

Senior Nutrition Program - March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1st Food Bank 10am-3pm	2nd Salisbury Steak With Gravy, Mashed Potatoes, Sauteed Spinach, Fig Newton.	3rd Diamond Gems 9am 
6th Food Bank 10am-3pm	7th Vegetarian Lasagna, Green Beans, Sauteed Cinnamon Apples.	8th Food Bank 10am-3pm	9th Oven Fried Chicken, Green Beans, Roasted Potatoes, Wheat Roll, Orange.	10 Diamond Gems 9am — Sons of Italy 6:30pm
13 Food Bank 10am-3pm	14 Spaghetti with Beef, Green Beans, Garlic Bread, Pears.	15 Food Bank 10am-3pm — Foot Care 9am-1pm	16 St. Patrick's Day! Corned Beef & Cabbage, Potatoes & Carrots, Biscuits, Apples & Cinnamon. Reservations Required!!!	17 Diamond Gems 9am 
20 Food Bank 10am-3pm	21 Beef Barley Soup, Caesar Salad, Fresh Apple, Ginger Snaps.	22 Food Bank 10am-3pm	23 Omelet, Sausage Patty, Hashbrowns, Honey Dew Melon, Apple Juice.	24 Diamond Gems 9am
27 Food Bank 10am-3pm	28 Chef's Salad With Turkey, Cheese & Egg, Beans & Peas, Breadsticks, Peaches.	29 Food Bank 10am-3pm	30 Beef & Pepper Steak, Brussel Sprouts, Pound Cake with Strawberries & Whip Cream.	31 Diamond Gems 9am

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

St. Patrick's Day Party!!!

Hey Seniors! We are having our St. Patrick's Day party on Thursday, March 16th. Stan's Band will be here to entertain you. For lunch we are having: Corned Beef & Cabbage, Potatoes & Carrots, Biscuits, and Apples with Cinnamon.

Reservations are required by March 2nd.

Upcoming Parties and Raffles:

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 — March and April

March 16th (St. Patrick's) and April 6th (Easter).

We might have the raffle on other days when more people are signed up.



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: **March 15, April 19, and May 17.** 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 Wednesday —

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
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