



August 2025



Yarnell Regional Community Center (YRCC), 22302 S. State Route 89, Yarnell, AZ

- *Every Monday thru Friday, 7:30 – 9:00 am **Coffee & Pastries**, at the Mid-Day Café
Join friends for a morning boost to your day! \$3, or purchase a value card for the 11th free!
- *Every Monday, 8:00 am **Mindfulness Mondays**, with Sand
Relaxed breathing & gentle stretching
- *Every Monday, 3:00 – 5:00 pm **Jenn's Games**
- *1st Monday, 9:00 am–Noon & 3rd Monday, 1:00-4:00 pm **Telehealth and You**
Sponsored by the Arizona Telemedicine Program & the Southwest Telehealth Resource Center.
Call 928-427-5051 during those times on 1st & 3rd Mondays for a virtual care visit close to home!
A Weaver Mountains Health Initiative & Club Yarnell partnered activity
- *1st Wednesday, 9:00 am – 4:00 pm **WickCare Mobile Clinic**, at the Wheelhouse
Appointments and Walk-Ins are welcome! To schedule please call 928-668-1833 or
visit wickhosp.com/mobile to request an appointment online.
A Weaver Mountains Health Initiative & Club Yarnell partnered activity
- *Monday, Aug. 11, 1:00 – 2:00 pm **Mixed Vegetables**, are they healthy?
Join us for this fun & informational nutrition talk by Nicole Lund, Univ. of AZ, Health Zone
- *Wednesday, Aug. 13, 12:30–2:30pm **Community Open House**, hosted by Yavapai County
Shape the Future of County Services in Yavapai County! This informal event is a chance to
learn about findings from earlier community surveys and local partner input—and to share what
you feel is most needed in your community today, from library services to public safety & beyond.
- *Thursday, Aug. 21, 1:00 – 3:30 pm **Hassayampa Writer's Club**, at the Yarnell Library
Share your work and exchange ideas with fellow writers!
A Yarnell Library & Club Yarnell partnered activity
- *Saturday, Aug. 23, 4:00 – 6:30 pm **Paint & Sip**, with Gale Henry
RSVP Required-12 attendees, sign up at Thrift Store, **\$20**, includes supplies, bring a snack to share
- *Monday, Aug. 25, 2:30 – 4:00 pm **Private Tour of Local Vineyard**
Learn how grapes are grown in this small-scale winery! Hosted by Tony & Charlotte Zampini
RSVP Required – 12 attendees - email Maureen: mschufft@yahoo.com
- *Friday, Aug. 29, 11:00am – Noon **Music at Lunch**, with the Strumming Ukes

**All Club Yarnell activities are free and held at YRCC - unless noted – and always
welcome to all! Any donations are greatly appreciated for Meals on Wheels!**