

Senior Nutrition Program – November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1st Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	2nd BBQ Pork Open Face Sandwich, Green Beans, Carrot Raisin Salad, Lemon Bar. 	3rd Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	4th Creamy Tomato Fettucini, Green & Yellow String Beans, Wheat Rolls, Tropical Fruit Cocktail.	5th Diamond Gems 9am 
8th Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	9th Meatloaf Potatoes & Gravy Carrots, Oranges. 	10 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	11 Veterans Celebration, Fish & Chips, Coleslaw, Yogurt, Strawberry Rhubarb Compote.	12 Diamond Gems 9am 
15 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	16 Philly Cheese Sandwich, Brussel Sprouts, Grapes. 	17 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	18 Thanksgiving Celebration: Roast Turkey, Mashed Potatoes & Gravy, Cranberry Sauce, Green Beans, Wheat Roll, Pumpkin Pie with Whipped Topping.	19 Diamond Gems 9am 
22 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	23 BBQ Pork Loaded Baked Potato, Lemon Garlic Broccoli & Parmesan, Applesauce.	24 Holiday: Center Closed.	25 Thanksgiving Holiday: Center Closed. 	26 Diamond Gems 9am
29 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	30 BBQ Chicken Pasta Salad, Green Beans, BBQ Pinto Beans, Ice Cream with Pineapple Sauce. 			

Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond
For reservations, call Cheryl, Leslie, or Helen 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

Hello Seniors! We miss all of you!

Please be patient with us. We want you back in the Center!

We are paying very close attention to guidelines from Public Health.

Per Governor Inslee's mandate,

**Everybody is required to wear a mask in the building,
regardless of vaccination status.**

Activities Schedule:

Mondays and Wednesdays —

Food and Clothing Banks are open 10am-3pm.
Ping Pong and Pool at 10am-1pm.
Bingo at 1-3pm.

Call the week before to make reservations.

Tuesdays and Thursdays —

Senior Meals are Pick-Up only, or we can also deliver a meal to you.

Call the Center at 360-886-1011 to order a meal on the Monday before.

Fridays — We are closed.

We will keep up updated on changes, based on the Governor's orders for social gatherings.

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.

Footcare Appointments Available

Karen Poppleton comes to Black Diamond on the third Wednesday 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: **Nov 17, Dec 15, and Jan 19th.** Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$35, and the suggested CoVid supply donation is \$5. Bring a towel to dry your feet, and you must wear a mask.

Energy Assistance is Still 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.

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