FEBRUARY 2026

East Burke Senior Center

February may be the shortest month of the year, but it still brings plenty of warmth and heart. With Valentine's Day, American Heart Month, and cozy winter days, February is a nice reminder to slow down, take care of ourselves, and enjoy the company of others.

There's a simple quote that fits this month well: "Wherever you are, be all heart." It's a good reminder that caring for our hearts can be both physical and emotional—and that both matter.

Taking care of your heart doesn't have to be complicated. Staying active can be as easy as walking with friends, participating in center activities, stretching, or moving a little more throughout the day. If it keeps you feeling good and helps you stay engaged, it counts.

Food also plays a role, and February is a good time to think about balance. Nutritious meals support heart health, while the occasional sweet treat adds a little joy to the month. Sharing a dessert or a meal with friends makes it even better.

Just as important as physical health is staying socially connected. Conversation, laughter, and time spent together help reduce stress and brighten our days. The East Burke Senior Center offers a welcoming place to connect, stay active, and enjoy being part of a caring community.

Valentine's Day reminds us that love isn't only about cards and candy—it's about friendship, kindness, and looking out for one another. A friendly smile or a thoughtful check-in can mean more than we realize.

As winter continues, February encourages us to stay involved and keep our spirits light. Joining activities, trying something new, or simply enjoying good company helps carry us through the colder days and into the coming spring.

This February, let's focus on keeping our hearts healthy, our connections strong, and our days a little brighter. The East Burke Senior Center is proud to be a place where kindness, friendship, and community are always in season.

"All you need is love. But a little chocolate now and then doesn't hurt." –Charles M. Schulz

We ♥ our Seniors!

DAILY ACTIVITIES AT THE EAST BURKE SENIOR CENTER

Monday
9:00 AM Aerobics
9:00 AM Rummikub
10:00 AM Tai Chi ($ Donation)
10:45 AM Yoga ($ Donation)
3:00 PM Coffee & Coloring
2:00 PM Movie Matinee
2:00 PM Sewcialize
4:00 PM Corn Hole
5:30 PM Sit-n-Stretch

Tuesday
9:00 AM Aerobics
10:00 AM Wii Bowling
1:00 PM Raid the Craft Closet
2:00 PM Sewcialize
2:00 PM Line Dancing with Celia
($1/Beginner 1 Class -
$2/Basics & Above)

Wednesday
9:00 AM Aerobics
12:00 PM Hand & Foot
1:00 PM Cross Stitch
2:00 PM Drama Club
2:00 PM Sewcialize
2:30PM Pinochle Cards

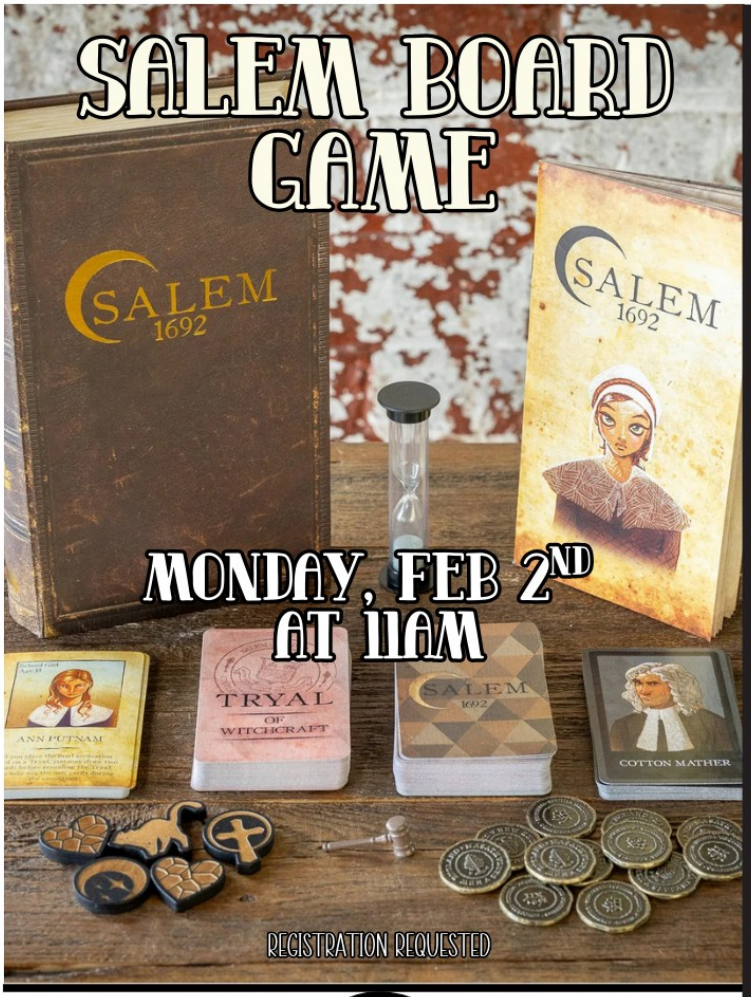
Thursday
9:00 AM Aerobics
10:00 AM Phase 10
11:00 AM Recipe Swap Meet
12:30 PM Computer Coaching by Appointment
2:00 PM Sewcialize

