
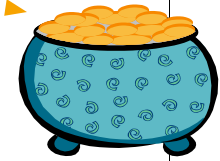
















Senior Nutrition Program - March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Food Bank 10am-3pm	4th Grilled Cheese Sandwich, Tomato Soup, Pears, Ice Cream.	5th Food Bank 10am-3pm 	6th Turkey Pot Pie, Salad (with lettuce, tomato, mushrooms), Peaches, Oatmeal Cookie.	7th Diamond Gems 9am
10 Food Bank 10am-3pm 	11 Cream of Chicken Soup with Asparagus, Cheesy Bread, Fruit Cocktail, Ice Cream. 	12 Food Bank 10am-3pm 	13 St. Patrick's Day! Corned Beef & Cabbage, Red Potatoes, Carrots, Banana Slices, Holiday Cupcakes. Dance with Stan's Band. Reservations required by February 27th! Bring \$1s for the Raffle!	14 Diamond Gems 9am — Sons of Italy 6:30pm
17 Food Bank 10am-3pm 	18 Curried Lentils with Rice, Roll, Raw Carrots with Dip, Pineapple with Mandarin Oranges. 	19 Food Bank 10am-3pm — Foot Care 9am-1pm	20 Chicken Quesadilla With Black Beans, Red Bell Peppers, Diced Tomatoes, Cheese; Mexi-Rice with Salsa, Applesauce. 	21 Diamond Gems 9am
24 Food Bank 10am-3pm 	25 Fish Sandwich with Lettuce, Coleslaw with Pineapple, Ice Cream. 	26 Food Bank 10am-3pm — Foot Care 9am-1pm	27 Hamburger Taco Salad With Lettuce, Olives, Tomatoes, Beans, Canned Corn, Carrots, Tortilla Chips; Apricots and Sugar Cookies.	28 Diamond Gems 9am
31 Food Bank 10am-3pm 				

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

We're having a St. Patrick's Day Party!!!

Hey Seniors! We are having our world-famous St. Patrick's Day party on Thursday, March 13th. Stan's Band will be here to serenade you with his great music. For lunch we are having one of your favorite meals: Corned Beef & Cabbage, Potatoes & Carrots, and Holiday Cupcakes.

Call 360-886-1011 to make your reservations by Thursday, February 27th. Be sure to bring correct change for lunch and your dollar bills for the raffle!



Activities Schedule:

Mondays and Wednesday —

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.

Fridays — The enter is closed, but Diamond Gems meets at 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: **March 19, April 16, and May 21.** 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**