






**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

**April 2023 Menu** (subject to change)  
Club Yarnell Events Listed in **Yellow**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Chair Yoga with Shari Saturdays in April at 11am At YRCC "Wheelhouse" \$5 per class, and a portion goes to MOW			YRCC Concert Series Music by Sir Harrison Saturday April 1 at 3pm 	1 Chair Yoga 11am
2	3 Chicken Tenders Spaghetti & Veggie Sauce 5-Way Mixed Veggies Salad & Apricots  Game Night 3pm	4 Sweet & Sout Pork "Fried" Rice Asian Veggies Fortune Cookie Salad & Mandarin Oranges Blood Pressure Checks 11-12	5 Salisbury Steak with Mushroom Gravy Noodles Broccoli & Carrots Salad & Pears Readers Delight -Library 1pm	6 Crab Cakes Mac & Cheese w/Veggies Capri Style Veggies Coleslaw & Grapes	7 Cold Cut Sandwich Lettuce & Tomato Pasta Salad Chips Cookies	8 Chair Yoga 11am
9 Happy Easter  	10 Chef's Choice  Game Night 3pm	11 Meatloaf Mashed Potatoes & Gravy Green Beans Carrots & Bell Peppers Roll Salad & Grapes Blood Pressure Checks 11-12	12 Chicken Noodle Soup Biscuit & Jam Buttered Beets Crackers Salad & Apple Slices	13 Chicken & Broccoli Casserole Potato Peas & Carrots Roll Salad & Peaches	14 Pork Roast Au Gratin Potatoes Succotash Roll Salad & Orange Slices	15 Chair Yoga 11am
16	17 Cheeseburger Sweet Potato Tots California Blend Veggies Salad & Peaches Game Night 3pm	18 Chicken Alfredo Spinach Sauteed Mushrooms Bell Peppers & Carrots Salad & Fresh Fruit Cocktail Blood Pressure Checks 11-12	19 Stuffed Peppers Rice Pilaf w/Veggies Cream Style Corn Salad & Grapes Buffalo Chips Presentation w/Marilyn Wiley 130pm	20 Ham & Cheese Sliders Chips Broccoli & Baby Carrots Salad & Apple Slices	21 Baked Cod Mac & Cheese w/Peppers, Onion & Squash 5-Way Mixed Veggies Coleslaw & Pineapple	22 Chair Yoga 11am
23	24 Creamed Beef on Toast w/ Potatoes & Carrots Peas Buttered Beets Salad & Pears	25 Smothered Chicken Wild Rice Pilaf Broccoli & Cauliflower Salad & Grapes  Blood Pressure Checks 11-12	26 Taco Casserole Spanish Rice w/Veggies Pinto Beans Salad & Oranges	27 Baked Ziti Spinach & Carrots Peach Cobbler Salad & Mandarin Oranges	28 Pot Roast  Mashed Potatoes & Gravy Peas & Carrots Roll, Salad & Peaches  Birthday Music with Buddy Cloy	29 Chair Yoga 11am

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.