

April 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.**

The **March for Meals** was held on Saturday, March 16, the YRCC's first year participating in this nationwide event to raise awareness for Meals on Wheels programs across the country. We marched from the Dollar General through town and finished up at the Community Center. We thank all participants in the march who had a great time promoting our mission. Thank you to Gilligan's Pizza for providing a shuttle service to return marchers to their vehicles, to Dollar General for your donations and the use of your parking lot, and to the Copper Kings, a southwest bluegrass band from Prescott, for providing terrific live music for our marchers as they refueled with hot dogs, ice cream, fruits, veggies, and drinks after the march. Look for next year to be bigger and even better with sponsorships, more great food, and prizes for individuals and groups!

Club Yarnell has done a wonderful job, providing us with activities, socialization, and learning experiences. They will keep us moving and maybe even get us into shape in April. **Tai Chi** is back on Tuesday, April 2nd from 6pm - 7pm. We will be hosting **Gentle Yoga for Aging Bodies** with Cheryl Van Demark at 3pm on Friday, April 12th. Don Albright will continue his fascinating presentations by taking us on a **Yarnell Boulder Geology Field Trip** from 10am – 12:30pm on Saturday, April 27th. Meet us at the YRCC and bring a sack lunch to enjoy in our dining room at the conclusion of the field trip, if you choose. Carpooling is recommended from the YRCC. **Game Night** continues every Monday from 4pm – 6pm, and the Yarnell Fire Department provides free **Blood Pressure Checks** every Tuesday during lunch from 11am – 12:30pm. All programs are free of charge, unless specified, and open to the public. Lunch daily Monday thru Friday is also open to the public. Come taste what you've been hearing so much about. See you soon at the YRCC!!

Mike

Showcase your business here!

If you would like to sponsor an issue of the YRCC Newsletter, please call Mike.

Local Business Partnerships

Mountain Breeze a B&B Studio

www.mountainbreezeaz.com

Gale Henry, Independent Consultant, Rodan & Fields

928-221-3369

Vito's Construction 928-916-0556

Judy Zobel, Acupuncture Health Care 928-684-2917

More information on these businesses can be found on our website at www.yarnellcommunitycenter.org/business-partnerships

Mediterranean Grilled Vegetables

Serves 6/Calories 168/Fat 14.4g/Protein 2.1g/Carbohydrate 11g/Sodium 180mg/Fiber 2.5g

- 1 small eggplant, cut into chunks
- 1 medium red onion, cut into wedges
- 5 oz portobello mushroom, cut into 1-inch slices
- 2 small bell peppers (1 red, 1 green) cut into chunks
- 2 cups cherry tomatoes



Marinade:

- 6 T olive oil
- 2 T balsamic vinegar
- 1 T reduced sodium soy sauce
- 2 cloves garlic, crushed
- ¼ cup chopped fresh rosemary or basil

Science says eggplant contains a potent antioxidant-chlorogenic acid-known to be an antibacterial, antiviral, anti-cancer and anti-“bad” LDL cholesterol, say USDA researchers.

Prepare vegetables. Whisk together marinade ingredients in a large bowl. Add vegetables and toss to coat. Marinate 1 hour. Put vegetables (except tomatoes) in grilling basket or on skewers. Grill, brushing with marinade and turning several times, 15 minutes. Add tomatoes and grill 5 minutes longer, or until all vegetables are tender as desired.

The **April YRCC Board meeting** will be held on Tuesday, April 9, at 2:30pm at the Community Center. All meetings are open to the public.

Meals On Wheels helps people maintain a healthy lifestyle and remain living independently in their homes for as long as possible. The Yarnell Meals On Wheels Program is a community-based service that delivers fresh, nutritious meals to your home. Caring volunteers deliver a hot meal at lunchtime, Monday through Friday, also providing a daily safety check and friendly social interaction. Do you already receive meals but need to pause service? Call us at (928) 427-6347 or tell your Meals on wheels driver. Do you, or someone you know, need assistance?

Call us 928-427-6347

Monday-Friday 9am to 2pm

or

Call the NACOG AAA Central Intake Office
(877) 521-3500

Monday-Friday 8am to 4pm

Want to **Volunteer** at the YRCC. **Donate** to our Annual Giving Campaign or **Subscribe** to hear from us about specials, sales, fundraisers and events? Call us 928-427-6347 or visit our website www.yarnellcommunitycenter.org.

THRIFT STORE

Mon–Fri 9am–2pm and Sat 9am–1pm

We now accept debit and credit cards.

Spring & Summer clothing are out.

All clothing 25% off in April.

Come by and check out the **Clearance Room** and the wonderful items in the **Silent Auction** case.

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