

Senior Nutrition Program - May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	3rd Philly Cheese Sandwich, Brussel Sprouts, Grapes. 	4th Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm. <hr/> Foot Care 9am-1pm.	5th Mother's Day Lunch Shrimp Scampi Linguini Pasta Strawberry Spinach Salad Wheat Roll Coconut Cream Pie Reservations Required!	6th Diamond Gems 9am 
9th Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	10 Meatloaf Potatoes & Gravy Carrots	11 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	12 BBQ Pork Open Faced Sandwich, Mixed Vegetables, Carrot Raisin Salad.	13 Diamond Gems 9am 
16 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	17 Roast Beef and Cheese Sandwich, Surprise Sides, Surprise Dessert. 	18 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm. <hr/> Foot Care 9am-1pm.	19 Chicken Cacciatore, Zucchini and Tomato Medley, Wheat Roll, Pears. 	20 Diamond Gems 9am
23 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	24 Ham and Cheese Sandwich, Surprise Sides, Surprise Dessert.	25 Food Bank 10am-3pm; Ping Pong and Pool 10am-1pm; Bingo 1-3pm.	26 BBQ Chicken Pasta Salad BBQ Pinto Beans 	27 Diamond Gems 9am
30 Memorial Day Holiday, Center Closed	31 Chef Salad with Turkey, Breadsticks, Dessert. 		 Memorial DAY	

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 a Mother's Day Party!!!

Hey Seniors! We are having a small-scale Mother's Day party on Thursday, May 5th. We are having one of your favorite meals: Shrimp Scampi, Linguini Pasta, Strawberry Spinach Salad, Wheat Roll, and Coconut Cream Pie. Reservations for this meal are required Thursday, April 29th, 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: May 4th, May 18, and June 15. 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
Email: BlackDiamondCommCenter@yahoo.com