

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.



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 an expensive cost for us to incur. Thank you for your help in this matter.

Please LABEL your coats or sweatshirts with your first and last name. Members may wear similar looking items and makes it easier for similar 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.**

Golden Age Center Lunch Calendar
 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 11:45am Monday-Thursday & 11:30am on Friday. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and CANCEL your meal if you cannot attend. **Our Take-Out lunch is paid for at the Front Office of the Golden Age Center and lunch is picked up at the Kitchen from our talented Chef. Enjoy!***

June 2026 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Travel Club meeting Lasagna with Green Beans & Garlic Bread	2 Ham & Swiss Melt with Sweet Potato Fries	3 \$6 Adventure Awaits! Come Fly with Me Birthday Party Fettuccini Alfredo with Breaded Chicken, Broccoli, Arugula Salad, Apple Walnut Craisin Salad, & Carrot Cake	4 Hot Dog Bar with French Fries, 3 Bean Salad and Pickle	5 Souper Seniors	6
7 Cold Plate is: Antipasto Salad Side Salad Jello Hard-Boiled Egg Meat & Cheese Roll-ups	8 Julienne Salad with Fruit & Roll with Butter	9 Beef Stroganoff with Mashed Potatoes, Gravy & Peas	10 Ham with Scalloped Potatoes & Mixed Vegetables	11 Swiss Chicken with Rice & Mixed Vegetables	12 Father's Day Luncheon HAPPY FATHER'S DAY	13 Father's Day Luncheon is: Hot Dog Bar Macaroni Salad Pickle Pretzel Bites & Mustard
14 HAPPY FATHER'S DAY	15 Pulled Pork Taco with Coleslaw, Chips & Salsa & Corn	16 Golden Age Center Throwback! Cold Plate!	17 Meatloaf with Mashed Potatoes & Hearty Vegetables	18 Executive Board meeting \$6 Herbed Pork with Rice, Carrots, Applesauce & Pie	19 CLOSED JUNETEENTH FREEDOM DAY	20
21 HAPPY First Day Of SUMMER!	22 Turkey Dinner with Stuffing, Cranberry Sauce & Mixed Vegetables	23 Tuna Noodle Casserole with Peas	24 Beef Taco Salad with Tortilla Chips & Salsa & Tropical Fruit	25 General Meeting \$6 Cathy's Crispy Chicken Drumsticks with Mashed Potatoes, Gravy, Corn & Pears	26 Souper Seniors	27
28	29 Italian Sausage with Onions & Peppers and Baked Rigatoni	30 Chicken Stir Fry with Egg Roll & Pineapple	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. Thank you!			