Friday
9:00 AM Aerobics
10:00 AM Tai Chi ($ Donation)
10:45 AM Yoga ($ Donation)
1:00 PM Phase 10
2:00 PM Sewcialize
3:00 PM Wii Games

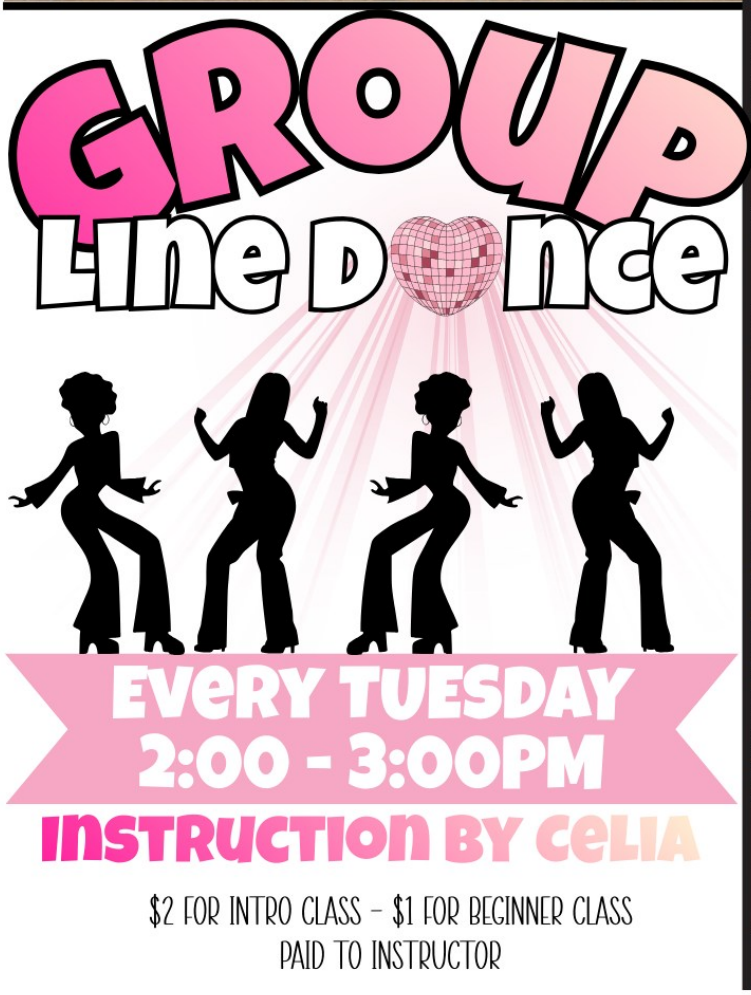
DROP-IN ACTIVITIES

- Billiards - Two Tables Available
- Blood Pressure Checks on the 2nd & 4th Wednesdays
- Board Games
- Card Games
- Coloring & Workbooks
- Computer Lab - 2 Computers &
- Exercise Room
  - Treadmills
  - Ellipticals
  - Bowflex
  - Recumbent Bicycles
  - Medicine Ball
  - Free Weights
- WiFi Available
- Cornhole Boards
- Drop-In Programming
- Horseshoes
- Library with Books & DVDs
- Ping Pong (Please call ahead)
- Puzzles
- Shuffleboard Table
- Wii Games
- and more!

