MARCH 2026

Spring has arrived! With longer days, warmer sunshine, and the time change springing us forward, this season is the perfect opportunity to spring forward into something new. Spring reminds us that it's always a good time to grow—try a new hobby, revisit an old favorite, or simply do more of what makes you smile.

Hobbies add joy, purpose, and connection to our days. You don't need to be an expert—just willing to enjoy the moment. Here are a few easy and rewarding ideas to spark inspiration this season:

Gardening - Planting flowers, herbs, or vegetables is peaceful, rewarding, and a great way to enjoy fresh air and gentle exercise.

Puzzles & Brain Games - Crosswords, Sudoku, jigsaw puzzles, and word searches help keep the mind sharp and are fun solo or with friends.

Walking Clubs - Walking is great for your heart and even better with company. Even a short stroll counts!

Crafting - Knitting, crocheting, quilting, or card-making lets you create something meaningful - no perfection required.

Music - Play an instrument, sing along, or simply enjoy listening. Music boosts mood and memory.

Reading - Books, magazines, and audiobooks let you explore new worlds. Both centers offer a little library of books and media.

Volunteering - Helping others brings purpose and connection. It's a hobby that truly gives back.

Games - Cards, bingo, dominoes, and board games bring laughter, friendly competition, and community.

Start Small - Just Begin. Think about what you loved as a child and start there. Try one small thing, take a class, or join a group at your local senior centers. You Deserve Joy!

Even 15 minutes a day doing something you love can boost your mood and energy. So plant that seed, pick up that book, take that walk, or try something new - spring is here, and it's your time to bloom!

Excerpted from https://wecreate.4lpi.com/viewer/lpi/5gttn5m4q83fjft7s9k749

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.

Searching for Community Advisory Committee Volunteers

Older adults living in nursing homes and adult care homes deserve dignity, respect, and a strong voice in decisions that affect their daily lives, and Community Advisory Committees (CAC) help ensure those rights are protected. Committee members are trained local volunteers who visit long term care facilities to talk with residents and families, observe conditions, and advocate for residents' rights, quality of life, and overall well-being. By working with facilities, families, and the Regional Long Term Care Ombudsman Program, members help identify concerns, promote accountability, and support improvements in care. No prior experience is required, and training and ongoing support are provided.



If you are interested in learning more or would like additional information, please contact Michael Layza at michael.layza@wpcog.org

GROUP Line DANCE



EVERY TUESDAY
2:00 - 3:00PM

INSTRUCTION BY CELIA

$2 FOR INTRO CLASS - $1 FOR BEGINNER CLASS
PAID TO INSTRUCTOR

BINGO

REFRESHMENTS. PRIZES & FUN!

Please Register for each BINGO you want to participate in



THE GREENS
March 4th
at 10:30 am

GRACE HEIGHTS
March 19th
at 2:30 pm

UNC HEALTH
March 9th
at 10 am

AMOREM
March 25th
at 2pm

Beaded Keychains

WEDNESDAY, MARCH 4TH
AT 2PM



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

Technology Class



TOPIC:
IS THAT AI?

THURSDAY, MARCH 5TH @ 10:30AM

SPACES ARE LIMITED. TECHNOLOGY PROVIDED.
REGISTRATION REQUIRED.

Western Piedmont Council of Governments
Area Agency on Aging

Wood Egg Holder

Thursday, March 5th at 11AM

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

Wood Egg Door Hanger



Friday, March 6th at 10AM

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

Daylight Savings Time Begins on

Sunday, March 8th

Remember to set your clocks forward on Saturday



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, March 6th &
Friday, March 20th at 2pm

Registration requested. All supplies provided.

Modge Podge Eggs

Monday, March 9th at 3:30pm

Space is limited – registration required.
All supplies provided. Final result may vary.

Small Tote Sewing Project

Part 1 – Tuesday, March 10th
Part 2 – Tuesday, March 17th
Both days at 10:30am

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 MARCH 11TH AND 25TH.

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

DROP IN AND GET YOURS CHECKED.
FREE TO ALL.

East Burke PHARMACY

EASTER Themed Minute-to-Win-it

Hop in and join the fun on Wednesday, March 11th at 10am.



REGISTRATION REQUESTED.



Pressed Flower Bookmarks

WEDNESDAY, MARCH 11TH
AT 2PM

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

GLOBAL COOKING WITH BAO

THURSDAY, MARCH 12TH
AT 2PM

LEARN TO MAKE:

Irish potato cakes

SPACE IS LIMITED - REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED.

