BURKE SENIOR CENTER—MORGANTON

February 2026

February is American Heart Month. It's a time when the American Heart Association asks for the public's help to raise awareness of the genetic and lifestyle factors that increase the risk for cardiac diseases.

This is also a good month to shine the spotlight on two groups who might not realize they are at risk. One is women and the other is caregivers. Research seems to indicate that caregiving is linked to increased risk for heart disease. That the role falls on women more than men is just one reason women should take time to learn about heart health and how to recognize the symptoms of a problem.

What can people do to prevent heart disease? Some risk factors are genetic, including a family history of high cholesterol. But 80% of the risk comes from lifestyle choices. A few steps you can take to protect your heart include:

Stay active: Exercise 30 minutes most days. A combination of low-impact aerobic activities and a few days a week of light weights or resistance bands is generally best.
Keep moving: Avoid falling into a sedentary lifestyle. Sitting too much has been found to be almost as dangerous as smoking! So, make sure to get up and move throughout the day.

Rest well: Sleep is another essential for keeping your heart healthy. Make it a priority to get 7 to 8 hours of quality sleep each night. If you suffer from insomnia, as many people do, talk with your doctor. The culprit may be an underlying health condition, such as sleep apnea.

Watch your figure: Keeping your weight at a level your doctor says is healthy also helps lower your risk for heart disease. Other advice along those same lines is to maintain healthy blood pressure and cholesterol levels.

Mind your diet: Eat a diet rich in fruits, vegetables, and lean protein, while avoiding foods high in trans fats. The latter is typically found in baked goods, fried foods, and many frozen dinners.

Don't smoke: Smoking can increase your risk for heart disease by 2 to 4 times that of a nonsmoker. If you are a smoker who's tried to quit before, talk with your physician. There are newer smoking cessation programs that might help you succeed.

See the doctor: By scheduling routine physicals with your family physician, you'll be more likely to stay on track with health screenings. It also gives your doctor an opportunity to spot problems and intervene early.

Manage stress: Chronic stress is linked to high blood pressure and cardiac diseases. Try to find positive ways to manage stress, such as meditation, walking, or journaling.

Limit alcohol: This risk factor may not be as well-known, but consuming too much alcohol contributes to heart disease. Work with your doctor to determine what is a safe amount for your personal health.

February

Monday:

9:00-10:00	Aerobics ($2/class)
9:00– 11:00	Lap Quilting
9:00 –11:00	Woodworking
10:30-11:00	Chair Exercise
11:30-12:15	Senior Yoga at Senior Center ($2/class)
12:00	Bridge Cards
12:30-2:30	Needle Work (Crochet, Knit, & More)
2:00– 4:00	Line Dance Friends
4:00-6:00	Game Night- Cards, Puzzles, Board Games
5:00-6:00	Painting with Watercolors ($ donation)

Tuesday:

8:00-2:00	Sit & Sew
9:00-11:30	Wood Carvers
9:00-10:00	Social Dance Class
10:00-12:00	Terri's Line Dance ($2/class)
12:00-5:00	Hand & Foot Cards
12:30-1:30	Tai Chi Alumni 1 (Graduates Only)
2:50-3:50	Tai Chi Alumni 2 (Graduates Only)

Wednesday:

9:00-10:00	Aerobics ($2/class)
9:00 –11:00	Woodworking
10:30-11:00	Chair Exercise
12:30-1:30	Computer Coaching One-on-One by Appt.
12:30-1:30	Tai Chi Alumni 1 (Graduates Only)
2:50-3:50	Tai Chi Alumni 2 (Graduates Only)

Thursday:

9:00-9:30	Cardio Drumming Exercise
10:00-11:30	Choraleers—Please call to confirm
11:30-12:15	Senior Yoga at Senior Center ($2/class)
12:00-5:00	Hand & Foot Cards
1:30-4:40	Line Dance with Celia -First Hour $1/class or entire class $2 includes Improver Level
4:00-5:00	Beginner's Crochet ($ donation)

Friday:

9:00-10:00	Aerobics ($2/class)
8:00-12:00	Maker Space– Open Craft Studio Time
9:30-11:00	Painting with Watercolors ($ donation)
10:30-11:00	Chair Exercise
12:00-2:00	Beginner Level Line Dancing-Part 2 ($1) Must have knowledge of basic steps– low impact
12:00-5:00	Crochet/Knitting Circle/ Misc
12:00	Pinochle Cards

IMPORTANT– Enter only thru the Main Entrance UP-STAIRS and stop at the Front Desk to Sign In For All

More Daily Activities 8AM– 4:30PM

Billiards– Two tables available.
Exercise Room–Treadmills, Ellipticals, Bikes, etc
Computer Lab– 4 computers and Wi-Fi available
Blood Pressure Checks 8:30—10AM by request

Drop-In: Library, Cornhole, Cards, Board Games, Puzzles, and more.
Ping-Pong (call ahead).

