

Senior Nutrition Program - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1st Walkers 7:30am 	2nd Salisbury Steak Potato with Gravy Carrots Spinach Salad Fig Newtons Pinochle after Lunch	3rd Walkers 7:30am 	4th BBQ Pork Open Face Sandwich, Red Potatoes, Carrot Apple Salad, Lemon Bar. Bingo after Lunch	5th TOPS 9am 
8th Walkers 7:30am	9 Chicken Tetrazzini Salad Sliced French Bread Pinochle after Lunch	10 Walkers 7:30am	11 Beef Pot Roast Roasted Potato Vegetables, Roll Strawberries & Cream Bingo after Lunch	12 TOPS 9am
15 Walkers 7:30am	16 Beef Soft Tacos Mexicali Vegetables Rice, Banana Sour Cream & Salsa Pinochle after Lunch	17 Walkers 7:30am 	18 Easter Bunny Hop Easter Ham Scalloped Potatoes, Roll Green Beans, Green Salad Strawberry Shortcake Dance with the Band Reservations Required! Bingo after Lunch. Footcare Appointments Available 9am-4pm.	19 TOPS 9am 
22 Walkers 7:30am	23 Turkey Noodle Soup Chicken Salad Sandwich Carrot Pineapple Salad Cookie Pinochle after Lunch	24 Walkers 7:30am	25 Chicken Tostada Chicken Tortilla Soup Plum Crisp Salsa & Sour Cream Bingo after Lunch	26 TOPS 9am
29 Walkers 7:30am 	30 Chef Salad Breadsticks, Peaches Orange Sherbet Pinochle after Lunch	May 1st Walkers 7:30am	2nd Surprise Details TBA Bingo after Lunch	3rd TOPS 9am 

Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond
For reservations call Cheryl, Leslie, Irene, 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 Events

Easter “Bunny Hop” with Stan’s Band on April 18th

Hippity-hop, hippity-hop! Be sure to sign up for our BIG Easter party on Thursday, April 18th. As we are expecting over a hundred of you, **reservations are required**. Stan’s Band “Diamonds in the Rough” will be here with very “hoppy” tunes. Don’t forget to bring your dancing shoes!

Footcare Appointments Available

Karen Poppleton comes to Black Diamond on the third Thursday of every month. The next three dates available are: April 18, May 16, and June 20. Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$30.

AARP Smart Driver Courses

We are now offering Smart Driver courses for those looking for insurance discounts. The next class will be offered on Wednesday, May 15th, 8am-4:30pm. Registration is due one week in advance. Plan to bring your own lunch that day. Payment is due by check to AARP, \$15 per person for those who are members of AARP, \$20 per person for those who are not members. Please call us at 360-886-1011 for any questions you may have. We will have a class again in August and November.

The Computer Lab is now open!

Need help finding information or want to learn how to use email? The BDCC now has a computer lab available for senior citizens. In addition to computers, we also have a tablet for those interested in learning how to use mobile apps.

Energy Assistance is Available

Vouchers are now available to help with your winter heating bills from the Salvation Army. Appointments are available Monday-Thursday for low-income households in these zip codes: 98010, 98038, 98051, and 98042. Call the Black Diamond Community Center at 360-886-1011 to find out if you qualify and to set up an appointment. Up to \$250 per household is available. The words "Urgent Notice" or "Final Notice" must appear on your letter on your letter from Puget Sound Energy.

Need a ride to our lunch program?

The BDCC van makes the rounds in the greater Black Diamond area before and after lunch on Tuesdays and Thursdays. Pick-up times are around 11am, and drop-off is by 1pm. Call 360-886-1011 in advance to get signed up!

Black Diamond Community Center, 360-886-1011
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