

April 2017



## 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, 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)**

*“Just say it and it is so.”* That has kind of been the motto around here for some time. The best illustration of the drive and commitment of our volunteers is a new bathroom remodel. Club Yarnell offered a remodel class. Carmen Graham, Marcia Lohr and Kathleen Stowe taught remodeling techniques using three different levels of funds available. The plans were so good we did not want them to die at the end of the class. A committee was formed and together this group developed a vision for the bathrooms at the Community Center. That vision is being realized with one of the most innovative and creative commercial bathrooms in the County. Stop by and see what I mean. This transformation is complements of **all** donated labor and materials. We are so grateful.

Club Yarnell started the same way. A vision for programming that would be so wide and varied as to appeal to everyone. We have had such remarkable response to everything that we are sure we hit one out of the park with Club Yarnell. Thanks to Jerry Florman, Frances Lechner and all of the talented people who have come forward to share their skills and passions. If you have not attended a class yet you are missing out. See you soon.

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

*Kim*

**Caregiver Support Group - Learn more about resources while accessing peer support from other caregivers! Respite may be available.** Free & Open to the public. Call Anita Kristensen 928-910-2778. This month will be **Thursday, April 27** at 1:00pm at the Community Center.



The Center is a wonderful **place to gather for morning coffee** between 8:30 & 10:30AM. Stop by, have a coffee, join friends for coffee. Donations accepted and PLEASE clean up after yourselves.

**Yarnell Daze** - It has been challenging to bridge the space between most of the activity at Yarnell Daze and the fun stuff going on at the Community Center that same day. This year the Kid Zone will be hopping and will be held in our parking lot. Stop by these festivities. The Thrift Store will have **special prices** on some things (yet to be determined) and we are going to develop a **menu item** for those who make the trek. Stay tuned as things develop.

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

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## Ten Minute Corn Chowder

erves 4 | Calories 210 | Fat 3g | Protein 12g | Carbohydrate 37g | Sodium 150mg



1 tsp vegetable oil	½ onion (chopped)
1 tsp garlic (minced)	4 Tbs flour (all-purpose)
3 cups non-fat milk	2 tsp mustard
¼ tsp thyme (dried)	Black pepper to taste
2 cups corn kernels (frozen)	4 Tbs cheddar cheese, shredded (reduced fat)

Heat a large non-stick skillet over medium-high heat.

Add the oil and sauté the onion and garlic until golden, about 2 minutes.

Meanwhile, place the flour, milk, mustard and seasoning in a small bowl and mix well.

Add the milk mixture to the skillet followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.

Divide into four bowls and top each with 1 Tablespoon of shredded cheese.

### Thrift Store Hours      Mon-Fri 9am-2pm and Sat 9am-1pm      **BAG DAYS – April 28 & 29**

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

Love to shop Amazon? You can help the YCC 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. **Please do not leave outside after hours.**

**WISH LIST** – a garden wagon & commercial dolly to move furniture

The Off-Center (previously known as the Potter House) is currently being used for furniture building overflow. We transfer merchandise there and then back to the furniture building as space opens up. We could use a commercial dolly and a garden wagon to help us move that heavy and bulky stuff back and forth.

We now have to decide just how to best use this property (the Off-Center/Potter House) and **are asking our interested memberships** to think about this. Please let us know if you would like to be part of this committee. If you would like to help, and have your ideas heard, **stop by the Center** and get more info and sign up to be a member of the new committee.

**GAME NIGHT AT THE YRCC** – every Monday at 4pm. Join us for Dominoes and Farkle, or bring your own favorite and we'll try it out. For more info, Call Jerry at 602-399-1679 **FREE & open to everyone.**



**Your donations are tax deductible** and there are so many ways to donate to the YRCC. Items, in-kind, wills and living trusts, monthly giving, monetary donations, account in trust. The Yarnell Regional Community Center accepts our responsibility of encouraging community wellness. Without people like you, we cannot carry on our meaningful services.