



Senior Nutrition Program - April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1st Ham & Bean Soup Coleslaw with Pineapple, Rolls, Ice Cream.	2nd Food Bank 10am-3pm 	3rd Shrimp Salad (with lettuce, cucumber, and tomato), Rolls, Mandarin Oranges, Oatmeal Cookie.	4th Diamond Gems 9am 
7th Food Bank 10am-3pm 	8th Chicken Pasta Primavera, Green Salad (with lettuce, carrots, tomato), Garlic Bread, Tropical Fruit.	9th Food Bank 10am-3pm 	10 Meatball Sandwich, Broccoli Salad with Craisins, Chocolate Pudding, Peaches.	11 Diamond Gems 9am 
14 Food Bank 10am-3pm 	15 Minestrone Soup With Beans, Rolls, Mixed Fruit Cup, Ice Cream. 	16 Food Bank 10am-3pm Foot Care 9am-1pm	17 Bunny Hop Party: Meatloaf, Mashed Potatoes & Gravy, Green Bean Casserole, Pears, Cupcakes. Reservations DUE Tuesday, April 1st!	18 Diamond Gems 9am Sons of Italy 6:30pm (rescheduled)
21 Food Bank 10am-3pm 	22 Holiday Ham with Pineapple Slices, Scalloped Potatoes, Mixed Veggies, Strawberry Shortcake.	23 Food Bank 10am-3pm 	24 Chef Salad (with turkey, ham, eggs, tomato, celery), Bread Sticks, Applesauce, Brownies.	25 Diamond Gems 9am 
28 Food Bank 10am-3pm 	29 Mac & Cheese, Green Beans, Green Salad, Roll, Vanilla Pudding with Bananas.	30 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 Bunny Hop Party!!!

Hey Seniors! We are having our very hippity-hop Bunny Hop party on Thursday, April 17th. Stan's Band will be here to entertain you with his great music. For lunch we are having: Meatloaf, Mashed Potatoes & Gravy, Green Bean Casserole, Pears, and Cupcakes.

Call 360-886-1011 to make your reservation by Thursday, April 3rd.

Be sure to bring correct change for lunch and your dollar bills for the raffle!



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 ahead of time if you are bringing a group so we have space and extra food. We also have a **Chair Yoga** program after lunch at 1pm for 30 minutes with Leih Mulvihill.

Fridays – The Center is closed, but Diamond Gems meets 9am-11am. Sons of Italy meets on the second Friday night of each month at 6:30pm, with dinner served at 7pm.

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 program "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: April 16, May 21, and June 18.

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.



Looking for something fun to do?

So are we! We are looking for people to start up fun activity groups, like bingo, cards, pool, and ping pong. Get some of your friends and neighbors together and let's get this place hopping!



**Black Diamond Community Center, 360-886-1011
31605 Third Ave (SR 169), Black Diamond WA 98010
Email: BlackDiamondCommCenter@yahoo.com**