



**DAILY LUNCHES ARE
OPEN TO THE PUBLIC**
Age 60+ \$6
Under age 60 \$7
Lunch Served
M-F 11am-12:30pm

Yarnell Regional Community Center

www.yarnellrcc.org
928-427-6347

October 2021 Menu (subject to change)
Club Yarnell Events Listed in **Yellow**

**Thrift Store Open
Monday-Saturday
9am – 2pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Flyers available at the YRCC- Bingocize, virtual Bingo & Exercise presented by NACOG, starts Sept.30th, on Tues. & Thurs., 1:30-2:30 pm and Coffee & Friends, virtual health & wellness speakers presented by NACOG, starts Oct 8th, on Fridays, 1:30-2:30 pm					
3	4 Baked Chicken Stuffing, Fiesta Corn Salad & Plums Game Night 3pm @ YRCC	5 Meatloaf Mashed Potatoes & Gravy Green Beans, WW Roll Salad & Orange Slices Blood Pressure Checks 11-12	6 Chicken Cordon Blue Wild Rice Broccoli Salad & Fruit Cocktail	7 BBQ Pork on WW Bun Pork & Beans, Tater Tots Salad & Peaches Flu Vaccines 3-5pm	8 Baked Ham Scalloped Potatoes Peas & Carrots WW Bread Salad & Applesauce	2 Chair Yoga 11:30
10	11 Sloppy Joes on Bun Corn on the Cob Onion Rings Salad & Strawberries Game Night 3pm @ YRCC Reader's Delight 12:30 @ Library	12 Chicken Ala King Rice Pilaf, Yams Salad & Apricots Blood Pressure Checks 11-12	13 Pot Roast Mashed Potatoes & Gravy Glazed Carrots WW Roll Salad & Grapes	14 Salisbury Steak Mac & Cheese Brussel Sprouts Salad & Peaches	15 Baked Cod Rice Pilaf Peas Coleslaw & Fruit Cocktail	16 Chair Yoga 11:30
17	18 Crispy Chicken Breast Parmesan Gnocchi Succotash, WW Roll Salad & Pineapple Game Night 3pm @ YRCC	19 Spaghetti & Meatballs Spinach, Garlic Bread Salad & Grapes Blood Pressure Checks 11-12	20 Hot Beef Sandwich on WW Bread Mashed Potatoes Peas & Carrots Salad & Apple Slices	21 Sweet & Sour Pork Fried Rice Oriental Veggies, Egg Roll Salad & Mandarin Oranges	22 Tilapia Cheesy Rice & Broccoli Cauliflower, Salad Pears & Peaches History Night 7pm	23 Blood Drive 8-1
24	25 Chili Cheese Dog on Bun Baked Beans Chips Salad & Grapes Game Night 3pm @ YRCC	26 Honey Mustard Wings Mac & Cheese Brussel Sprouts Salad & Fruit Cocktail Blood Pressure Checks 11-12	27 Quiche w/Ham, Onion & Mushrooms Butternut Squash Mini Croissant Salad & Strawberries	28 Lasagna Broccoli & Cauliflower Garlic Bread Salad & Pineapple	29 Pork Roast Parsley Potatoes Asparagus, WW Roll Salad & Orange Slices October Birthday Cake 	30 Chair Yoga 11:30

Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975. Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.