

January 2017



Yarnell Community Center

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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.

A New Year with New Opportunities

The new year promises to be filled with activities and opportunities at the Center. Preparations for the YCC's new year will begin with a **Nominating Meeting on Tues. January 10 at 6 pm**. Three Board positions will be open: those of Michelle Jacobson, Jeanne Morris and Frances Lechner. Michelle and Jeanne will run for the Board again; Frances is not eligible for another term until she remains off the Board for one year. Members in good standing of the YCC (i.e., you've paid your \$15 annual dues!) may attend the meeting to nominate YCC members for the Board. **The Annual Meeting will take place on Thur, February 16, starting with a potluck at 5:30 and Business Meeting beginning at 6:00 pm**. This year the Annual Meeting will include some bylaw changes which will be outlined more fully in February communications (i.e., the Yellow Sheet, the YCC Newsletter and the website.)

The current Board will attend a custom designed Board Training session on Saturday, January 28. This daylong event will help the YCC Board to advance to a new level of understanding the roles and responsibilities of Board members, organizational finance, and begin to develop a strategic plan for the Center. This process will also be helpful in shaping the work of our Development Coordinator, a new, grant-funded position that will be advertised this month.

Club Yarnell launched its program of diverse activities in early December with a "T-shirt Transformation" workshop, which was well-attended, fun, and productive: new t-shirt scarves keep popping up around town!

This month begins the first quarter of Club Yarnell events:

Tues. Jan. 3: Tai Chi - 6 pm: Bill Chaplain offers this hour-long free event each first Tues. of the month. Feel relaxed and welcomed, newcomers especially invited!

Thur. Jan. 19: Fun in the Kitchen – 1-2 pm This is a food demonstration (and tasting!) you do not want to miss! Rebecca Serratos and Haley Pizzo from the Yavapai County Extension in Prescott will help usher in the New Year with practical kitchen tips, exploring different tastes, tips and techniques.

Tues. Jan. 31: Interior Design - 5:30 pm – 7:30 Join three local interior designers (professional to amazing amateurs: Kathleen Stowe, Carmen Graham and Marsha Lohr) for a workshop to solve your design/decorating problems, learn from their tips and solve a REAL design project together! Bring your questions or challenges and plan to have fun!

Club Yarnell events are open to everyone, held at the Center and **are free** unless otherwise specified.

Kim

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YCC Board of Directors Nomination Meeting on January 10, 2017

4:30 pm at the Community Center. There is one vacancy up for election.

YCC Annual Meeting on February 16, 2017

5:30 Potluck at the YCC followed by 6:00 Business Meeting and Elections

You must be a member of the YCC to run for the Board and to vote.

Benefits of being a YCC Member – shopping discounts, free meal, help the community.

Just \$15 to join and free if you are 75 or older. Applications available at the Center.



**BUY
NOW**

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.

VOLUNTEERS,

WE NEED YOU HERE

Thrift Store

Kitchen/Dining Room Custodian

Meals on Wheels Drivers

Groundskeeper

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

“Younger Next Year” by Chris Crowley and Henry S Lodge M.D.

There was a brief book review in last month's AARP magazine. The little snapshot aroused my curiosity so I ordered that book from the Yarnell Library. There is no shortage of theories on how people can look and feel younger as they get into their 50's and 60's and beyond. This particular book looks at, what the authors feel, are the two stages of life; growth and decay and how exercise can maintain the growth phase and delay decay. The authors do not talk about exercise now and then. They convey the importance of a good, well rounded exercise program incorporated into your life EVERYDAY. No half-steppin'. It is a fun blend of science and personal story telling. A little self-promoting at times and every now and then patronizing but it did leave me with new inspiration to step up my game in the area of heart and joint health motion to help insure I will be around for a long time.

**BOOK
REVIEW**

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

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It's All About Chia Seeds

Chia seeds are well known for those silly little things that grow green fur on anything when water is added. You may have gotten one for the holidays. Chia seeds can be purchased at any grocery store and their nutritional value is unbelievable. Here are a few good reasons to add them to your diet.

Combat Diabetes

Chia is being studied as a potential natural treatment for type-2 diabetes because of its ability to slow down digestion. The gelatinous coating chia seeds develops when exposed to liquids-can also prevent blood sugar spikes.

Get More Fiber

Just a 28-gram or one-ounce serving of chia has 11 grams of dietary fibre — about a third of the recommended daily intake for adults. Adding some chia to your diet is an easy way to make sure you're getting a good amount of fibre, which is important for digestive health.

Stock Up On Omega-3

Chia seeds are packed with omega-3 fatty acids, with nearly five grams in a one-ounce serving. These fats are important for brain health. "

Stronger Teeth And Bones

A serving of chia seeds has 18 per cent of the recommended daily intake for calcium, which puts your well on your way to maintaining bone and oral health, and preventing osteoporosis.

Don't Forget Manganese

Manganese isn't a well-known nutrient, but it's important for our health: it's good for your bones and helps your body use other essential nutrients like biotin and thiamin. **Plenty Of**

Phosphorus

With 27 per cent of your daily value for phosphorus, chia seeds also helps you maintain healthy bones and teeth. Phosphorus is also used by the body to synthesize protein for cell and tissue growth and repair.

Pack In The Protein

Chia seeds also make a great source of protein for vegetarians and don't have any cholesterol. One 28-gram serving of these super seeds has 4.4 grams of protein, nearly 10 per cent of the daily value.

Thrift Store Bag Days – January 27-28

Mon-Fri 9am-2pm

Fill a 13 gallon bag for just \$4

Sat 9am-1pm

We are now part of www.thriftstores.net.

We want your feedback!! YCC surveys are available at the Center. Tell us what you like, don't like, how we can improve, what we are doing great. Stop by the Center, have a great lunch (menu on page four) and fill out a survey to let us know how we are doing for you, the Community.

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