








Senior Nutrition Program - August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	3rd Salmon Filet Wild Rice Caesar Salad Wheat Roll Ice Cream	4th Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	5th Philly Cheese Sandwich Brussel Sprouts Grapes 	6th TOPS 9am 
9th Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	10 Meatloaf Potatoes & Gravy Carrots Oranges 	11 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	12 Baked Cod, Roasted Mediterranean Veggies, Oatmeal Raisin Cookie.	13 TOPS 9am 
16 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	17 Fish & Chips, Coleslaw, Yogurt, Strawberry Rhubarb Compote.	18 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	19 BBQ Pork Loaded Baked Potato, Lemon Garlic Broccoli & Parmesan, Applesauce.	20 TOPS 9am 
23 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm. 	24 Creamy Tomato Fettucini, Green & Yellow String Beans, Wheat Roll, Tropical Fruit Cocktail.	25 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm. — Foot Care 9am-4pm.	26 Pork Chops with Apples, Cucumber Tomato Feta Salad, Rice Pudding. 	27 TOPS 9am 
30 Food Bank, Ping Pong, and Pool: 10am-1pm. Bingo 1-3pm.	31 BBQ Chicken, Pasta Salad, Green Beans, Ice Cream with Pineapple Sauce.			

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 we HOPE for a FALL opening of in-house meals.

We are now in Phase 4 of the Governor's re-opening plan, but the Center and our meal provider need to make sure all staff, volunteers, and clients stay safe and healthy.

Health agencies like CCS, Public Health, and the CDC advise that 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: **August 18, Sept 15, and Oct 20.** 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**