

## WHO WE ARE

The Concord Senior Center serves the senior residents and their families.

Our mission is to foster the physical and mental status of the senior.

population. The center is an advocate for all senior citizens. We have

no boundaries, serving Erie and Cattaraugus Counties.

## CONTACT US

40 Commerce Drive  
Springville, NY 14141

Hours -8:00-2:00-Monday-Wednesday-Friday

Tuesday-8:00-3:00

Thursday-8:00-3:30

Phone: 716-592-2764

716-592-2768

Email: [concord2017sc@gmail.com](mailto:concord2017sc@gmail.com)

Visit our Face Book page under The Concord Senior Center

# DECEMBER 2023 CONCORD SENIOR CENTER







# Erie County Stay Fit Dining Program

## December 2023 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b> Swedish Meatballs over Rotini Pasta Brussels Sprouts Grape Juice Fruit Cocktail (640) 	<b>28</b> Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Fiesta Corn Broccoli Florets Butterscotch Pudding (775) 		<b>30</b> Chili con Carne with Cheddar Carrots Fruit Punch <i>Chef Salad with Dressing</i> Cornbread Fresh Apple <i>Chocolate Milk</i> (928) 	<b>1</b> Roast Pork with Warm Cinnamon Apples Lazy Pierogi Peas with Red Pepper Wheat Bread Chocolate Mousse (686) 
<b>4</b> Turkey Ala King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (747) 	<b>5</b> Sliced Ham with Maple Glaze Scalloped Potatoes Brussels Sprouts Rye Bread Lemon Cake with Frosting (767) 	<b>6</b> <i>Entrée Salad</i> Beef Taco Salad with Shredded Cheddar, Corn & Bean Salsa, Tortilla Strips & Tomato Salsa Tropical Fruit <i>Chocolate Milk</i> (748) 	<b>7</b> Breaded Chicken Breast with Tomato Sauce & Mozzarella over Pasta Broccoli Florets <i>Chef Salad with Dressing</i> Baked Pear Crisp (784) 	<b>8</b> Roast Beef with Onion Gravy & Horseradish on a Whole Wheat Roll Cheddar Mashed Potatoes Lima Bean Bake Fruited Gelatin (901) 
<b>11</b> Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (598) 	<b>12</b> Vegetable Lasagna with Cream Sauce Green Beans Cauliflower Dinner Roll Frosted Marble Cake (816) 	<b>13</b>	<b>14</b> <i>Christmas Meal</i> Broccoli-stuffed Chicken with Herb Cream Sauce Vegetable Rice Pilaf Peas with Red Pepper Dinner Roll <i>Chef Salad with Dressing</i> Strawberry Cheesecake (1044) 	<b>15</b>  <b>FOOD TRUCK</b> 
<b>18</b> Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Mixed Greens Glazed Lemon Cake (954) 	<b>19</b> <b>CHRISTMAS PARTY</b>	<b>20</b>	<b>21</b> <i>Welcome Winter</i> Roasted Turkey with Stuffing & Gravy Peas & Carrots Mashed Potatoes with Chives <i>Molded Cranberry Salad</i> Apple Pie with Whipped Topping (603) 	<b>22</b> Beer-battered Fish with Tartar Sauce & Whole Wheat Bun Macaroni & Cheese Green Beans Mandarin Oranges (723) 
<b>25</b> <b>No Meals Served</b> 	<b>26</b> <b>CLOSED</b> 	<b>27</b> Beef Cubes with Gravy Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (777) 	<b>28</b> Polish Sausage with Sauerkraut & Ketchup on a Bun Ranch Mashed Potatoes Lima Bean Bake Mandarin Oranges <i>Chocolate Milk</i> (772) 	<b>29</b> <i>New Year's Meal</i> Breaded Chicken Drumsticks Scalloped Potatoes California Blend Vegetables <i>Chef Salad with Tomatoes &amp; Dressing</i> Wheat Dinner Roll Chocolate Cream Pie (1119) 



# NOTES FROM THE OFFICE-----

Well, the snow is here. REMEMBER if  
SPRINGVILLE SCHOOLS GET CLOSED-THE  
CENTER IS CLOSED.THAT IS FOR THE SENIOR  
VAN ALSO.

It is getting near the end of Medicare changes -  
insurance reps will be here-Monday Dec 4 from  
12-2 for all insurances except Independent  
Health. Highmark Will be here Tuesday Dec 5 @  
10-12.

Friday Dec 1 is VEGGIE WAGON @ 12 SO COME  
& GET YOUR FRESH VEGGIES

On Wednesday Dec 6 -we will be COOKING W/  
THE COMMISH. Our Erie County Commissioner  
Angela Marinucci will be cooking for us @ 12:30  
So come & get something extra for lunch.

On Thursday Dec 7-HEAP & SNAP will be here  
from 10-4.

