

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

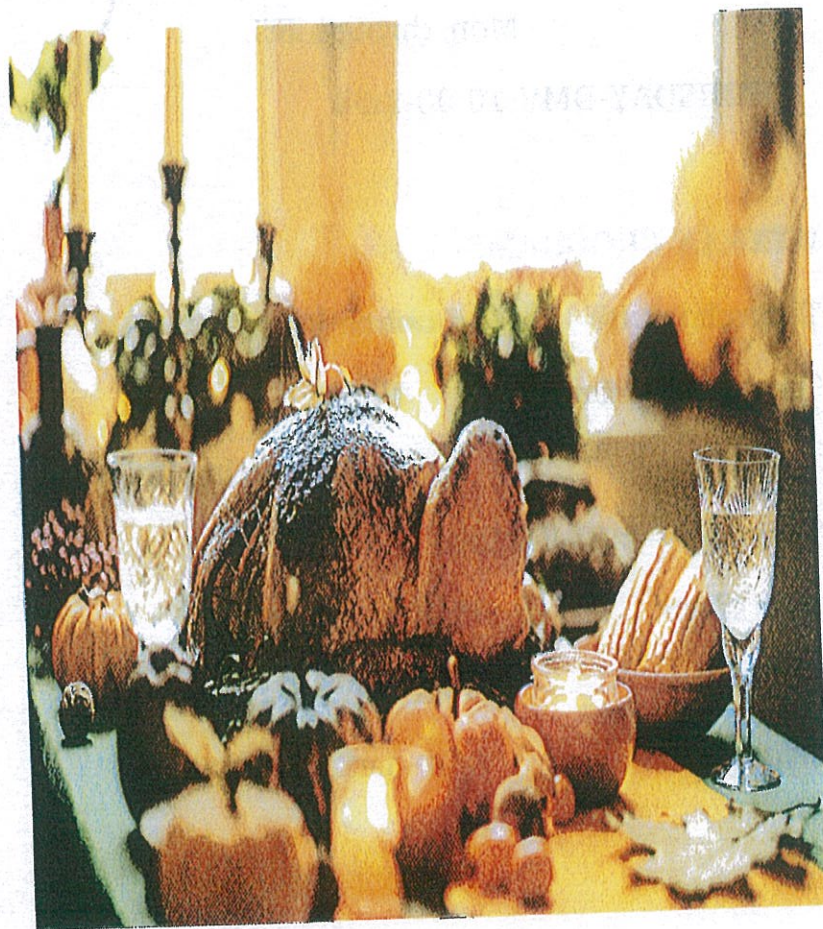
Phone: 716-592-2764
716-592-2768

Email: concord2017sc@gmail.com

Visit our Face Book page under The Concord Senior Center

NOVEMBER 2023

CONCORD SENIOR CENTER



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

2nd Monday of each month

Tuesdays Women's Club 1:00pm

2nd Tuesday of each month

Wednesdays

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

NOTES FROM THE OFFICE-----

Here it is November & you know what that means-**EARLY VOTING**-so please check to make sure your group isn't canceled. We are **CLOSED ON November 10-for Veterans Day-November 17-November 23 & November 24 for Thanksgiving-November 29**. We will be closed November 15 for lunch.

Insurance reps will be here-November 2-November 9-November 28 & November 30. So, if you have any questions -STOP IN. University Express is Nov 1-**THE DEATH OF JOHN LOVE-Nov 14-COLD CASE MYSTERIES IN THE SOUTHTOWNS** by own **JOLENE HAWKINS**

Our Veterans lunch is November 9- A FREE Lunch for Veterans that attend.

We are having an ALL YOU CAN EAT SPAGETTI LUNCH FOR \$3 ON NOVEMBER 16-MUST PREREGISTER & PRE-PAY

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

These all must be preordered.

NOTES FROM OFFICE --

November 3 the **VEGGIE WAGON WILL BE HERE-12-1-**SO STOP IN & CHECK OUT THE VEGGIES

Have you ever wondered how the weather people know what the weather is like at your house? This is the chance to become a **WEATHER SPOTTER**. On November 16 @ 7pm-you can learn how. Please call or go to the weather web site to pre-register.

