



Los Alamos Retired and Senior News



The Newsletter of the Los Alamos Retired and Senior Organization

Bernadette Lauritzen, Executive Director

Web Site: losalamoseniorcenter.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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February Call to Action

This month, we need you to show us some love. It's that funding time of year, and we need to know the areas you think our centers need to be funded for 2020 and beyond. We have a variety of ideas like writing a letter we can submit to State Representatives and Senators. These can be dropped off or mailed to either senior center, but we need them soon. Do you prefer calling or simply sending an email? Drop an email asking legislators to support **The Senior Dignity Fund** from Representative Henry "Kiki" Saavedra:

Christine Chandler: Christine.Chandler@nmlegis.gov

Roberto Gonzales: Roberto.Gonzales@nmlegis.gov

Richard Martinez: Richard.Martinez@nmlegis.gov

Holidays 2020

Presidents' Day	Feb 17
Memorial Day	May 25
Independence Day	Jul 3
Labor Day	Sep 7
Indigenous Peoples Day	Oct 12
Veterans Day	Nov 11
Thanksgiving	Nov 26-27
Christmas	Dec 24-25

Senior Day at the Roundhouse

Call Transportation (662-8922) if you would like to go on Friday Feb 14. See details on page 6.

Other News:

Our centers will see a change in services Feb 10, 1:30-4:30pm as we conduct staff training. You are welcome to attend your regular activities, but only once a year do we get staff all in one room, so we appreciate your patience.

Did you know in 2030, New Mexico is on track to have the fourth-highest senior population, in the nation!



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.

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. Here are a few pictures of our visit to the Hans Bethe house on Bathtub Row courtesy of the Los Alamos History Museum. We had a wonderful time and had a chance to chat with the docents in attendance. The last picture is Thurman perusing the display of his former division leader! Only one of our participants had ever been in this historic home before. All of us had a great time reminiscing about conditions in early Los Alamos and also the architecture of this wonderful home.



The docents at the museum have invited us to visit again, they even said we could enjoy the patio during the summer. We will definitely take advantage of this invitation!

This month we are showing a mix of comedies and dramas for our Friday movies. Please join us for a good time and snacks.



Stay warm and remember you are loved!
Laurie Hochhalter – Day Out Program Director

Lunches at BE and WR

Lunch is served weekdays 11:30am-12:30pm. For reservations call 662-8920 (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.

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 Feb 3, 12:30pm, BE Have you had the talk (regarding your final wishes)? Details page 7.

Mon Feb 10 11:30am, BE Quatro Bluegrass performs

Wed Feb 12, 11:30am, WR Valentine's Day Potluck



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.

Let's Eat Lunch

Lunch served weekdays 11:30am-12:30pm at BE and WR. Call 662-8920 (BE) or 672-2034 (WR) before 10:00am for reservations. # indicates special menu or lunchtime talks (see list on page 2).

BESC February Meals (salad bar everyday)

- #Feb 3 Mon. Green chile chicken enchiladas, pinto beans, Mexican rice, tortilla, pears
- Feb 4 Tue. Green chile pork stew, biscuit, tropical fruit
- Feb 5 Wed. Tilapia, fried potatoes, winter blend veggies, roll, tartar sauce, chocolate pudding
- Feb 6 Thu. Spinach lasagna, bread stick, Italian vegetables, applesauce
- Feb 7 Fri. Frito pie, lettuce, tomato & onion, red chile, jello
- #Feb 10 Mon. Burgers w/green chile & cheese, potato chips, vanilla ice cream
- Feb 11 Tue. Sweet & sour pork, rice, pork egg roll, oriental vegetables, fruit cocktail
- Feb 12 Wed. Chicken chile cheese soup, crackers, applesauce
- Feb 13 Thu. Soft beef tacos, lettuce, tomatoes, Mexican rice, pinto beans, peanut butter cookie
- Feb 14 Fri. Roast beef, mashed potatoes, gravy, peas & carrots, wheat roll, oranges
- Feb 17 Mon. **Closed for Presidents Day**
- Feb 18 Tue. Beef stew, biscuit, apple crisp
- Feb 19 Wed. Meatloaf, new potatoes, gravy, peas & carrots, wheat roll, mandarin oranges
- Feb 20 Thu. Baked cod, dill sauce, potatoes, spinach, roll, diced peaches
- Feb 21 Fri. Grilled chicken, red skin mashed potatoes, gravy, mixed vegetables, diced pears
- Feb 24 Mon. Grilled pork chop, mashed potatoes, cauliflower, roll, vanilla pudding
- Feb 25 Tue. Fish & chips, tartar sauce, coleslaw, pear cobbler
- Feb 26 Wed. Sweet & sour meatballs, rice, stir fry vegetables, wheat roll, jello & fruit
- Feb 27 Thu. Green chile chicken tortilla soup, biscuit, oatmeal cookie
- Feb 28 Fri. Chicken fried steak, mashed potatoes, gravy, spinach, ranch roll, applesauce

