












Senior Nutrition Program - May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1st Food Bank 10am-3pm	2nd Beef Tostada, Refried Beans, Mandarin Oranges, Lemon Pudding.	3rd Food Bank 10am-3pm	4th Fish & Chips Coleslaw, Yogurt, Strawberry Rhubarb Compote.	5th Diamond Gems 9am 
8th Food Bank 10am-3pm 	9th BBQ Pork Open Face Sandwich, Green Beans, Carrot Raisin Salad, Lemon Bar.	10 Food Bank 10am-3pm 	11 Mother's Day Party Shrimp Scampi, Linguini Pasta, Wheat Roll, Strawberry Spinach Salad, Coconut Cream Pie. Reservations Required!	12 Diamond Gems 9am Sons of Italy 6:30pm
15 Food Bank 10am-3pm 	16 Salsa Chicken Salad, Corn and Beans, Tortilla Chips, Fig Newton.	17 Food Bank 10am-3pm Foot Care 9am-1pm	18 Philly Cheese Sandwich, Brussel Sprouts, Grapes. 	19 Diamond Gems 9am 
22 Food Bank 10am-3pm	23 Baked Cod, Roasted Mediterranean Veggies, Oatmeal Raisin Cookie.	24 Food Bank 10am-3pm	25 Meatloaf, Potatoes & Gravy, Carrots, Oranges, Brownie.	26 Diamond Gems 9am 
30 Memorial Day Holiday, Center Closed	31 Shrimp Salad, Melon, Wheat Roll, Lemon Bar. 			

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

Mother's Day Party!!!

Hey Seniors! We are having our Mother's Day party on Thursday, May 11th. For lunch we are having:



Shrimp Scampi, Linguini Pasta, Strawberry Spinach Salad, Wheat Roll, Coconut Cream Pie.

Reservations are required Monday, May 1st.

Upcoming Parties and Raffles:

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

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

Raffle Dates — May and Beyond

May 11th (Mother's Day), and June 15th (Father's Day). We might have the raffle on other days when more people come for lunch.

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: May 17, June 21, and July 19. 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.

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. You no longer need to call the center on Mondays to reserve your meals, except for party days.

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 Still 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
31605 Third Ave (SR 169), Black Diamond WA 98010
Email: BlackDiamondCommCenter@yahoo.com**