

Senior Nutrition Program — October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Food Bank 10am-3pm 	4th Chicken Caesar Salad, Baked Apple.	5th Food Bank 10am-3pm ——— Foot Care 9am-1pm	6th Flank Steak, New Potatoes, Arugula and Asparagus.  	7th Diamond Gems 9am
10 Food Bank 10am-3pm 	11 Chicken Pasta Primavera with Fettucine, Melon.	12 Food Bank 10am-3pm 	13 Salmon, German Potato Salad, Broccoli & Cauliflower, Bread Sticks.	14 Diamond Gems 9am ——— Sons of Italy
17 Food Bank 10am-3pm 	18 Beef & Asparagus With Rice, Fig Newton.	19 Food Bank 10am-3pm ——— Foot Care 9am-1pm	20 Pork Cutlet, Baked Potato, Baked Beans, Coleslaw. 	21 Diamond Gems 9am
24 Food Bank 10am-3pm 	25 Florentine Fish, Zucchini with Onion and Tomatoes, Cherry Crisp.	26 Food Bank 10am-3pm 	27 Halloween Party/Dance: Mediterranean Chicken Wrap with Spinach and Cannellini Beans, Rice Pudding. Reservations required in advance!	28 Diamond Gems 9am 
31 Food Bank 10am-3pm				

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 Halloween Party!!!

Hey Seniors! We are having our Halloween party and dance with Stan Terrell on Thursday, October 27th. We are having one of your favorite meals: Mediterranean Chicken Wrap with spinach and cannellini beans, and a spooky dessert!
Call 360-886-1011 to make your reservations for this meal by Thursday, October 20th. Be sure to bring cash for a fun raffle too!



Activities Schedule:

Mondays and Wednesday –

Food and Clothing Banks are open 10am-3pm.

Tuesdays and Thursdays –

Senior Meals are available for inside dining only. Call the Center at 360-886-1011 on Monday mornings to order meals for that week.

We are looking for people to start up fun activity groups, like bingo, cards, pool, and ping pong!

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, starting in September, at 6:30pm with dinner at 7pm.

Footcare Appointments Available

Karen's Footcare comes to Black Diamond on the first and 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 four dates available are: Oct 5th, Oct 19th, Nov 2nd, and Nov 16th. 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.

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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