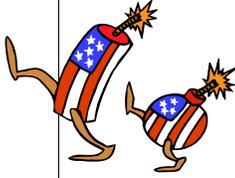


Senior Nutrition Program - July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1st Celebrate 4th of July! Swiss Cheese Burger Lettuce & Tomatoes Sweet Potato Fries Mixed Berries	2nd TOPS 9am
5th Independence Day Holiday Center Closed 	6th Lemon Pepper Baked Cod, Potatoes Au Gratin, Pineapple Upside Down Cake.	7th Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	8th Vegetable Lasagna, Green Beans, Sauteed Cinnamon Apples. 	9th TOPS 9am 
12 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	13 Salisbury Steak With Gravy, Mashed Potatoes, Sauteed Spinach, Fig Newton.	14 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	15 Amandine Fish Broccoli Wheat Roll Orange Lemon Bar 	16 TOPS 9am
19 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	20 Spaghetti With Beef, Green Beans, Garlic Bread, Pears. 	21 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm. ——— Foot Care 9am-4pm.	22 Chefs Salad With Turkey, Cheese & Egg, Beans & Peas, Breadsticks, Peaches. 	23 TOPS 9am 
26 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	27 Honey Dijon Chicken Potatoes Beets Peaches 	28 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	29 Beef & Rice Burrito Salsa, Guacamole Sour Cream Cucumber Tomato Salad Sauteed Cinnamon Apples	30 TOPS 9am 

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

Hello Seniors! We miss all of you, and HOPE for a FALL opening of in-house meals.

If Governor Inslee moves our county to Phase 4 at the end of June, the Center needs to make sure all staff, volunteers, and clients stay safe and healthy.

This means that CCS, Public Health, and the CDC advises organizations like us to have a 60-90 day waiting period to assure safety.

We also need to get our volunteers back. **Please be patient with us.** We want you back in the Center!

Activities Schedule:

Mondays and Wednesdays —

Food and Clothing Banks are open 10am-3pm.
Ping Pong and Pool at 10am-1pm.
Bingo at 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.

Fridays — We are closed.

We will keep up 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 Poppleton comes to Black Diamond on the third Wednesday 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: **July 21, August 18, and Sept 15.** Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$35, and the suggested CoVid supply donation is \$5. Bring a towel to dry your feet, and you must wear a mask.

Energy Assistance is Still 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