


Senior Nutrition Program - April 2022

Monday	Tuesday	Wednesday	Thursday	Friday	
					1st Diamond Gems 9am
4th Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	5th Roast Beef and Cheese Sandwich, Surprise Sides, Surprise Dessert. 	6th Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm. Foot Care 9am-1pm.	7th Vegetarian Lasagna, Vegetables, Ice Cream. 	8th Diamond Gems 9am	
11 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	12 Mediterranean Chicken Wrap with Spinach and Cannellini Beans, Rice Pudding.	13 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	14 Easter Ham & Party: Scalloped Potatoes, Green Beans, Green Salad, Roll, Strawberry Shortcake. Reservations DUE Monday, April 4th!	15 Diamond Gems 9am	
18 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	19 Turkey and Cheese Sandwich, Surprise Sides, Surprise Dessert. 	20 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm. Foot Care 9am-1pm.	21 Chicken Caesar Salad, Baked Apple. 	22 Diamond Gems 9am	
25 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	26 Chicken Primavera Pasta Dish, Melon. 	27 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	28 Chef Salad with Turkey, Breadsticks, Great Dessert. Reservations required in advance.	29 Diamond Gems 9am	

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

We're having an Easter Party!!!

Hey Seniors! We are having a small-scale Easter party on Thursday, April 14th. We are having one of your favorite meals: Ham, Scalloped Potatoes, Green Beans, Green Salad, Roll, Strawberry Shortcake.

Reservations for this meal are required Monday, April 4th, and be sure to tell us you will be coming inside when you order your meal for that day. Please note that you must have been vaccinated in order to come inside.



Activities Schedule:

Mondays and Wednesday —

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

Tuesdays and Thursdays —

Senior Meals are available for pick-up out front, with some limited seating inside. We can also deliver a meal to you within Black Diamond.

Call the Center at 360-886-1011 on Mondays to order meals for that week.

Fridays — The center is closed, but Diamond Gems meets 9am-11am.

We will keep you updated on changes, based on the Governor's orders for social gatherings.

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. 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!

Footcare Appointments Available

Karen's Footcare comes to Black Diamond on the first and third Wednesday of every month. Karen and 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 four dates available are: April 6th, April 20, May 4th and May 18. Appointments fill up fast, so call 360-886-1011 in advance to make your appointment. The service costs \$35, and the suggested CoVid supply donation is \$5. Bring a towel to dry your feet, and wear a mask.

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
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