

Senior Nutrition Program - July 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1st Food Bank 10am-3pm  | 2nd Fourth of July Party, Dance, and Raffle! Swiss Cheese Burger, Lettuce & Tomato, Wedge Fries, Mixed Berries. Reservations Required by June 27th. | 3rd Food Bank 10am-3pm  | 4th Independence Day Holiday, Center Closed  | 5th Diamond Gems 9am  |
| 8th Food Bank 10am-3pm  | 9th Swedish Meatballs, Potato, Salad, Apricots.  | 10 Food Bank 10am-3pm  | 11 Clam Chowder, Tuna Sandwich, Dessert.  | 12 Diamond Gems 9am  |
| 15 Food Bank 10am-3pm  | 16 Turkey Burger, Sweet Potato Fries, Coleslaw, Applesauce.  | 17 Food Bank 10am-3pm Foot Care 9am-3pm  | 18 Fish Sticks, French Fries, Tarter Sauce, Vegetables, Dessert.  | 19 Diamond Gems 9am  |
| 22 Food Bank 10am-3pm  | 23 Macaroni and Cheese, Brussel Sprouts, Wheat Roll, Strawberries.  | 24 Food Bank 10am-3pm  | 25 Beef Spaghetti, Green Salad, Garlic Bread, Dessert.  | 26 Diamond Gems 9am  |
| 29 Food Bank 10am-3pm  | 30 Beef Taco Salad, Salsa & Sour Cream, Tortilla Chips, Lemon Bar, Orange.  | 31 Food Bank 10am-3pm  | Happy Birthday America! | |

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.

BDCC Senior Programs

Fourth of July Party!

Hey Seniors! We are having our Fourth of July party with Stan's Band "Diamonds in the Rough" on Tuesday, July 2nd. For lunch we are having: Swiss Cheese Burger, Wedge Fries, and Mixed Berries.

Reservations are required by Thursday, June 27th.



Upcoming Parties and Raffles:

July 2nd (Tuesday) - Fourth of July Party;
September 5th (Thursday) - Labor Day Party.

Raffle Dates - July and Beyond:

July 2nd (Fourth of July), August 8th and 22nd,
September 5th (Labor Day), Sept 26th.

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: July 17, August 21, and Sept 18th. 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 Center is closed, but Diamond Gems meets 9am-11am. Sons of Italy meets on the second Friday night of each month at 6:30pm, with dinner at 7pm, except July and August.

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!

Huge Sale - Christmas in July!!!

Get a head start on your holiday décor, we have some great deals on a huge variety of items!!! Santa's Summer Workshop will be open July 8th-31st, Monday thru Thursday, 10am-3pm. We will also be open one weekend, July 12th and 13th, Friday and Saturday, 10am-4pm. We are taking cash and check only; NO credit or debit cards.

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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