

April 2018



## Yarnell Regional Community Center

Serving the Weaver Mountains' Communities

22302 S. Hwy 89, PO Box 641

Yarnell, Arizona, 85362

928-427-6347

[www.yarnellcommunitycenter.org](http://www.yarnellcommunitycenter.org)

The Yarnell Regional Community Center hosts local events, regular activities, 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. **Sign up for e-news at [yarnellcommunitycenter.org/newsletter](http://yarnellcommunitycenter.org/newsletter).**

Well, here it is April already. If you had great healthy living goals set to start the first of the year and somehow, they got pushed to the back burner, you are in good company with the rest of us. You have another chance to turn that page.

Susan Hunter is heading back to Yarnell. Working along with NACOG, Susan is offering us the brand-new W.I.S.E Program series. W.I.S.E is an acronym for Wellness Initiative Senior Education. It is a six-week series that will run April 4<sup>th</sup> through May 9<sup>th</sup> from 2:00-4:00pm at the Yarnell Regional Community Center.

This will be a highly interactive session that explores healthy lifestyle choices and attitudes, the benefits of aging and the risks and benefits of behavior choices like over the counter medication and alcohol. This class will allow you to share your experiences and learn from others. Who knows, maybe a walking group, or healthy cooking group hosted by different people in their homes each month. The possibilities are endless. Susan has hosted a number of programs in the past. Some of those include A Matter of Balance, Living with Chronic Pain and Diabetes Management. This class will be helpful and inspirational. Please stop by the Community Center to sign up and, healthy living.

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

*Kim*

**Newsletter Sponsors THANK YOU!** April newsletter is sponsored by **Good Samaritan Society – Prescott Hospice**. [www.good-sam.com/locations/prescott-hospice](http://www.good-sam.com/locations/prescott-hospice), 928-778-5655, 1065 Rush Street, Prescott. If you would like to sponsor a newsletter please contact Kim at 928-427-6347.

**The YRCC Board** meets the 2nd Tuesday of each month. Please join us at our next meeting on April 10 at the YRCC. Our new meeting time is from 2:30-4pm.

Volunteer as a **Service Area Ambassador**. SAA's attend our board meetings and help with our outreach, programming and planning. We have SAA's from Wilhoit, North Ranch, Congress, and Walnut Grove. If you would like to be an SAA from an area not yet represented, contact Michelle Jacobson at 614-353-4271.

**Meals-On-Wheels Driver:** If you've ever thought you might like to help out at the Center, we are in need of an additional MOW driver. To see if this may be a good fit for you, contact Kim.

**April 2018**

### **Eye-Saving Bean Soup with Kale**

Serves 8|Calories 133|Fat 2.4g (.03saturated) |Protein 10g|Carbohydrate 23g|Sodium 283mg|Fiber 6g

Why it's good for you? Kale is the richest source of antioxidant lutein. A super dose of 7mg per serving in this soup. High antioxidants in onions, tomatoes, garlic & herbs. High fiber in beans. Very low fat.

Plus: Beans discourage blood sugar rises, heart disease diabetes & cancer.

1T olive or canola oil  
8 large cloves garlic, minced  
4 plum tomatoes, chopped  
1 cup fresh parsley, chopped  
4 cups fat-free, reduced-sodium chicken or vegetable broth  
2 (15oz) cans white beans such as cannellini or navy, undrained  
2 tsp dried Italian herb seasoning or 1 tsp each dried thyme & rosemary

1 medium yellow onion, chopped  
4 cups chopped raw kale  
Salt & Pepper to taste

In a large pot, heat olive oil. Add onion & garlic & sauté until soft. Add kale & sauté, stirring until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt & pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans & broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

**May 19 – Kids, get your** parents to mark their calendars so you don't miss out. **Yarnell Daze Kidzone** will be held at the YRCC from 11AM to 1PM. Activities in the parking lot and crafts indoors. Kidz meal for Zone participants. To volunteer call Shelly at 928-231-1133. **Immediately following**, in the Yarnell Library, from 1PM to 2 PM the musical performance of Sticks & Tones. More info in the May issue, stay tuned.

### **THRIFT STORE**

Mon-Fri 9am-2pm and Sat 9am-1pm

**\$5 BAG DAYS – April 27 & 28**

**Furniture discount days:** April 20 & 21 - 50% off furniture.

**Shop [www.smileamazon.com](http://www.smileamazon.com)** – choose Yarnell Senior Citizens, Inc., as your charity. A percentage of your purchase will be sent to us every quarter.

**Shop EBAY Items** - <https://www.ebay.com/usr/seniorsplus-22302>.

Mark your calendars for the 2<sup>nd</sup> Annual **Country Fair** sponsored by the YRCC. **September 15** at the old Peeples Valley School. There will be food, games, gold panning, a fortune teller, tipi, jail, talent contest, and much more. For more info or to reserve a vendor space call the Center.

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