

## 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](mailto: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

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

## 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 Bookmobile

1<sup>st</sup> Wed each month 12:45-1:45

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

## 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 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

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