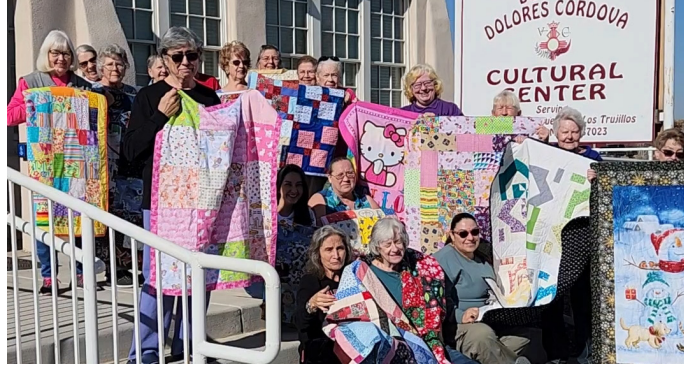


Volunteer Station Highlight JARALES COMMUNITY CENTER



Photos by Chantel Apodaca

People often ask why they should volunteer in their communities. There are many reasons to spend your valuable time and skills improving your neighborhood, town, city, or county. Ultimately, many individuals and organizations need your expertise, knowledge, and time. Fortunately, there are people who have stepped up to help!

Bits & Pieces and Valencia Valley Quilters are two groups of quilters that provide beautiful quilts to those in need of a blanket. In 2023, they created and donated over 150 quilts and other handmade items to cancer treatment patients, the Children's Hospital, veterans, and many others. These quilters use their talents and passion for sewing to bring warmth and comfort to individuals, including infants in the Newborn Intensive Care Unit. They work diligently to meet the growing needs of the community, pouring a piece of themselves into each quilt they create.

Both groups collaborate closely, crafting their quilts from the generous donations of materials they receive from community supporters. This cycle of giving exemplifies the spirit of community involvement, making life a little better for everyone.

This month, we want to recognize the hard work and dedication of Bits & Pieces and the Valencia Valley Quilters. We also extend our gratitude to the Jarales Community Center for hosting these groups. A big THANK YOU from RSVP!

About the Bits & Pieces and Valencia Valley Quilters
Who can ask for quilts or other items? The quilters will help anyone they can in need of a blanket. Contact the group for assistance.

How do I donate to the group? Contact Donna Baca at (505) 730-3132

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HEALTHY RECIPE

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RESOURCES IN BELEN

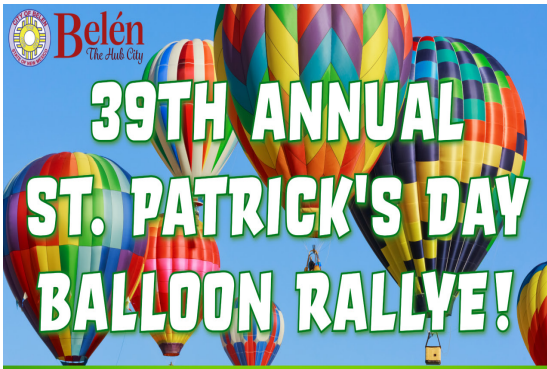
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UPCOMING DATES

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39TH ANNUAL ST. PATRICK'S DAY BALLOON RALLYE!

SATURDAY & SUNDAY MARCH 15TH & 16TH EAGLE PARK IN BELEN

- NATIONAL ANTHEM & BALLOON LAUNCH - AROUND 7AM
- REMOTE CONTROL BALLOON LAUNCH - 8AM
- FOOD TRUCKS AND VENDORS - 7AM - 12 NOON
- VISIT THE VETERANS MEMORIAL VISITORS CENTER - 7AM - NOON

SUNDAY, MARCH 16TH, 2025 AT 10AM - 2PM IRISH BREAKFAST HARVEY HOUSE WHISTLE STOP CAFE



HUB CITY

SOCCER

SPRING 2025 SEASON

REGISTER Jan. 29th - Feb. 22nd

6 - 14 years old

\$70 per player - Pay by Card or Check ONLY



Scan me

SEASON - MARCH 22ND - MAY 17TH PRACTICES - BEGIN WEEK OF 3/10

Late Registration: Feb. 24th - March 1st - \$95 per player
Pay by Card or Check ONLY

Volunteer Coaches - 1/2 off 1 player fee until positions are filled. Must pass background check!

