




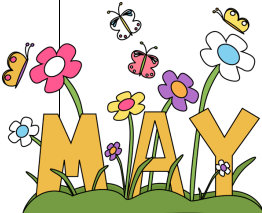


Senior Nutrition Program - May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
April 29 Walkers 7:30am	30 Chef Salad Breadsticks, Peaches Orange Sherbet Pinochle after Lunch	May 1st Walkers 7:30am	2nd Meatloaf Mashed Potatoes Green Salad Cantaloupe Bingo after Lunch	3rd TOPS 9am
6th Walkers 7:30am 	7th BBQ Pork Roll Coleslaw Potato Orange Pinochle after Lunch	8th Walkers 7:30am	9th Mother's Day Party Shrimp Scampi Linguini Pasta, Breadstick Strawberry Spinach Salad Coconut Cream Pie Reservations Required Dance with Stan's Band Bingo after Lunch	10 TOPS 9am 
13 Walkers 7:30am 	14 Oven Fried Chicken Potatoes & Gravy Broccoli, Roll Orange Pinochle after Lunch	15 Walkers 7:30am — AARP Class 8am-4:30pm	16 Beef & Pepper Steak, Diced Red Potatoes, Cooked Rhubarb and Strawberries, Bingo after Lunch, Foot Care Appointments	17 TOPS 9am
20 Walkers 7:30am	21 Spaghetti with Beef Green Salad Garlic Bread Ice Cream Pinochle after Lunch	22 Walkers 7:30am	23 Pork Tenderloin Bake Collard Greens Potato, Grapes Oatmeal Raisin Cookie Bingo after Lunch	24 TOPS 9am 
27 Memorial Day Holiday Center Closed	28 Chicken Margarita Creamy Noodles Green Salad Peaches Pinochle after Lunch	29 Walkers 7:30am 	30 Vegetarian Stuffed Peppers, Cantaloupe, Lemon Bar, Bingo after Lunch	31 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 Programs

Mother's Day Dance with Stan's Band on May 9th

Be sure to sign up for our Mother's Day party on Thursday, May 9th. As we are expecting almost a hundred of you, **reservations are required.**

Stan's Band "Diamonds in the Rough" will be here with great tunes.

Don't forget to bring your dancing shoes!

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!

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.

Footcare Appointments Available

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

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
Email: BlackDiamondCommCenter@yahoo.com**