



Senior Nutrition Program - May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1st Tuna Casserole, Peas & Carrots, Fruit Cup. 	2nd Diamond Gems 9am
5th Food Bank 10am-3pm 	6th Grilled Ham & Cheese Sandwich, Green Salad (with carrots, radish, cucumber), Pineapple, Lemon Jello.	7th Food Bank 10am-3pm  <i>Mothers Day</i>	8th Mother's Day Party Chicken Breasts, Rice Pilaf, Rolls, Salad with Mandarin Oranges, Holiday Cupcakes. Reservations DUE April 29th!	9th Diamond Gems 9am —— Sons of Italy 6:30pm 
12 Food Bank 10am-3pm	13 Chili Dogs w/ Buns, Pea Salad, Strawberry Shortcake. 	14 Food Bank 10am-3pm 	15 Clam Chowder, Caesar Salad, Rolls, Fruit Cup.	16 Diamond Gems 9am 
19 Food Bank 10am-3pm 	20 Chef Salad with Turkey & Ham, Breadsticks, Apricots, Brownies. 	21 Food Bank 10am-3pm —— Foot Care 9:30am-3pm	22 Spaghetti and Meatballs, Green Salad with Tomatoes, Garlic Bread, Pears, Ice Cream.	23 Diamond Gems 9am 
26 Memorial Day Holiday, Center Closed	27 Rice & Meat Casserole With Mixed Veggies, Peach Crisp. 	28 Food Bank 10am-3pm	29 Pork Loin, Baked Potato, Coleslaw, Applesauce Nut Bread Dessert.	30 Diamond Gems 9am 

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 Mother's Day Party!!!

Hey Seniors! We are having our Mother's Day party on Thursday, May 8th. For lunch we are having: Chicken Breasts, Rice Pilaf, Salad with Mandarin Oranges, Rolls, and Holiday Cupcakes.

Call 360-886-1011 to make your reservation by Thursday, April 24th.

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



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 the 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: May 21, June 18, and July 16.

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.



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
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