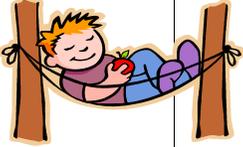


Senior Nutrition Program - September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Labor Day Day <u>Holiday</u> Center Closed	3rd Chicken Cacciatore Baked Zucchini Wheat Rolls Pears Ping Pong before Lunch Pinochle after Lunch	4th Walkers 7:30am 	5th Beef & Bean Burrito Brown Rice Pinto Beans Strawberries & Yogurt Bingo after Lunch	6th TOPS 9am 
9th Walkers 7:30am 	10 Pork Chops Potatoes & Gravy Cucumber Tomato Salad Rice Pudding Ping Pong before Lunch Pinochle after Lunch	11 Walkers 7:30am	12 BBQ Chicken Potato/Pasta Salad Baked Beans Tangerines Bingo after Lunch	13 TOPS 9am
16 Walkers 7:30am	17 Chicken & Cheese Soft Taco, Lettuce & Tomato, Spanish Rice, Mandarin Oranges. Ping Pong before Lunch, Pinochle after Lunch.	18 Walkers 7:30am 	19 Pot Roast Potatoes & Gravy Spinach Strawberry Salad Dessert Footcare 9am-4pm Dance with Stan's Band Reservations Required Bingo after Lunch	20 TOPS 9am
23 Walkers 7:30am 	24 Philly Cheese Steak Green Salad Grapes Ping Pong before Lunch Pinochle after Lunch	25 Walkers 7:30am	26 Beef Tips with Noodles Spinach Cornbread & Honey Mixed Berries Bingo after Lunch	27 TOPS 9am 

Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond
For reservations call Cheryl, Leslie, Irene, or Kym at 360-886-1011

This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and unpasteurized milk and juices may increase your risk of food borne illness.

BDCC Senior Programs

Calling all Forrest Gumps to BDCC!

The BDCC has a brand new ping pong table for our Senior Program. A small group has just starting playing on Tuesdays, from 10:30am to 12:00 noon. We would love to have more seniors participate in this new and exciting activity! Feel free to call 360-886-1011 and ask about availability of other times to play as well.

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.

AARP Smart Driver Courses

We are now offering Smart Driver courses for those looking for insurance discounts. The next class will be offered on Wednesday, November 13th, 8:30am-4:30pm. Registration is due one week in advance. Plan to bring your own lunch that day. Payment is due by check to AARP, \$15 per person for those who are members of AARP, \$20 per person for those who are not members. Please call us at 360-886-1011 for any questions you may have. We will have classes in February and May of 2020.

Need a ride to our lunch program?

The BDCC van makes the rounds in the greater Black Diamond area before and after lunch on Tuesdays and Thursdays. Pick-up times are around 11am, and drop-off is by 1pm. Call 360-886-1011 in advance to get signed up!

Footcare Appointments Available

Karen Poppleton comes to Black Diamond on the third Thursday 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: September 19, October 17, and November 21. Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$30.

No-Cost Programs for Seniors & Vets

Does your home need repairs? Could it be more energy efficient? Plateau Outreach Ministries can help you with some important resources: emergency repairs, home repair grants and loans, accessibility modifications, weatherization for home owners, renters and mobile homes, and air quality improvement for persons with respiratory illness. Lisa from POM can meet you here at the BDCC to get you started. Call her at 360-825-8961 for an appointment.

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