

**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 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 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.

**May 2026 Lunch Calendar**

| Sunday       | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--------------|--|--|--|---|--|---|
|              |  |  |  |   | <b>1</b><br><b>Souper Seniors</b><br>  | <b>2</b>  |
|              | <b>3</b><br><i>Lunch on Monday, 5/11: Will be served at 11:15AM!</i> | <b>4</b><br>Meatloaf with Mashed Potatoes and Gravy                  | <b>5</b><br>Travel Club 10:00am<br>Beef Taco Salad with Corn, Chips & Salsa, & Fried Ice Cream \$5 | <b>6</b><br>I < 3 New York Birthday Party<br>\$6 Italian Sausage with Peppers & Onions, Baked Potato Bar, NY Applesauce & Fried Dough & Ice Cream | <b>7</b><br>Julienne Salad with Roll & Butter  | <b>8</b><br><b>Mother's Day Tea Lunch</b><br>   |
|              | <b>10</b><br>  | <b>11</b><br>Turkey Dinner with Stuffing, Carrots, & Cranberry Sauce | <b>12</b><br>Brunch for Lunch!<br>Pancakes, Scrambled Eggs, Yogurt, Sausage & Melon                | <b>13</b><br>Chicken Fettuccini Alfredo with Broccoli   | <b>14</b> Spring Cookout!<br>Hamburger Bar with French Fries, Jello & Pickle                           | <b>15</b><br><b>Souper Seniors</b><br>  |
|              | <b>17</b>  | <b>18</b><br>Beef Stir Fry with Pineapple & Egg Roll                 | <b>19</b><br>Chicken à la King with Biscuit  | <b>20</b><br>Salisbury Steak with Mashed Potatoes & Peas  | <b>21</b> \$6<br><i>Executive Board Meeting</i><br>Pork Chops with Mashed Potatoes, Gravy & Applesauce | <b>22</b><br><b>Souper Seniors</b><br>  |
| <b>24/31</b> | <b>25</b> CLOSED<br>   | <b>26</b><br>Spaghetti with Meat Sauce & Green Beans                 | <b>27</b><br>Glazed Ham with Scalloped Potatoes  | <b>28</b> Older \$6<br><i>Americans Month &amp; General Meeting</i><br>Stuffed Peppers with Garden Salad  | <b>29</b><br><b>Souper Seniors</b><br>   | <b>30</b><br><i>Lunch at Gram's: Hot Dog, Macaroni Salad, Baked Beans Pickle &amp; Drink: \$5</i> |

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