

May 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

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**

Opportunities Abound at the Yarnell Regional Community Center!

Lots of Arizona towns experience summer doldrums when the heat turns on. Part time residents move on to cooler climates, there are vacations and siestas to take for the rest of us. Just when I start looking forward to doldrums, new and exciting things are tossed in our laps that we just cannot refuse. Two very exciting things coming up in June that effect lots of people.

We will be participating in a youth job program. We will hire two young people between the ages of 16-24 to work in our kitchen and our thrift store. It will be 25-30 hours per week and the salary will be \$10.00 per hour. For more information visit our website and young people can pick up applications at the Yarnell Community Center. It is a 10-week program starting June 5th. Interviews will be held in May.

A health fair has been held the last two years in Prescott Valley with free services for anybody regardless of insurance coverage. As usual the challenge for people in our area has been transportation to get there. Dental, vaccines, chiropractic services, eyeglasses, haircuts and massage are just a few services available and this year transportation is available. A bus will pick up at the Yarnell Community center on Friday, June 16 and make additional stops in Wilhoit and Skull Valley. Please sign up at the community Center for the bus either in person or by phone 928-427-6347.

And finally, the much requested series Living with Chronic Pain will be offered in May. Please see the Club Yarnell Calendar for details. Transportation for those classes is also available. Please let us know if you need a ride.

Happy Mother's Day.

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

Kim



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

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Apple Cranberry Salad Toss

Serves 8 | Calories 140 | Fat 5g | Protein 2g | Carbohydrate 24g | Sodium 10mg

1 head of lettuce (about 10 cups) 2 apples (medium, sliced)
½ cup walnuts (chopped) 1 cup dried cranberries
½ cup green onion (sliced) ¾ cup vinaigrette dressing

Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
Add dressing, toss to coat. Serve immediately.



FREE TAI CHI AT THE YRCC – Tai chi is often described as "meditation in motion," but it might well be called "*medication* in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health. **Instructor Bill Chaplin; second Tuesday of the month at 6pm.** A Club Yarnell Event. For more info, Call Jerry at 602-399-1679. **FREE & open to everyone.** In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.



Thrift Store Hours Mon-Fri 9am-2pm and Sat 9am-1pm **BAG DAYS – May 26 & 27**

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>

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.**

WISHES and THANK YOU's: The large crack in the parking lot needs to be filled: we're asking for donations for the material to **FIX THE CRACK!** We also need a handcart to move furniture. Many thanks to Lloyd Witz and Steve Spence for sponsoring the name change on the ADOT highway clean-up sign to Yarnell Community Center; John Boyd and Leonard Hunter are organizing volunteers to actually **DO** the clean-up. Please call 427-6347 if you can help w/ this.

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