If you are interested in being a referee let us know!

Register @ 305 Eagle Lane.

Call 505-966-2700 for more information.

City of Belen Parks & Recreation Presents

Hub City EGG HUNT

EGG HUNT, PRIZE BASKETS, SWEETS, & FUN!

APRIL 12th, 2025 at 2PM
305 EAGLE LANE, BELEN, NM
Toddler - 12 years

Belén
The Hub City

Questions?
(505) 966-2700

City of Belen

Volleyball 2025 Spring Season

6 - 14 YEARS OLD

REGISTRATION:
JANUARY 29TH - FEBRUARY 22ND
\$50 PER PLAYER

LATE REGISTRATION:
FEBRUARY 24TH - MARCH 1ST
\$75 PER PLAYER
CHECK OR CARD ONLY

Season: March 20th - May 17th

Volunteer Coaches 1/2 off fee until positions are filled.
Must pass background check. If you are interested in being a referee, let us know!
Register @ 305 Eagle Lane for more info call 505-966-2700

Scan me

HEALTHY RECIPE

BAKED SPINACH & FETA PASTA



Active Time: 10 min

Total Time: 50 min

Servings: 4

Nutrition Profile: Nut-Free, Soy-Free, Vegetarian, Egg-Free

Ingredients

- 1 (5-ounce) block feta cheese
- 8 cups lightly packed baby spinach (about 5 ounces)
- 3 tablespoons extra-virgin olive oil
- 2 large cloves garlic, minced
- 1 teaspoon dried dill
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground pepper
- 8 ounces penne or rotini
- 2 cups boiling water

Directions

1. Preheat oven to 400 degrees F
2. Place feta in the center of a 9-by-13-inch baking dish. Bake until softened and starting to brown, about 15 minutes.
3. Meanwhile, combine spinach, oil, garlic, salt and pepper in a large bowl. Use your hands to massage the spinach until it's reduced in volume by half. Stir in pasta.
4. After the feta has baked for 15 minutes, add the spinach and pasta mixture to the baking dish. Pour boiling water over the mixture and gently stir. Cover with foil and bake until the pasta is tender, about 18 minutes. Remove from the oven and stir. Cover and let stand for at least 3 minutes before serving.

*Make Volunteering
Your First
New Year's Resolution*

Help Your Community
Volunteer with Mid-Rio Grande RSVP Today!

Volunteer with a Purpose! Join AmeriCorps Seniors RSVP

ONGOING VOLUNTEER ROLES
When you express interest in an ongoing volunteer role, we'll introduce you to the agency partner and assist you in getting involved.

ONE-TIME VOLUNTEER ROLES
We understand that people may want to help for special events or periodic roles. There are many one-time volunteer roles available such as events and outreach opportunities.

WHY VOLUNTEER THROUGH RSVP?

AmeriCorps Seniors RSVP connects adults aged 55+ with local organizations that address community needs. Our volunteers align their skills with identified needs, creating a fulfilling experience for both the volunteer and the community. Our program provides supplemental insurance coverage, travel reimbursement, and recognition for contributions but no compensation. Our volunteers make a difference in their communities, one project at a time.

CONTACT MID-RIO GRANDE RSVP FOR MORE INFORMATION

719 S. Main St., Belen, New Mexico 87002

Phone: 505-966-2566

www.belen-nm.gov/departments/senior-living-rsvp/

ANNUAL DR. MLK EVENT

RSVP handed out hot chocolate and sweets to attendees at the annual Dr. Martin Luther King Jr. Multicultural Commission's candlelight vigil which was held at the Belen Public Library on January 20th. RSVP Ex-Officio, Belen Mayor Robert Noblin sang "Hallelujah" at the event as well.



