

June 2018



Yarnell Regional Community Center

Serving the Weaver Mountains' Communities

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www.yarnellcommunitycenter.org

The Yarnell Regional Community Center hosts local events and regular activities, and serves weekday lunches, operates a thrift store, promotes fun and quality of life for our neighbors, and manages programs to aid the food insecure in our area. **Visit the website for current events, information, and much more.**

And so, it begins! I am beyond excited, and yet humbled, to take the reins and continue this journey with all of you. Kim, you will be greatly missed (although we still expect to see you here quite often!). You have given so much of yourself to our mission, and your impact will continue to be felt and greatly missed for quite some time. I will strive to continue your legacy here, to guide and give with a heart as full of love and compassion for the people of this community as yours. Best wishes as you continue giving with Petey's Playground, as a Meals on Wheels driver, and with all your future endeavors. You will always be a part of the Community Center family!!

Speaking of the Community Center family, while we can always use volunteers, we are specifically in need of Meals on Wheels drivers. Do you have a caring, compassionate heart? Do you have a reliable vehicle? Do you have 2 hours per week that you can volunteer for deliveries? Then we want to hear from you!! Drivers will need to have, or obtain, a current Arizona Level I Fingerprint Clearance Card. It takes a little time to get drivers cleared, so call, email, or stop in today to get the ball rolling! If you want to help in our thrift store, we could use some help there as well. Call us at 928-427-6347, email me directly mdixon@yarnellcommunitycenter.org, or stop in today! We love all our volunteers, and we want you on the team!

See the June Lunch Menu for **CLUB YARNELL EVENTS**.

Mike

Newsletter Sponsors **THANK YOU!** June newsletter is sponsored by:



Sponsorship of the YRCC Newsletter is \$60 per issue. If you would like to sponsor an issue of the YRCC Newsletter, please call or e-mail Mike.

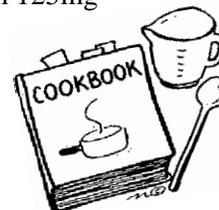
**Free Blood Pressure Checks Every Tuesday 11am
Provided by the Yarnell Fire Department**

June 2018

Spicy Southern Barbecued Chicken

Serves 6 / Calories 220 / Fat 5g / Protein 35g / Carbohydrate 6g / Sodium 125mg

5T tomato paste	1t Worcestershire sauce
1/3 T ketchup	4t white vinegar
2t honey	3/4t cayenne pepper
1/3T molasses	1/8t black pepper
1/4t onion powder	2 garlic clove (minced)
1/8t ginger (grated)	1 ½ pounds chicken (skinless breasts, drumsticks)



Combine all ingredients except chicken in saucepan. Simmer for 15 minutes. Place chicken on large platter and brush with half the sauce mixture. Cover with plastic wrap and marinate in refrigerator for 1 hour. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices. Remove from broiler and add remaining sauce to chicken. Cover with aluminum foil and bake at 350 degrees for 30 minutes.

POUND Class Exercise – Monday & Thursday at 6:30pm at the Center (unless Club Yarnell event). Sweat, Sculpt, & ROCK with **POUND**, the fastest growing group **fitness** phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! **POUND** is a full body cardio jam session championed by **fitness** rebels around the world. Find the rebel in you at the YRCC!

Meals at the Dining Room are served Monday–Friday from 11:00am–12:30pm. The suggested donation for meals is \$6 for those under 60 years of age and \$5 for 60 and over. However, the average cost per meal is actually \$7.50. Please consider giving more whenever you can. Your extra contribution will help sustain the YRCC Meals-on-Wheels and Dining programs.

THANK YOU, Kim, from the current YRCC Board of Directors – “Have you ever noticed that some of the most sensitive people are also the strongest? When it comes to inner strength, or resilience - the ability to cope with difficult situations, deal with stress, and overcome the odds - Kim Lytle comes to mind. She demonstrates this daily at the YRCC while also focusing on the fun and positive people interactions. Her laugh, her sing-song tone when saying "Hi Michelle", just makes me smile. It has been my honor to work with Kim and I've learned some things along the way, like humming when walking Kona. Being kind and holding tight to her values showcases her resilience. And, it's also good to also know her favorite beer!” “We'll miss Kim very much. She was dedicated to the YRCC's clients with kindness and generosity. She led with humor and dedication and was an inspiration to everyone.” “Thank you, Kim, for stepping up to take the reins of the YRCC when it was needed. Your smile, humor, work ethic made the Center a better place.”

TRY IT - YOU'LL LIKE IT! Summer is a popular time for both staff and volunteers to take vacations. If you've **ever thought you might like to help out at the Center** - in the kitchen, dining room or Thrift Store - this would be a great time to check it out! Consider it a part-time commitment just for the Summer, to see if it's a good fit. Contact Mike if you can help out.

Current YRCC Needs -The YRCC is always in need of items for resale in the thrift store; funds to pay for meal programs; and the energy, talent and time of volunteers. Presently the YRCC is seeking- A wagon to transport items around the YRCC grounds.