

November 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 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 our website for current events, information, and much more.**

Many changes are happening in our Thrift Store right now. We recently hired Tiffany as our Thrift Store Advisor with grant money from the Arizona Community Foundation. She has come in to help us improve our sales, which in turn will help us better fund our Meals on Wheels program. As you shop, you will notice that some items are being relocated or reorganized. We are working to improve our merchandise displays and place visible pricing on all items, making things easier to find and easier to buy. Bear with us as we make the transition to a more organized, and more efficient shopping experience. Also, be sure to check out our Christmas Boutique, open now in the Thrift Store!

Volunteering at the YRCC is a great way to spend some of your spare time, while helping us provide delicious, nutritious, home-delivered meals to our local Senior population. We are currently experiencing a shortage of drivers to get those meals delivered. This takes only a two-hour commitment once per week for a local route (Yarnell or Peoples Valley). Not convinced? Not sure if this is for you? Come in for a "test drive". We can send you out with a current driver to see what is involved, and you can decide from there. Looking to fill a little more time? There are also five-hour opportunities to volunteer in the kitchen and the Thrift Store. Stop in and see me for details.

A special thanks goes out to the group of volunteers who helped with our recent clean-out and dump run. Three trucks with trailers were needed to remove everything from the property that we have accumulated. Please keep in mind when donating that we cannot accept any broken, damaged, torn, or stained items, or anything missing necessary parts. Unsellable items take away from our valuable time and take money from our budget when we need to pay for disposal. If you are unsure if your donation can be accepted, please speak with myself or a volunteer. Donations are accepted only during Thrift Store hours (M-F 9-2 and Sat 9-1: NO afterhours donations!). Always remember to schedule large deliveries with us in advance. Thank you for your understanding, and for all of your continued support! Looking forward to a strong finish to 2018!!

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

*Mike*

November newsletter is sponsored by:

An advertisement for Gilligans Pizzeria. The top part shows a pizza with the Gilligans logo and the tagline "where food meets fun". Below that, it lists "SPECIALTY PIZZAS", "WINES AND THINGS", "GREAT SANDWICHES", and "FULL BAR". At the bottom, it says "DINE IN - PICK UP - DELIVERY - PICK UP &amp; DROP OFF SERVICE", "WWW.GILLIGANSPIZZA.COM", "928-51-PIZZA", and "22635 STATE HIGHWAY 89, YARNELL, AZ 85362". On the right side, there is a graphic of a construction site with a crane and the text "CONSTRUCTION APPROACHING COMPLETION!".

### Newsletter Sponsors THANK YOU!!

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

**November 2018**

## **Tangy Fisherman's Stew**

Why it's good for you? High antioxidants in garlic, peppers, tomatoes, and parsley. High potassium in potatoes. Good omega-3 fat in fish. PLUS: Cumin is anti-cancer, anti-inflammatory.

Serves 4/Calories 297/ Fat 9.4g /Saturated Fat 2g/Protein 30g /Carbohydrate 23g/Sodium 249mg/Fiber 3g

4 large cloves garlic, thinly sliced	1 small green bell pepper, diced
1 T olive oil	2 cups canned crushed tomatoes
2 cups water	2 medium potatoes peeled & cut into 2-inch chunks
½ tsp cumin, or to taste	1/3 cup chopped fresh parsley
¼ tsp hot pepper flakes, or to taste	1 pound firm fish such as tuna, snapper, grouper or sea bass, cut into 2-inch pieces
Salt & pepper to taste	



Sauté garlic & peppers in oil until tender. Add tomatoes, water, potatoes, cumin, parsley & hot pepper flakes; bring to a boil. Simmer 20 minutes, or until potatoes are tender. To slightly thicken stew, use the back of a spoon to mash some potatoes against the side of the pan. Add fish and simmer 10 minutes or until fish is done.

**The November YRCC Board meeting** will be held on Tuesday, November 13, at 2:30pm at the Community Center. All meetings are open to the public.

For a small donation, you can sponsor a leaf on our **Tree of Remembrance** Quilt in honor of a loved one. The Quilt has been installed at the Center, and a more official ribbon-cutting will follow. For more information come by the Center or visit our website.

**Check out the Deluxe Raffle Items at the Center.** \$10 per ticket (available at the Thrift Store) for a chance at one of the two remaining items: **Fused glass piece of art** by William Crutchfield (\$250 value) or **Watercolor painting** by Joanne Christianson (\$400 value). Congratulations to the winner of **The Pepsi Suite** (including food & non-alcoholic beverage tickets for 12) at Northern Arizona Suns game during the 2018-2019 basketball season (\$600 value), which was drawn on October 31.

## **THRIFT STORE**

Mon–Fri 9am–2pm and Sat 9am–1pm

Have you been to our Thrift Store lately?

We now accept debit and credit cards.

We happily accept donations of new and gently used merchandise. Furniture and appliances need prior approval and we cannot accept tube televisions at all. Please call 928-427-6347 to discuss your large item donations. Please make donations only during regular business hours: Monday through Friday between 9 am and 2 pm, and on Saturday between 9 am and 1 pm.

All donations are tax deductible. If you'd like more details about making a donation to our Thrift Store, call us at 928-427-6347.

**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.

**Free blood Pressure Checks Every Tuesday 11am-12 Noon – Provided by the Yarnell Fire Department**