VETERANS SERVICES OFFICER ON-SITE HOURS

March Hours

Friday, March 13th &
Friday, March 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, March 13th
@ 10:30AM



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



TECH TIME

WITH SHELLY



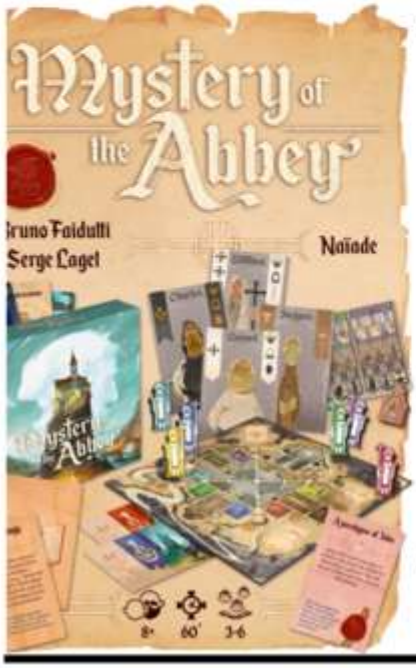
SHELLY SMITH FROM THE WPCOG WILL BE ON HAND FROM
9AM - 12PM ON THURSDAY, MAR 16TH
TO HELP ONE-ON-ONE WITH VARIOUS DIGITAL ISSUES.

APPOINTMENTS ARE REQUIRED

Western Piedmont Council of Governments
Area Agency on Aging

Mystery of the Abbey Board Game

Monday, March 16th at 11am
Registration requested. All supplies provided.



Mystery of the Abbey is a medieval murder mystery deduction board game where players, acting as monks, explore a monastery to identify the killer of another monk, much like a monastic Clue, by questioning each other, gathering clues about monk characteristics, and using special locations to deduce the culprit through strategic elimination and role-playing.

Virtual History of St. Patrick's Day

TUESDAY, MARCH 17TH AT 9AM

REGISTER FOR THE ZOOM LINK TO EXPLORE THE HISTORY OF ST. PATRICK'S DAY WITH BRANDY.



Snack &LEARN

with WPCOG

Topic:
Housing Rehabilitation Program

Tuesday, March 17th at 2PM

REGISTRATION REQUESTED.

Western Piedmont Council of Governments
Area Agency on Aging

Pottery

WEDNESDAY, MARCH 18TH AT 10AM

REGISTRATION REQUIRED



Suncatcher Craft

Wednesday, March 18th at 2PM



SPACES ARE LIMITED. REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. CRAFT NOT AS PICTURED.

CARDS With Elsie



Thursday, March 19th at 10AM

SPACES ARE LIMITED. REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. CRAFT NOT AS PICTURED.

Spring Key Fob Craft

Thursday, March 19th at 11AM



SPACES ARE LIMITED. REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. CRAFT NOT AS PICTURED.



JAVA FOR JOES

20 March 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

FRIDAY, MARCH 20TH
AT 11:30AM

REGISTRATION REQUESTED.



Blooming Pages Craft

Monday, March 23rd
at 2PM



SPACES ARE LIMITED. REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED. CRAFT NOT AS PICTURED.

Trivia & Pizza

MONDAY, MARCH 23RD AT 4:30PM

Topic:

The Origin of Common Sayings



PREREGISTRATION REQUIRED. ALL SUPPLIES PROVIDED.



In Captain Sonar, you and your teammates control a state-of-the-art submarine and are trying to locate an enemy submarine in order to blow it out of the water before they can do the same to you. Every role is important, and the confrontation is merciless. Be organized and communicate, because a captain is nothing without his crew: the Chief Mate, the Radio Operator, and the Engineer.

Registration requested.

Spring Pillow

Wednesday,
March 25th at 10am



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

East Burke Senior Center

Bound By Books
BOOK CLUB

Thursday, March 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.

RSVP Requested

Twist & Bloom Flower Craft



Thursday,
March 26th
at 2PM

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

Phone Holder Craft

Friday, March 27th at
10:30AM

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

Seniors Night Out

McGUIRE'S PUB
Since 1976

46 Rd Street NW - Hickory

Friday, March 27th
at 4:30PM

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

No-Sew Bunnies



Monday, March 30th at 2PM

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

Cooking with Tera



Tuesday, March 31st at 11am

SPACE IS LIMITED - REGISTRATION REQUIRED. ALL SUPPLIES PROVIDED.

NC SENIOR TAR HEEL LEGISLATURE

ARE YOU PASSIONATE ABOUT ISSUES FACING OLDER ADULTS?

Are you driven by a need to raise your voice on behalf of older adults, in advocacy with like-minded people?

Are you eager to use your skills and do the work of learning, deliberating, and advocating in your community and with NC's legislators?

