

November 2016



## Yarnell Community Center

22302 S. Hwy 89, PO Box 641  
Yarnell, Arizona, 85362  
928-427-6347  
[www.yarnellcommunitycenter.org](http://www.yarnellcommunitycenter.org)  
[info@yarnellcommunitycenter.org](mailto: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.

**The Yarnell Community Center dining room will be closed for lunch on Monday November 14<sup>th</sup> to upgrade and install our fire suppression system.**

**The dining room will be open on the 15<sup>th</sup> for lunch at 11am as usual.**

This month we celebrate Veterans Day. My father was a World War II Veteran. He never spoke of his experiences but we all knew they affected him profoundly. It is always important to express our appreciation for the service and commitment of our Veterans. In these days, when it seems world-wide conflicts are never ending, it is even more so.

Thanks to a generous donation from an individual sponsor, the Yarnell Community Center is able to provide a free lunch to our local Veterans on Friday, November 11.

We are asking all Veterans who want to dine with us to RSVP to Kim at 928-427-6347 so we can plan the menu accordingly.

Those without military service can dine with us as usual and while you are here, you can thank a Veteran.

*Kim*

### THRIFT STORE SPECIALS FOR NOVEMBER

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

**Bag Day – November 25 and 26**

## November 2016



### **WE NEED YOU HERE**

Thrift Store

Kitchen/Dining Room Custodian

Meals on Wheels Drivers

Groundskeeper

We are very excited to introduce you to our newest volunteers.

Donna, Katy and Marty are our newest additions to our Thrift Store. Stop in and introduce yourselves.

Our kitchen and thrift store get busier every day. Our volunteers work hard and sometimes don't get to the detail cleaning we would like. If you are someone who wants to help, but like working by yourself instead, our Spit Shine Crew might be the job for you. Set your own hours and come with your ear buds and make us shine.

Contact Kim at 928-427-6347 for more information

The Medicare Open Enrollment presentation and appointments will be held as scheduled. Individual appointments are still available. Contact Kim to schedule.

A big thank you to Jeff at Black Dog Engineering and design for the railing on the ramp to the Furniture building.

14 people attended the caregiver support class presented by Northern Arizona Council of governments. They continue to meet informally once a month. If you are interested in joining this great group contact Kim at 928-427-6347



We want your feedback!

In 2012 we circulated a survey for your feedback. We think it is time to hear from you again. Surveys will be available in our dining room in November. We want to know how you feel about the meals we provide and what you would like to see us provide in the area of programing. Looking forward to hearing from you.

## November 2016

It is still pumpkin season. There are so many good and healthy reasons to include pumpkin in your diet, all year round. Here are a few.

1. Three grams of fiber in a one cup serving and only 49 calories.
2. Pumpkins are high in the antioxidant beta carotene which may play a role in cancer prevention.
3. Health Magazine reported that the carotenoids in pumpkin can also keep skin wrinkle free.
4. Pumpkin seeds can boost your mood. The amino acids in the seeds produce serotonin.

All good things in the pumpkin so load up!

*Save The Date*

Looking for the perfect and most unusual holiday gift? Have you ever seen Linda Ma at an event with her own T-shirt creation and wonder how she did that? Join us Tuesday December 6<sup>th</sup> at 5:30 for a workshop on Linda Ma's T-shirt transformation. Cost is \$3.00. Bring your own T-shirt or we will give you one of ours. Call 928-427-6347 to reserve your spot.

### YCC WISH LIST

Security Camera system to monitor our property

**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](http://www.yarnellcommunitycenter.org/contacts)

### 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](http://www.yarnellcommunitycenter.org/membership).

# November 2016

## NOVEMBER 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.

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 Chicken Thighs over Rice Vegetable Salad Bar	2 Chicken Thighs over Rice Vegetable Salad Bar	3 Baked Cod Roasted Potatoes & Onions, Vegetable Salad Bar	4 Beef Stew Dinner Roll Salad Bar with Fruits & Veggies
7 Chicken Enchilada Rice & Beans Salad Bar with Fruits & Veggies	8 Beefy Mac-n-Cheese Vegetable Bread Sticks Salad Bar	9 Arizona Burger Tomato Soup Salad Bar with Fruits & Veggies	10 BBQ Wings Tater Tots Vegetable Salad Bar	11 <b>Free Lunch for Veterans</b> Pork Chop Stuffing with Gravy Vegetable, Dinner Roll Salad Bar
14 <b>CLOSED FOR LUNCH – THRIFT STORE OPEN</b>	15 Pan Fried Tilapia Rice Vegetable Salad Bar	16 Egg Casserole French Toast Salad Bar with Fruits & Veggies	17 <b>Thanksgiving Dinner</b>	18 Chicken Fried Steak Mashed Potatoes Vegetable, Biscuit Salad Bar
21 Hot Turkey Sandwich Mashed Potatoes, Gravy Vegetable Salad Bar	22 Beef Stroganoff Vegetable Garlic Bread Salad Bar with Fruits & Veggies	23 Grilled Ham & Cheese Mushroom Soup Salad Bar with Fruits & Veggies	24 <b>Closed For Thanksgiving</b>	25 Sloppy Joes Chips Vegetable Salad Bar with Fruits & Veggies
28 Hot Dog Pork & Beans Vegetable Salad Bar with Fruits & Veggies	29 Philly Cheese Steak Vegetable Tomato Soup Salad Bar with Fruits & Veggies	30 Chili & Rice Vegetable Bread Sticks Salad Bar with Fruits & Veggies		

Low salt, sugar and fat guidelines are followed in our menus. == SALAD BAR DAILY== MENU SUBJECT TO CHANGE == Our program is partially funded and is operated in accordance with the U.S.D.A. policy prohibiting discrimination based on race, color, sex, age, handicap, or origin. We are funded in part by YOUR DONATIONS, DES and AAA-NACOG