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


SALEM BOARD GAME
SALEM 1692
SALEM 1692
MONDAY, FEB 2ND AT 11AM
TRYAL OF WITCHCRAFT
SALEM 1692
ANN PUTNAM
COTTON MATHER
REGISTRATION REQUESTED


VALENTINE TEA TOWELS
TUESDAY, FEB 3RD AT 10AM
Be MY Valentine
SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. FINAL CREATION MAY VARY.


GROUP Line Dance
EVERY TUESDAY
2:00 - 3:00PM
INSTRUCTION BY CELIA
$2 FOR INTRO CLASS - $1 FOR BEGINNER CLASS
PAID TO INSTRUCTOR


Valentine Craft
WITH CAROLINA CARING
WEDNESDAY, FEB 4TH AT 10AM
SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. FINAL RESULT MAY VARY.

JOIN US FOR

VALENTINE DAY CARD MAKING

WEDNESDAY, FEB 4TH AT 11AM

ALL CARDS WILL BE DISTRIBUTED AT LOCAL ASSISTED LIVING FACILITIES TO RESIDENTS TO SHOW THEM SOME LOVE!

ALL SUPPLIES PROVIDED.

TECHNOLOGY CLASS

THURSDAY, FEB 5TH @ 10:30AM

TOPIC:

IS THAT AI?

*REGISTRATION REQUIRED

TECH TIME WITH SHELLY

SHELLY SMITH FROM THE WPCOG WILL BE AVAILABLE FROM 9AM - 1PM ON MONDAY, FEB 16TH TO HELP ONE-ON-ONE WITH VARIOUS DIGITAL ISSUES.

APPOINTMENTS ARE REQUIRED

SPACES ARE LIMITED. TECHNOLOGY PROVIDED.

Western Piedmont Council of Governments
Area Agency on Aging

VALENTINE ROLLER CRAFT

THURSDAY, FEB 5TH AT 12PM



SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. FINAL RESULT MAY VARY.

LET'S PLAY

LCR Left Center Right™

LCR (LEFT, CENTER, RIGHT) IS A FAST-PACED DICE GAME WHERE PLAYERS PASS CHIPS LEFT, RIGHT, OR TO A CENTRAL POT BASED ON DICE ROLLS, WITH THE LAST PLAYER HOLDING CHIPS WINNING THE POT!

FRIDAY, FEB 6TH AT 2PM

REGISTRATION REQUESTED. ALL SUPPLIES PROVIDED.



Valentine's Beaded Pens

Monday, Feb. 9th at 2PM

Space is limited - Registration is required.
All supplies provided. Final creation may vary.



SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. FINAL RESULT MAY VARY.



EVERY 2ND & 4TH WEDNESDAY

Check your blood pressure

FROM 8:30 TILL 9:00 AM

THIS MONTH'S CHECKS WILL BE FEBRUARY 11TH AND 25TH.

BLOOD PRESSURE CHECKS TO HELP KEEP YOU "HEART HEALTHY".

DROP IN AND GET YOURS CHECKED.
FREE TO ALL.

East Burke PHARMACY
Your hometown pharmacy

BINGO

WITH THE GREENS

WEDNESDAV, FEB 11TH
AT 10:30AM

REFRESHMENTS, PRIZES & FUN!

REGISTRATION REQUIRED.



VALENTINE BUTTON CRAFT

WEDNESDAY, FEB. 11TH AT 2PM



SPACE IS LIMITED – REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. FINAL RESULT MAY VARY.