Instructor Fees: Any class with an instructor fee ($) is listed with the cost per class. These funds are set by and paid directly to the instructor.

February 2nd



Every Day Activities
at the
Burke Senior Center
501 N. Green St– Morganton
(828) 764-9390

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				Events in BLUE with ** Require Pre-Registration by calling 764-9390 **Items in RED are VIRTUAL and require a link for zoom**
2 10A Quilters Guild 5P New Watercolors painting Class **	**3** **1:40P Tai Chi I Workshop (Closed Class)**	4 10A AARP @ Morg. Rec. **10:30A Chair Exercise (V)** 1P Adult Coloring Group 1P Euchre Cards **1:40P Tai Chi I Workshop (Closed Class)** 2P Diamond Art	5 9:30A Veterans Coffee Social	6 Virtual Bingo Cards Due **12P– Souper-Bowl & Movie **** 7 **Saturday Night Dance 6-8pm**
9 8-5 Pen Pal Pick Ups 9A Quilters Guild **9-3 Tech Support **** 12P Seniors In Action Mtg 5P New Watercolors painting Class	10 11– Virtual Brain Games **1P– Medicare 101 **** **1:40P Tai Chi I Workshop (Closed Class)** **5:30P Dinner Night Out **	11 **10A– Bingo Grace Heights**** **10:30A Chair Exercise (V)** **11:30 Pre-K Prep** **1:40P Tai Chi I Workshop (Closed Class)** 2P Diamond Art	12 *Early Voting* 10A TRAARP (Downstairs)	13 8-5 Pen Pals Due Back **8-5 Sweet Treat Advocacy Event** 1P Guided Crochet * **3P Movie **
16 *Early Voting* 10– Vision Support Group **1P Tech Class– Is It AI ? **** **4P Alaska Trip Meeting** 5P New Watercolors painting Class **5:30 PACT* * Downstairs**	17 **1:40P Tai Chi I Workshop (Closed Class)**	18 **10A Partners Health Trng **** **10:30A Chair Exercise (V)** **11:30 Creative Crafts #1 **** **2:30 Creative Crafts #2 **** 1P Euchre Cards **1:40P Tai Chi I Workshop (Closed Class)**	19 8:30 Blood Pressure Checks **2P Housing Rehab Workshop **	20 **3P Movie **
23 *Early Voting* 10A Quilters Guild (Downstairs) 5P New Watercolors painting Class	24 11A Brain Games In Person **12:30P UNC Pres. Heart Health **** **1:40P Tai Chi I Workshop (Closed Class)**	25 10A-Bowling Buddies **10:30A Chair Exercise (V)** **1:40P Tai Chi I Workshop** 2P Diamond Art	26 10A Books & Brew	27 **3P Movie **

Special Events This Month

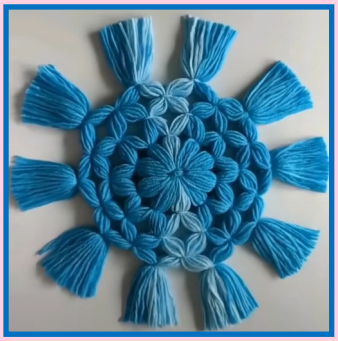
Crochet Along With Amanda
February 13th at 1pm
Granny Square Throw for Shoulders or Lap
This is a 3 month project



This is a guided crochet project led by Amanda. You will need a general knowledge of crochet and terms. Colors will vary.

For more information please contact Amanda at 828-764-9390.

Creative Crafting Day
February 18th
Yarn Flower Trivet



Group 1 11:30A *
Group 2 2:30P *

Pick One Time To Attend, Call Us To RSVP !

