

Senior Nutrition Program — October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1st Beef Strips, Key West Veggies, Rice, Fig Newton.</p>	<p>2nd Food Bank 10am-3pm</p> 	<p>3rd Tuna Noodle Casserole with Peas, Green Salad, Mandarin Oranges.</p> 	<p>4th Diamond Gems 9am</p> 	
<p>7th Food Bank 10am-3pm</p> 	<p>8th Florentine Fish, Zucchini, Onion & Tomatoes, Cherry Crisp.</p> 	<p>9th Food Bank 10am-3pm</p> 	<p>10 Beef Noodle Soup, Carrot, Pineapple & Raisin Salad, Oatmeal Cookie.</p> 	<p>11 Diamond Gems 9am</p> 
<p>14 Food Bank 10am-3pm</p> 	<p>15 Swiss Cheese Burger Lettuce & Tomatoes, Green Beans, Wedge Fries, Mixed Berries.</p>	<p>16 Food Bank 10am-3pm</p> <p>Foot Care 9am-2pm</p>	<p>17 Parmesan Tilapia, Pilaf, Squash, Brownie Bits.</p> 	<p>18 Diamond Gems 9am</p> <p>Sons of Italy 6:30pm</p>
<p>21 Food Bank 10am-3pm</p> 	<p>22 Mediterranean Chicken Wrap, Spinach and Cannellini Beans, Rice Pudding.</p> 	<p>23 Food Bank 10am-3pm</p>	<p>24 Pork Fajitas with Onion & Zucchini, Pinto Beans, Banana.</p> 	<p>25 Diamond Gems 9am</p> 
<p>28 Food Bank 10am-3pm</p> 	<p>29 Swedish Meatballs, Potatoes, Salad, Apricots.</p> 	<p>30 Food Bank 10am-3pm</p>	<p>31 Halloween Party with Dance, Raffle and Costume Contest: Witches Brew! Reservations required in advance!</p>	

Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond
For reservations call Cheryl, Leslie, Cindy, 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're having a Halloween Party!!!

Hey Seniors! We are having our Halloween party and dance with Stan Terrell on Thursday, October 31st. We are having a one of a kind meal: Witches Brew! We'll also have great sides and a SPOOKY dessert! Call 360-886-1011 to make your reservations for this meal by Tuesday, October 15th. Be sure to bring your \$1 bills for a really fun RAFFLE too! Please remember to change out large bills at your bank!



Upcoming Raffle Dates:

October 31st (Thursday) - Halloween
November 21st (Thursday) - Turkey Trot
December 19th (Thursday) - Christmas

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.

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

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

Karen and Calah's Footcare

Karen recently moved out of state, and her wonderful assistant Calah, who we have grown to love, will soon own the business!

The other exciting piece of news is that Calah will be on maternity leave from November through January. We still have one more date available for this year, October 16th, with two spots available. The cost is currently \$35, but will be going up to \$40 in 2025. Be sure to bring a towel to dry your feet!

Emergency 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