



**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

November 2022 Menu (subject to change)

Club Yarnell Events Listed in **Yellow**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Heads Up Diners – November Birthday Celebration is Thursday Nov 10. We have a special musical treat for you all the way from Argentina	1 Chicken Noodle Casserole Kale Stewed Tomatoes Salad & Grapes Blood Pressure Checks 11-12	9 Beef Stroganoff Broccoli & Cauliflower Sauteed Mushrooms Salad & Melon Reader's Delight-Library 1pm	3 Beans & Weiners Sauteed Cabbage & Carrots Roll Salad & Apricots	4 Meatloaf Mashed Potatoes & Gravy Green Beans, Red Bells Roll, Salad & Mandarins	5 Giddy-Up Wild West 10am-1pm
6	7 Cheeseburger Tater Tots Broccoli & Cauliflower Salad & Applesauce Game Night 3pm	8 Baked Chicken Stuffing & Gravy Glazed Carrots Salad & Pineapple Blood Pressure Checks 11-12 YRCC Board Mtg 2:30	9 Salisbury Steak with Noodles & Mushroom Gravy Collard Greens Beets, Salad & Pears Asian Medicine/Acupuncture Talk 1:30 -2:30	10 Pork Roast Rustic Potatoes Peas & Carrots Roll, Salad & Grapes Music by Lisa Bradford & Vanessa Purdy Prisoner of War-Personal Talk by Walt Eckes 12:30-1:30	11 Tilapia Mac & Cheese 5-Way Veggies Brussel Sprouts Coleslaw & Peaches Medicare Information Talk Kelly Norton 1:30-2:30	12 Mt View Art Show 9am-2pm
13	14 Goulash Broccoli & Cauliflower Apple Cobbler Salad & Applesauce Game Night 3pm	15 Country Steak with Sausage Gravy Hashbrowns, Scrambled Eggs Salad & Melon Blood Pressure Checks 11-12 BADD Reptiles Presentation 2pm	16 Chili Relleno Casserole Fiesta Corn Sausage Patty Roll Coleslaw & Pineapple	17 Chicken & Rice Casserole Butternut Squash Roll Salad & Orange Slices	18 Pot Roast Mashed Potatoes & Gravy Peas & Carrots Roll Salad & Peaches	19
20	21 Roast Turkey w/Stuffing Yams, Brussel Sprouts Roll, Cranberry Sauce Salad & Pumpkin Pie Game Night 3pm	22 Broccoli & Cheese Soup 5-Way Mixed Veggies Crackers Grapes Blood Pressure Checks 11-12	23 Sloppy Joes Sweet Potato Tots Baked Beans & Corn Coleslaw & Applesauce	24 Closed Happy Thanksgiving	25 Closed	26
27	28 Hot Dogs & Sauerkraut Pinto Beans w/ Carrots Corn Fritters, Chips Salad & Oranges Game Night 3pm	29 Shepherd's Pie 5-Way Mixed Veggies Roll Salad & Fruit Cocktail Blood Pressure Checks 11-12	30 Poached Salmon Rice Pilaf Broccoli & Cauliflower Salad & Peaches			

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.