2026

EARLY VOTING



BECAUSE YOUR VOTE MATTERS

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

East Burke Senior Center
101-A Main Ave West ~ Hildebran, NC 28637
For more information: *Burke County Board of Elections (828)764-9010*

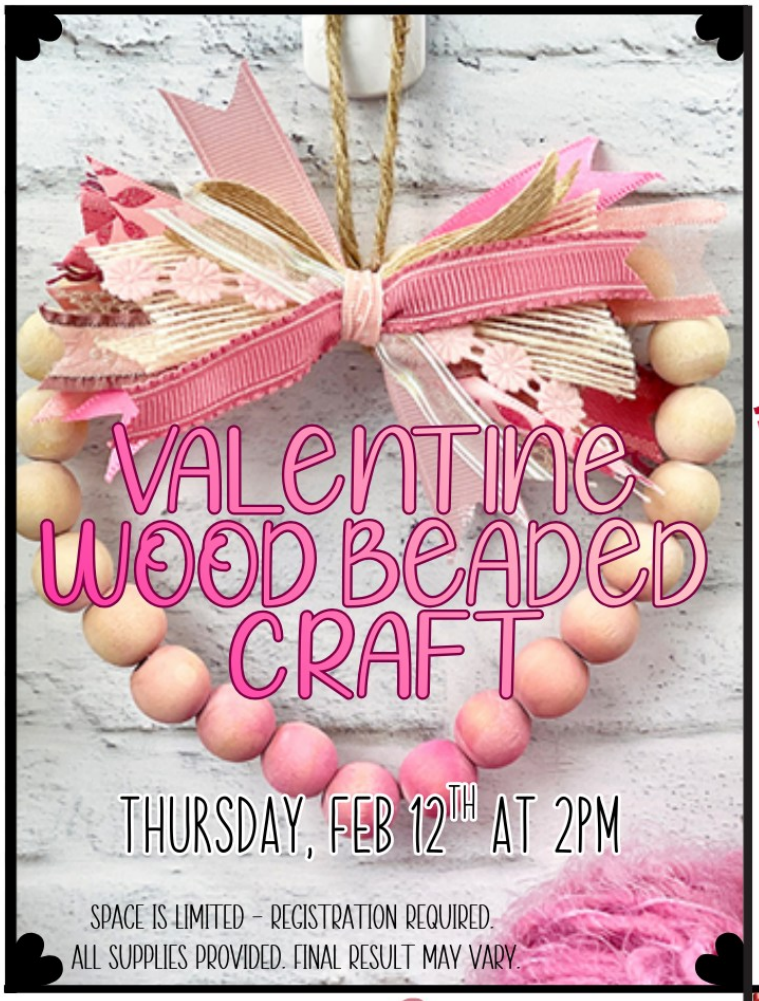


VIRTUAL HISTORY OF

Valentine's Day

FEBRUARY 12TH AT 9AM

REGISTRATION REQUIRED FOR ZOOM LINK



Veterans Services Officer On-Site Hours

February Hours

Friday, February 13th &
Friday, February 20th
9am - 12pm

The Burke County Veterans Services Office assists eligible veterans, their dependents and/or surviving spouses, children of deceased veterans, members of the Reserves or National Guard, and active-duty service members in applying for benefits and services from the Department of Veterans Affairs and North Carolina Division of Veterans Affairs.

coffee SOCIAL

AT LIVING BEANS

FRIDAY, FEB 13TH @ 10:30AM



RSVP REQUIRED. ALL PARTICIPANTS RESPONSIBLE FOR THEIR OWN TRANSPORTATION AND ALL COSTS.



Love Letter Game

MONDAY, FEB 16TH AT 11AM

A QUICK, RISK/DEDUCTION CARD GAME WHERE SUITORS COMPETE TO GET A LOVE LETTER TO THE PRINCESS BY STRATEGICALLY USING ALLY ABILITIES TO KNOCK OUT RIVALS.

REGISTRATION REQUESTED.

HAPPY LUNAR NEW YEAR 2026

MONDAY, FEB. 16TH AT 2PM

Come enjoy a joyful afternoon of culture, tradition and togetherness.

