

October



Yarnell Regional Community Center

Serving the Weaver Mountains' Communities
22302 S. Hwy 89, PO Box 641, Yarnell, Arizona, 85362
928-427-6347 www.yarnellrcc.org

MOWmentum - - The spirit of community, delivered daily -

Hi Friends!

It's been a few months since I stepped into the role of Executive Director, and I'll be honest - I came in with my usual mindset: do it all, do it now, and do it perfectly. That's always been my default. I thrive on momentum, on making things happen, on being the person who can carry it all.

In fact, 18 months ago, I even named our computer workspace *MOWmentum* - a little play on *Meals on Wheels* and the driving force we need to keep going. It felt fitting: fast-paced, mission-driven, full of energy.

But recently, I hit a wall. Not a dramatic crash, but a quiet, undeniable realization: I can't do it all. And maybe I'm not supposed to.

As the leaves turn and the days grow shorter, October reminds us of the quiet power of change. Nature doesn't rush, yet everything gets done. And maybe that's a lesson to carry into our own lives. In a world that often glorifies hustle and perfection, it's easy to feel like we're falling short. Like we should be doing more, achieving more, fixing everything all at once. But here's the truth: ***you don't have to do it all, to matter.***

Every small act of kindness, every moment of presence, every effort - no matter how imperfect - ripples outward. Whether you're showing up for a friend, tending a garden, making art, or simply choosing rest when you need it, what you do *counts*. It adds to the collective good. It builds connection. It heals.

Truthfully, many of you already embody this wisdom. I see it in the way you show up consistently, with care and intention. You pace yourselves, you prioritize what matters. You trust that your contributions - however quiet or behind-the-scenes - are meaningful. You've been practicing the art of sustainable impact, and it's inspiring.

So, this month, let's release the pressure to be everything to everyone. Let's honor the small, steady contributions we make each day. Because even if you can't do it all, what you do matters more than you know. Take a breath. Take a bow. You're doing enough. And together, we won't lose momentum.

As Newton once said, "An object in motion tends to stay in motion unless acted upon by an outside force."

Thanks to your care, your consistency, and your heart, MOWmentum is alive and well in our community!

Sue



"Services are funded by the Older Americans Act, SSBG funds, the State of Arizona and NACOG Aging. 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 program."

Speaking of **MOWmentum**, please read how you make a difference in the lives of our community members. Through your time, love, donations, shopping and dining, you all make an impact.



"I get to see a smiling face and get words of encouragement"

"I'm 85 and single, I get one meal a day, 5 days per week...I am grateful"

"Meals on Wheels is such a blessing. I can no longer drive and my wife has cancer, we need the help"

"I'm a single elderly woman and I get my nutrition from the YRCC. It's hard to cook for one"

"My P4P volunteer has been absolutely wonderful! She calls and, even on those days when I don't feel well, we just gab away, and it helps me feel better. I really appreciate P4P and all of the volunteers, including the Meals drivers from the Center!"

"I so appreciate the P4P program, and I love my ladies! It's helped me to fill in the empty days and has added so much fullness to my life"

To learn more about helping or volunteering with Meals on Wheels or People for People, please call 928-427-6347 or stop in and visit with Sue Mon – Fri, 7:30a – 3:00p.

SAVE THE DATE

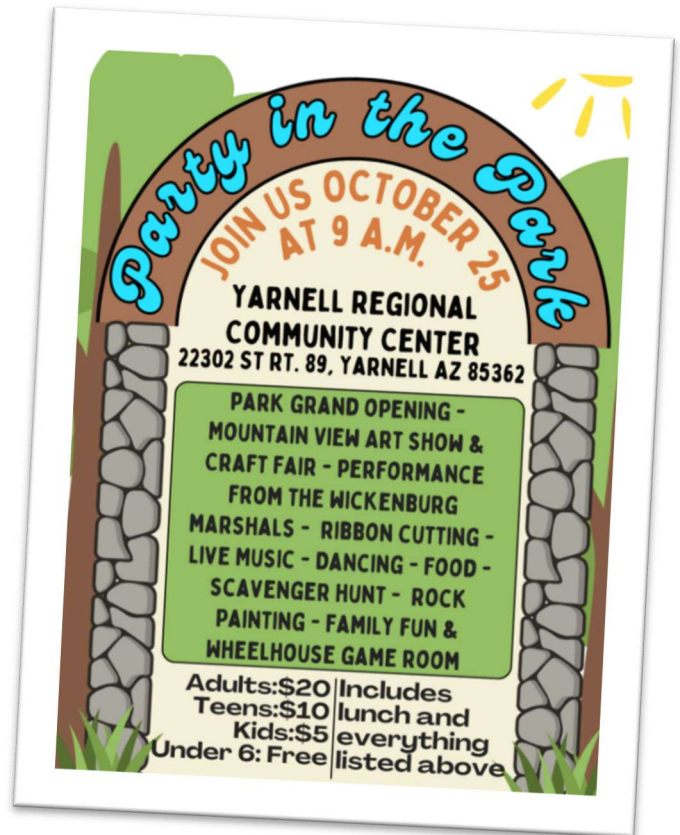
On October 25th we invite you to join us for a day of connection, celebration, and purpose.

