




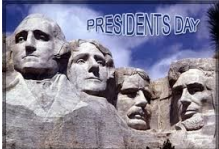



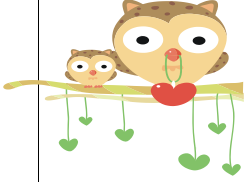



Senior Nutrition Program - February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Walkers 7:30am 	4th Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll, Pears Ping Pong before Lunch Pinochle after Lunch	5th Walkers 7:30am 	6th Meatloaf Potatoes & Gravy Carrots Oranges Bingo after Lunch	7th TOPS 9-11am 
10 Walkers 7:30am 	11 Salmon Filet Wild Rice, Caesar Salad Ice Cream, Rhubarb Sauce Ping Pong before Lunch Pinochle after Lunch	12 Walkers 7:30am 	13 Valentine's Party BBQ Chicken Pasta Salad, Green Beans BBQ Pinto Beans Ice Cream, Pineapple Sauce Dance with Stan's Band, Reservations Required! Bingo after Lunch.	14 TOPS 9am — Sons of Italy 6:30pm
17 President's Day Holiday 	18 Pork Chops with Apples, Cucumber Tomato Feta Salad, Rice Pudding. Ping Pong before Lunch, Pinochle after Lunch.	19 Walkers 7:30am 	20 Creamy Tomato Fettuccini, Green & Yellow String Beans, Wheat Roll, Tropical Fruit Cocktail. Bingo after Lunch; Footcare Appointments.	21 TOPS 9am 
24 Walkers 7:30am 	25 Fish & Chips, Coleslaw, Yogurt, Strawberry Rhubarb Compote. Ping Pong before Lunch, Pinochle after Lunch.	26 Walkers 7:30am 	27 BBQ Pork Open Face Sandwich, Green Beans, Carrot Raisin Salad. Bingo after Lunch.	28 TOPS 9am 

Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond
For reservations call Cheryl, Leslie, 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

Calling all Forrest Gumps to BDCC!

The BDCC has a brand new ping pong table for our Senior Program. A small group has just starting playing on Tuesdays, from 10:30am to 12:00 noon. We would love to have more seniors participate in this new and exciting activity! Feel free to call 360-886-1011 and ask about availability of other times to play as well.

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.

No-Cost Programs for Seniors & Vets

Does your home need repairs? Could it be more energy efficient? Plateau Outreach Ministries can help you with some important resources: emergency repairs, home repair grants and loans, accessibility modifications, weatherization for home owners, renters and mobile homes, and air quality improvement for persons with respiratory illness. Lisa from POM can meet you here at the BDCC to get you started. Call her at 360-825-8961 for an appointment.

Need a ride to our lunch program?

The BDCC van makes the rounds in the greater Black Diamond area before and after lunch on Tuesdays and Thursdays. Pick-up times are around 11am, and drop-off is by 1pm. Call 360-886-1011 in advance to get signed up!

Footcare Appointments Available

Karen Poppleton comes to Black Diamond on the third Thursday of every month. Karen specializes 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: February 20, March 19, and April 16. Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$30.

AARP Smart Driver Courses

We are now offering Smart Driver courses for those looking for insurance discounts. The next class will be offered on Wednesday, February 19th, 8:30am-4:30pm. Registration is due one week in advance. Plan to bring your own lunch that day. Payment is due by check to AARP, \$20 per person for those who are members of AARP, \$25 per person for those who are not members. Call us at 360-886-1011 if you have questions.

**Black Diamond Community Center, 360-886-1011
31605 Third Ave (SR 169), Black Diamond WA 98010
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