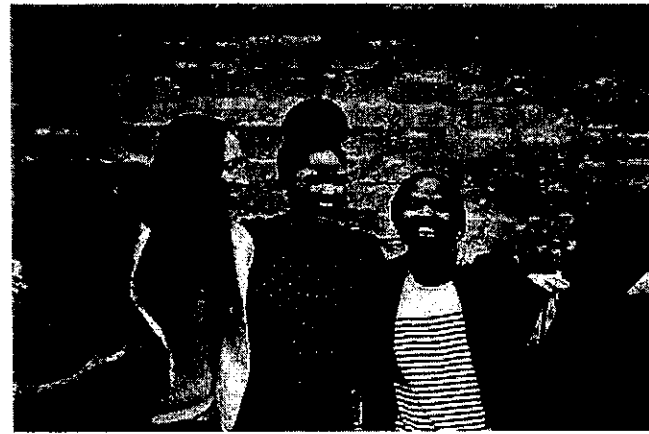




FIDELIS CARE



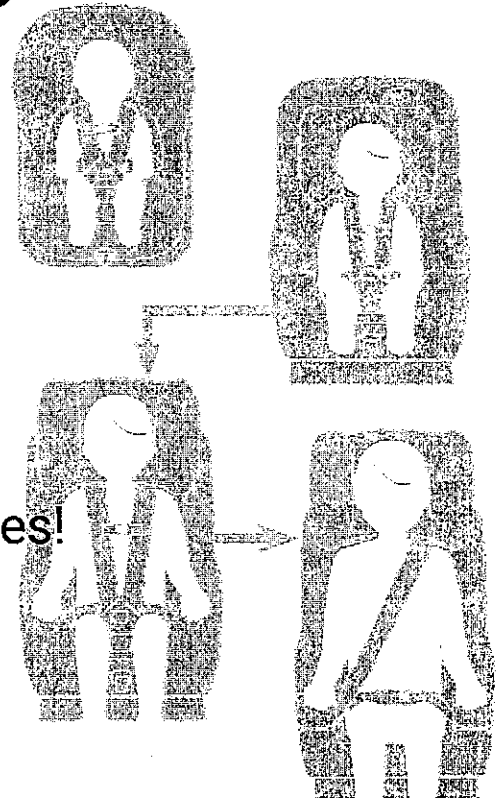
***Community Health Fair**

***Car Seat Safety Check**

Friday, Aug 19 • 1 pm-4 pm

Concord Senior Center
40 Commerce Drive,
Springville, NY 14141

Event for families and individuals of all ages!



- *Osteoporosis Screenings**
- *Springville OB/GYN**
- *Springville Pharmacy**
Medication reviews
- *Multiple vendors**

Ensure your children are as safe as possible in their car seats and reduce the risk of injury in a crash. For best results, bring your children and vehicle.

You may even receive a complimentary car seat.*

**Quantities are limited. Available to those with WIC or Medicaid eligibility, while supplies last.*

N B M E

Cookery

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

BRAISE
BROTH
CATERER
CHEF
CONDIMENT
CUTLERY

DINNER
EGG TIMER
FRYING
GRILL
KETTLE
MASHER

MICROWAVE
MIXER
PASTRY
PLATES
PREPARATION
RECIPE

SAUCE
SEASONING
SOUP
STEW
TABLE
TOWEL

Other Services Available

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. Call 592-2768 for more information.

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. Advance reservations are required. We also have weekly Frozen Meals for those that can't get here every day. week

The Red Cross Bloodmobile is at the center on the 3rd Wednesday of each month. 1:00p visit the center, call to inquire about dates.

The Erie County Book Mobile is here the first Wednesday of the month from 11:30-12:30 So stop in & get a book -request one-or you can return any book here

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

**The Erie County bookmobile will be here Wed
Aug 3 from 11:30-12:30**

Aug 8 is Painting w/Caroline@10

Also 8:30 starts the Defensive Driving Class

The Garden Club will be here 100@1:30

**Wed Aug 8 is the Farmers Market Coupons
from 10-12**

**Again we are going to try for SHOPPING DAY
FROM 12:30-2:00 So stop in & get a good deal**

**Monday August 15 Clarity insurance group
will be her from 9-12**

**Friday will be our WOMANS HEALTH Fair -see
our enclosed ad**

**We will be having early voting From Saturday
August 13-Sunday august 21**

**We will be closed Aug 6-Aug 13-Aug 17-Aug 19
DUE TO STAFFING SORTAGE**

**Don't forget to do our new
puzzle. It is included in this flyer
Do it -then drop it off at office to
be entered into a drawing
Prize to be determined**

**WATCH our Facebook page
Events are added on there
The concord senior center**

**The Springville Pennysaver is
no longer being delivered -so we
only have the Springville Journal
to advertise in. So, our Facebook
Page is the only other way to get
our information out. PLEASE
CHECK IT OUT.**

NOTES FROM THE OFFICE

We are now in Fair Season. If you can get to one of them - go and support your local 4H group. Some of groups haven't rejoined back yet. So, check to make sure yours is back. Our Medical appointment Van just went to the big van in the sky. So, we are closed for services till hopefully only Monday August 15- when we will acquire our NEW VAN. If you need the van till then you will have to make other arrangements.