Paper Lantern Craft - Chinese Zodiac
Calligraphy - Food Talk
Enjoyable Treats

Registration required.

Valentine Key Fob Craft



TUESDAY, FEB 17TH AT 11AM

SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. FINAL RESULT MAY VARY.

POTTERY

Wednesday, Feb 18 at 10AM



SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED.

No-Sew Craft: Teddy Bear



WEDNESDAY, FEB 18TH AT 2PM

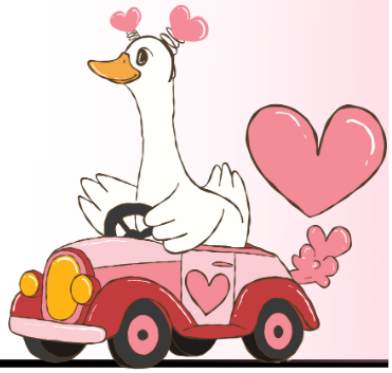
SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED.

BINGO

WITH GRACE HEIGHTS

THURSDAY, FEB 19TH AT 10:30AM

REFRESHMENTS, PRIZES & FUN!



REGISTRATION REQUIRED.

JAVA

GLOBAL COOKING WITH BAO

RECIPES WE'LL LEARN:

MEXICAN TACOS & GUACAMOLE

THURSDAY, FEB 19TH AT 2PM

SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED.



JAVA FOR JOES

20 February at 0900

Enjoy a breakfast with current and former service members.

All ages, and branches, welcome.

The Burke County Veterans Services Officer will be available.

Free event. RSVP required.



DIGITAL COUPONING

FEBRUARY 13: IHOP'S NATIONAL PANCAKE DAY. YOU CAN GET A FREE SHORT STACK OF BUTTERMILK PANCAKES FROM 7AM TO 7PM.

FRIDAY, FEB 20TH
AT 11:30AM

REGISTRATION REQUESTED.

ST. PATRICK'S DAY DOOR SIGN

MONDAY, FEB 23RD AT 10AM



SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. FINAL RESULT MAY VARY.

Pizza & Trivia

MONDAY, FEB 23RD
AT 4:30PM



LITERATURE & AUTHORS

REGISTRATION REQUIRED

ST. PATTY'S TEA TOWELS

WEDNESDAY, FEB 25TH
AT 10AM

LUCKY

SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. FINAL CREATION MAY VARY.

Pressed Flower Lantern

Wednesday, Feb. 25th @ 2PM



SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. FINAL CREATION MAY VARY.

Book Club



THURSDAY, FEB 26TH
AT 12PM

JOIN US FOR OUR NEXT BOOK CLUB MEETING, WHERE WE'LL SHARE INSIGHTS, EXCHANGE IDEAS, AND ENJOY LIVELY CONVERSATION. WHETHER YOU'VE FINISHED EVERY PAGE OR ARE JUST CURIOUS ABOUT THE STORY, THIS IS A WELCOMING SPACE TO CONNECT WITH OTHERS, DISCOVER NEW PERSPECTIVES, AND CELEBRATE THE JOY OF READING TOGETHER.

Registration Requested.



Paint & Sip

Thursday, Feb 26th at 2PM



NO ALCOHOL WILL BE SERVED. SPACE IS LIMITED.
REGISTRATION REQUIRED. ALL SUPPLIES PROVIDED.

Seniors Night Out

North Hickory Market

1079 3RD AVE DR NW - HICKORY

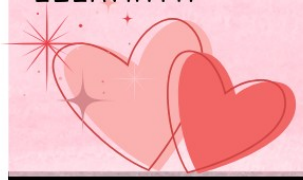
FRIDAY, FEB 27TH AT 5PM

RSVP REQUIRED. ALL PARTICIPANTS ARE RESPONSIBLE FOR THEIR OWN TRANSPORTATION AND ALL COSTS.