Limited to first 24 participants to RSVP
(Must be 55 or Older)

Remember Your Date....As you can only attend at the time you are assigned.
If you change your mind and cannot attend, kindly call us as we have folks on the waitlist who want to attend.
(All craft designs are contingent on the availability of supplies)

DINNER
Night Out

FEBRUARY 10TH AT 5:30PM

BOULEVARD BBQ
810 South College St - Morganton

Join us for dinner with friends. Each month we will pick a different restaurant to dine at.

Cost of meal and transportation is each person's responsibility.

RSVP REQUIRED
Limited Seating Set By Restaurant



BOOKS & BREWS

Good Books...Good Coffee...and... Good Company!

Join Us as we share our love of reading! The Book Club Meets Monthly on the Fourth Thursday at 10 AM

Upcoming Reads:
Feb: "Tidewater Inn"
by Colleen Colde
Mar "Four Winds"
by Kristan Hannah
Apr: "Asheville Christmas Cabin"
by Hope Holloway



Mental Health & Wellbeing

FEBRUARY 18TH at 10AM

Topic: **Managing Chronic Illness & Mental Health**
Heart Health Awareness Month

Join Us in Free Educational programs available to EVERYONE of all ages. Topics will vary each month. These programs are provided in person by Partners Health Management on the Third Wednesday each month at 10 AM here At the Burke Senior Center in Morganton. Please call us to let us know you will be attending. (828) 764-9390

CEU's Available by Request.

PARTNERS
Improving Lives. Strengthening Communities.®

If there is a need to cancel or change a class at the senior center, we have the ability to send Telephone Broadcasts and Alerts to our registered participants. These are sent via telephone (508) 501-5277 or text(855) 625-6571. So save these two new numbers as safe calls from the Burke Senior Center. This will also prevent them from going to your SPAM filters on your telephone.

Sign Ups and RSVPs for classes begin at 8am on the First Working Day of the month. These need to be done in person or by telephone only (828) 764-9390.

PLEASE DO NOT EMAIL. Only participants with hearing loss may text us at 828-796-4803 to relay their requests.

Our New Telephone Number is (828) 764-9390

Senior Center Virtual Classes

The Burke Senior Center will be offering the following classes by Zoom this month:
Please call the Senior Center to register for the Virtual Programs.

Virtual Brain Games: 2nd Tuesday each month at 11:00am. Join us for some fun games, riddles and trivia to exercise your brain. Call us for the zoom link.
(In-Person Brain Games takes place on the 4th Tuesday of the month at 11am)

Virtual Chair Exercise: Every Wednesday at 10:30am. Join us for a light stretching and exercise class that you can follow along at home in a chair. Available on Zoom only as Facebook will no longer let us do a live event with music. Call us for the zoom link.

Virtual Insights: 3rd Wednesday each month at 10:00am. Grab a cup of coffee and join the senior center staff as we explore area resources and new topics each month. Call the senior center to be emailed the zoom link.

More Events Just For You!



Tai Chi for Arthritis & Fall Prevention

12:30-1:30P Tai Chi 1 Alumni Only

1:40– 2:40P Tai Chi Level 1 Workshop (Closed Group)

2:50-3:50P Tai Chi 2 Alumni Only

Instructor: Karen Hilinski

Want to sign up for a Beginners Tai Chi Workshop? Call 828-764-9390



Cardio Drumming Exercise Class

Meets Every Thursday at 9:00am-downstairs

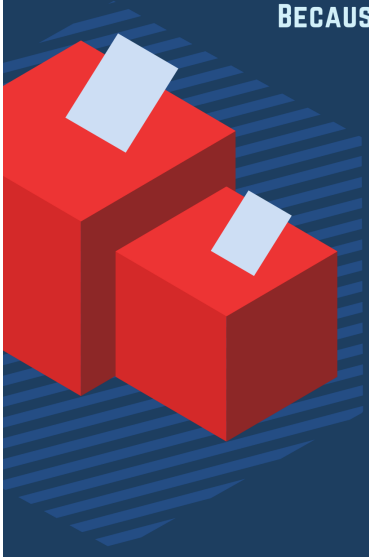
Come join the fun and the noise as we improve our cardiovascular health, reduce stress, increase strength and endurance, and improve coordination. This is a low-impact, seated exercise class. No experience required as you will simply follow along with our staff.

We have plenty of drums available, so no need to RSVP.

