

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 -8:00-3:00-Mondays & Thursday
Tuesday-Wednesday-Friday -8:00-2:00

Phone: 716-592-2764
716-592-2768

Email: concord2017sec@gmail.com

Visit our Face Book page under The Concord Senior Center

CONCORD SENIOR CENTER

APRIL 2023

Wishing you a bright Spring
and a



Groups and Activities

Monthly Programs

Mondays Garden Club 1:30pm

2nd Monday of each month

Tuesdays Women's Club 1:00pm

2nd Tuesday of each month

Stay Fit Dining- Lunch served at 12 pm

Mon. through Fri.

Wednesdays Bookmobile

1st Wed each month 12:45-1:45

Community Crafters 10:00am

1st & 3rd Wednesday each month

Concord Senior Citizens Club

2nd Wednesday each month 1:30

Red Cross Bloodmobile

3rd Wednesday each month 1-7

BOOK Club-4th Wednesday @ 1:00

Weekly Programs

Thursday 1:00 Euchre

Tuesdays 9:00am Yoga

Stitches Quilting Group

Thursdays 9:00am Yoga

Thursdays 10am-3 pm DMV

Mondays 1:00 am-3pm Pinochle

Fridays 9:00 Lets Meditate

NOTES FROM THE OFFICE

Happy Easter to All - Hope the bunny rabbit brings you lots of chocolate

We will be closed Friday April 7 for Good Friday

The last Chair Yoga is April 17.

We will be starting a new 8-week class

Starting May 1-cost \$10 for 8-week class

Driving class is here April 10- so sign up-

On Thursday we are doing Down Memory Lane with Joleen Hawkins. So, bring all your memories to her. It is very interesting to see what the area was like.

Tuesday April 18 will be our April Birthday party So if your birthday is in April-make sure you are signed up for lunch.

WATCH 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. Three or five frozen meals plus milk-roll-dessert for again \$3 donation per meal

These all must be preordered

Other Services Available

The Red Cross Bloodmobile is at the center

on the 3rd 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

Senior Transportation Services

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

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.

MORE FROM THE DESK

On Tuesday April will are having a potato chip contest-to find the favorite chip of the Senior Center. That is following lunch

Paint w/Caroline Friday April 14 & 28 @ 10

On Friday April 28 -the staff will be cooking tuna noodle casserole.

Insurance rens will be her Monday April 10 for Clarify Group-Wed April 26 for Blue Cross-Thursday April 27 Fidealis @10 & United Health @ 10 also

We are starting a new class on Friday April 14 @9 Lets Meditate -In a chair or yoga mat. Come & try it out

We have included a coloring page this month for your fun-Return it also for a prize

Erie County Stay Fit Dining Program Menu

April, 2023



Monday	Tuesday	Wednesday	Thursday	Friday
3 Boneless Chicken breast with Marsala Sauce Rice Pilaf Cauliflower & Carrots Grape Juice Fruit Cocktail (570)	Julienne Salad with Dressing Whole Wheat Dinner Roll Chocolate Chip Cookies (766)	Breaded Bone-in Pork Chop with Herbed Gravy Scalloped Potatoes Peas with Pearl Onions Chef Salad with Dressing Dinner Roll Coconut Cream Pie (996)	6 Tortellini with Tomato Meat Sauce & Mozzarella Chef Salad with Dressing Italian Mixed Vegetables Italian Bread Fresh Orange Chocolate Milk (708)	7 No Meals Served
10 Dyngus Day Lunch Cabbage Roll with Savory Meat Sauce Mashed Potatoes Carrots Dinner Roll Chocolate Éclair (813)	11 Turkey with Stuffing & Gravy Molded Cranberry Salad Mashed Butternut Squash Broccoli Florets Lorna Doones (712)	12 Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cottage Mixed Vegetables Chef Salad with Dressing Fresh Grapes Chocolate Milk (704)	13 Roast Pork Loin with Warm Cinnamon Apples Sweet Potatoes Green Beans Wheat Bread Butterscotch Pudding (674)	14 Beer Battered Fish with Tartar Sauce Au Gratin Potatoes Stewed Tomatoes & Zucchini Coleslaw Rye Bread Brownie (815)
17 Breaded Chicken Breast with Buffalo-style Sauce Seasoned Spinach Corn with Red Pepper Whole Wheat Roll Chocolate Pudding (667)	18 Steakhouse Burger with Gravy on a Bun Cheddar Mashed Potatoes Lima Bean Bake Tropical Fruit (852)	19 592-2764 592-2768	20 Chicken Breast with Primavera Sauce over Penne Pasta Italian Vegetables Grape Juice Fresh Banana Chocolate Milk (654)	21 Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Rye Bread Pear Crisp (649)
24 Chicken Vegetable Casserole Broccoli Florets Warm Biscuit Cinnamon Streusel Cake (739)	25 Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots Carrots Pineapple & Mandarin Oranges Chocolate Milk (792)	26 Entrée Salad Grilled Chicken Caesar Salad with Caesar Dressing Rye Bread Sugar Cookies (737)	27 Lasagna Roll with Tomato Meat Sauce & Mozzarella California Mixed Vegetables Grape Juice Dinner Roll Lemon Bavarian (779)	28 STAFF COOKING Tuna Noodle Casserole Cole Slaw Bread & Butter Yummy Dessart