

**December 2016**



## **Yarnell Community Center**

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[www.yarnellcommunitycenter.org](http://www.yarnellcommunitycenter.org)  
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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 Community Center will be closed on Saturday, December 24.**

It is hard to believe that another year is coming to an end. I still remember as a youngster counting down the days until Christmas. Now it sneaks up on us and gets here faster and faster. If December is anything like November, 2016 will go out with a bang at the Yarnell Community Center.

We had such a great event for Veterans Day. 30 Veterans had lunch with us. Our fabulous kitchen staff made breaded pork chops as a special treat. A huge thank -you to Vito Austin for sponsoring this event to honor our military personnel.

As if that was not enough, we served Thanksgiving lunch with all the traditional fixings on November 17<sup>th</sup> and a Medicare specialist made herself available for individual questions about open enrollment.

Despite the hype, the holidays are not joyous for everyone. Sometimes needs, stress and loneliness seem worse this time of year. We are a community of givers but this time of year requires a conscious effort for us to slow down and notice others around us that might be in need and help them find solutions.

From all the staff and volunteers at the Yarnell Community Center -Happy Holidays to all of you.

*Kim*

### **Thrift Store Bag Days – December 30 and 31**

**Fill a 13 gallon bag for just \$4**

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.

**Thrift Store Hours Mon-Friday 9am-2pm. Saturday 9am-1pm.**

Sign up for e-news @ [www.yarnellcommunitycenter.org/contacts](http://www.yarnellcommunitycenter.org/contacts)

# December 2016

## ANNOUNCING: CLUB YARNELL!

This mixed bag of activities, workshops and presentations offered by the Yarnell Community Center, is designed to improve the quality of life in the Yarnell region. In order to qualify for funds to support our meals programs, the YCC is expanding its offerings of information, entertainment and services to our service area – which includes Wilhoit, Congress, Skull Valley, Glen Ilah, Peoples Valley and Yarnell.

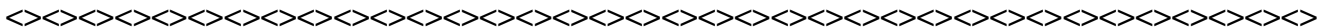
**UPCOMING WORKSHOPS!**  
**DECEMBER: T-shirt Transformation: Tues. Dec. 6, 5:30 pm - \$3.**  
**JANUARY: Interior Design Tips from local professionals and fantastic amateurs.**  
**Details to be announced.**

Generally, the programs will fall into one (or sometimes a combination!) of these 5 categories (with a few examples of each:

1. Health and Wellness: Tai chi, blood pressure checks, flu shots, balance, discussion/support group for cancer survivors, fun in the kitchen
2. The Arts – painting, poetry, origami, dance, singing, interior design
3. Bureaucracy Boot Camp – applying for Medicare, county presentations on flood control, fundraising tips
4. Fun ‘n Games – game night, t-shirt transformation
5. Serendipity – a place for cool program ideas that don’t fit elsewhere!

### Program Notes about CLUB YARNELL:

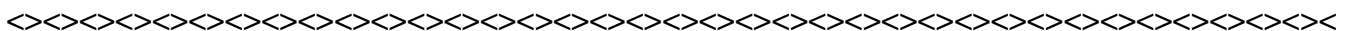
- ❖ Scheduling will vary according to availability of presenters, preferences of attendees and popularity of the activity or presentation.
- ❖ We will make a concerted effort to schedule evening as well as afternoon sessions.
- ❖ Most programs will be open to all residents.
- ❖ Program fees will range from free, to requested donation, to a specific flat fee. YES! We would love to have you suggest a workshop, or to volunteer to lead a session. For more information, or to volunteer to lead a session, please contact Jerry Florman 602- 399-1679 or [jerryflorman@gmail.com](mailto:jerryflorman@gmail.com)



**Create a T-Shirt Event. Join us Tuesday December 6<sup>th</sup> at 5:30 for a workshop hosted by Linda Ma.**

**Cost is \$3.00. Bring your own T-shirt or purchase one from the Center.**

**Call 928-427-6347 to reserve your spot.**



**WOW**

We have some beautiful raffle items at the Center – A gorgeous Bob Brandon painting, three handmade afghans by Gerry Anavisca, and a handmade Breast Cancer Awareness quilt. Look for flyers around town. Raffle tickets are \$1 each or 6 for \$5 and are available at the Center.

