

March 2019



Yarnell Regional Community Center

Serving the Weaver Mountains' Communities

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Yarnell, Arizona, 85362

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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.**

We held our Annual Meeting in February. Thank you to all who came out to support us and learn more about the progress we have made! Congratulations to Rebecca Wilks on your re-election, and to Gale Henry, a newly elected Board Member. Our new President is Frances Lechner. Joyce Dennison remains Vice President, Leah Tidey remains Secretary, and Gale will be our new Treasurer. Rebecca and Steve Spence round out the Board as Members at Large. A HUGE "Thank You!!" to Michelle Jacobson. Michelle has done an amazing job as Board President and will continue to support the center through her volunteer efforts.

The 2019 March for Meals is quickly approaching. 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, refreshments, and live music on Saturday, March 16th. A \$2 donation is suggested to help cover the cost of food. More information and online sign up are available on our website. You may also register on the day of the event.

Please visit www.yarnellcommunitycenter.org/march-for-meals

There are many exciting things happening in the Thrift Store. We are holding a monthly "Silent Auction". If you missed your chance to bid in February, come check out the selection available for March! Bag Day is back! We had to cancel the last scheduled day due to snow, but will be holding it again on March 1st, 2nd, 8th, and 9th. All clothes included! Bring your official YRCC bag for a \$5 fill, or purchase your first fill, including the bag, for only \$10. Additional clothing discounts and a storewide 10% off discount will run the entire month of March. See you there!!

Mike

GRAND OPENING IN MARCH



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

Thank you to Gilligans, our March Newsletter Sponsor. If you would like to sponsor an issue of the YRCC Newsletter, please call Mike.

March 2019

Chunky Roasted Vegetable Chili

Serves 10/Calories 224/Fat 10.5g/Protein 15g/Carbohydrate 23g/Sodium 470mg/Fiber 7g

- 1 ½ lb butternut squash, peeled, seeded, cut into ¾" chunks
- 3 carrots, sliced
- 2 lg bell peppers (red & yellow), coarsely chopped
- 2 zucchini, cut into ¾" chunks
- 1 ½ tsp cumin 2 T olive oil
- 1 tsp salt 1 large onion, chopped
- 1 T minced garlic 2 cans (15oz) low-sodium black beans, rinsed & drained
- 1 can (28 oz) diced tomatoes in juice
- 1 cup salsa or 2 cups vegetable broth or water
- 1 cup water 1T chili powder



Preheat the oven to 450 degrees. Divide the squash, carrots, peppers, zucchini, cumin, 1T oil, and ¼ tsp salt between two oven pans. Stir to combine. Roast for 20 minutes or until the veggies are tender. Set aside. Warm the remaining 1 T of oil in a Dutch oven over low heat. Add the garlic and chili powder and sauté for 2 minutes. Add the beans, onion, tomatoes, salsa or broth, water, and the remaining ¾ tsp of salt to the onion mixture. Bring to boil, reduce heat to medium-low and simmer, covered, for 30 minutes. Stir in roasted veggies.

The March YRCC Board meeting will be held on Tuesday, March 5, at 2:30pm at the Community Center. All meetings are open to the public.

There is still time to make your **2018 tax credit Donation to the YRCC**. Visit our website for information and donation form. There is no cost to you and you do not need to itemize your deductions to claim this credit.

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 Days – March 1, 2, 8, and 9.

Winter Outerwear 75% off – **ALL MONTH**

March Storewide Sale – 10% off (see store for details)

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