

# Senior Nutrition Program — January 2022

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <b>3rd</b><br>Food Bank<br>10am-3pm;<br>Ping Pong and<br>Pool 10am-1pm;<br>Bingo 1-3pm.   | <b>4th</b> Flank Steak,<br>New Potatoes,<br>Arugula &<br>Asparagus.  | <b>5th</b><br>Food Bank<br>10am-3pm;<br>Ping Pong and<br>Pool 10am-1pm;<br>Bingo 1-3pm.<br><hr/> Foot Care<br>9am-1pm | <b>6th</b> Fish Taco,<br>Rice & Beans,<br>Berries and<br>Whipped Cream.  | <b>7th</b><br>Diamond<br>Gems 9am   |
| <b>10</b><br>Food Bank<br>10am-3pm;<br>Ping Pong and<br>Pool 10am-1pm;<br>Bingo 1-3pm.  | <b>11</b> Salmon<br>German Potato Salad<br>Broccoli & Cauliflower<br>Bread Sticks<br>Brownie  | <b>12</b><br>Food Bank<br>10am-3pm;<br>Ping Pong and<br>Pool 10am-1pm;<br>Bingo 1-3pm.                                | <b>13</b> Chicken Pasta<br><b>Primavera,</b><br>Fettucine,<br>Melon.     | <b>14</b><br>Diamond<br>Gems 9am  |
| <b>17</b> <b>Martin Luther<br/>           King Jr. Day</b><br> | <b>18</b> Pork Cutlet<br>Baked Potato<br>Baked Beans<br>Coleslaw  | <b>19</b><br>Food Bank<br>10am-3pm;<br>Ping Pong and<br>Pool 10am-1pm;<br>Bingo 1-3pm.<br><hr/> Foot Care<br>9am-1pm  | <b>20</b> Chicken Tetrazzini,<br>Tossed Salad with<br>Cabbage and<br>Garbanzo Beans.  | <b>21</b><br>Diamond<br>Gems 9am<br>  |
| <b>24</b><br>Food Bank<br>10am-3pm;<br>Ping Pong and<br>Pool 10am-1pm;<br>Bingo 1-3pm.  | <b>25</b> Pineapple Pork<br>Rice<br>Coleslaw<br>Tropical Fruit Salad  | <b>26</b><br>Food Bank<br>10am-3pm;<br>Ping Pong and<br>Pool 10am-1pm;<br>Bingo 1-3pm.                                | <b>27</b> Chicken Caesar<br><b>Salad,</b><br>Baked Apple.   | <b>28</b><br>Diamond<br>Gems 9am<br> |
| <b>31</b><br>Food Bank<br>10am-3pm;<br>Ping Pong and<br>Pool 10am-1pm;<br>Bingo 1-3pm.  |    |   |    |                                      |



**Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond**  
**For reservations, call Cheryl, Leslie, Helen, or Kym at 360-886-1011.**

**This Menu is subject to change.**

Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.

# BDCC Senior Programs

## Happy New Year and Goodbye 2021!

Hello Seniors! Another year of doing things the CoVid way has passed. Will it ever end? Pandemics have come and gone over time, and someday this one will end too. In the meantime, we are working to open up our senior center even more, of course under guidance from Public Health, King County, the CDC, and more. The pandemic is still here, but we have a lot to be thankful for: our families, friends, and our health! We also get to keep doing what we have been able to do so far: keeping you all fed and happy! Keep your chins up, we love you all, we miss having you all in here, and we will all get through this!

### Activities Schedule:

#### **Mondays and Wednesdays —**

Food and Clothing Banks are open 10am-3pm.  
Ping Pong and Pool 10am-1pm, Bingo 1-3pm.  
Call the week before to make reservations.

#### **Tuesdays and Thursdays —**

Senior Meals are Pick-Up only, or we can also deliver a meal to you.

Call the Center at 360-886-1011 to order a meal on the Monday before.

**Friday —** The Center is closed, but Diamond Gems meets 9am-11am.

We will keep you updated on changes, based on the Governor's orders for social gatherings.

### Need help feeding your furry friend?

The BDCC has a pet food bank, with allocations available each month for low-income seniors. The Humane Society sponsors the program. Pet food is limited to dogs and cats, and help is available for up to three pets per household. Dry food is usually provided; canned food is provided if available. Call 360-886-1011 or come by to fill out an application.

### Footcare Appointments Available

Karen's Footcare comes to Black Diamond on the first and third Wednesday of every month. Karen and her staff specialize in gentle foot care for senior citizens. Pedicures include: polish removal, inspection of nails and skin, warm water soak, nail clipping and filing, exfoliation of calluses, and a therapeutic lotion massage.

The next three dates available are: **Jan 5th, Jan 19, Feb 2nd and Feb 16.** Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$30, and the suggested CoVid supply donation is \$5. Bring a towel to dry your feet, and you must wear a mask.

### Energy Assistance is Available

Need help paying your Puget Sound Energy bill? We have Salvation Army vouchers to pay up to \$300 per household. Appointments are available Monday thru Thursday for low-income households in these zip codes: 98010, 98038, 98051, and 98042. The words "Urgent Notice" or "Final Notice" must appear on your letter from Puget Sound Energy. Call us at 360-886-1011 to see if you qualify and to set up an appointment.

Black Diamond Community Center, 360-886-1011  
31605 Third Ave (SR 169), Black Diamond WA 98010  
Email: [BlackDiamondCommCenter@yahoo.com](mailto:BlackDiamondCommCenter@yahoo.com)