





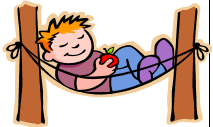










Senior Nutrition Program - August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1st Beef Soft Taco, Tater Tots, Surprise Dessert. 	2nd Diamond Gems 9am 
5th Food Bank 10am-3pm 	6th Fish & Chips, Coleslaw, Yogurt, Strawberry Rhubarb Compote.	7th Food Bank 10am-3pm 	8th Tomato Soup, Grilled Cheese Sandwich, Chips, Something for Dessert.	9th Diamond Gems 9am 
12 Food Bank 10am-3pm 	13 Meatloaf, Potatoes & Gravy, Carrots, Oranges, Brownie. 	14 Food Bank 10am-3pm	15 Chicken Fettucini, Green Salad, Dessert Special. 	16 Diamond Gems 9am 
19 Food Bank 10am-3pm	20 Pork Luau with Rice, Pineapple Coleslaw, Hawaiian Roll, Tropical Fruit Salad.	21 Food Bank 10am-3pm Foot Care 9am-1pm	22 Hot Dog & Bun, Macaroni Salad, Chips, Something for Dessert.	23 Diamond Gems 9am 
26 Food Bank 10am-3pm 	27 Beef Stir Fry, Fried Rice with Egg, Peas & Carrots, Fortune Cookie, Ice Cream Cup.	28 Food Bank 10am-3pm 	29 Beef Chili, Corn Bread, Surprise Dessert.	30 Diamond Gems 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

Looking for something fun to do?

Our lunches sure are a lot of fun, but we would also like to add some more activities. If you want to play Bingo, card games, pool, or ping pong on Tuesdays and Thursdays, please let us know!



Upcoming Parties and Raffles:

September 5th (Thursday) - Labor Day Party
October 31st (Thursday) - Halloween
November 21st (Thursday) - Turkey Trot
December 19th (Thursday) - Christmas
Be sure to bring your dollar bills from the bank!!!

Footcare Appointments Available

Karen's Footcare comes to Black Diamond on the third Wednesday of every month. Karen and her wonderful assistant Calah specialize 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 16, Sept 20, and Oct 18. Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$35.

Bring a towel to dry your feet, and wear a mask.

Activities Schedule:

Mondays and Wednesday —

Food and Clothing Banks are open 10am-3pm.

Tuesdays and Thursdays — The Senior Lunch program starts with social hour at 11am and lunch is served at 12 noon. Note: Please be sure to bring small bills to pay for your lunch, as we do not have a bank in town to make change at.

Fridays — The center is closed, but Diamond Gems meets 9am-11am. Sons of Italy meets on the second Friday night of each month, starting in September, at 6:30pm with dinner at 7pm.

General — We are looking for people to start up fun activity groups, like bingo, cards, pool and ping pong. Let's get this place hopping again!

Energy Assistance is 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. Call us at 360-886-1011 to see if you qualify and to set up an appointment!

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.

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