

February 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](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.**

Another month and another grant award!! The YRCC is pleased to announce a grant award from the Dell E. Webb Foundation. This grant will greatly assist us in providing much needed meals to those in need throughout our service area. We are expecting to provide upwards of 10,000 home delivered meals in 2019, as these numbers continue to climb year after year. We are dependent on grant awards, NACOG funding, congregate meal contributions, corporate and private donations, and income from our Thrift Store to continue to provide these services. Thank you to all who contributed in one or more ways in 2018, and for your continued support as we continue through 2019. We are expecting a great year!

The YRCC Annual Meeting will be held on Tuesday, February 19<sup>th</sup>. We will begin with a potluck at 5:30, with the meeting beginning promptly at 6pm, including the election of board members. As with all board meetings, the public is welcome to attend, but membership is required in order to vote at the Annual Meeting. Memberships are available at the Thrift Store anytime and will also be available at the door the night of the meeting. Membership also entitles you to lunches and Thrift Store discounts! Please arrive by 5:30 if you will be purchasing a membership at the door. We hope to see you there!

We are finalizing details for the 2019 March for Meals. This is a nationwide event to raise awareness for Meals on Wheels programs across the country. The YRCC will be participating with 9am registration and warm up activities at the Dollar General, a 10am march through town to the YRCC, followed at 11am by a light lunch and refreshments on Saturday, March 16<sup>th</sup>. A \$2 donation is suggested to help cover the cost of food. More information and online sign up is available on our website.

Please visit [www.yarnellcommunitycenter.org/march-for-meals](http://www.yarnellcommunitycenter.org/march-for-meals).

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

*Mike*

February Newsletter is sponsored by loyal YRCC Members, Bob and Sharon Ball.

We thank Bob and Sharon for their years of dedication and service to the YRCC mission.



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

### Local Business Partnerships

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](http://www.yarnellcommunitycenter.org/business-partnerships)

## February 2019

### Spinach-Mushroom Frittata Pie

Serves 6/Calories 178/Fat 10g/Protein 15.5g/Carbohydrate 6g/Sodium 358mg/Fiber 1g

1 (10oz) package frozen chopped spinach, thawed and squeezed dry  
4 eggs  
1 cup part-skim ricotta cheese  
¾ cup freshly grated Parmesan cheese  
¾ cup chopped mushrooms (white button, crimini or portobello)  
½ cup finely chopped scallions with some green tops (about 4 large)  
¼ tsp dried Italian seasoning  
Salt and freshly ground black pepper, to taste



Preheat oven to 375 degrees. In a large bowl, whisk together all ingredients until well mixed. Spray a 9-inch pie plate with cooking spray and fill with the spinach-egg mixture. Bake for 30 minutes, or until browned and set. Let cool for 20 minutes, cut into wedges and serve.

Why it's good for you: Antioxidants in spinach and scallions. High lutein and choline in egg yolks. Plus, mushrooms are anti-cancer.

**The February YRCC Board meeting** will be held on Tuesday, February 12, at 2:30pm at the Community Center. All meetings are open to the public.

The YRCC **Annual Membership Meeting** is Tuesday, February 19 starting promptly at 5:30pm for a potluck dinner, with the Center providing coffee and beverages. Our business will begin at 6:00pm. Visit our website, or stop by the Center for 2019 Membership Forms.

**March For Meals with Meals on Wheels**  
Join us Saturday, March 16, 2019 as we join organizations across the country raising awareness for Meals on Wheels.  
Visit our website, or stop by the Center, for more information and to register for this event!

The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the support that will enable them to serve America's seniors all year long. The 17th annual March for Meals campaign gives the businesses, organizations, governments and volunteers who contribute so generously in their communities an opportunity to support homebound seniors in a variety of ways to make America stronger and healthier.

### **THRIFT STORE**

Mon–Fri 9am–2pm and Sat 9am–1pm

We now accept debit and credit cards.

Bag Day returns February 8 and 22<sup>nd</sup>. See details in the Store.

Clearance Room has 25%, 50%, and 75% off items.

Furniture – Check the date on tag for 25%, 50%, and 75% off items.

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