Because when gratitude leads to giving, lives are changed—and communities thrive.

Park Grand Opening & Ribbon Cutting, Craft Fair, Art Show, Live Music, Wickenburg Marshals, Kids Games, Foosball, Raffle, Door Prizes, Food, Friends & Fun-raising.

This day is dedicated to celebrating community and sustaining the programs that matter most.

From Meals on Wheels to More than a Meal, your support helps us nourish bodies, uplift spirits and ensure that our neighbors feel seen, valued and cared for.



What's New?



Mid-Day Café Hours are changing...

- Coffee & pastries now available until 10am and available on Saturdays
- **Mid-Day Café – Expanded fall & winter hours - Effective 11/1 we will be open from 11a – 1p**



Neighbor Network is growing....

The Community Neighbor Network (Welcome Wagon) needs participation from all organizations and businesses in the area. We will include your info in each new neighbor basket. Orgs, let us know when someone new moves in, this will make a great gift basket. Businesses, if you could contribute a small welcome gift and business card in the basket, you will gain a new customer. All are welcome to participate and help welcome our new neighbors.

REMEMBER

This is your community center! EVERYONE is welcome

3-Month Event Calendar – Save the Dates!

Rocktober...

Our Rock Gardens are well underway! We are partnering with the Library if you want to get a head start on your rock! If not, you will get a chance with your entry to Party in the Park, Saturday, October 25th, and you can paint it that day. This is a wonderful way for an organization, a business, a family or an individual to support our community! The park will have a variety of themed gardens; flowers, zoo animals, rock bands, holiday gardens, gratitude gardens, you name it! Visit the YRCC or call 928-427-6347 for more information.

October 1st – WickCare Mobile Clinic – 9a – 3p – YRCC Parking Lot – appts: 928-668-1833

October 2nd – Best Boogey Dance & Exercise Class – 4:30p – 5:30p @ Wheelhouse

October 3rd – Medicare Sisters – Kelly N. Shaw – 9:00a – 2:00p @ Wheelhouse

October 6th – Country Line Dancing 5:30p – 6:30p @ Wheelhouse

October 9th – Best Boogey Dance & Exercise Class – 4:30p – 5:30p @ Wheelhouse

October 11th – Glen Ilah & Yarnell Day of Service – 8:00a – 3:00p

October 13th – Country Line Dancing 5:30p – 6:30p @ Wheelhouse

October 15th – Hassayampa Writer & Story Telling Jam – 4:00p – 6:00p

October 16th – Growing Herbs for Healthy Eating by Master Gardener of Yavapai County – 12:30p – 1:30p

October 16th – Best Boogey Dance & Exercise Class – 4:30p – 5:30p @ Wheelhouse

October 20th – Country Line Dancing 5:30p – 6:30p @ Wheelhouse

October 23rd – Best Boogey Dance & Exercise Class – 4:30p – 5:30p @ Wheelhouse

October 25th – PARTY IN THE PARK – Art Show & Craft Fair – 9:00am to 2:00pm

November

November 6th – Yavapai County Town Hall w/ Brooks Compton 5:30p – 7:00p @ YRCC

November 6th, 13th, 20th – Best Boogey Dance & Exercise Class – 4:00p – 5:00p @ Wheelhouse

November 8th – “Set your holiday buffet” Tips & Tricks without breaking the bank!

November 12th – Healthy Vegetarian - Vegetarian Thanksgiving for a Meatless Holiday 1p - 2p @ YRCC

November 15th – Holiday Cookie Icing & Decorating – 9:30a – Noon @ YRCC

November 20th – Women’s Discussion & Support Group – 1:30p – 2:30p @ YRCC

November 27th & 28th – YRCC is closed Thursday & Friday for Thanksgiving

December

December 4th & 11th – Best Boogey Dance & Exercise Class – 4:30p – 5:30p @ Wheelhouse

December 6th – **“Light up the Park” w/ Caroling, hot cocoa and treats! Enjoy a stroll through the park to enjoy the beautiful displays and holiday lights!**

December 8th – The Power of Nutrition 1Bp – 2p @ YRCC

December 13th – Holiday Tea Party and Cookie Exchange – Limited Seating – RSVP Required

December 25th – YRCC is closed on Christmas Day (Thursday) Open on Friday

****There will be more holiday activities & information to come as dates are sorted out. If there is an activity that you would like to host, or that you would like us to host, please reach out to Maureen Schufft or Sue Dickerson at 928-427-6347. Or just stop in the YRCC and let us know what you have in mind 😊

Let’s keep the ripple going: from gratitude to giving, and from giving to lasting impact. Our door is always open, so whether you have feedback, ideas, or just want to share a moment—we’d love to hear from you. Stop by anytime

