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The Yellow Sheet

Phone: 928.671.1894

PO Box 425, Yarnell, AZ 85362

E-mail: publisher@yellowsheet.net

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Spring has Sprung at the Yarnell Regional Community Center! Kim Lytle

Lots of new growth and fresh starts at the YRCC – how appropriate for Spring!

First, our **VOLUNTEERS** were honored at a special appreciation breakfast on March 31, with crepe suzettes and fixings. This event celebrates 61 volunteers helping at the Center, contributing a total of 6,193 hours in 2017 – a dollar value of almost \$150,000.

Next, in a new development, a group from North Ranch selected our dining room for a lunch & business meeting for 50 people on March 26. The kitchen crew had plenty of notice, and ran two shifts for lunch that day: general dining followed by the guest lunch, generating a healthy boost to our bottom line.

Speaking of the bottom line...although the suggested donation for meals is \$6 for those under 60 years of age and \$5 for 60 and over, the average cost per meal is actually \$7.50. Please consider giving more whenever you can. Your extra contribution will help SUSTAIN the YRCC Meals-on-Wheels and Dining programs.

Thanks to Board President Michelle Jacobson's cultivating a relationship with the folks at Del Webb, Club Yarnell had an unexpected field trip opportunity: free tickets to a concert on March 25. The Zurich Chamber Orchestra played Vivaldi's "The Four Seasons" and drew standing ovations for their sublime performance. Over 40 people from our service area took advantage of this generous gift from Del Webb.

Club Yarnell welcomes Susan Hunter back to Yarnell in April. As part of NACOG's services, Susan is offering us the brand new W.I.S.E Program series. W.I.S.E is an acronym for Wellness Initiative Senior Education. It is a six week series that will run April 4th through May 9th from 2:00 – 4:00 at the Yarnell Regional Community Center. These highly interactive sessions explore healthy lifestyle choices and attitudes, the benefits of aging and the risks and benefits of behavior choices like over-the-counter medication and alcohol. This class will allow you to share your experiences and learn from others. Who knows, maybe a walking group, or healthy cooking group hosted by different people in their homes each month. The possibilities are endless. Susan has hosted a number of popular programs in the past including A Matter of Balance, Living with Chronic Pain and Diabetes Management. This class will be helpful and inspirational. Please stop by the Community Center to sign up or contact Jerry Florman, 602-399-1679. Regular Club Yarnell events continue: Game nights on Monday, 4-6 pm, blood pressure checks on Tuesdays, 11 – 12 noon, Tai Chi on Tues. April 3. May events: WISE sessions continue on May 2 and 9; plus Geology of Yarnell Boulders on May 10.

The YRCC board meets the 2nd Tuesday of each month. Feel free to join us at our next meeting on April 10th at the YRCC. Our new meeting time is from 2:30-4pm. The Board has begun the search for a new Executive Director with a goal of a May 1 start date, allowing time for a training overlap. A five member Search Committee has worked diligently over the last several months, and will be interviewing six candidates, including both local, out-of-town and out-of-state applicants.

Meals-On-Wheels: If you've ever thought you might like to help out at the Center, we are in need of an additional MOW driver. To see if this may be a good fit for you, contact Kim 928-427-6347 if you can help out.

Another way to **VOLUNTEER** is as a Service Area Ambassador. SAA's attend our board meetings and help with our outreach, programming and planning. We have SAA's from Wilhoit, North Range, Congress. If you would like to be a SAA from an area not yet represented, contact Michelle Jacobson at 614-353-4271.