2026

VOTING OPPORTUNITIES

BECAUSE YOUR VOTE MATTERS



EARLY VOTING

February 12th - 27th
Monday through Friday
8:00 am - 7:30 pm

February 28th
The ONLY Saturday Open for Voting
8:00 am - 3:00 pm

ELECTION DAY

March 3rd
6:30am - 7:30pm

Burke Senior Center
501 N. Green Street - Morganton NC

For more information: *Burke County Board of Elections (828)764-9010*

Vision

SUPPORT GROUP



MEETS MONTHLY ON THE 3RD MONDAY
10AM – BURKE SENIOR CENTER

For anyone who is blind or has low vision and lives in the Foothills of North Carolina. Family, Friends and Professionals are also welcome. There is also Vision Telephone Support available Monthly on 1st Monday from 10-11am.

Info: Ed McDaniel (828) 778-4177
Email: FoothillsVisionLoss@gmail.com

Senior Center Exercise Activities

Aerobic Exercise with Shirley

Mondays, Wednesdays, Fridays
9:00 AM

Chair Exercise

Mondays, Wednesdays, Fridays
10:30 AM



Senior Yoga

Mondays & Thursdays
at Senior Center
11:30 AM

Exercise Equipment:

Treadmills, Ellipticals,
Recumbent Bicycles,
Ab Cruncher, Home Gym
Monday—Friday
8AM—4:30PM

Cardio Drumming

Thursdays
9:00 AM

Tai-Chi Alumni Only

Tues & Weds (Grads Only)
12:30PM Tai Chi I Alumni
2:50 PM Tai Chi 2 Alumni

Dance Classes

Mondays w/ Susan	**Line Dance Friends**
2-4P	Beginner Level (basic knowledge needed)
	Improver Level

Tuesdays	**Dance Classes**
9AM	Social Dance-Ballroom
10AM	Terri's Line Dance

Thursdays w/ Celia	**Line Dancing**
1:30-2:30P	Beginner/Beginner Plus (Not intro.- must be familiar with steps and terminology)
2:40-3:40P	Improver Level
3:40-4:40	Intermediate Level

Fridays	**Line Dance w/ Celia**
12:00 PM	Beginner Level, Part 2

BINGO WITH GRACE HEIGHTS
FEBRUARY 11TH AT 10:00AM

Light Refreshments Served—RSVP required **



LUNCH BUNCH BINGO AT 11:30AM



Lunch Bunch BINGO is CANCELLED in February due to Early Voting/ Election activities.

Medicare Updates

SHIIP
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.com

FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented when people make healthy choices and manage their health conditions.



Cardiovascular screening blood tests assist in early detection of heart disease. Medicare covers screening tests for cholesterol, lipid and triglyceride levels once every 5 years.

……..Ask a SHIIP Counselor for more information.

Are you New to Medicare or Turning 65?

Our next Medicare-101 class will be

February 10th at 1 PM

Call now to RSVP 828-764-9390.



If you will be turning 65 in the next few months or will be eligible for Medicare and still working, then this can be a valuable program. This program will review what Medicare is, what it covers, and the parts you may need. This seminar is useful to anyone about to turn 65 or start Medicare.

Staff and volunteers are trained by the S.H.I.I.P. division of the NC Dept. of Insurance to answer questions about Medicare, Medicare Advantage Plans, Medicare Prescription Drug coverage, and Medicare Supplement policies. They are not licensed insurance agents and do not sell or indorse any product, plan, or company.



EXTRA HELP PROGRAM

Qualifying Income limits: Individual $1,903.00 and Couple $2,575.00 monthly

Asset limits: Individual $17,610 and Couple $35,130 (cash, investments–do not count your home)

With Extra Help, you save on premium costs, co-pays, deductibles, and you may avoid a coverage gap. We can assist with applications. Please call 764-9390 for an appointment.

February

Virtual Bingo Game

Name: _____

Phone _____

B (1-15)	I (16-30)	N (31-45)	G (46-60)	O (61-75)
				

Join us for an at home long lasting game of bingo quarantine style. How this game will work:

1. Use the blank card above to create your very own personal bingo card by marking each blank space with a number from that column (do not repeat any numbers).
2. Once you have created your card, send a picture of your card by email or if unable to take a photo call us to register for the Bingo game. **(Must be registered by the 6th each month.)**
3. Game will begin on the 1st day of the month– Each Friday we will post on our Facebook page the numbers for that week. The game will last all month and all winning cards will be entered into a drawing for a gift.
4. Game will be played as regular BINGO with up, down, across and diagonal. Have fun!

