

Senior Nutrition Program - September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1st Swiss Cheese Burger Lettuce & Tomatoes Sweet Potato Fries Mixed Berries	2nd Diamond Gems 9am	
5th Labor Day <u>Holiday</u> Center Closed	6th Pasta Salad with Bacon & Veggies, Hard Boiled Egg. Mandarin Oranges, Lemon Bars.	7th Food Bank 10am-3pm Foot Care 9am-1pm.	8th Vegetable Lasagna Mixed Veggies, Sauteed Cinnamon Apples. 	9th Diamond Gems 9am Sons of Italy 6:30pm
12 Food Bank 10am-3pm 	13 Salisbury Steak with Gravy, Mashed Potatoes, Sauteed Spinach, Fig Newton.	14 Food Bank 10am-3pm 	15 Grilled Chicken Salad with Strawberries, Walnuts and Hard Boiled Egg. Wheat Roll. 	16 Diamond Gems 9am
19 Food Bank 10am-3pm	20 Spaghetti with Beef, Green Beans, Garlic Bread, Pears.	21 Food Bank 10am-3pm Foot Care 9am-1pm.	22 Chef's Salad with Cheese and Egg, Beans and Peas. Breadsticks, Peaches.	23 Diamond Gems 9am
26 Food Bank 10am-3pm 	27 Honey Dijon Chicken, Potatoes, Beets, Peaches. 	28 Food Bank 10am-3pm	29 Chinese Chicken Salad, Wheat Roll, Pears. 	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

We are all back inside for lunch now!

JUST A REMINDER: MEALS ARE NOW FOR INSIDE DINING ONLY.

Sheri will still call and you can tell her which days you are coming in.



If you want to start Bingo or play cards, pool, or ping pong on Tuesdays and Thursdays. Please let us know. WE WANT YOU ALL BACK!



Activities Schedule:

Mondays and Wednesday —

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

Tuesdays and Thursdays —

Senior Meals are available for inside dining only.

Call the Center at 360-886-1011 on Monday mornings to order meals for that week.

We are looking for people to start up fun activity groups, like bingo, cards, pool, and ping pong!

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

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. 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!

Footcare Appointments Available

Karen's Footcare comes to Black Diamond on the first and 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 four dates available are: Sept 7th, Sept 21st, Oct 5th, and Oct 19th. 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.

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**