

January 2019



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

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.**

2019. Can you believe it is here already? With every new year comes our New Year Resolutions.

Planning to lose weight or eat healthier in 2019? Consider our congregate (dining room) meals on a more regular basis. Low salt, sugar, and fat guidelines are followed in our menus, and we serve a wonderful salad and fruit bar with lunch every weekday! Lunch is always open to the public, and is only \$5 for age 60 and up, and \$6 for anyone under age 60.

Planning to make new friends or get to know your community better? Then you need to attend our "Community Mixer" on Saturday, January 19th at 5:30pm. If you have new neighbors, or if you are newer to town, this is your chance to meet more friendly folks in Yarnell and Peeples Valley, and to find out about cool things to do here on top of the hill! Food, beverages, door prizes, entertainment, mingling, and a fire pit – Don't miss this!

Maybe you are planning to be more organized during this upcoming year? Well, what better time for a workshop like "Let's get Organized"! Two local experts, Rosalie Lechner and Denise Roggio will be sharing their insights, tips, and resources for getting and staying organized. Mark your calendar for Tuesday, January 29th at 4:30pm.

Perhaps you are just thankful and are looking for a way to give back to the community? We have many available spots right here delivering meals and volunteering in our Thrift Store. You could be the next integral piece at the YRCC! We are so much more than just a great place to shop and eat! Remember:

Our Vision: To be a caring, compassionate, collaborative organization dedicated to improving the quality of life throughout the Yarnell region.

Our Mission: To provide services and programs that promote health and wellness and enhance the quality of life throughout the greater community.

Our Service Area: Serving the Yarnell, Arizona, Region: Yarnell, Glen Ilah, Peeples Valley, Congress, Kirkland, Skull Valley, Wilhoit and surrounding areas.

Here's to a wonderful 2019!!

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

Mike

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

January 2019



Muleshoe Animal Clinic

P.O. Box 693

Yarnell, AZ 85362

(928) 427-3855

"Loving care for your pet!"



January Newsletter Sponsor –

Muleshoe Animal Clinic

“2018 marks 20 years that we have had the privilege to serve this wonderful community. Thank you from Kate McCullough and all my staff.”

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

Slow Cooker Cranberry Chicken

Serves 8/Calories 192/Fat 7g/Protein 1g/Carbohydrate 33g/Sodium 151mg

1/4 cup oil	1 1/2 tsp ground cinnamon
2 broiler-fryers (quartered)	1 tsp ground ginger
1 cup chopped onion	1/2 tsp salt
1 T grated orange peel	2 T cornstarch or all-purpose flour
1/2 cup orange juice concentrate	1/4 cup water
1 T lemon juice	1 (16oz) can whole cranberry sauce



Heat oil in a large skillet and add chicken pieces to brown. Place onions in a 5-quart slow-cooker. Place chicken on top. In a bowl, combine remaining ingredients, except cornstarch and water, and pour over chicken. Cover and cook on LOW about six hours. Remove chicken and cover. Turn slow cooker to HIGH. Blend together cornstarch and water, stir into juices until slightly thickened. Pour over chicken. Serve over wide egg noodles or rice.

THRIFT STORE

Mon–Fri 9am–2pm and Sat 9am–1pm

We now accept debit and credit cards.

ALL MONTH -- Books, CD's DVDs ON SALE paperbacks 8/1.00

Hardback 3/1.00 CD's & DVD's 3/1.00 VHS 10/1.00

ALL MONTH -- 10% off sale (some exclusions apply – see store for details)

JANUARY SPECIALS on CLOTHING

Red Tag 25% off

Green Tag 50% off

Yellow Tag 75% off

The January YRCC Board meeting will be held on Tuesday, January 8, at 2:30pm at the Community Center. All meetings are open to the public.

Congratulations to the winners of the Deluxe Raffle Items and thank you to the donors of these beautiful pieces. A Fused glass piece of art by the late William Crutchfield (\$250 value) and a Watercolor painting by Joanne Cristianson (\$400 value), from The Station of Imagination (located on Highway 89, Yarnell).

2019 YRCC **Membership Cards** are now available in the Thrift Store; new levels and more discounts.

THANK YOU for your generosity. We have raised \$4940 of our goal in the 2018 Annual Giving Campaign. Visit www.yarnellcommunitycenter.org.