Facebook (Social Media) accounts. I cannot promise changes to the website or the phone system as that depends on if we can get here too.



If the laboratory or Los Alamos County are closed, we are most certainly closed too.



We make an effort to provide additional Home Delivered Meals to those recipients in such an event.



A Living Legacy

A Living Legacy is a new fundraising project for the Los Alamos Retired and Senior Organization (LARSO). LARSO operates both the Betty Ehart Senior Center and the White Rock Senior Center. Our goal is to do long range strategic planning for long after most of us are gone. The committee will get feedback from the membership for what types of things to consider for the future. We hope this will alleviate fundraising annually based on contracts.

Can you pledge \$2,500 or \$5,000 for the future of seniors, in our community? Your name or that of your business will be displayed on the Living Legacy donor wall. Photos will be available soon. Ask Bernadette for more information. Our hope is to hang the wall during December.

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)

133 Longview Dr, White Rock, NM 87547
Annie Bard, Coordinator
wrscc@losalamosseniorcenter.com

Phone 672-2034
Meal Reservation 672-2034
Delivered Meal Reservation 672-9544
Hours - M,W,F - 9:30am-4:00pm
Tue - 9:30am-4:00pm
Thu - 9:30am-10:00pm
Sat - 9:30am-12:00noon

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