

Retired Senior Volunteer  
Program (RSVP) Newsletter

719 S Main St., Belen NM

*Retired Senior Volunteer Program*  
*Annual Luncheon 2019*



*Retired Senior Volunteer Program Annual Luncheon 2019*  
*"Hollywood themed"*



# RSVP Annual Health Fair

**When: Friday, September 20, 2019**

**From: 9:00am to 2:00pm**

**At: The Belen Business Center**

(719 S Main St. next to Belen Senior Center)

Presbyterian

AARP

Alliance  
Health Care

Wal-Mart will be giving  
Flu Shots, Pneumonia  
Shots and Shingles Shots

UnitedHealth Care

Blue Cross Blue  
Shield and Care Van

Bring your medical  
insurance information  
with you.

Adult Protective  
Services Division

Dental Care in your  
Home

Lovelace Health  
System

Veterans Justice  
Outreach

## So Much More!

Adaptive  
Transportation

Hair  
Innovations



**Door Prizes**

**Door Prizes**

# July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Canada Day</b>	2 Belen Senior Dance 10am	3	4 <b>Independence - Day Closed</b>	5	6
7	8	9 Belen Senior Dance 10am	10	11 Del Rio Senior Center Dance 10am	12	13
14	15	16 Belen Senior Dance 10am	17	18 Del Rio Senior Center Dance 10am	19	20
21	22	23 Belen Senior Dance 10am	24	25 Del Rio Senior Center Dance 10am	26	27
28 <b>Parents' Day</b>	29	30 Belen Senior Dance 10am	31			

# August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Del Rio Senior Center Dance 10am	2	3
4 <b>US Coast Guard Day</b>	5	6 Belen Senior Dance 10am	7	8 Del Rio Senior Center Dance 10am	9	10
11	12	13 Belen Senior Dance 10am	14	15 Del Rio Senior Center Dance 10am	16	17
18	19	20 Belen Senior Dance 10am	21 <b>Senior Citizens Day</b>	22 Del Rio Senior Center Dance 10am	23	24
25	26	27 Belen Senior Dance 10am	28	29 Del Rio Senior Center Dance 10am	30	31

# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Labor Day</b>	3 Belen Senior Dance 10am	4	5 Del Rio Senior Center Dance 10am	6	7
8 <b>Grand Parents' Day</b>	9	10 Belen Senior Dance 10am	11 <b>Patriots Day</b>	12 Del Rio Senior Center Dance 10am	13	14
15	16 <b>Mexican Independence Day</b>	17 Belen Senior Dance 10am	18	19 Del Rio Senior Center Dance 10am	20 <b>Health Fair</b>	21
22	23 <b>Fall Begins at 1:50am</b>	24 Belen Senior Dance 10am	25	26 Del Rio Senior Center Dance 10am	27	28
29 <b>Rosh Hashana begins at Sunset</b>	30					



To all in July, August and  
September

## Chipotle-Maple Chicken Thighs



- 1 tablespoon smoked paprika
- 1 tablespoon packed dark brown sugar
- 1 1/2 teaspoons kosher salt
- 2 teaspoons dry mustard, divided
- 1 1/2 teaspoons garlic powder, divided
- 1/2 teaspoon chili powder
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup ketchup
- 1/4 cup pure maple syrup
- 2 tablespoons molasses
- 1 tablespoon finely chopped chipotle chili peppers in adobo sauce
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dry mustard
- 1/2 teaspoon garlic powder
- 3 tablespoons freshly squeezed lime juice

### Directions

1. In a small bowl, combine smoked paprika, brown sugar, salt, 1 teaspoon dry mustard, 1 teaspoon garlic powder, chili powder and black pepper. Sprinkle and pat mixture evenly on both sides of chicken thighs. Chill, covered, for 30 minutes.
2. Meanwhile, in a small saucepan, combine ketchup, maple syrup, molasses, chipotle peppers, Worcestershire sauce and the remaining 1 teaspoon dry mustard and 1/2 teaspoon garlic powder. Bring just to boiling; reduce heat to low, and simmer uncovered for 15 minutes, stirring occasionally. Set aside.
3. Prepare a gas or charcoal grill for direct cooking over medium-high heat. Arrange chicken on a lightly oiled grill rack, cover grill, and cook 4 minutes. Flip and cook 4 minutes more. Stir lime juice into sauce. Brush chicken with some of the sauce, flip and cook 1 minute. Brush sauce on the second side, flip and cook 1 minute more, or until done (170 degrees). Remove from grill; let rest 5 minutes. Serve with lime wedges for squeezing, if desired.

*The 2019 annual New Mexico Conference on Aging will be held August 13<sup>th</sup> and 14<sup>th</sup> at Sandia Resort (NOT Isleta). This web site has all the details about the conference:*

*<http://www.nmaging.state.nm.us/conference-on-aging.aspx>*

### Mother's Day Breakfast



The Flea Market at Del Rio is held every second Friday of the month. The Belen Senior Center will start hosting a monthly flea market on the third Friday of each month. The cost for a table is \$5.

Also:

Father's Day Breakfast will be held at the Belen Senior Center on June 14th. We will have a live DJ, refreshments, door prizes, and a complimentary breakfast for seniors.

Silver Horizons Food Drop will be at Del Rio on June 20th.

August 7th Wednesday at 10:00AM, the Belen Senior Center will host a line dancing fun event open to all experience levels. We will have an instructor.

August 14th Wednesday at 10:00AM, the Del Rio Senior Center will host a line dancing fun event open to all experience levels. We will have an instructor.

August 21<sup>st</sup> Wednesday at 10 AM, the Fred Luna Senior Center will also host a line dancing fun event with an instructor.

August 28<sup>th</sup> Wednesday at 10 AM, the Bosque Farms Community Center will also host a line dancing fun event with an instructor.

*Our 2019 Volunteer Proclamation! Thank you to Bertha Flores, The RSVP Board & Staff and the Belen City Council for your support!*



**Retired and Senior Volunteer Program (RSVP)**

There are 269 seniors volunteering all over Valencia County. We have 25 volunteer sites that include: Senior Centers, Del Rio Project center, St. Vincent De Paul Thrift Store, Center for Ageless Living, the Belen Harvey House Museum and many more. **ALL volunteers are eligible for reimbursement up to .25 per mile.** If you would like to learn more about our program pick up a Handbook in the office or call Bertha Flores at 505-966-2567 or Seleena Carrillo at 505-966-2566.



**Senior Corps Pledge**

- I will get things done for America– to make our people safer, smarter and healthier.
- When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities.
- When faced with children at risk, I will help them stay in school and on track for a brighter future.
- When faced with older adults in need, I will provide support and compassion so they may age with grace and dignity.
- Working for the greatest good, I will use my lifetime of experiences to improve my country and myself through service.
- I am a Senior Corps ( RSVP, Foster Grandparent, Senior Companion) volunteer, and I will get thing done.

# You are invited to the Belen Veterans Memorial Ribbon Cutting at the Belen Eagle Park

Saturday, June 29, 2019 2:00pm



## Retired Senior Volunteer Program Office Information

Find us on Facebook at

<https://www.facebook.com/Belen-RSVP-274996122966821/>

Find us on the City of Belen Web-site—

<http://www.belen-nm.gov/senior-living-rsvp-.aspx>

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Created By:

RSVP