

Senior Nutrition Program - September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Labor Day Holiday Center Closed 	3rd Amandine Fish, Broccoli, Wheat Roll, Orange, Lemon Bar.	4th Food Bank 10am-3pm 	5th Labor Day Party with Stan's Band! Sweet & Sour Pork, Vegetables, Rice, Fortune Cookie, Ice Cream. Reservations Required!	6th Diamond Gems 9am 
9th Food Bank 10am-3pm 	10 Honey Dijon Chicken, Potatoes, Beets, Mandarin Oranges.	11 Food Bank 10am-3pm 	12 Vegetarian Lasagna, Green Beans, Sauteed Cinnamon, Apples. 	13 Diamond Gems 9am Sons of Italy 6:30pm
16 Food Bank 10am-3pm 	17 Spaghetti with Beef, Green Beans, Garlic Bread, Pears.	18 Food Bank 10am-3pm Foot Care 9am-1pm	19 Pork Tenderloin Bake Spinach, Butternut Squash, Grapes, Oatmeal Cookies.	20 Diamond Gems 9am 
23 Food Bank 10am-3pm 	24 Lime Fish, Zucchini Linguini, Strawberry Rhubarb Compote. 	25 Food Bank 10am-3pm	26 Beef & Rice Burrito, Salsa & Sour Cream, Tomato Onion Cucumber Salad, Apples with Walnuts and Whipped Cream.	27 Diamond Gems 9am 
30 Food Bank 10am-3pm				

Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond
For reservations call Cheryl, Leslie, James, Denise, 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 Raffle Dates:

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 two dates available are: September 20 and October 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.

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 (NO 20s or 50s) 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 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. 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**