WRSC February Meals (salad bar everyday)

- Feb 3 Mon. Salisbury steak, scalloped potatoes, broccoli Normandy, roll, cookies
- Feb 4 Tue. Sweet & sour pork, rice, stir fry vegetables, egg roll, jello w/fruit
- Feb 5 Wed. Cod w/cucumber dill sauce, fried potatoes, wheat roll, California veggies, peaches
- Feb 6 Thu. Chicken tortilla soup, biscuit, salad bar, pineapples
- Feb 7 Fri. Baked potato bar, roll, pears w/cottage cheese
- Feb 10 Mon. Tilapia, roast potatoes, tartar sauce, green beans, pineapples, choc chip cookies
- Feb 11 Tue. Glazed ham, sweet potatoes, Brussels sprouts, roll, apple or cherry turnover
- #Feb 12 Wed. Valentines Day Potluck
- Feb 13 Thu. Spaghetti & meatballs, marinara sauce, breadstick, Italian blend veggies, apricots
- Feb 14 Fri. Green chile chicken enchiladas, refried beans, salsa corn, vanilla pudding
- Feb 17 Mon. **Closed for Presidents Day**
- Feb 18 Tue. Meatloaf, mashed potatoes, brown gravy, Brussels sprouts, wheat roll, mixed fruit
- Feb 19 Wed. Chicken chile cheese soup, crackers, biscuit, chocolate mousse
- Feb 20 Thu. Roast pork, green chile tomato sauce, black-eyed peas, corn bread, apricots
- Feb 21 Fri. Catfish, hushpuppies, tartar sauce, German coleslaw, fruit cocktail
- Feb 24 Mon. Chicken fried steak, mashed potatoes, California vegetables, gravy, ice cream
- Feb 25 Tue. Pork posole, flour tortilla, banana pudding
- Feb 26 Wed. Tuna w/mango salsa, roasted potatoes, carrot raisin slaw, roll, chocolate pudding
- Feb 27 Thu. Chicken tenders, tater tots, broccoli salad, pineapples
- Feb 28 Fri. Roast beef, new potatoes, winter blend vegetables, cinnamon applesauce



Regularly Scheduled Activities

AARP Smart Driver Course

Mon Feb 24, 2:15-4:30pm, BE. Helena White 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 Feb 18, 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, Duplicate Bridge, BE

Cards

Any time, any day BE is open

Chat Room-WR

10:00am every day, Close 4:00pm M, T,W, F.

Close 10:00pm 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 Feb 25, BE

LARSO Advisory Council

10:00-11:00am Mon Feb 24, BE

LARSO Board of Directors

9:30am Thu Feb 20, BE

WRSC Steering Committee

9:00am First Thu Feb 6, WR

Come with your questions about the business of the senior center. Help us prepare for some changes ahead.

