

variables =

Association["indVars" -> {n, t}, "depVars" -> {u}, "scheme" -> { $u[n, t+1] - u[n, t] - (u[n+1, t] - 2*u[n, t] + u[n-1, t])$ }]

expression = u[n, t]

DiscreteConservedQOperator[variables][expression]