**Look at our Facebook page.**

**Events are added on there.**

**The concord senior center**

**Check out the Springville Journal for  
weekly information. Our Lunch  
Program goes on 5 days per week.**

**Where else can you get a good  
lunch plus fantastic company for \$3  
donation. We also have a frozen  
meal program. Five frozen meals  
plus milk-roll-dessert for again \$3  
donation per meal**

**These all must be preordered.**

## **MORE NOTES FROM OFFICE ---**

FRIDAY DEC 8 IS PAINT W/CAROLINE. Come & paint a beautiful pair of mittens. Cost \$20

On Monday Dec 11 the Garden Club will be having their Christmas Party

Wed Dec 13 is the Senior Club Christmas Party

Friday Dec 15 is FEEDMORE FREE FOOD TRUCK @12

**TUESDAY DEC 19 IS CONCORD SENIOR CHRTISTMAS PARTY. Will be catered by Apple Dumplin. Cost \$5 per person.**

Thursday Dec 21 is Stay Fits -WELCOME WINTER & CHRISTMAS LUNCH

WE WILL BE CLOSED DEC 25 & 26

Friday Dec is NEW YEARS LUNCH

**If you like to volunteer, we are always looking for someone to help out.**

**Since it was such a success-every third Friday of the month FEEDMORE FREE FOOD TRUCK WILL BE HERE MUST SHOW ID FOR EVERYONE PICKING UP**

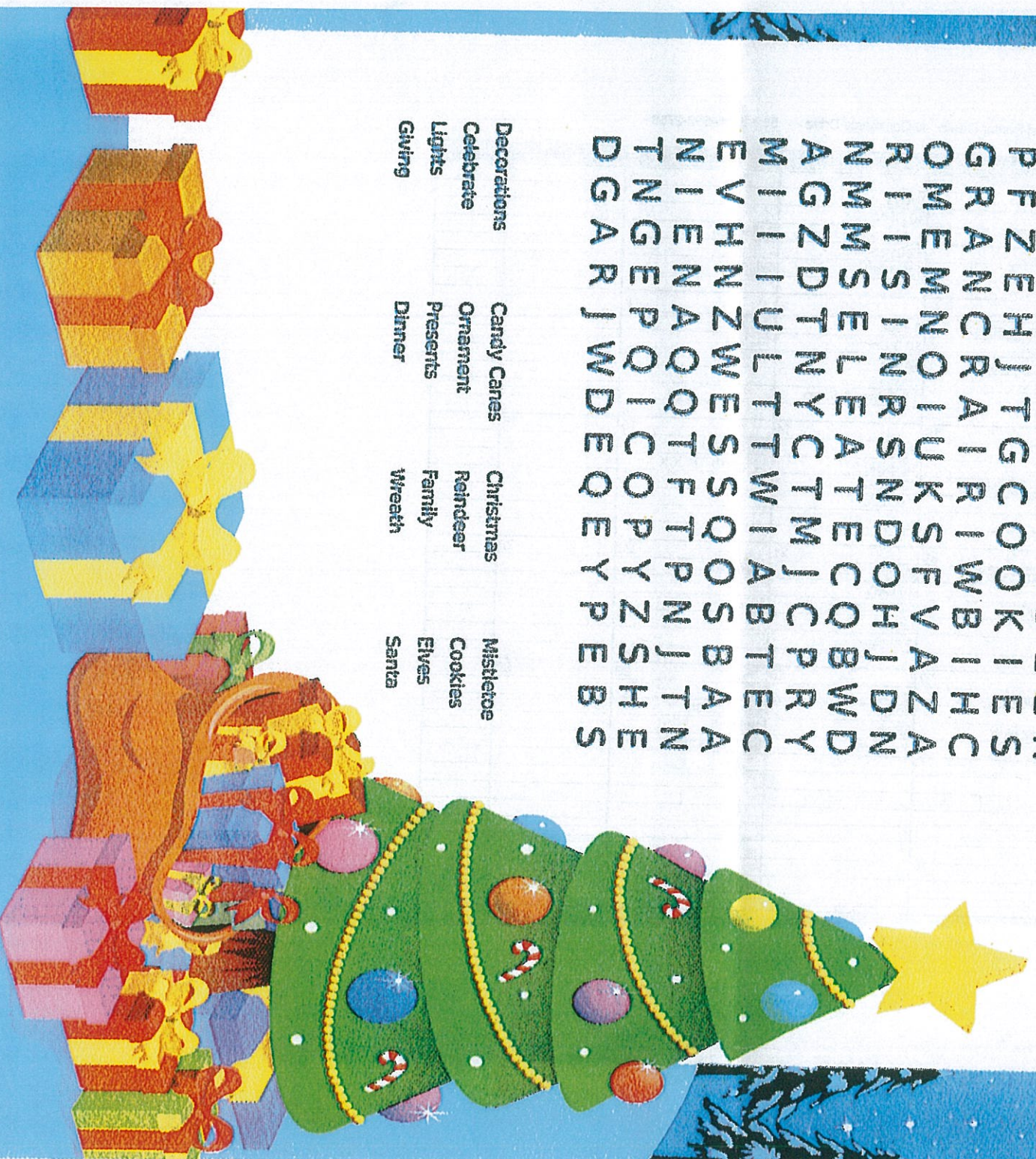
**We are looking for volunteers to help -You only have to help once if you are able-but we would have you at any time. Please contact me if available. This is open to the ENTIRE COMMUNITY**



