

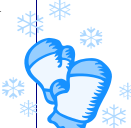
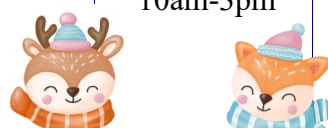















Senior Nutrition Program - January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1st New Year's Holiday Center Closed	2nd No Lunch: Closed for the Holiday A HAPPY NEW YEAR	3rd Diamond Gems 9am 
6th Food Bank 10am-3pm	7th Hamburgers, Carrot Coins, Surprise Dessert. Chef Cindy 	8th Food Bank 10am-3pm 	9th Tomato Soup, Grilled Cheese Sandwich, Cup of Mixed Fruit Ice Cream. Chefs James and Ron	10 Diamond Gems 9am Sons of Italy
13 Food Bank 10am-3pm 	14 Spaghetti and Meatballs; Green Salad with Tomatoes, Celery & Carrots; Garlic Bread, Ice Cream with Fruit. Chefs James and Leslie	15 Food Bank 10am-3pm 	16 Tuna Noodle Casserole with Peas, Coleslaw with Pineapple, Whole Wheat Roll, Vanilla Pudding with Bananas. Chef Cindy	17 Diamond Gems 9am 
20 Martin Luther King Jr. Day 	21 Chicken & Rice Dish, Broccoli, Orange Slices, Pudding with Bananas. Chef Cindy 	22 Food Bank 10am-3pm 	23 Lemon Fish with Lemon Slices; JoJo Potatoes; Green Salad with Tomatoes, Cucumber & Celery; Ice Cream with Strawberries. Chef Cindy	24 Diamond Gems 9am 
27 Food Bank 10am-3pm 	28 Sloppy Joes, Baked Beans, Tomato Slices, Lime Jello with Pineapple. Chef Cindy 	29 Food Bank 10am-3pm 	30 Grilled Chicken Sandwich, Pea Salad, Tropical Fruits with Coconut. Chef Cindy.	31 Diamond Gems 9am 



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

Happy New Year!

Hope you all had a wonderful holiday season!

Just a few important reminders for the lunch program:

- 1 - The suggested contribution has gone up to \$5 per meal.
- 2 - Make sure you have correct change for lunch (\$5s and \$1s), as we cannot make change for bigger bills.
- 3 - If you need to write a check, make it payable to BDCC.
- 4 - Bring your own take-out containers for leftovers from lunch.



Activities Schedule:

Mondays and Wednesdays –

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, or if you have a group coming.

Friday – 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.

Footcare Appointments Available

Calah's Footcare comes to Black Diamond on the third Wednesday of every month. Calah 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.

Calah is still on maternity leave in January, but will be back in February. The next three dates available are: **February 19, March 19, and April 16.**

Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$40. Bring a towel to dry your feet.

Energy 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. 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