Our **THANKSGIVING LUNCH IS NOVEMBER 21**

On Friday NOVEMBER 17 **FEED MORE FOOD TRUCK** will be here.

You must have identification for each person that you pick food up for.

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

Starting Nov 17-then every third Friday of the month FEEDMORE FREE FOOD TRUCK WILL BE HERE

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



Thanksgiving

WORD SEARCH

cranberries

stuffing

family

rolls

thankful

friends

autumn

corn

potatoes

pilgrims

dinner

gravy

November

turkey

dessert

pie

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



Erie County Stay Fit Dining Program

Standard Menu

November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
30 Omelet with Cheese Sauce Peppers, Onions & Tomatoes Tater Tots Raisin Bread Fruit Compote (690)	31 Happy Halloween Breaded Bone-in Pork Chop with Gravy Scalloped Potatoes Peas with Red Pepper <i>Marinated Beet & Onion Salad</i> Dinner Roll Caramel-Drizzled Brownie (879)	1 Baked Rigatoni with Italian Sausage, Tomato Sauce & Shredded Mozzarella Broccoli Florets <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (745)	2 Boneless Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Carrots <i>Chef Salad with Dressing</i> Whole Wheat Dinner Roll Pears & Mandarin Oranges (634)	3 Teriyaki-Seasoned Beef Strips over Rice Oriental Mixed Vegetables Orange-Pineapple Juice Fresh Apple <i>Chocolate Milk</i> (624)
6 Pork Ribette with BBQ Sauce on a Bun Cheesy Potatoes Peas with Red Pepper Dinner Roll Gingersnap Cookies (831)	7 Stuffed Shells with Tomato Meat Sauce & Mozzarella <i>Chef Salad with Dressing</i> Cauliflower Italian Bread Chocolate Bavarian (849)	8 Breaded Chicken Breast with Creole Sauce Spanish Rice French Bean Medley Dinner Roll Fresh Grapes <i>Chocolate Milk</i> (675)	9 Veterans Day Meal Roast Beef with Onion Gravy & Horseradish Ranch-seasoned Mashed Potatoes Broccoli Florets <i>Chef Salad with Dressing</i> Whole Wheat Roll Lemon Meringue Pie (952)	10 No Meals Served VETERANS DAY
13 Ham Steak with Pineapple Topping Sweet Potatoes Creamy Cabbage with Dill Wheat Dinner Roll Shortbread Cookies (636)	14 Beef Stew Mashed Potatoes Harvard Beets Warm Biscuit Cinnamon Applesauce (661)	15	16 ALL YOU CAN EAT SPAGETTI LUNCH	17 FOOD TRUCK
20 Polynesian Chicken over White Rice California Blend Vegetables Zucchini & Summer Squash Chocolate Cake with Frosting (757)	21 Thanksgiving Meal Roasted Turkey with Stuffing & Gravy Sweet Potatoes with Brown Sugar Green Bean Casserole <i>Molded Cranberry Salad</i> Dinner Roll Pumpkin Pie with Whipped Topping (1059)	22 Cheese Ravioli with Tomato Meat Sauce & Mozzarella Cauliflower <i>Chef Salad with Dressing</i> Italian Bread Fresh Pear <i>Chocolate Milk</i> (825)	23 No Meals Served Happy Thanksgiving	24
27 Swedish Meatballs over Rotini Pasta Brussels Sprouts Grape Juice Fruit Cocktail (640)	28 Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Fiesta Corn Broccoli Florets Butterscotch Pudding (775)	29	30 Chili con Carne with Cheddar Cheese Carrots Fruit Punch <i>Chef Salad with Dressing</i> Cornbread Fresh Apple <i>Chocolate Milk</i> (946)	1 Roast Pork with Warm Cinnamon Apples Lazy Pierogi Peas with Red Pepper Wheat Bread Chocolate Mousse (686)

Winter SKYWARN Training

Learn from a
National Weather
Service Meteorologist
about:

winter weather,
lake-effect snow,
wind storms,
measuring snow, &
reporting to the NWS

Thursday
November 16, 2023
7 PM

Concord
Senior Center
40 Commerce Drive | Springville,
NY

hosted by:
Concord Senior Center &
Springville Kiwanis

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

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.