

Senior Nutrition Program - April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				
3rd Food Bank 10am-3pm 	4th Salmon, German Potato Salad, Broccoli & Cauliflower, Bread Sticks, Brownie.	5th Food Bank 10am-3pm 	6th Easter Ham & Party: Scalloped Potatoes, Green Beans, Green Salad, Roll, Strawberry Shortcake. Reservations DUE Monday, April 3rd!	7th Diamond Gems 9am
10 Food Bank 10am-3pm 	11 Flank Steak, New Potatoes, Arugula, Long Green Beans.	12 Food Bank 10am-3pm	13 Pork Cutlet, Baked Potato, Baked Beans, Coleslaw. 	14 Diamond Gems 9am — Sons of Italy 6:30pm
17 Food Bank 10am-3pm	18 Chicken Caesar Salad, Baked Apple. 	19 Food Bank 10am-3pm	20 Fish Taco, Rice & Beans, Berries & Whip Cream. 	21 Diamond Gems 9am
24 Food Bank 10am-3pm 	25 Chicken Tortilla Soup, Tortilla Chips, Sour Cream, Cheese, Mango, Fig Newton.	26 Food Bank 10am-3pm	27 Florentine Fish, Zucchini with Onion & Tomatoes, Cherry Crisp. 	28 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

BDCC Senior Programs

Easter Bunny Hop Party!!!

Hey Seniors! We are having our Easter Bunny Hop party on Thursday, April 6th. Stan's Band will be here to entertain you. For lunch we are having: Ham, Scalloped Potatoes, Green Beans, Green Salad, Roll, Strawberry Shortcake.

Reservations are required by April 3rd.

Upcoming Parties and Raffles:

April 6th (Thursday) - Easter Bunny Hop

May 11th (Thursday) - Mother's Day Party

June 15th (Thursday) - Father's Day Party

Raffle Dates — April and Beyond

April 6th (Easter), May 11th (Mom's Day),

June 15th (Dad's Day). 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: April 19, May 17, and June 21. 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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