Valentine's Day Word Scramble



THASWSETERE	_____	UIDCP	_____
VEDSO	_____	WOSERLF	_____
DRE	_____	RAHTE	_____
QOBUETU	_____	KPNI	_____
FTIG	_____	MNORCEA	_____
GHU	_____	SDACR	_____
PAKSECUC	_____	ISSK	_____
YCNAD	_____	BUFARYRE	_____
LEVO	_____	OSESR	_____
ELEAVINTN	_____	HCCLOATEO	_____

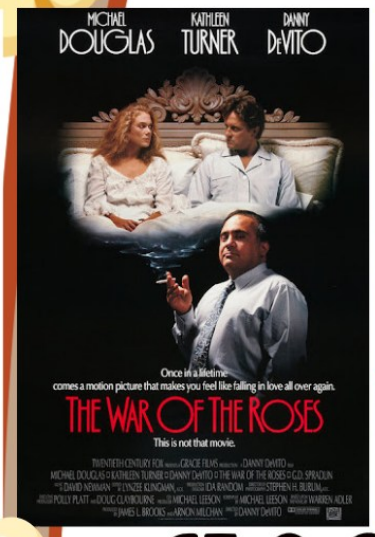


MONDAY MOVIES

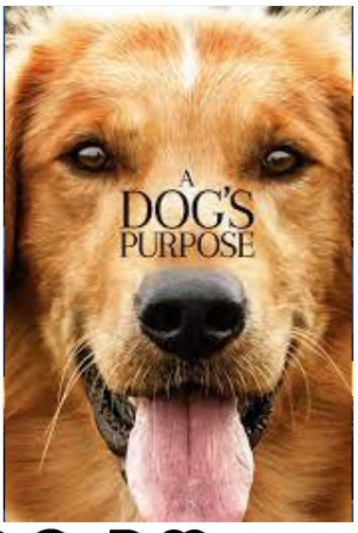
FEB 2ND



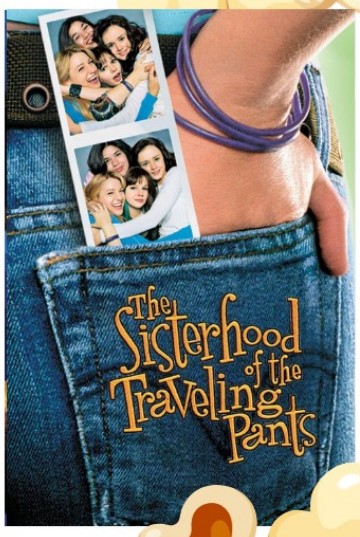
FEB 9TH



FEB 16TH



FEB 23RD



AT 2:00 PM

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30A SIGN UPS BEGIN 11A SALEM BOARD GAME* 2P "GONE WITH THE WIND"	3 10A VALENTINE TEA TOWELS* 2P LINE DANCING CLASS*$	4 10A VALENTINE CRAFT WITH CAROLINA CARING* 11A VALENTINE CARDS FOR CAMBRIDGE HOUSE	5 10:30A TECHNOLOGY CLASS* 12P VALENTINE ROLLER CRAFT*	6 2P LCR DICE GAME *
9 11A VALENTINE TREE* 2P "WAR OF THE ROSES" 2P VALENTINE BEADED PEN*	10 10A MAKEUP BAG CRAFT* 2P LINE DANCING CLASS*$	11 8:30A BLOOD PRESSURE CHECKS 10:30A BINGO WITH THE GREENS* 2P VALENTINE BUTTON CRAFT*	12 THURSDAY & FRIDAY - 8A - 7:30P - EARLY VOTING 9A VIRTUAL HISTORY OF VALENTINE'S DAY^ 2P VALENTINE WOOD BEAD CRAFT*	13 9A-12P VETERANS SERVICES OFFICER ON SITE 10:30A COFFEE SOCIAL* 2P VALENTINE DANCE*
16 MONDAY - FRIDAY - 8A - 7:30P - EARLY VOTING 9A TECH TIME WITH SHELLY* 11A LOVE LETTER GAME* 2P "A DOG'S PURPOSE" 2P LUNAR NEW YEAR FESTIVITIES*	17 11A KEY FOB CRAFT* 2P LINE DANCING CLASS*$	18 10A POTTERY* 2P NO-SEW TEDDY BEAR*	19 10:30A BINGO WITH THE GRACE HEIGHTS* 2P GLOBAL COOKING WITH BAO*	20 9A JAVA FOR JOES* 11:30A DIGITAL COUPONING CONTINUED...*
23 MONDAY - FRIDAY - 8A - 7:30P - EARLY VOTING 10A ST. PAT'S DOOR SIGN* 2P "SISTERHOOD OF THE TRAVELING PANTS" 4:30P PIZZA & TRIVIA*	24 2P LINE DANCING CLASS*$	25 8:30A BLOOD PRESSURE CHECKS 10A ST. PATTY'S TEA TOWELS* 2P PRESSED FLOWER LANTERNS*	26 12P BOOK CLUB* 2P PAINT & SIP - CANVAS TOTE BAG*	27 5P SENIORS NIGHT OUT*