Pictured left - right: RSVP Supervisor Christine Vasquez, RSVP Volunteer Virginia Vasquez, RSVP Board Member Orlinda Duree, and RSVP Board Member Pearl Lucero. Photo was taken by: RSVP Board Member Jim Rickey

VOLUNTEER TIMESHEET REMINDER

RSVP Volunteers are required to submit monthly timesheets with their volunteer hours. Timesheets are due on the 5th of every month. Some volunteer stations may have group timesheets. Please submit timesheets to the RSVP office located at the Belen Business Center 719 S. Main St. Belen, NM or you can email them to chantel.apodaca@belen-nm.gov If you are unable to drop off your timesheets or email, please contact us so we can arrange pick up from your volunteer station.



This class is for **ACTIVE RSVP Volunteers ONLY!** Seating is limited so you must register. Call (505)966-2566 to register



Presented by Trish Lopez, Teeniors Founder



www.teeniors.com

This class is in-person and designed for beginners of all ages!

Free Class!

"Intro to Technology in 2025"

Learn about the Teeniors program in Belen and get an overview of the internet, smart phones, QR codes, A.I. and more!

Wed, Mar 26 | 10:30am

City of Belen - Business Center
719 S Main St
Belen, NM] 87002

RSVP:
(505) 966-2566

Want to Nominate an RSVP Volunteer?



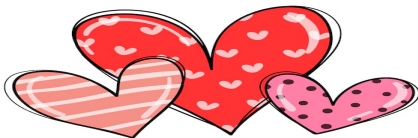
EACH MONTH WE ARE CELEBRATING A VOLUNTEER WHO GOES ABOVE AND BEYOND FOR OUR COMMUNITY! IN ORDER TO BE NOMINATED, THE VOLUNTEER MUST BE REGISTERED WITH RSVP, AN ACTIVE VOLUNTEER, AND SUBMIT TIMESHEETS MONTHLY. IF YOU ARE NOMINATED, A RSVP STAFF MEMBER WILL CONTACT YOU TO GET A PICTURE AND TO AWARD YOU WITH A CERTIFICATE AND A VOLUNTEER PIN.

TO NOMINATE A VOLUNTEER,

Please call Chantel Apodaca at (505) 966-2566 or email chantel.apodaca@belen-nm.gov

Upcoming Dates

- 2/2 Groundhog Day
- 2/3 The Day The Music Died - Buddy Holly, Richie Valens, and the Big Bopper died in a plane crash in 1959
- 2/4 Flu & Covid Mobile Shot Clinic - Belen Senior Center
715 S. Main St
11:00 am - 1:30 pm
- 2/5 RSVP Timesheets Due
- 2/9 Superbowl Sunday
Chiefs vs. Eagles
- 2/11 Valentine's Day Dance - Belen Senior Center
10:00 am - 12:00 pm
- 2/14 Valentine's Day
- 2/17 Presidents Day
(RSVP Office Closed)



February Birthdays

- 2/2 Kalah Ross
- 2/4 Carletta Depriest
- 2/9 Dores Jay Pang-Freeman
- 2/15 Mary P. Chavez
- Orlinda Duree

- 2/16 W. Charlene Norris
- 2/19 Gloria Gabaldon
- 2/21 Helen H. Maestas
- 2/23 Joyce Graham
- 2/25 Genevieve A. Sanchez

CHECK OUT OUR RSVP WEBSITE

Scan the QR code! You will be sent to our RSVP webpage. You will be able to find out information about ECHO Food distribution dates, Veterans Memorial, RSVP Facebook page, Volunteer timesheets, along with other information about senior programs/events.

If you have any questions or concerns, please contact Chantel Apodaca at (505) 966-2566 or Christine Vasquez at (505) 966-2567.



RSVP Hours:
Monday-Thursday
7:00 am - 6:00 pm