Information & Support

NC 211 is an information and referral service provided by United Way of North Carolina. Families and individuals can dial 2-1-1 or 1-888-892-1162 to obtain free and confidential information on health and human services and resources within their community. You can also visit www.nc211.org for online assistance.

PACT: Partnering Adult Caregivers Together

*** Monday, February 16th 5:30-6:30pm

Caring for the Caregiver

This is a free support group for caregivers to meet with others, to share experiences, learn new skills, and get answers to questions. The group is open, friendly and informal. There will be a light meal with the meeting.

Reservations are requested to attend. (828) 764-9390



ALZHEIMER'S ASSOCIATION

The Alzheimer's Association 24/7 Helpline (800) 272-3900 is available around the clock, 365 days a year. Through this free service, specialists and master's level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

AARP

Provides free Workshops, Events & Seminars. This is a great location for online learning and life skills for people over 50. Topics include Caregiving Webinars, Fraud Webinars, Savings & Planning Webinars, and workshops on Housing, Work and Jobs. So many topics to choose from. Simply visit https://learn.aarp.org for a list of upcoming courses. The Morganton AARP Chapter 3262 Meets at the Morganton Rec. on the first Wednesday each month at 10 AM.

FOOD PANTRIES

If you are in need of food, here are a few options. Contact the senior center for a full list of pantries in the county.

Burke United Christian Ministries: 828-433-8075

East Burke Christian Ministries: 828-397-7074

Glen Alpine Food Pantry 828-391-9095

Complete list is available at the Senior Center

INFORMATION AND ASSISTANCE FOR OLDER ADULTS

Call the senior center at (828) 764-9390 for information about services or resources in Burke County.

NCBAM HOPE LINE

If you are 65 or older and feel isolated or lonely, the North Carolina Baptist Aging Ministry wants to help!

A friendly voice is available Monday– Friday from 9am to 9pm.

1-866-578-4673

TRANSPORTATION

Catawba Valley Medical Services in Morganton receives a grant to provide free medical transportation. 828-437-8808

Greenway Public Transportation provides general and Medicaid transports. 828-464-9444

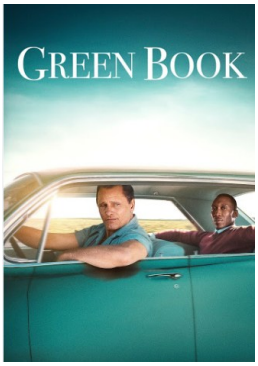
Call Senior Center For Additional Options 828-764-9390

Just For Fun



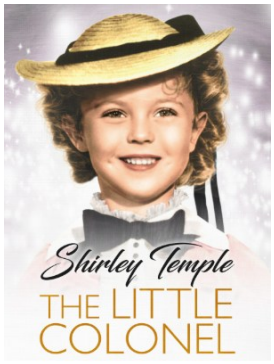
Movie Matinee
ALL Movies Begin at 3PM.
Popcorn & Drinks
Provided- Please RSVP

For Movie Details:
A Movie Guide is Located
In the Senior Center
Lobby.