ICON KEY

* = REQUIRES PRE-REGISTRATION
$ = FEE
V = VIRTUAL ONLY
\+ = VIRTUAL & IN PERSON

SATURDAY, FEBRUARY 28TH
8:30A - 3:30P
EARLY VOTING
THE ONLY SATURDAY EARLY VOTING POLLS ARE OPEN





UPDATED MEDICARE COSTS FOR 2026

Part A Deductible	$1,736.00
Part B Premium	$202.90
Part B Deductible	$283.00
Part D Cap of Out-of-Pocket Costs for Rx	$2,100.00

EXTRA HELP PROGRAM FOR COSTS OF PRESCRIPTION DRUG PLANS

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 764-9300 for an appointment.

Qualifying Income Limits:
Individual - $1,956 and Couple $2,644

Asset Limits:
Individual $17,600 and Couple $35,130
(cash, investments - do not count your home)



Your heart's health is crucial! Preventive steps count.

Medicare supports early detection with cardiovascular screening blood tests every 5 years. Explore your options with a SHIIP counselor and prioritize heart health today.

Questions? Call SHIIP at 855-408-1212.

INFORMATION & RESOURCES

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 and workshops on Housing, Work and Jobs. So many topics to choose from!

Visit https://learn.aarp.org for a list of upcoming courses.

TRANSPORTATION

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

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

NC 211

NC 211 is an information and referral service provided by United Way of NC. Families and individuals can dial 2-1-1 or 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.

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 & master's level clinicians offer confidential support and information to people living with dementia, caregivers, families & the public.

NC BAM

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 through Friday
from 9am to 9pm.
1-866-578-4673