Computers

Combined Mac & Computer Users Group

9:00am Third Tue, Feb 18, BE Conference rm

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

1:30pm Thu, BE

Regularly Scheduled Activities

Discussion Groups

Baked Goods with Bernadette

Tue Feb 11, 12:30–1:00pm, WR

Thu Feb 13, 12:30–1:00pm, BE

Topics this month are Transportation and Lunch. Come share your thoughts.

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 Feb 6 & 20, BE conf room

ALZ123

Thu Feb 6, 9:30-11:30am, BE

Prepare to Care 4-week class, details 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

Call for information 662-8920.

Parkinson's Support Group

2:00-3:30pm 3rd Wed Feb 19, BE classroom

Toenail Clipping (Donation to provider \$15)

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

9:20am-2:00pm Thu Feb 6 & 20, BE

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

9:20am-noon Thu Feb 27, WR

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

Music

Lunchtime Sing-along

12:00-12:30 Fri Feb 14, BE

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

*** Please Note: Amount indicated is suggested donation to the instructor (not LARSO).**

Cardio Plus Exercise

8:45am Mon & Wed, BE

Gentle Pilates \$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

Call 661-0081 the day before to see if space is available.

Silver Sneakers

10:30am 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 \$5*

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

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

Variety Training

8:45am Tue & Thu, BE

Vinyasa Yoga \$10*

10:30-11:45am Mon & Wed, WR

Weight Room

10:00am Mon-Sat, WR

Zumba Gold \$5*

2:00-3:00pm Mon, BE

1:30-2:30pm Tue, WR

4:00-5:00pm Fri, WR

*** Please Note: Amount indicated is suggested donation to the instructor (not LARSO).**

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 Feb 12

Vanessie's Piano Bar, Santa Fe

www.vanessiesantafe.com

Reservation is for 6:00pm.

Music starts at 6:30pm

Depart BE: 4:30pm

Depart WR: 4:50pm

Santa Fe Roundhouse Trip

Fri Feb 14

Seniors Day

Keynote speaker: 9:00am

Depart BE: 7:30am

Depart WR: 7:50am

MOVIES BE Fri 12:30pm

Feb 7 Crazy Heart

2009 | R | 1h 52min | Drama, Music, Romance
A faded country music musician is forced to re-assess his dysfunctional life during a doomed romance that also inspires him.

Feb 14 Walk the Line

2005|PG-13|2h16min|Biography, Drama, Music
A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis, and Carl Perkins.

Feb 21 Mona Lisa Smile

2003 | PG-13 | 1h 57min | Drama
A free-thinking art professor teaches conservative 1950s Wellesley girls to question their traditional social roles.

Feb 27 King of California

2007 | PG-13 | 1h 33min | Comedy, Drama
An unstable dad who after getting out of a mental institution tries to convince his daughter that there's Spanish gold buried somewhere under suburbia.

Theater

Mark your calendars for 12:45pm, Mar 9, BE and Mar 10, WR for the next Live Theater at the Senior Centers. During a brief play reading of *AN AUDIENCE OF ONE* by John Gustafson, a retiree's wife shares with a friend that her last nerve is about to be shredded by her hubby's ever-shifting interest in artistic pursuits. Can the friend's suggested solution do the trick?

Also during March is a fundraiser performance Mar 7, 2:00pm at the Los Alamos Little Theatre on Nectar St of *SIMPLE GIFTS* by Robert F. Benjamin, performed by Jody Shepard and Tomás Farish. Can yesteryear's puppy love ignite a friendship capable of solving aging's most perplexing dilemmas? This show will benefit LARSO and another local non-profit.

Canvas & Chamomile Events



Paint the Sunset over the Sea

Thu Feb 20, 4:00pm WR
Tue Feb 25, 1:30pm, BE Great room

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.

Special Programs

AARP Foundation Tax-Aide provides tax preparation help for anyone free of charge. The Los Alamos Site will operate Mon and Wed mornings Feb 3 to Apr 15, BE.

Appointments are required.

Tax-Aide has helped more than 60 million people since it launched in 1968. It's the nation's largest free volunteer tax program, offered in conjunction with the IRS.

