



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.

We will be closed on Labor Day, Monday, September 5

Welcome to our first monthly newsletter. This will be a work in progress as we adjust and amend the content to the needs and expressions of the community. We know that not everyone has access to or uses the internet for information. We think we have important information to share so here is another way to get it.

Please note in this issue the Caregiver Workshop. This workshop is designed for people who find themselves caring for family or close friends with no idea of what to expect. That job is too important to learn as you go. NACOG would like to help with the basics. This workshop is open to everyone and there is no set charge but we will accept donations.

The Food Handlers class is also on September 7th at 2 PM. Check the expiration date of your certificate. It may be expiring before we have this class again.

Enjoy our first issue. We welcome your feedback.

Kim

PROGRAM IDEAS

Have an idea for a program you'd like to experience? An exercise class? Cooking instruction? Photography tips? Please share your ideas with Kim or any YCC board member. We want you to enjoy YOUR YCC

BECOME A YCC MEMBER

Membership is \$15 per person per calendar year. (January 1 – December 31) or FREE if you are 75 years or older. Visit us during our open hours to pick up a membership application or go to www.yarnellcommunitycenter.org/membership.

YARNELL CAREGIVER WORKSHOP



Family Caregivers do a GREAT job of caring for loved ones but often forget about taking care of themselves! Join us for this FREE workshop to help find balance, helpful resources and to help improve your overall well-being!



When: Each Tuesday for 5 weeks
 August 30th
 Sept 6th, 13th, 20th & 27th
Free Snacks & Materials Provided!

Time: 12:30pm—2:30pm

Where: Yarnell Community Center
 22302 Hwy 89
 Yarnell, AZ 85362

Contact: Area Agency on Aging NACOG
Respite may be available!
1-877-521-3500

DONATE TO THE YCC

Your donation is tax-deductible. All gifts are acknowledged with a receipt. Without people like you, we cannot carry on our meaningful services.

Donations can be items, in-kind, monthly giving, monetary, bequests, accounts in trust. We appreciate the good quality items that are donated to the Community Center every day.

Unfortunately, due to our large inventory of printers and microwaves, we can no longer accept them.

Also the big old style TV NOBODY takes. Please be kind and take those right to the dump. We appreciate your help in keeping our dumping fees low.



- Thrift Store
- Kitchen
- Dining Room
- Meals on Wheels Drivers
- Groundskeeper

YCC NEEDS LIST

- Security Camera system to monitor our property
- Monthly transporting our trash to the dump
- Someone with a vehicle and time to assist with donation pick ups

THRIFT STORE SPECIALS FOR SEPTEMBER

Explore the YCC Thrift Store. Purchase some of our great bargains and feel good about it. All sale proceeds benefit the Yarnell Community Center mission. Your patronage helps ensure our programs for the local food insecure and community quality of life activities can be maintained.

HOURS – Monday – Friday 9am-2pm, Saturday 9am-1pm

Sept 6-10 –ALL shoes and boots 50% off

Sept 12-17 – Small appliances 50% off

Sept 23-24 – Bag Day – Fill a 13 Gallon bag of outside merchandise, \$4

Sept 26-Oct 1 – Fall kick off sale - ALL outerwear 50% off

Chunky Vegetable-Bulgur Salad

This healthful side dish is composed of lightly sautéed vegetables and bulgur wheat, a Middle Eastern grain that is high in fiber and protein, and low in fat and calories.

Bulgur (from Turkish: *bulgur*; also burghul, from Arabic: برغل *groats*) is a cereal food made from the groats of several different wheat species, most often from *durum* wheat. Bulgur is a kind of dried cracked wheat. It is most common in European, Middle Eastern, and Indian cuisine. Compared to unenriched white rice, bulgur has more fiber and protein, a lower glycemic index, and higher levels of most vitamins and minerals.