# Christmas Word Search

G Q C E L V E S Z L I G H T S  
 D C E L F J S R V N U L B Z F  
 C E L E B R A T E W M J E E R  
 P F Z C H J A I R C O K I E E S  
 G R A N C R A I U S E V A H A C  
 O M I S N O R A T S D O H J D A  
 R I M S I E L N A C C Q C P B A  
 N M Z D T N Y A T M J A S B A  
 A G I I U L T T W I Q P N J S  
 M I H N A Q I C O P Y B A T H  
 E V I E N P Q I C O P Y B A T  
 N I G E R J W D E Q E Y P Z S  
 T N G A R J W D E Q E Y P Z S  
 D G A R J W D E Q E Y P Z S

- |             |             |           |           |
|-------------|-------------|-----------|-----------|
| Decorations | Candy Canes | Christmas | Mistletoe |
| Celebrate   | Ornament    | Reindeer  | Cookies   |
| Lights      | Presents    | Family    | Elves     |
| Giving      | Dinner      | Wreath    | Santa     |





Dec-23

Concord Senior Center 40 Commerce Drive ---- 592-2684-592-2768

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Column
				9yoga 10 DMV	9 Meditation		
				12 lunch 1euchre	12lunch		
3	4	5	6	7	8	9	
11 start chair yoga 12 lunch 12-2 all insurances	9 yoga 930 stitches 12 lunch 10 Highmark Ins	10comm crafters 12 lunch 12 UE cooking w/ commish	9 yoga 10-3 DMV 12 lunch 1euchre 10-4 Heap & Snap	9 Meditation 10 Paint			
10	11	12	13	14	15	16	
11chair yoga 12 lunch 1245 garden club party	9yoga 9 stitches 12 lunch 530 Action club	1 senior christmas party	9 yoga 10-3 DMV 12 lunch 1 euchre	9 meditation 12 FOOD TRUCK			
17	18	19	20	21	22	23	
11chair yoga 12lunch	930 stitches 9yoga 12 lunch our christmas party	10 comm crafters 1 blood	9yoga 10 DMV 12welcome winter lunch 1 euchre	9 Meditation 12 lunch			
24	25	26	27	28	29	30	
		12 lunch	9 yoga 10 dmV lunch 1 euchre	9 meditation 12 lunch new years meal			
	closed	closed	1 book club				
31							

# GROUPS & ACTIVITIES

Stay Fit Dining- Lunch served at 12 pm  
Mon. through Fri.

THURSDAY-DMV-10:00-3:00

## WEEKLY PROGRAMS-----

Thursday 1:00      **Euchre**

Tuesdays 9:00am      **Yoga**

**Stitches Quilting Group**

**Tuesday—1:00-Euchre**

Thursdays      9:00am      **Yoga**

Thursdays      10am-3 Erie County DMV

Fridays      9:00- Let's Meditate

## MONTHLY PROGRAMS-----

Mondays      **Garden Club 1:30pm**

2<sup>nd</sup> Monday of each month

Tuesdays      **Women's Club 1:00pm**

2<sup>nd</sup> Tuesday of each month

Wednesdays

**Community Crafters 10:00am**

1<sup>st</sup> & 3<sup>rd</sup> Wednesday each month

**Concord Senior Citizens Club**

2<sup>nd</sup> Wednesday each month 1:30

**Red Cross Bloodmobile**

3<sup>rd</sup> Wednesday each month 1- 7

**BOOK Club-4<sup>th</sup> Wednesday @ 1:00**

## OTHER SERVICES AVAILABLE-----

The Red Cross Bloodmobile is at the center.  
on the 3<sup>rd</sup> Wednesday of each month @ 1pm.  
Call the Red Cross to schedule your donation

The Erie County DMV is now here every  
Thursday from 10-3

WE are here for all your senior needs-if you  
need a problem solved, we are here to help  
you. All information is confidential.

COFFEE IS ALWAYS ON HERE

## OVERVIEW OF PROGRAMS

The Concord Van operates Monday  
through Friday and is available to all  
town residents age 55+ Also available  
to veterans of any age who need  
transportation to VA Hospital or VA  
Clinic.

The van may be requested for  
transportation to and from most  
medical appointments with some  
exceptions. Please Call 716-592-2768  
for more information. \$5 donation

### STAY FIT DINING PROGRAM-----

Our Stay Fit Dining program operates in  
conjunction with Erie County. Meals are  
available Monday through Friday at  
12:00pm for \$3 per person donation.  
Monthly menus are available at the  
center. Reservations are required. We  
also have weekly Frozen Meals for those  
that cannot get here every day.