## December 2016

### **VOLUNTEERS, 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.

Big welcome to Guy Grater our man-about the center fix it clean it person. And Richard Butler helps in the kitchen and Joanna Christensen helping in the thrift store and soon to come art expression classes.

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.

Dear Friends:

The Yarnell Community Center is looking for you! We are asking Santa to give us 12 elves who will donate \$100 a month during 2017. Of course, we will be happy to receive any regular contribution you can make during the year, but we wanted to close 2016 with a predictable amount of donation income for next year. We already have commitments for 3 Elves!

We will publicly acknowledge our donors - or you can be an anonymous Elf. If you prefer, you can make your contribution in a lump sum; all donations are, of course, tax deductible. The contributions can be done by mail, in person or online at <http://www.yarnellcommunitycenter.org/donation>.

This would be a "financial hug" for the YCC while we get a Development Coordinator on board to set up a realistic, sustainable fundraising program for our Center. We have a grant to hire a Development Coordinator, but that won't produce results immediately. So - 12 elves x 12 x 100 = \$14,400. This will provide a decent cushion for the unexpected costs which come with a building this old (a new fire suppression service, improving the insulation, paying the utility bills, the increased water and insurance bills, etc.)

So, we invite you to close the year with the special warmth that comes from knowing you made a difference right here at home. Your contribution will help sustain an organization dedicated to improving the quality of life in our community. Please - stop by, call or email any of us, and tell us you want to be an ELF!

With gratitude and peace from all of us,

YCC Board Members: *Michelle Jacobson, Frances Lechner, Steve Spence, Kurt Florman  
Leah Tidey, Jeanne Morris, Vito Austin*

Kim Lytle, Executive Director

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

# December 2016

## DECEMBER MENU and MEALS ON WHEELS

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
			Chicken Tenders Parsley Potatoes Vegetable Salad Bar with Fruits & Veggies	2 Stuffed Bell Pepper Herb Noodles Vegetable Salad Bar with Fruits & Veggies
5 Italian Sausage Roasted Potatoes Vegetable Salad Bar with Fruits & Veggies	6 Lasagna Vegetable Garlic Bread Sticks Salad Bar with Fruits & Veggies	7 Pan Fried Tilapia Scalloped Potatoes Vegetable Salad Bar with Fruits & Veggies	8 Pulled Pork Sandwich Vegetable Chips Salad Bar with Fruits & Veggies	9 Spaghetti with Meat Balls Vegetable Garlic Toast Salad Bar with Fruits & Veggies
12 Baked Cod Rice Pilaf Vegetable Salad Bar with Fruits & Veggies	13 Grilled Ham & Cheese Sandwich Mushroom Soup Salad Bar with Fruits & Veggies	14 Meatloaf Mashed Potatoes & Gravy Green Beans Salad Bar with Fruits & Veggies	15 Chicken Pot Pie Vegetables Salad Bar with Fruits & Veggies	16 Chicken Fried Steak Potatoes & Gravy Biscuit Salad Bar with Fruits & Veggies
19 Salisbury Steak Noodles Vegetable Salad Bar with Fruits & Veggies	20 Egg Casserole Pancakes Vegetable Salad Bar with Fruits & Veggies	21 Chicken Thighs over Rice Vegetable Salad Bar with Fruits & Veggies	22 Honey Mustard Wings Tater Tots Vegetable Salad Bar with Fruits & Veggies	23 Baked Ham Sweet Potato Vegetable Salad Bar with Fruits & Veggies
26 Green Chili Chicken Enchilada Beans & Rick Salad Bar with Fruits & Veggies	27 Philly Cheese Steak Tomato Soup Salad Bar with Fruits & Veggies	28 Beefy Mac-n-Cheese Vegetable Bread Sticks Salad Bar with Fruits & Veggies	29 Hot Turkey Sandwich Mashed Potatoes Vegetable Salad Bar with Fruits & Veggies	30 Pork Chops Black Eyed Peas & Greens Salad Bar with Fruits & Veggies

**Become a YCC Member**

**Membership is \$15 per person per calendar year or FREE if you are 75 or older. Get an application at the Center or [www.yarnellcommunitycenter.org/membership](http://www.yarnellcommunitycenter.org/membership).**