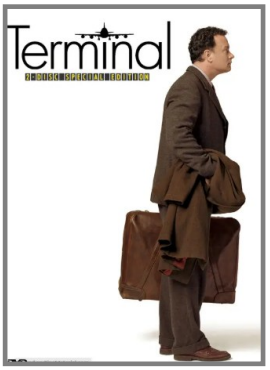


Green Book

Feb. 13th



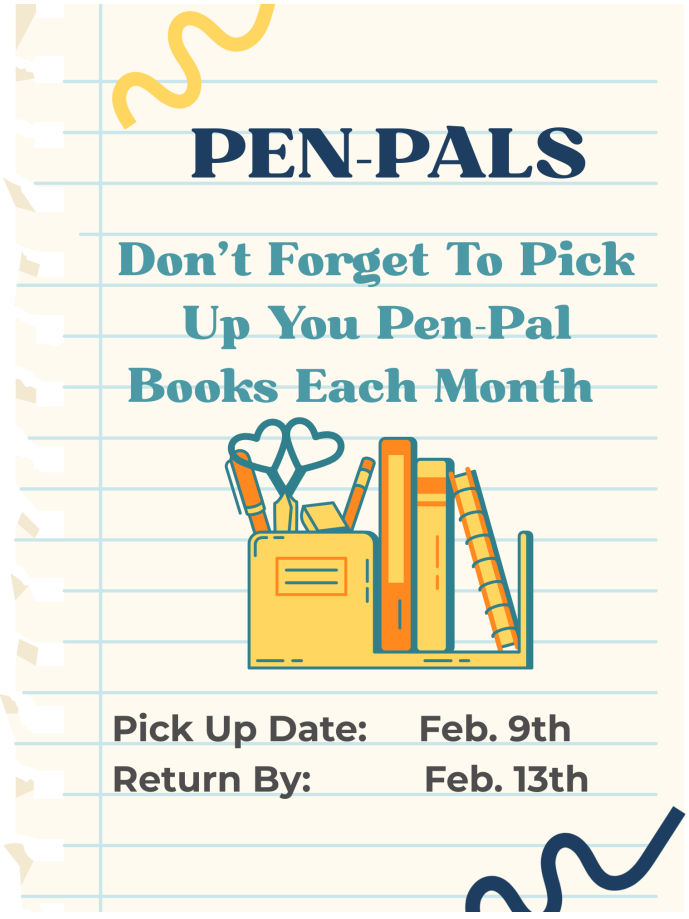
The Little Colonel
(Shirley Temple)
Feb. 20th



The Terminal

Feb. 27th







SENIORS IN ACTION NEWS

Seniors in Action is a non-profit organization whose mission is to provide financial and volunteer support to the Burke Senior Center.

This board meets the **Second Monday each month at 12:00 PM** . All members of Seniors in Action are welcome to attend all Board Meetings.

If you have suggestions for future day trips or if you would like to serve on the Day-Trip Committee, please contact Danny White at (838) 443-9961.



Come join the group in fun and laughter while exercising your brain. Everyone Invited!

Meets The Fourth Tuesday
Each Month at the
Burke Senior Center
11:00 AM



AARP®

Monthly Local Member Meetings

Morganton Chapter #3262
First Wednesdays at 10AM— Morganton Rec. Center

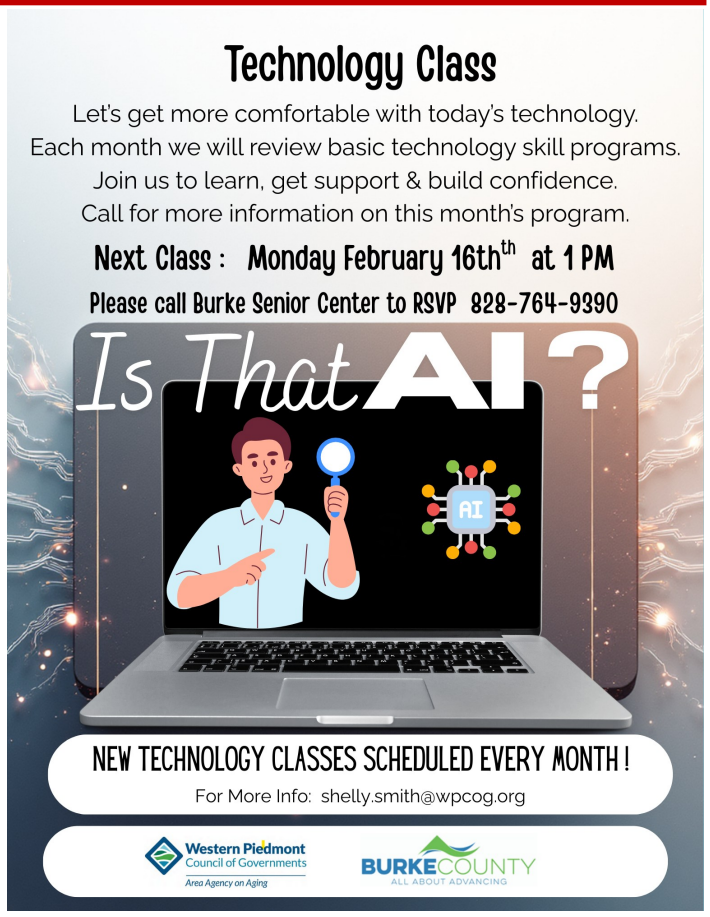
TableRock AARP Chapter
for the Deaf/Hard of Hearing
Second Thursdays at 10AM– Burke Senior Center



WINTER DELAYS AND CLOSINGS.....will be posted on WSOC and WBTV television channels, and shared with 92.1 WMNC and 96.5 WSVM radio stations. Follow us on Facebook where we will also make announcements. Telephone Broadcasts and Alerts may also be sent from us via telephone (508) 501-5277 or text (855) 625-6571 so save these two numbers as safe calls from the Burke Senior Center. As a reminder, we NO longer follow the school system regarding delays or closures. When in doubt, you are welcome to call us at (828) 764-9390 prior to traveling on wintery days.