There's no fee and no sales pitch for other services, and AARP membership is not required.

The Los Alamos site is looking for volunteers, especially Counselors and Client Facilitators to help on Monday and Wednesday mornings.

Counselors work with taxpayers directly by filling out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS Certification.

Client Facilitators welcome taxpayers, help organize their paperwork, and manage the overall flow of service.

We could also use help with computers, printers, and network equipment.

To submit a volunteer application go to aarpfoundation.org/taxaidevolunteer or call 1-888-227-7669. For local information, contact Duncan at ddhammon@q.com.

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

Feb 6, 13, 20, 27, Mar 5 10:00am-12:00pm, BE

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.

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

ALZ123

Commencing Thu Feb 6, 9:30-11:30am

Prepare to Care

This eight hour course presented over four weeks is for caregivers. It will provide help with: education and understanding about the disease, day to day care management, legal and financial challenges, learning how to shop for services like in-home care, residential care and hospice, and creating a long-term plan for not only the person living with Alzheimer's but for the caregiver as well. This the most important educational opportunity any family or professional caregiver can take advantage of.

Class size is limited. To reserve your space email: director.memorycarealliance@gmail.com or call (505) 310-9752.

Presented by David Davis, Executive Director of the Memory Care Alliance for Northern New Mexico

Have you Had The Talk?

Mon Feb 3, 12:30pm, BE

In other words, have you shared any information with your family regarding your final wishes? Jody Ortiz will walk us through some ideas to ease the stress for all. Many resources will be provided and there's no pressure to purchase anything.



LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director lava@losalamoseniorcenter.com



Spotlight on the Hospital Auxiliary

Everyone knows that the Lobby Shop is a great place to grab a thoughtful and unique little gift, but you may not be familiar with the organization that runs it, the LAMC Hospital Auxiliary.

Mission Statement: The Hospital Auxiliary of the LAMC, in the spirit of compassion and generosity, provide charitable service to reflect the values of the LAMC and support the well-being of these we serve.

The dedicated volunteers of the lobby shop raise funds used in many different ways ranging from scholarships, to monetary assistance for medical bills, medications and tests, to cough pillows for surgical patients and baby kits for every new mom who delivers at LAMC. They make and distribute teddy bears to pediatric patients and organize clothing drives for patients who arrive without the necessities. They make donations to homeless and domestic violence centers and contribute to the purchase of food for our community blood drives. Here at the LAVA/RSVP office we are especially grateful for that! The Auxiliary is a member of the Northern New Mexico Health Grant Group which donates over \$150,000 a year to health related causes. They are true community partners with those of us who share in their mission of service and compassion.



CALL FOR VOLUNTEERS: The Auxiliary needs help in the Lobby Shop. The average shift is 3.5 hours once a week, but it is possible to start as a substitute. You can sit for most of your shift and heavy lifting is not a requirement. They will provide the polo shirt uniform and you will enjoy 10% off your shopping at the Lobby Shop. The hospital does require a background check which can take from 2 weeks to 2 months to be completed.

Everyone wants to feel that their volunteer hours are making a difference and there is no doubt that the funds raised in the Lobby Shop and truly benefiting our community. If you are ready to learn more you can call the LAMC Auxiliary office at 661-9555 and ask for Shelly or Patricia.



Thank you Bell Ringers!

Many thank to the volunteers who participated in the Salvation Army bell ringing campaign for the local charity, Self Help Inc. This year's efforts raised over \$17,000 to benefit our friends and neighbors in need.

Save the Date to Celebrate! We would love to thank you, and celebrate your efforts at a luncheon at the Lutheran church on Feb 27, 11:30am.

Become an Ombudsman Volunteer!

- Advocating for the Rights of Nursing Home Residents
- Investigating and Helping to Resolve Concerns
- Ensuring Residents Receive the Care They Deserve

Attend an informational session Feb 10, 10:00am, BE. Call or visit the volunteer office to speak with Sarah 662-8923.



