

# Senior Nutrition Program — June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3rd</b> Food Bank 10am-3pm 	<b>4th Honey Dijon Chicken,</b> Potatoes, Beets, Peaches.	<b>5th</b> Food Bank 10am-3pm 	<b>6th</b> <b>Breakfast!</b> Hash Browns, Eggs, Sausage, Toast. 	<b>7th</b> Diamond Gems 9am
<b>10</b> Food Bank 10am-3pm 	<b>11 Tuna Noodle Casserole with Peas,</b> Carrot & Raisin Salad, Peaches. 	<b>12</b> Black Diamond School Reunion, 11am-2pm.	<b>13 Father's Day Party:</b> <b>Dance &amp; Raffle,</b> <b>Flank Steak,</b> New Potatoes, Green Salad, Long Green Beans, Fun Dessert. <b>Reservations Required            By June 3rd!</b>	<b>14</b> Diamond Gems 9am ——— Sons of Italy 6:30pm
<b>17</b> Food Bank 10am-3pm 	<b>18 Sweet &amp; Sour Pork,</b> Vegetables, Rice, Fortune Cookie.	<b>19</b> Food Bank 10am-3pm ——— Foot Care 9am-1pm	<b>20 Hot Dogs in Buns,</b> Beans, Chips, Ice Cream. 	<b>21</b> Diamond Gems 9am
<b>24</b> Food Bank 10am-3pm 	<b>25 Vegetarian Lasagna,</b> Green Beans, Sauted Cinnamon Apples. 	<b>26</b> Food Bank 10am-3pm 	<b>27 Meat Loaf,</b> Mashed Potatoes, Vegetables, Dessert. 	<b>28</b> Diamond Gems 9am 

**Black Diamond Community Center — 31605 Third Ave (SR 169) — Black Diamond**

**For reservations call Cheryl, Leslie, James, Denise, 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.

**Please let us know in advance if you will be bringing guests so we can have extra food!**

# BDCC Senior Programs

## Father's Day Party!!!

Hey Seniors! We are having our Father's Day party with Stan's Band "Diamonds in the Rough" on Thursday, June 13th. For lunch we are having: Flank Steak, New Potatoes, Green Salad, Long Green Beans, and a fun dessert. **Reservations are required by Monday, June 3rd.**



## Upcoming Parties and Raffles:

June 13th (Thursday) - Father's Day Party  
July 2nd (Tuesday) - Fourth of July Party  
September 5th (Thursday) - Labor Day Party

## Raffle Dates — June and Beyond:

June 13th (Father's Day), July 2nd (Fourth of July), July 18th, August 8th and 22nd.  
**Make sure to bring your dollar bills!**

## 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: June 19, July 17, and August 21. 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. **Note:** Please be sure to bring small bills to pay for your lunch, as we do not have a bank in town to make change at.

**Fridays** — The enter 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 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  
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