

Senior Nutrition Program - December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 30 Food Bank 10am-3pm 	1st BBQ Chicken, Pasta Salad, Green Beans, BBQ Pinto Beans, Ice Cream. No Ping Pong, No Pinochle.	2nd Food Bank 10am-3pm 	3rd Pork Chops With Apples, Cucumber Tomato Feta Salad, Rice Pudding. No Bingo.	4th TOPS pending 
7th Food Bank 10am-3pm 	8th Baked Cod, Roasted Mediterranean Vegetables, Oatmeal Raisin Cookie. No Ping Pong, No Pinochle.	9th Food Bank 10am-3pm 	10 BBQ Pork Open Face Sandwich, Green Beans, Carrot Raisin Salad. No Bingo.	11 TOPS pending 
14 Food Bank 10am-3pm 	15 BBQ Pork Loaded Baked Potato, Lemon Garlic Broccoli & Parmesan, Applesauce. No Ping Pong, No Pinochle.	16 Food Bank 10am-3pm ——— Foot Care 9am-4pm 	17 Salmon Filet, Wild Rice, Caesar Salad, Ice Cream and Rhubarb Sauce. No Bingo.	18 TOPS pending 
21 Food Bank 10am-3pm 	22 Holiday Ham, Mashed Potatoes & Gravy, Green Beans, Hawaiian Roll, Peaches, Ice Cream. No Ping Pong, No Pinochle.	23 Food Bank 10am-3pm 	24 Christmas Eve Holiday Center Closed	25 TOPS pending 
28 Food Bank 10am-3pm 	29 Fish & Chips, Coleslaw, Strawberry Rhubarb Compote, Yogurt. No Ping Pong, No Pinochle.	30 Food Bank 10am-3pm 	31 New Year's Eve Holiday Center Closed	Jan 1st 

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

Medicare Open Enrollment

Medicare Open Enrollment closes on December 15th. Some tips to consider:

- 1) Be sure to check out the new options provider as coverage details change each year, and a better plan might be available for your budget.
- 2) Be sure to consider out-of-pocket costs when looking at monthly premiums. Don't assume your health will not change, and start planning to figure out how to cover unexpected costs.

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.

Temporary CoVid-19 Schedule

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

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 — We are closed.

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

We miss all of you, but...

Please know we might not have in-house meals again until Phase 4. Be safe and stay well!

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 16, January 20, and February 17. 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.

No-Cost Programs for Seniors & Vets

Does your home need repairs? Could it be more energy efficient? Plateau Outreach Ministries can help you with some important resources: emergency repairs, home repair grants and loans, accessibility modifications, weatherization for home owners, renters and mobile homes, and air quality improvement for persons with respiratory illness. Lisa from POM can meet you here at the BDCC to get you started. Call her at 360-825-8961 for an appointment.

Black Diamond Community Center, 360-886-1011
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