

For Your Information!

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.



Golden Age Center Lunch Calendar

Please do NOT flush paper towels, disposable undergarments, hand wipes or sanitary items down the toilets in our restrooms. Please dispose of these items in the garbage can, located in each restroom. We are on a septic system, and septic backups can happen easily, making this is an expensive cost for us to incur. Thank you for your help in this matter.

Membership allows you to partake in our nutritious lunch program; lunch is \$4.00 OR \$5.00 OR MORE on Special Event days. Lunch is served at 12NOON Monday-Thursday & 11:30am on Friday, for lunch participants to enjoy, among the company of the senior membership, in a home-like setting. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and **CANCEL** your meal if you cannot attend so that we can sell your lunch to another member.

July 2026 Lunch Calendar

Please **LABEL** your coats or sweatshirts with your first and last name. Members may wear similar looking items and makes it easier for similar coats to go home with the correct members, especially in the Winter and Spring months, when we are coming into the senior center, during the snowy or rainy weather months. *Thank you for your help and understanding!*

HEAP - Home Energy Assistance Program

HEAP is federally funded assistance with home heating costs and energy conservation for eligible households. Program components include benefit assistance for heat and electricity, furnace repair or replacement, weatherization referral, and cooling assistance (in summer months - based on medical necessity). Do you qualify? To fill out the application with guidance, please make an appointment to meet with our Recreation Supervisor, Jennifer Menter, by calling (716) 773-9682 to make an appointment. **REMINDER: HEAP for Cooling Benefits opens on April 15 and available until funds are exhausted.**

HEAP - Home Energy Assistance Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Update: You MUST call us at (716) 773-9682, the DAY OF, to register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the answering machine. Lunch openings are LIMITED due to amount of food available and the 10:30am cut off time.</p> <p><i>Thank you!</i></p>			<p>1 \$8 Saturday Night Geezer Disco Party with the Hastings Surprise Retro-themed menu!</p>	<p>2 Stuffed Peppers with Garden Salad and Roll & Butter</p>	<p>3 CLOSED</p>	<p>4 HAPPY 4TH OF JULY</p>
	<p>6 Travel Club meeting Breaded Chicken with Stuffing, Carrots & Fruit Salad</p>	<p>7 Open-Faced Roast Beef with Mashed Potatoes & Mixed Vegetables</p>	<p>8 Beef Taco with Chips, Salsa, Corn & Tropical Fruit</p>	<p>9 Chicken Pot Pie with Ambrosia and Roll & Butter</p>	<p>10 Souper Seniors</p>	
	<p>12</p>	<p>13 Pulled Pork with Hearty Macaroni & Cheese</p>	<p>14 Brunch for Lunch Pancakes, Sausage, Yogurt Parfait, & Scrambled Eggs</p>	<p>15 Hot Dog with Toppings Bar, Macaroni Salad, Baked Beans & Pickle</p>	<p>16 Executive Board meeting \$6 Turkey Dinner with Stuffing, Cranberry Sauce & Carrots</p>	<p>18</p>
	<p>19</p>	<p>20 Sloppy Joe Sandwich with French Fries</p>	<p>21 BLT with Cup of Soup, Side Salad & Jello</p>	<p>22 Greek Chicken Wrap with Tomato Cucumber Salad & Fruit</p>	<p>23 General Meeting \$6 Savory Beef Tips over Noodles with Hearty Vegetables, Fruit Salad & Pie</p>	<p>25</p>
	<p>26</p>	<p>27 Julienne Salad with Cup of Soup and Roll & Butter</p>	<p>28 Hamburger with Toppings Bar, Chips, Pickle & 3 Bean Salad</p>	<p>29 Spaghetti with Meat Sauce, Garlic Bread & Green Beans</p>	<p>31 Souper Seniors</p>	