






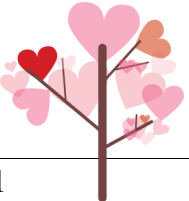
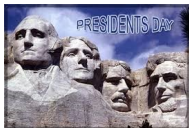
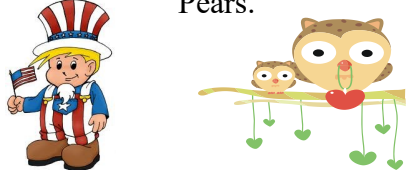








Senior Nutrition Program - February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Food Bank 10am-3pm 	4th Meatloaf, Potatoes, Roll, Brussel Sprouts, Mandarin Oranges 	5th Food Bank 10am-3pm 	6th Tuna Sandwich, Veggie Soup, Peaches and Ice Cream. 	7th Diamond Gems 9am
10 Food Bank 10am-3pm 	11 Ham, Scalloped Potatoes, Pea Salad, Sliced Peaches. 	12 Food Bank 10am-3pm 	13 Valentine's Party! Beef Lasagna, Green Salad (w/ carrots, celery) Garlic Bread, Fruit Cocktail, Holiday Cupcakes. Dance with Stan's Band. Reservations required by February 1st! Bring \$1s for the Raffle!	14 Diamond Gems 9am Sons of Italy 6:30pm 
17 President's Day Holiday Center Closed 	18 Fried Chicken, Potatoes, Baked Beans, Pears. 	19 Food Bank 10am-3pm 	20 Chef Salad (with sliced Turkey & Ham, Tomato, hard-boiled Eggs), Bread Sticks, Pears, Cookies.	21 Diamond Gems 9am 
24 Food Bank 10am-3pm 	25 Cheese and Broccoli Soup, Rolls, Tropical Fruit Salad. 	26 Food Bank 10am-3pm Foot Care 9am-1pm 	27 Breakfast for Lunch! Scrambled Egg with Red & Yellow Peppers, Hashbrown, Sausage Links, Orange Slices.	28 Diamond Gems 9am 

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

If you need to write a check, make it payable to BDCC.

BDCC Senior Programs

We're having a Valentine's Day Party!!!

Hey Seniors! We are having our Valentine's Day party on Thursday, February 13th. Stan's Band will be serenade you with romantic tunes. For lunch we are having: Beef Lasagna, Green Salad, Garlic Bread, Fruit Cocktail, and Cupcakes.

Call 360-886-1011 to make your reservations by Thursday, February 1st. Be sure to bring your dollar bills for the raffle!



Weekly 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 served 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! Let's get this place hopping again!

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 "PediCares" comes to Black Diamond on the third Wednesday of every month. Calah Webb-Young 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: **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 and wear a mask.

Energy Assistance is Available!

Need help paying your Puget Sound Energy bill? We have Salvation Army vouchers to pay up to \$600 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**