BEGINNERS
Crochet
IF YOU HAVE NEVER TRIED TO CROCHET, OR IF YOU NEED TO POLISH UP ON BASIC FIRST STEPS, NOW IS YOUR CHANCE. MISS SCOTI IS AVAILABLE TO HELP. DO YOU WANT TO LEARN HOW TO "HAND CROCHET" WITH THE LARGE CHUNKY YARN? SHE DOES THAT TOO!
EVERY THURSDAY 4PM
$ Donation for instructor appreciated but not required


WATERCOLOR PAINTING FOR BEGINNERS
Mondays at 5PM & Fridays at 9:30AM
$ Donation for Instructor Appreciated But Not Required


Diamond Art Painting
February 4, 11, & 25
Bring your own kit and lets's craft together. This project involves applying colorful rhinestones to a printed canvas to create a dazzling diamond painting. These can be purchased at a local Walmart, Hobby Lobby, Michaels or online.
First time participants will be provided a free project to try.


COLORING
Club for Adults
Discover the Stress-Relieving Benefits of Coloring
Did you know that coloring can be an effective way for adults to reduce stress? It helps to soothe our minds and promotes relaxation. All supplies will be provided.
First Wednesday of every month at 1 PM

Western Piedmont
Council of Governments

HOUSING REHABILITATION PROGRAM

Alexander, Burke, Caldwell, and Catawba Counties

Need financial assistance with urgent repairs or accessibility improvements for your home?

URGENT REPAIR PROGRAM

This program provides forgivable loans to homeowners of up to $13,500 to households with special needs whose income does not exceed 50 percent of the statewide median income, must be either 62, veteran, receiving SSI disability, single-parent with children under 18, or family of 5.



ESSENTIAL SINGLE-FAMILY REHABILITATION PROGRAM

This program offers deferred loans of up to $40,000 for homeowners whose household income does not exceed 80 percent of the area median income, must be either 62, veteran, or receiving SSI disability.

FUNDS ARE AVAILABLE FOR:

- Heat System
- Ramps
- Porches
- Roof Repairs

Thursday February 19th at 2PM

Lisa Acuff from WPCOG will be here to share more information about their Housing Rehab Programs that **help pay for home repairs and more**.

Please Call The Senior Center To Register
(828) 764-9390

UNC HEALTH® Blue Ridge

Heart Health Presentation Invitation

Join the UNC Health Blue Ridge Medical Staff for an informative session dedicated to our heart health. Light refreshments will be provided

Tuesday, February 24th
Time 12:30 PM
Please call 828-764-9390 to RSVP





FEBRUARY 16TH

4PM

IF YOU ARE REGISTERED FOR THE UPCOMING SENIOR TRIP TO ALASKA, PLEASE MAKE PLANS TO ATTEND THIS VERY IMPORTANT MEETING.

JANET WILL BE REVIEWING THE TRAVEL ITINERARY AND ANSWER ALL YOUR QUESTIONS REGARDING PACKING GUIDELINES AND MORE.



Heart To Heart Valentines Advocacy Event

Complete A Valentine Postcard To Our Legislatures In Support Of Our Senior Center

And Exchange It For A ***Sweet Treat*** From Our Staff.

February 13th

8am–5pm

BURKE COUNTY Senior Services

501 N Green St. Morganton, NC 28655
Telephone 828-764-9390
Fax 828-764-9399

Hours of Operation:
Monday 8:00 am-6:30 pm
Tuesday-Friday 8:00 am-5:00 pm

The Mission of Burke County Senior Services is to advocate for and to improve the welfare of older adults in Burke County through education, recreation, social interaction and community connections.

Activities & Programs are open to Adults ages 55 and over.

Burke Senior Center Staff

Roxanne Powell – Director
roxanne.powell@burkenc.org

Amanda Belcher – Site Manager

Barbara Cuthbertson – Program Assistant

Lana Lowder – Nutrition Services

Molly Eller – Veterans Services
828-764-9400

Senior Center of Excellence – NCDHHS Division of Aging

Find us on: facebook
Burke County Senior Center