

August 2017



## Yarnell Regional Community Center

Serving the Weaver Mountains' Communities

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[www.yarnellcommunitycenter.org](http://www.yarnellcommunitycenter.org)

The Yarnell Regional Community Center hosts local events, regular activities, 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. **Sign up for e-news at [yarnellcommunitycenter.org/newsletter](http://yarnellcommunitycenter.org/newsletter)**

One full month into the Mayor's race and we are so excited about the support you have given us toward our goal. The Crepe Suzette brunch and fashion show was so much fun. A huge thank you to Francis Lechner for sharing her family recipe with everyone who attended and Jerry Florman, Leah Tidey, Barb Schlegel, Phyllis Billeter, Jill Clapp, Kathy Fitzgerald and Linda Ma who helped pull off such an elegant brunch. Our models wowed everyone with their thrift store merchandise. Thanks Carmen Graham for putting together a great show and our models. Bob Banning, Brent Jordan, Leah Tidey and Melynda Bernard. Judy Aldridge kept us all organized behind the scenes

We featured some glam in our fashion show. Our event on August 12<sup>th</sup> will give everyone a rare opportunity to get decked out and dressed up. Our Thrift Store can help you find the perfect ensemble for this very fun event. If you can't attend donations can be made on our website [www.yarnellcommunitycenter.org](http://www.yarnellcommunitycenter.org) or in person. Just make sure you mention the Mayor's race.

Coming up in August are 2 more fun events: Rock 'n Roll Arts and Crafts on Thur. Aug. 3, from 5:30 – 8:00 pm. \$10 gets you supplies and coaching in five (maybe more!) crafts projects. If you don't feel like cooking that night, plan for a yummy supper (submarine sandwich, chips, beverage and dessert) for only \$5. Next comes Aug. 12 "Puttin' on the Ritz" – a dress-up evening affair featuring poker fun, dancing music, classy treats and beverages, silent auction and more. \$15 per person or \$25 per couple. Shop now for clothing w/ BLING! at our very own Thrift Store. (Note: If you have items to donate for the silent auction, please bring to the Community Center with notes about the value of the item, a suggested opening bid, etc.)

Sneak preview: The Country Fair, our wrap-up event on Sep. 16, will be held at the Peoples Valley Historical School, from 3:00 – 6:00 pm. A "Midway" of a many kids activities – face painting, balloon animals, fish pond, etc) plus fun for all ages: 3 legged race, egg toss, and a Firefighters Competition, with each Department having a chance to win money, too!. Food and beverages will be available for an additional low cost. This event will be more of a regional reach out, as a way of underscoring the importance of the Meals-on-Wheels program to folks in Wilhoit, Congress and Skull Valley.

We are looking for a few committed volunteers in key areas to help us maintain the standard set by our long-term volunteers. Merchandise processing and display, and a kitchen relief volunteer to help on busy days or cover for vacations. If you would like more information on how you can help with our mission by volunteering in our thrift store or kitchen please stop by and chat.

See the August Lunch Menu on page 4 for **CLUB YARNELL EVENTS**.

*Kim*

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### Delightful Carrot Salad

Serves 6|Calories 80|Fat 3g| Protein 3g|Carbohydrate 13g| Sodium 20mg  
For complete nutrition information and additional SNAP recipes visit [snaped.fns.usda.gov](http://snaped.fns.usda.gov)

8 large carrots	¼ tsp red pepper flakes	2T lemon juice
1/3 cup cilantro, chopped	1T vegetable oil	1tsp sugar
3 cups chopped fresh spinach	1 tsp ginger, finely grated	
1T low sodium soy sauce	¼ small red onion, thinly sliced	



Wash hands with warm water and soap. Wash fresh vegetables before preparing. Peel carrots and cut into thin slices. Bring a large pot of water to a boil over high heat. Add sliced carrots and cook until just tender, about 2 minutes. When carrots are done, drain and transfer to a large bowl. In a small bowl, mix together the lemon juice, oil, soy sauce, ginger, sugar and red pepper flakes. Pour mixture over carrots. Add cilantro, spinach and onions into carrots and toss until everything is coated. Chill for at least ½ hour before serving. Serve cold.

**Food Handler's Class**  
**September 6**  
**2pm at the Center**

**FURNITURE SALE! On Aug. 18-19**, we'll be having a 50% off sale on all furniture. Time to reduce our inventory, and this means great savings for you.

We're trying something new on **Monday, Aug. 14**, 1:30 -2:30 with our first "Let's Talk" Session. The "Let's Talk" approach is designed to be a sharing of our own experiences, wisdom, or lessons learned related to a particular topic. This model has been used by the Osher Lifelong Learning Institute of Yavapai College, and is a way to tap into the collective wisdom in a group, as opposed to an "expert" leading the way. Our first topic will be Health Supplements. So – if you're using supplements, used to use them and stopped, or are considering them – this would be a great session for you!

### THRIFT STORE



Mon-Fri 9am-2pm and Sat 9am-1pm

**BAG DAYS – August 25 & 26**

**New items arrive every day. Shop often and come early.**

We are now part of <http://www.thriftstores.net/store/11714/yarnell-community-center/>

Love to shop Amazon? You can help the YRCC with every purchase, at no cost to you, by signing up at <https://smile.amazon.com/>

Shop our EBay page [http://www.ebay.com/usr/seniorsplus-22302?\\_trksid=p2047675.l2559](http://www.ebay.com/usr/seniorsplus-22302?_trksid=p2047675.l2559)

One of the many benefits of being a YRCC Member is the **50% discount** at the Thrift Store 4 times a year!

**Please Remember** – When you are donating a high-end expensive item to the Thrift Store to mention this to the staff so your item can be priced, and placed, appropriately. **Do not leave outside after hours.**

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