

Senior Nutrition Program - July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Happy Birthday America!</i>		1st Food Bank 10am-3pm 	2nd Swiss Cheese Burger Lettuce & Tomatoes Sweet Potato Fries Mixed Berries No Bingo	3rd TOPS 9am pending 
6th Food Bank 10am-3pm 	7th Pork Tenderloin Bake Spinach Butternut Squash Grapes, Oatmeal Cookies No Ping Pong No Pinochle	8th Food Bank 10am-3pm	9th Chefs Salad w/Turkey Cheese & Egg Beans & Peas Breadsticks Peaches No Bingo	10 TOPS 9am pending
13 Food Bank 10am-3pm	14 Spaghetti with Beef Green Beans Garlic Bread Pears No Ping Pong No Pinochle	15 Food Bank 10am-3pm 	16 Oven Fried Chicken Roasted Potatoes Broccoli Wheat Roll Orange No Dance, No Bingo	17 TOPS 9am pending 
20 Food Bank 10am-3pm 	21 Salisbury Steak with Gravy, Mashed Potatoes, Sauteed Spinach, Fig Newton. No Ping Pong, No Pinochle.	22 Food Bank 10am-3pm	23 Vegetable Lasagna Green Beans Sauteed Cinnamon Apples No Bingo	24 TOPS 9am pending 
27 Food Bank 10am-3pm	28 Honey Dijon Chicken Potatoes Beets Peaches No Ping Pong No Pinochle	29 Food Bank 10am-3pm 	30 Beef & Rice Burrito Salsa, Guacamole Sour Cream Cucumber Tomato Salad Sauteed Cinnamon Apples No Bingo	31 TOPS 9am pending 

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

Temporary Schedule for the CoVid-19 Shelter in Place Order

Mondays and Wednesdays — Food Bank is open 10am-3pm.

Tuesdays and Thursdays — Senior Meals — Pick-Up Only, or

We can also deliver a meal to you. Call the Center at

360-886-1011 to order a meal the day before.

Fridays — We are closed.

All recreational activities have been temporarily suspended: Ping Pong and Pinochle on Tuesdays, Bingo on Thursdays, and TOPS on Fridays. The Foot Care appointments in July are pending. We will keep you updated on changes, based on the Governor's orders for social gatherings.



Energy Assistance is Available

Vouchers are still available to help with your Puget Sound Energy bills from the Salvation Army.

Appointments are available Monday thru Thursday for low-income households in these zip codes: 98010, 98038, 98051, and 98042.

Call the Black Diamond Community Center at 360-886-1011 to find out how to qualify and to set up an appointment. Up to \$300 per household is available.

The words "Urgent Notice," "Final Notice," or "Past Due" must appear on your statement from Puget Sound Energy.

We miss all of you, but...

Please know we might not have in-house meals again until August. Be safe and be well!

Need help feeding your furry friend?

The BDCC has a pet food bank, available each month for low-income seniors.

The Humane Society and local donations sponsor 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 to arrange pick-up times.

Black Diamond Community Center, 360-886-1011
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