

May 2018



## 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 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. **Sign up for e-news at [yarnellcommunitycenter.org/newsletter](http://yarnellcommunitycenter.org/newsletter).**

The time has come to pass the torch and close the chapter on one of the best jobs I have had in my life. The Yarnell Regional Community Center has crossed into the “black” on the ledger — just barely, but it has seen the light. Much more work to do before we can take a breath of relief in that area, but to get there was no small accomplishment. Our mission and culture has been clearly defined and practiced by everyone every day. We all have worked hard and from my perspective there are these thoughts:

I have never seen a harder working or more cohesive board of directors in my life. Individually and collectively they enabled us to succeed where we have. Our kitchen staff took a lackluster menu and brought it to life. Angie, Wayne, and now Anita are responsible for that and will continue their great work along with their volunteers. Our thrift store is gaining regional recognition. We have no paid staff in that area; volunteer sweat and commitment produces what you see there. I am forever grateful to all of you that support us in so many ways. Now it is Mike’s turn. See you at lunch.

See the May Lunch Menu for **CLUB YARNELL EVENTS**.

*Kim*

Growing up in southern New Jersey, I had no idea what the West would bring. In 2013, I set off with my wife, Tiffany, for my first trip west of the Mississippi river. We came to Yarnell to visit family, and immediately fell in love with this small town. The beautiful landscape, tight-knit community, and southwestern charm (not to mention the perfect weather!) brought us back again and again until we were able to permanently relocate in early 2017. We are so happy to be a part of the community, and I very much look forward to the challenges and opportunity here at the Yarnell Regional Community Center.

As I move into this critical community role, serving our wonderful residents, I am excited about what I can do for you, what you can do for us, and what we can all accomplish together. I have seen Yarnell pull together as a community to help those in need many times before and am honored to join the team. My door will always be open, and I welcome everyone’s input and ideas as we work together to strengthen and expand the vision of the Yarnell Regional Community Center!

*Mike Dixon* — New YRMC Community Director



**Newsletter Sponsors THANK YOU!** This May newsletter is sponsored by **THE BLUE BARN** Center for Art and Transformation. Hosting a monthly drumming in celebration of the heart of our community the first Sunday of every month from 1:00pm to 4:00pm. (times will be adjusted as weather changes). It is a potluck and BYOB. Also, there will be a “Healing Garden” at **THE BLUE BARN** during Yarnell Daze. There will be holistic practitioners educating and providing mini sessions in their medium for healing. Treat yourself to experiencing different avenues to your wholeness of body, mind, and spirit.

**May 2018**

**Honey Mustard Grilled Chicken**

Serves 2 / Calories 222 / Fat 2.4g (.05 saturated) / Protein 30.5g / Carbohydrate 20g / Sodium 280mg / Fiber .06g

Why is it good for you?

Low saturated fat. Antioxidants in honey and garlic. Low fat, high protein in chicken.

1 boneless, skinless chicken breast, 8–10 ounces, cut in half.

2 T honey

2 T Dijon mustard

2 cloves garlic, crushed

1 tsp fresh thyme

Freshly ground black pepper, to taste

Microwave the chicken, covered, for 2-½ minutes on high. Pat dry. Mix remaining ingredients and brush on both sides of chicken. Grill 5 minutes on each side or until done, brushing on more honey-mustard mixture if desired.



Meals at the Dining Room are served Monday–Friday from 11:00am–12:30pm. The suggested donation for meals is \$6 for those under 60 years of age and \$5 for 60 and over. However, the average cost per meal is actually \$7.50. Please consider giving more whenever you can. Your extra contribution will help sustain the YRCC Meals-on-Wheels and Dining programs.

**Hospice Training** May 8 at 6:00pm at Model Creek School. Meals-on-Wheels drivers, Yarnell Fire Dept., Peoples Valley Fire Dept., and Caregivers are encouraged to attend. For more information call the Center.

The **YRCC Board meets** the second Tuesday of each month at 2:30pm. May’s meeting will be held at Foothills Bible Church, 8530 S. Walden Blvd. in Wilhoit. For more information or directions, call the Center.

Become a **Service Area Ambassador**. SAA’s attend our board meetings and help with our outreach, programming and planning. We would love to have SAA's from Skull Valley and Kirkland. If you would like to be an SAA, contact Michelle Jacobson at 614-353-4271.

**THRIFT STORE**

Mon–Fri 9am–2pm and Sat 9am–1pm

**\$5 BAG DAYS – May 25 & 26**

**Furniture discount days:** May 18 & 19 — 50% off furniture.

**Shop [www.smileamazon.com](http://www.smileamazon.com)** — choose Yarnell Senior Citizens, Inc. as your charity. A percentage of your purchase will be sent to us every quarter.

**Shop EBAY Items** — <https://www.ebay.com/usr/seniorsplus-22302>.

If you are looking to take your fitness routine to the next level or just start one, join us for the Pound Class on Mondays and Thursdays at 6:30 (except when Club Yarnell Activities are schedule). This is a great low-impact class set to music. If you like to attend drumming you will love this. Check it out. First class is free.

**If you would like to sponsor a newsletter please contact Mike at 928-427-6347**

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