Perhaps you are stirred by personal experiences with older adults. Maybe you have witnessed unfair treatment, violations of dignity, gaps in supportive services, exploitation, ageism, neglect, or marginalization of the aging.

If so, you might find an outlet for these passions by joining the ranks of the NC Senior Tar Heel Legislature.

To inquire about appointment as a NCSTHL delegate or alternate, contact Ashelin McCoy at ashelin.mccoy@wpcog.org



March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30A SIGN UPS BEGIN 2P "LIFE OF PI"	3 2P LINE DANCING CLASS*$	4 10:30A BINGO WITH THE GREENS* 2P BEADED KEYCHAINS*	5 10:30A TECH CLASS WITH SHELLY* 11A WOOD EGG HOLDER*	6 10A WOOD EGG DOOR HANGER* 2P LRC DICE GAME*
9 10A BINGO WITH UNC HEALTH* 2P "THE SOUND OF MUSIC" 3:30P MODGE PODGE EGGS*	10 10:30A SMALL TOTE SEWING PROJECT - PART 1* 2P LINE DANCING CLASS*$	11 8:30A BLOOD PRESSURE CHECKS 10A MINUTE-TO-WIN-IT* 2P PRESSED FLOWERS BOOKMARK*	12 2P GLOBAL COOKING WITH BAO*	13 9A - 12P VETERANS SERVICES OFFICER AVAILABLE ON SITE* 10:30A COFFEE SOCIAL* 12P BUNNY CRAFT*
16 9A TECH TIME WITH SHELLY* 11A MYSTERY OF THE ABBEY BOARD GAME* 2P "SAVING MR. BANKS"	17 9A VIRTUAL HISTORY OF ST. PATRICK'S DAY* 10:30A SMALL TOTE SEWING PROJECT - PART 2* 2P SNACK & LEARN WITH WPCOG* 2P LINE DANCING CLASS*$	18 10A POTTERY* 2P SUN CATCHER CRAFT*	19 10A CARDS WITH ELSIE* 11A SPRING KEY FOBS* 2:30P BINGO WITH GRACE HEIGHTS*	20 9A JAVA FOR JOES* 11:30 DIGITAL COUPONING* 2P LRC DICE GAME*
23 2P BLOOMING PAGES BOOK CRAFT* 2P "THE GREATEST SHOWMAN" 4:30P PIZZA & TRIVIA*	24 11A CAPTAIN SONAR BOARD GAME* 2P LINE DANCING CLASS*$	25 8:30A BLOOD PRESSURE CHECKS 10A SPRING DIY PILLOW* 2P BINGO WITH AMOREM*	26 12P BOOK CLUB* 2P TWIST AND BLOOM FLOWER CRAFT*	27 10:30A PHONE HOLDER CRAFT* 4:30P SENIORS NIGHT OUT*
30 2P NO SEW BUNNIES* 2P "THE INTERN"	31 11A COOKING WITH TERA* 2P LINE DANCING CLASS*$			

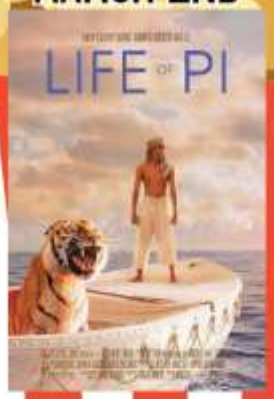
ICON KEY

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



MONDAY MOVIES

MARCH 2ND



MARCH 9TH



MARCH 16TH



MARCH 23RD



MARCH 30



AT 2:00 PM

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)



March is Colorectal Cancer Awareness Month! Did you know it's the 4th most common cancer in the US?

Early detection saves lives. Medicare covers screening services. Learn more from a SHIIP counselor.

Let's beat colorectal cancer together! 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.

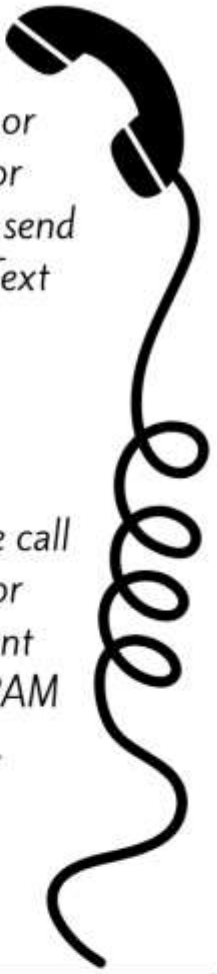
Transportation - Assist clients in meeting their transportation needs, including Senior Carpooling, General and Medical Transportation.

"May your troubles be less, and your blessings be more, and nothing but happiness come through your door."

Traditional Irish blessing

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
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