

Senior Nutrition Program - December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1st Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	2nd Lemon Pepper Baked Cod, Potatoes Au Gratin, Pineapple Upside Down Cake. 	3rd Diamond Gems gam
6th Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	7th Swiss Cheese Burger Lettuce & Tomatoes Sweet Potato Fries Mixed Berries 	8th Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	9th Vegetable Lasagna, Green Beans, Sauteed Cinnamon Apples. 	10 Diamond Gems gam 
13 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	14 Salisbury Steak with Gravy, Mashed Potatoes, Sauteed Spinach, Fig Newton. 	15 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm. Foot Care Appointments 9am-4pm	16 Oven Fried Chicken Roasted Potatoes Broccoli Wheat Roll Orange 	17 Diamond Gems gam 
20 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	21 Holiday Ham, Mashed Potatoes & Gravy Green Beans, Roll Apple Pie 	22 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	23 Christmas Eve Holiday Center Closed 	24 Christmas Eve Holiday Diamond Gems gam 
27 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	28 Spaghetti with Beef Green Beans Garlic Bread Pears 	29 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	30 New Year's Eve Holiday Center Closed 	31 New Year's Eve Holiday Diamond Gems gam 

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.

Let's do what we can for a healthy and happy holiday season!



Activities Schedule:

Mondays and Wednesdays –

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

Friday – The Center is closed, but Diamond Gems meets 9am-11am.

We will keep you 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: **December 15, January 19, and February 16.** Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$30, 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**