We will be having Early Voting again at the center starting Saturday Aug 13-Aug 21.

We are having a few SPECIAL LUNCHES SO CHECK FACEBOOK & OUR MENU FOR THEM -MUST HAVE 20 TO SERVE THEM

The winner of our Month Puzzle is Marilyn Boser. She will receive a \$25 Walmart Gift Card. PLEASE when you turn your puzzle in -make sure your name is on it.

| Erie County Stay Fit Dining Program | | Standard Menu | | August 2022 | |
|-------------------------------------|---|--|---|--|--|
| Monday | 1 Cheese Omelet with Cheese Sauce Tater Tots Peppers, Onions & Tomatoes Raisin Bread Fruit Compote (777) | 2 Chicken Breast with Gravy Mashed Sweet Potatoes Peas Breakaway Roll Frozen Fudge Bar (646) | 3 Baked Rigatoni Pasta with Italian Sausage & Tomato Sauce Broccoli Carrots Lazy Pierogi Breaded Pork Chop with Gravy | 4 Breaded Pork Chop with Gravy Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (678) | 5 CLOSED |
| Tuesday | 8 Breaded Chicken Breast with Herb Gravy Cheddar Mashed Potatoes Lime Bean Bake Dinner Roll Fresh Plum Chocolate Milk (721) | 9 Stuffed Shells with Tomato Meat Sauce & Mozzarella Cauliflower Chef Salad with Dressing Italian Bread Shorbread Cookies (641) | 10 Pork Ribette with BBQ Sauce Scalloped Potatoes Pears with Red Pepper Chocolate Bavarian (663) | 11 Granberry Chicken Salad on a Bun Bed of Fresh Salad Greens Whole-grain Crackers Rainbow Sherbet (725) | 12 CLOSED |
| Wednesday | 15 Ham Steak with Pineapple Topping Mashed Butternut Squash Creamy Cabbage with Dill Wheat Dinner Roll Shorbread Cookies (602) | 16 SPECIAL MEAL | 17 CLOSED | 18 Turkey Breast with Gravy & Cranberry Sauce Sweet Potatoes Green Bean Casserole Wheat Bread Peach Bavarian (656) | |
| Thursday | 22 SPECIAL MEAL | 23 Slippy Joe on Whole Wheat Roll Roasted Red Potatoes Broccoli Tropical Fruit (654) | 24 Grilled Chicken, Mandarin Orange & Sunflower Salad Whole Wheat Dinner Roll Sugar Cookies (745) | 25 Roast Beef with Gravy & Horserdialish on Deli Rye Cheesy Mashed Potatoes Green Beans Fresh Cantaloupe Chocolate Milk (770) | 26 Beer Battered Fish with Tartar Sauce German Potato Salad Mixed Vegetables Cornbread Coleslaw Ambrosia (637) |
| Friday | 29 Routi Pasta with Meatballs, Tomato Sauce & Mozzarella Seasoned Spinach Fruit Cocktail (701) | 30 Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Fiesta Corn Broccoli Orange Creamsicle (711) | 31 Roast Turkey with Gravy & Cranberry Sauce Mashed Sweet Potatoes Peas Dinner Roll Fresh Watermelon Chocolate Milk (610) | 32 Labor Day Meal Breaded Pork Chop with Gravy Broccoli Cheese Rice Casserole Carrots Chef Salad with Dressing Wheat Dinner Roll Banana Cream Pie (1010) | 33 Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727) |

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

Wednesdays **Bookmobile**

1st Wed each month 10:30- 11

Community Crafters 10:00am

2nd and 4th Wednesday each month

Concord Senior Citizens Club

2nd Wednesday each month 1:30

Red Cross Bloodmobile

3rd Wednesday each month 12 - 7

BOOK Club-4th Thursday @ 1:00

Stay Fit Dining- Lunch served at 12 pm

Mon. thru Fri.

Weekly Programs

Thursday 12:30 **Euchre**

Tuesdays 9:00am **Yoga**

Thursdays 9:00am **Stitches** Quilting Group

9:00am **Yoga**

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

Summer hours -8:00-2:00-unless something going on at center

Phone: 716-592-2764
716-592-2768 Concord Van Services

Email: concord2017sc@gmail.com

Visit our Face Book page under The Concord Senior Center

AUGUST 2022

**CONCORD SENIOR
CENTER**



**40 COMMERCE DRIVE
SPRINGVILLE NY 14141**