

March 2017



Yarnell Community Center

22302 S. Hwy 89, PO Box 641

Yarnell, Arizona, 85362

928-427-6347

www.yarnellcommunitycenter.org

info@yarnellcommunitycenter.org

The Yarnell 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**

Our annual meeting is the official kick-off to the new year and what a start we had. Nothing like sitting in a room full of people that share your energy and vision. If you were unable to attend, here is a brief synopsis.

We ended up in the black last year but we experienced some significant maintenance problems with high ticket repairs and if it had not been for the generosity of the Yarnell Hill Recovery Group and a grant from the Arizona Community Foundation, our financial picture would not have been quite as rosy.

Four new board members were elected to help steer us through 2017. Welcome to Brent Jordan, Phyllis Billeter, Donna Scott and a welcome back to our Board President Michelle Jacobson. Frances Lechner has completed her terms and will continue her hard work to support the Yarnell Community Center in different ways. We owe so much of our success to her hard work in the last 4 plus years.

We served almost 6800 meals in our dining room and delivered 5400 meals to our at-home clients.

We have big and exciting plans for 2017. In addition to the donated acquisition of the Potter house next door and the interesting and varied programming associated with Club Yarnell, we have more to offer than ever before. We budgeted 2017 flat to last year. We have a development coordinator hired whose focus will be securing additional funding to support our programs. This year we need you more than ever. We have made donating easy, either through our website, by mail or in person through the community center. We cannot reach our goals without you.

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

Kim

Caregiver Support Group - Come learn more about resources while accessing peer support from other caregivers! Respite may be available. Free & Open to the Public/Snacks Provided. Date & Time will VARY. Locations will VARY (Yarnell, Congress, Wilhoit, Peoples Valley & Surrounding Areas). For more information, Group Times/Locations call: Anita Kristensen 928-910-2778. This month will be Thursday, March 30 at 1:00pm at the Community Center.

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

March 2017

In January Rebecca Serratos from University of Arizona Extension was here and presented a class called Fun in The Kitchen. She prepared this great recipe using healthy alternatives. This is an easy recipe to make and provides so much nutritional value. Watch the Club Yarnell schedule for upcoming visits from Rebecca.

Apple Chicken Stir Fry

Serves 4| Calories 340| Fat 9g| Saturated Fat 1.5g| Trans Fat 0| Protein 28g| Carbohydrate 37g| Sodium 171mg| Cholesterol 73mg| Fiber 5g| Sugars 9g| Calories 50mg| Folate 30mcg| Iron 2mg| Percent of calories from fat 24

1lb cubed boneless, skinless chicken breast	½ cup onion, sliced
1 ¾ cups carrots, thinly sliced	1 ½ tsp vegetable oil
1 tsp dried basil, crushed	1 cup fresh or frozen Chinese pea pods
1 T water	1 medium baking apple, cored & thinly sliced
1 T vegetable oil	2 cups cooked brown rice

Wash hands with soap and warm water. Wash fresh vegetables before preparing.

Stir fry cubed chicken breast in 1T vegetable oil in a non-stick skillet until browned & cooked (at least 165F. Remove from skillet. Stir-fry onion, carrot & basil in same skillet until carrots are tender. Stir in pea pods & water & stir fry for 2 minutes. Remove from heat & stir in apple. Combine apple mixture with chicken & serve hot over cooked rice.

Thrift Store Hours Mon-Fri 9am-2pm and Sat 9am-1pm

We are now part of www.thriftstores.net.

BAG DAYS – March 24 & 25

Love to shop Amazon? You can help the YCC with every purchase, at no cost to you, by signing up at www.smile.amazon.com.

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

THANK YOU to all who purchased raffle tickets for our fundraiser and congratulations to all the winners whose names were drawn at the Annual Meeting on the 16th of February.

Wed, Mar 1 – **Food Handler's Course** 2pm at the Community Center. Yarnell Daze Beer Garden volunteers – if you're working with food you NEED this certification. Class is free for volunteers. Contact the YCC at 427-6347 for more information or to register. Then contact Trish at 928-277-6674 to volunteer for Yarnell Daze. Anyone working with food, at home or in the public, can benefit from this class.

WISH LIST – a flatbed wagon to move furniture to the Potter's House for storage & overflow.

Blues Harmonica Class with John Boyd

John will introduce the harmonica from an entry level. For the first class, novices can bring, or purchase a beginning level 10 hole or diatonic harmonica, key of C. If you don't have one, the Center will order you one for just \$5.00 Thursday, March 9 at 6:00pm.