

December 2017



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

When I first moved to Arizona, my knowledge of the state was minimal. I had family here that I needed to be closer to, but I had no idea whether or not I would find other people that shared my beliefs and interests. Small town culture was foreign to me. Big cities had been my home all my life. I quickly learned that this small collection of people had the same diversity of thought as any cosmopolitan area. We all feel what is going on in other parts of the country. We know how polarized people have become based on their feelings toward people and things going on in other parts of the country. I know heated conversations take place both in person and in social media. What I like about our neighbors is, despite wide differences of opinion, whenever help is needed by someone we know, everyone, all people, step up and step in to make sure that help is received.

If people need food, heat, transportation or other services they get it because neighbors and acquaintances reach out and make sure they do. I see the care and compassion in this community every day from where I sit. It moves and humbles me. I hope each and every one of you have whatever brings you peace and happiness this holiday season.

See the December Lunch Menu on page 4 for **CLUB YARNELL EVENTS**.

*Kim*

**AWESOME  
RAFFLE**

Come by the Center and check out the wonderful raffle items AND buy some tickets at \$1 each or 6 for \$5. We have a beautiful like-new Glacier PT Magna 15 speed bicycle, a Singing Machine SMG 900 Home Karaoke Machine with microphone and 13 CDs, and finally an HP Envy 5535 Smart Phone and Tablet printer. Winning numbers will be drawn at the close of business on December 29.

**PLEASE Note** – New meeting time for the YRCC Board of Directors Meetings. We still meet the second Tuesday of the month but now at 3pm. All are welcome to attend. The annual meeting is coming up in February so put on your calendar.

**December 2017**

### **Turkey-Chipotle Chili with Sweet Potatoes**

Serves 8|Calories 259|Fat 9g|Protein 18g|Carbohydrate 29g|Sodium 677mg|Fiber 8g  
Use dark meat ground turkey instead of white for more flavor and minerals.

2T olive oil	1T chili powder	Fresh ground pepper
1lb. ground turkey	2tsp ground cumin	1 (14oz) can diced tomatoes
1 medium onion, diced	½ tsp chipotle chili powder	2 (15oz) cans pinto beans
1 jalapeno, diced	pinch of ground cloves	2 small sweet potatoes peeled and shredded (4 cups)
4 cloves garlic, minced	2tsp sea salt	

Heat oil in a pot over medium heat. Add turkey; cook, breaking up meat, until browned, 5-8 minutes. Remove from pot using a slotted spoon. Add onion, jalapeno, and garlic to pot: sauté until onion is tender, about 6 minutes. Add spices, salt, and pepper; stir until fragrant, about 1 minute. Add tomatoes and their juices; cook, stirring, for 1 minute. Return turkey to pot and add beans, sweet potatoes, and 1 ½ cups water. Bring to a boil, lower heat to a simmer, and cover. Cook until sweet potatoes are tender, and chili is thick; about 1 hour. Taste and season with additional salt and pepper. If desired, top with diced avocado, fresh cilantro, and Greek yogurt.

### **THRIFT STORE**

Mon-Fri 9am-2pm and Sat 9am-1pm

**New items arrive every day. Shop often and come early.**

**\$4 BAG DAYS – December 15 & 16**

**CLOSED CHRISTMAS**



**Furniture discount days:** The 3rd weekend of every month will be 50% off furniture. We appreciate donations to our thrift store, yet there are a few items we cannot take. Big tube TVs of any size and box springs and mattresses. No Thrift stores take these items anymore. Thanks for saving us time and money by taking those items right to the dump.

**Please Remember** – When you are donating a high-end expensive item to the Thrift Store to mention this to the staff so your item can be priced, and placed, appropriately. **Do not leave outside after hours.**

**Free Blood Pressure Checks Every Tuesday 11am**

**Provided by the Yarnell Fire Department**