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|--------------------------|-------------------------------|-------------------|
| • 2½ c. boiling water | 2 cups bulgur | 2 lemons |
| • 1 tbsp olive oil | salt and pepper | 1 small red onion |
| • 1 c. cherry tomatoes | ½ c. fresh parsley leaves | 1 medium zucchini |
| • ½ c. fresh mint leaves | 1 medium yellow summer squash | |

1. In large bowl, stir together bulgur and boiling water. Cover and let stand 30 minutes or until liquid is absorbed.
2. Meanwhile, from lemons, grate 1 teaspoon peel and squeeze 1/4 cup juice; set aside. In nonstick 12-inch skillet, heat oil over medium-high heat until hot. Add onion and cook 3 to 4 minutes or until beginning to soften. Add tomatoes, zucchini, and squash, and cook 6 to 8 minutes or until vegetables are tender, stirring occasionally.
3. Stir vegetables into bulgur with lemon peel and juice, mint, parsley, 1/2 teaspoon salt, and 1/4 teaspoon coarsely ground black pepper. Makes 7 cups. Spoon into container with tight-fitting lid. Can be refrigerated up to 1 day.

SEPTEMBER MENU, MEALS ON WHEELS, AND FOOD BOXES

Lunch is served Monday through Friday from 11:00 am to 12:30 pm and is open to the public. Age 6 0+ \$5.00. Under age 60 \$6.00.

Yarnell Meals On Wheels Program is a community-based service that delivers fresh, nutritious meals to your home. Caring volunteers deliver a hot meal at lunchtime, Monday through Friday, also providing a daily safety check and friendly social interaction. Call 928-427-6347 for more information.

The Emergency Food Assistance Program (TEFAP) is a Federal program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost. You are automatically eligible for TEFAP if you are receiving Nutrition Assistance Benefits.

Commodities Food Bank provides Food Boxes which are available the 3rd Thursday of the month at YCC. Contact the YCC to see what documentation you need in order to get a food box.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Ravioli Italian Veggies Salad Bar with Fruits & Veggies	2 Italian Sausage Roasted Veggies Garlic Bread Salad Bar with Fruits & Veggies
5 LABOR DAY CLOSED	6 Beefy Mac-n-Cheese Vegetable Salad Bar with Fruits & Veggies	7 Eggs & Bacon Casserole Bread Sticks Salad Bar with Fruits & Veggies DESSERT DAY	8 Hot Dog Pork & Beans Sauerkraut Salad Bar with Fruits & Veggies	9 Pork Steaks Roasted Veggies Salad Bar with Fruits & Veggies
12 Chili & Beans Garlic Bread Salad Bar with Fruits & Veggies	13 Philly Cheese Steak Tomato Soup Vegetable Salad Bar with Fruits & Veggies	14 Pan Fried Tilapia Potatoes Salad Bar with Fruits & Veggies	15 Baked Chicken Stuffing & Gravy Mixed Vegetables Salad Bar with Fruits & Veggies	16 Tuna Casserole Rolls Salad Bar with Fruits & Veggies
19 Spaghetti with Meatballs Garlic Bread Salad Bar with Fruits & Veggies	20 Grilled Ham & Cheese Mushroom Soup Salad Bar with Fruits & Veggies	21 Lasagna Vegetable Garlic Toast Salad Bar with Fruits & Veggies	22 Salisbury Steak Noodles Lima Beans Salad Bar with Fruits & Veggies	23 Green Chicken Enchiladas Retried Beans Salad Bar with Fruits & Veggies
26 Meatloaf Garlic Bread Salad Bar with Fruits & Veggies	27 Bacon Quiche Vegetable Salad Bar with Fruits & Veggies	28 Arizona Burger Fries & Tomato Soup Salad Bar with Fruits & Veggies	29 Mac-n-Cheese Salad Bar with Fruits & Veggies	30 Taco salad Spanish Rice Salad Bar with Fruits & Veggies

Free Blood Pressure Checks Every Tuesday 11am to 12 Noon
Provided by: The Yarnell Fire Department

Sign up for e-news @ www.yarnellcommunitycenter.org/contacts