


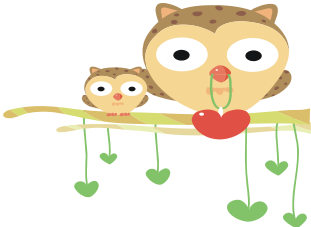



Senior Nutrition Program- February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1st Food Bank 10am-3pm	2nd Meatloaf, Potatoes & Gravy, Carrots, Oranges.	3rd Diamond Gems 9am
6th Food Bank 10am-3pm	7th Chicken Cacciatore, Zucchini & Tomato Medley, Wheat Roll, Pears.	8th Food Bank 10am-3pm	9th Broccoli Cheese Soup, 1/2 Turkey Sandwich, Apple Crisp.	10 Diamond Gems 9am
13 Food Bank 10am-3pm	14 Valentine's Party! Chicken & Cheese Taco, Cauliflower, Salsa, Guacamole, Special Dessert. Dance with Stan's Band. Reservations required by February 2nd!	15 Food Bank 10am-3pm Foot Care 9am-1pm	16 BBQ Pork Loaded Baked Potato, Lemon Garlic Broccoli & Parmesan, Apple.	17 Diamond Gems 9am
20 President's Day Holiday Center Closed	21 Baked Cod, Roasted Mediterranean Veggies, Oatmeal Raisin Cookie.	22 Food Bank 10am-3pm	23 BBQ Chicken Pasta Salad, Green Beans, Ice Cream, Pineapple Sauce.	24 Diamond Gems 9am
27 Food Bank 10am-3pm	28 Fish & Chips, Coleslaw, Yogurt, Strawberry Rhubarb Compote.			

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

Valentine's Day Party!!!

Hey Seniors! We are having our Valentine's Day party on Tuesday, February 14th. Stan's Band will be serenade you with romantic tunes. For lunch we are having: Chicken & Cheese Taco, Cauliflower, Salsa, Guacamole, and a special dessert.

Reservations are required by February 2nd.

Upcoming Parties and Raffles:

Feb 14th (Tuesday) - Valentine's Dance Party
March 16th (Thursday) - St. Patrick's Day Party
April 6th (Thursday) - Easter Bunny Hop
May 11th (Thursday) - Mother's Day Party
June 15th (Thursday) - Father's Day Party

Raffle Dates — February thru April

February 7th, 21, 28;
March 7th, 14, 21, 28;
April 4th, 11, 18, 25.

Note: Raffle dates are subject to change.

Footcare Appointments Available

Karen's Footcare comes to Black Diamond on the third Wednesday of every month. Karen and her wonderful assistant Calah specialize 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: **February 15, March 15, and April 19.** Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$35. Bring a towel to dry your feet, and wear a mask.

Weekly Activities Schedule:

Mondays and Wednesdays —

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

Tuesdays and Thursdays — The Senior Lunch program starts with social hour at 11am and lunch is served at 12 noon. Call the Center at 360-886-1011 on Monday mornings to reserve your spots for that week.

Fridays — The Center is closed, but Diamond Gems meets 9am-11am. Sons of Italy is now meeting on the second Friday night of each month at 6:30pm, with dinner served at 7pm.

General — We are looking for people to start up fun activity groups, like bingo, cards, pool, and ping pong! Let's get this place hopping again!

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. Call us at 360-886-1011 to see if you qualify and to set up an appointment!

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.

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