

**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 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 opens on November 1 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 \$6.00 OR MORE on Special Event days.

Lunch is served at 12:00pm 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.**

**March 2026 Lunch Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Travel Club Meeting Swedish Meatballs with Rice and Peas	3 Chicken Pot Pie with Ambrosia	4 40 Shades of GREEN Birthday Party Dublin Coddle, Irish Soda Bread, Coins Over the Rainbow, Leprechaun Jello & Blondie Brownie	5 Turkey Dinner with Stuffing, Cranberry Sauce and Mixed Vegetables	6 Souper Seniors	7
8	9 Ham & Swiss Melts with Sweet Potato Fries & Mixed Fruit Cocktail	10 Pulled Pork Tacos with Coleslaw, Chips & Salsa, & Corn	11 Million Dollar Chicken with Rice and Mixed Vegetables	12 Goulash with Garlic Bread & Green Beans	13 Souper Seniors	14
15	16 Savory Beef Tips over Noodles	17 St. Patrick's Day \$5 Shepherd's Pie with Carrot Coins, Leprechaun Jello, with Roll & Butter and Shamrock	18 Lasagna with Meat Sauce, Green Beans & Garlic Bread	19 Executive Board Meeting \$5 Pork Chops with Mashed Potatoes & Gravy with Applesauce & Peas	20 Souper Seniors	21
22	23 Meatloaf & Mashed Potatoes ***** 30 Apple Cheddar Grilled Cheese with Tomato Soup	24 "Rachel" with Chips, Pickle & Fruit ***** 31 Open-Faced Roast Beef with Scalloped Potatoes	25 Tuna Noodle Casserole with Peas	26 General Meeting \$5 Lemon Chicken Piccata with Herb-Roasted Potatoes	27 Souper Seniors	28

