

Senior Nutrition Program – November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1st Diamond Gems 9am
4th Food Bank 10am-3pm 	5th Philly Cheese Sandwich, Brussel Sprouts, Grapes. 	6th Food Bank 10am-3pm	7th Meatloaf, Potatoes & Gravy, Carrots, Oranges, Brownie. 	8th Diamond Gems 9am Sons of Italy 6:30pm
11 Veteran's Day Holiday: Center Closed.	12 Chicken Cheese Taco, Cauliflower, Salsa, Sour Cream, Carmelized Bananas.	13 Food Bank 10am-3pm 	14 Tuna Melt, Pea Onion Tomato Salad with Cheese, Grapes.	15 Diamond Gems 9am 
18 Food Bank 10am-3pm 	19 Beef Noodle Soup, Pineapple Coleslaw, Oatmeal Cookie, Orange.	20 Food Bank 10am-3pm 	21 Thanksgiving Turkey Trot Dance: Roast Turkey, Mashed Potatoes & Gravy, Cranberry Sauce, Green Beans, Wheat Roll, Pumpkin Pie. Reservations required! Bring \$1s for the Raffle!	22 Diamond Gems 9am 
25 Food Bank 10am-3pm 	26 Fish Sandwich, Broccoli & Cauliflower, Orange, Vanilla Ice Cream. 	27 Food Bank 10am-3pm	28 Thanksgiving Holiday: Center Closed. 	29 Diamond Gems 9am 

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

We are having a Thanksgiving Turkey Trot!

Hey Seniors! We are having our Thanksgiving party and dance with Stan Terrell on **Thursday, November 21st**. We are having one of your holiday favorites: roast turkey, cranberry sauce, mashed potatoes and gravy, green beans, wheat roll, and pumpkin pie.

Call **360-886-1011** to make your reservations for this meal by **Thursday, November 9th**. Be sure to bring your **dollar bills** for a fun raffle too, and please remember to change out large bills at your bank!



Activities Schedule:

Mondays and Wednesday —

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

Tuesdays and Thursdays —

Senior Meals are available for inside dining. You no longer need to call the Center on Mondays to reserve your meals, except for party days.

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!

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.

Karen Footcare is now...

Calah's Footcare!

Karen recently moved out of state, and her wonderful assistant Calah, who we have grown to love, now owns the business

The other exciting piece of news is that Calah is now on maternity leave through January, and we can't wait to see those baby pictures!

Calah will be back in February, with the same schedule, the third Wednesday of the month here at the BDCC.

The cost just changed and is now \$40.

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**