(LAVA/RSVP continued)**Volunteers and donors shine as Blood Drive hits new record**

The Los Alamos community blood drive hit a record high of 160 individual donors at the most recent blood drive, January 9 & 10. LAVA/RSVP volunteers worked the drive checking people in, making sandwiches and monitoring the donors after they have given blood. We would like to extend a special thank you to Flo Riebe for dedicating two long days to checking people in and to David and Irene Powell who hang the banner on the overpass for every drive. We also recognize the attention Dody Richardson gave to watching over donors who need a little extra attention after giving blood. Finally, I would like to thank Terry FitzPatrick for buying, cooking and peeling 3 dozen extra eggs on Thursday night so that when I got home from the busy first day I could whip up some more egg salad. Every volunteer and donor is truly appreciated. Los Alamos is a very special place. As the volunteer director, I was very proud to be associated with each of you.

**Terry FitzPatrick**

NEXT BLOOD DRIVE: May 7 & 8.

The CDC recommends volunteers **“stay home if they are sick** until at least 24 hours after their fever is gone without the use of fever-reducing medicines, or after symptoms have improved (at least 4-5 days after flu symptoms started).”



As volunteers we know you feel a great deal of responsibility. We appreciate that, but we ask that you closely follow the CDC recommendation and remind you that many people are immune suppressed and could experience extreme health consequences if exposed to flu.

New Mexico is experiencing a flu epidemic which significantly increases your chance of having flu even if you have received the flu vaccine. Call the office and let us know as soon as you are feeling sick and we will get you a substitute, even last minute. Don't hesitate to call! 662-8923

Look for new “Monthly Reminders”

The volunteer office has taken a suggestion to post monthly reminders to help new volunteers learn the ropes in between our formal trainings. These reminders can be found taped to the bin that holds the centerpieces in the store room. If you have a suggestion for something that should be included on a reminder, feel free to let us know. This month's reminder is about using gloves and changing them as often as needed. We also ask that those helping in the dining room pull the glasses apart so that the guests only need to touch the glass they will be using to serve themselves. Following these procedures help everyone stay healthy.



Cookies and Conversation will run at 1:00pm at both WR and LA youth activity centers on:

Feb 12, Mar 11, Apr 15, and May 13.

Call Sarah to learn more. 662-8923

White Rock Senior Center 505-672-2034



Valentine Pot Luck
Fri Feb 14 at 11:30am
WRSC Event Hall



Please bring your sweetie
and a dish to share



Superbowl Sunday Party

Sun Feb 2, 4:00pm, WRSC

Root for your favorite team

Bring your favorite snacks to share

Please no alcohol



Mark your calendars:



Martin Cooper's Ethiopia
Photo Presentation &
Special Lunch
March 19

Menu & more Details in March
newsletter

Live Theater
March 10, 12:45 pm
"An Audience of One"

short play reading by
John Gustafson
Directed by:
Pat Beck



Details / Donate

Georgia Strickfaden Day - 8 January 2020

Our very own Georgia Strickfaden was recognized by the County Council for her community contributions. Well done Georgia!!



Transportation Manager, Karen McCool attended the funeral of our own **James Griffin**, at the National Cemetery. LARSO thanks the beautiful collaborations with Rivera Funeral homes and more, to honor a life.

Fundraiser Performance
 There will be a fundraiser performance Mar 7, 2:00pm at the Los Alamos Little Theatre on Nectar St of *SIMPLE GIFTS* by Robert F. Benjamin, performed by Jody Shepard and Tomás Farish. Can yesteryear's puppy love ignite a friendship capable of solving aging's most perplexing dilemmas? This show will benefit LARSO and another local non-profit.

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.

The new Living Legends donor wall is up, and we have received the first two donations. The names will be added to the plaque soon.

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

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 662-8920
Delivered 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
wpsc@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

Los Alamos Retired & Senior News

Layout Editor - Gale Williams
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news@losalamosseniorcenter.com

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