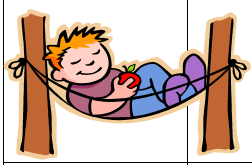
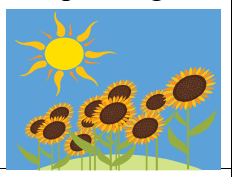
Senior Nutrition Program - August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Food Bank 10am-3pm 	**4th** **Meatloaf** Potatoes & Gravy Carrots, Oranges No Ping Pong No Pinochle	**5th** Food Bank 10am-3pm 	**6th** **Fish & Chips,** Coleslaw, Yogurt, Strawberry Rhubarb Compote. No Bingo.	**7th** TOPS 9am pending 
10 Food Bank 10am-3pm	**11** **Chicken Cacciatore** Zucchini & Tomato Medley Wheat Roll, Pears No Ping Pong No Pinochle	**12** Food Bank 10am-3pm	**13** **Philly Cheese Sandwich** Brussel Sprouts Grapes No Bingo	**14** TOPS 9am pending
17 Food Bank 10am-3pm 	**18** **Salmon Filet** Wild Rice Caesar Salad Ice Cream & Rhubarb Sauce No Ping Pong No Pinochle	**19** Food Bank 10am-3pm, Foot Care Appointments 9am-4pm.	**20** **Pork Chops with Apples,** Cucumber Tomato Feta Salad, Rice Pudding. No Bingo.	**21** TOPS 9am pending
24 Food Bank 10am-3pm	**25** **BBQ Chicken** Pasta Salad, Green Beans BBQ Pinto Beans Ice Cream & Pineapple Sauce No Ping Pong No Pinochle	**26** Food Bank 10am-3pm	**27** **BBQ Pork Loaded Baked Potato,** Lemon Garlic Broccoli & Parmesan, Applesauce. No Bingo.	**28** TOPS 9am pending
31 Food Bank 10am-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

Temporary Schedule for the CoVid-19 Safe Start Washington Order

Mondays and Wednesdays — Food and Clothing Banks are 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 on the Monday before.

Fridays — We are closed.

All recreational activities are still temporarily suspended: Ping Pong and Pinochle on Tuesdays, Bingo on Thursdays, and TOPS on Fridays.

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.

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.

We miss all of you, but...

Please know we might not have in-house meals again until after Labor Day. Be safe and stay well!

Footcare Appointments Available

Karen Poppleton has returned 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: August 19, September 16, and October 21. Appointments fill up fast, so call 360-886-1011 in advance to make your appointment.

The service still costs $30, and the suggested CoVid supply donation is $5. Bring a towel to dry your feet, and you must wear a mask.

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