PACT: PARTNERING ADULT CAREGIVERS TOGETHER

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 by calling.
(828)764-9390

FOOD PANTRIES

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

Burke United Christian Ministries:
828-433-8075

The Outreach Center:
828-439-8300

East Burke Christian Ministries:
828-397-7074

Hildebran United Methodist Church:
828-308-8106

Transformation Church:
828-322-1621



SERVICES PROVIDED BY BURKE SENIOR SERVICES

AARP - Host the East Burke AARP at East Burke Senior Center, Host the Table Rock AARP (all hearing impaired) at the Burke Senior Center, work with the Burke County AARP.
Adult Day Health - Assist with enrollment to local Adult Day Health program.
Host the Burke County **Council on Aging**.
Disaster Preparedness - Information available to assist you in preparation and readiness should a disaster occur.
Durable Medical Equipment - Seniors can borrow, free of charge, various home health equipment including wheel chairs, bathroom chairs and other common pieces of equipment (subject to availability) at both Senior Centers.
Elder Abuse / Adult Protective Services - Reporting assistance proved onsite when needed.
Energy Assistance - Centers serve as FAN distribution site. LIEAP & CRISIS Intervention assistance available on site.
Food Distribution - Referrals to local food banks available including BUCM, EBCM, The Outreach Center, & others.
Provide Various **Health Screenings and Health Promotion programs** geared towards the older adult free of charge or at reasonable cost.
Home Delivered and Congregate Meals are available through Burke County Nutrition Program. Also serve as a Meals on Wheels delivery location. Volunteers needed.
Home Health & In-Home Aide Services - We can assist you in filling out and sending in intake forms for grant funded services. We can complete referrals to local agencies providing home health services in your home.
Home Improvement - Assist clients with home improvement through various agencies including Foothills Service Project and Carolina Cross Connection.
Hospice - Host presentations annually on Hospice Care. Can assist you for referrals for care.
Housing - Assist clients in finding & contacting local housing options. Application completion assistance is available.
Job Training & Job Placement - Senior Center serves as SCSEP host. Provide assistance with online job applications including NCWorks.
Legal Services - Available through Legal Aid of North Carolina. All services are by appointment only. Notary available onsite to assist with Power of Attorney, Health Care POA and Living Wills.
Long Term Care Facilities/Ombudsman Program - Maintain list of facilities for long term care placement. Connect to the regional Ombudsman residents' right advocate. Community Advisory Committee Volunteers needed to visit residents in local long term care facilities.
Medicaid - Assist in completion of Medicaid application online or paper format, including Medicare Savings Program.
Mental Health - Educational programs provided onsite. Assistance and Referral to mental health support programs available.
Outreach - Staff available to present at your church or other civic gatherings and health fairs.
Rehabilitation Services - Assistance available to connect with area agencies providing rehab services including vocational rehab, independent living and long term care rehab.
Respite - Assistance to connect you to the Family Caregiver Support Program respite services & Project CARE.
Reverse Mortgage Counseling - Staff can give general information and help locate an agency.
SHIIP (Senior Health Insurance Information Program) - Provide counseling services for older adult and qualified Medicare recipients interested in Medicare, supplemental insurance, and long-term care insurance information. Also assist with signing up for Medicare Parts A, B, & D.
Senior Games - Applications available onsite & assistance provided for completion, submission & Silver Arts transportation.
Social Security - Assist in filling out the online applications for initial enrollment and other basic services.
Support Groups - PACT (Partnering Adult Caregivers Together) offered the third Monday each month at the Burke Senior Center. Vietnam Combat Support Group, WWII/Korean Support Group, and Grandparents Raising Grand children at the East Burke Senior Center also available. Call for a full listing of available support groups.
TAB - Telephone Assurance program of Burke - Daily calls to seniors to check on well-being and safety.
Tax Aide - Tax Assistance referrals for the elderly.
Transportation - Assist clients in meeting their transportation needs, including Senior Carpooling, General and Medical Transportation.

INCLEMENT WEATHER NOTICES

Ice and dangerous driving conditions are sNOw joke.

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.

MySenior Center will also send Broadcasts and alerts from us via telephone and Text (855) 908-5367 so save the number as a safe call from the East Burke Senior Center.

As always, you are welcome to call us at (828)764-9300 prior to traveling on wintery days.

If there is a need to cancel or change a class at the senior center, we have the ability to send Telephone Broadcasts and Text Alerts to our registered participants.
These are sent from (855) 908-5367.
So save this number as a safe call from the East Burke Senior Center. This will also prevent them from going to your SPAM filters on your telephone.





BURKE COUNTY Senior Services

SENIOR CENTER OF Excellence CERTIFIED BY NCDHHS Division of Aging

EAST BURKE SENIOR CENTER

101-A Main Avenue West - Hildebran, NC 28637
Telephone: (828)764-9300
Fax: (828)764-9305

HOURS OF OPERATION

Monday 8:00 am - 7:00 pm
Tuesday - Friday 8:00 am - 5:00 pm

EBSC CENTER STAFF

Assistant Director:
Rebecah Bova

Program Assistants:
Tera Bridges
Brandy Goble
Bao Yang

OUR MISSION:

The Mission of the East Burke Senior Center is to sustain and improve the quality of life, promote independence while preserving the dignity of and to enhance access to services and information for senior adults and mature adults with disabilities and their caregivers.

FOLLOW US
@ EASTBURKESENIORCENTER