BURKE SENIOR CENTER—MORGANTON

March 2026

Grocery Shopping on a (Time) Limited Budget

Grocery shopping can be a challenge when you're short on time, money, or both. Between busy schedules, rising prices, and long store lines, it's easy to feel overwhelmed. But with a little planning and a few simple tips, you can save money and time without giving up the foods you enjoy. Here are some helpful ideas to make your next grocery trip quicker, easier, and more affordable.

Make a List and Stick to It
Before you head to the store, take a few minutes to write down what you need. Check your pantry, fridge, and freezer to avoid buying something you already have. A good list helps you stay focused and avoid impulse buys, which can quickly add up.

Plan Simple Meals
You don't need fancy recipes to eat well. Plan a few easy meals using affordable, everyday ingredients. Dishes like soups, casseroles, sandwiches, and pasta are filling, budget-friendly, and can be made in less time. Look for items that can be used in more than one meal. For example, a roasted chicken can become sandwiches, salads, or soup the next day.

Shop the Sales
Watch for weekly sales and specials in your local grocery store ad or app. Many stores have deals on fresh produce, canned goods, and frozen items. If there's a good price on something you use often, buy a little extra for later. Store brand or generic products are also worth trying. They're usually just as good as name brands but cost less.

Limit Quick Stops
It's tempting to run to the store for one or two things, but those quick trips often lead to extra spending and wasted time. Try to plan one big trip each week if you can.

Shop at Less Busy Times
If you're short on time, avoid shopping during the busiest hours. Early mornings, weekdays, or later in the evening are usually quieter, making it easier to get in and out quickly.

Keep a Few Easy Items on Hand
Having a few quick, go-to items in your pantry can save you time and stress on busy days. Canned soups, frozen vegetables, pasta, and rice are affordable and easy to turn into a meal. With a little planning, you can stretch your dollars, save time, and still enjoy tasty, healthy meals at home.
©LPi



Irish Proverb: A good laugh and a long sleep are the two best cures.

March 2026 Everyday Activities

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.



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

March 2026 Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 10A Quilters Guild **3P Movie ****	**3** *Election Day* *Celebrate Your Name Week ?*	4 10A AARP @ Morg. Rec. **10:30A Chair Exercise (V)** 1P Adult Coloring Group 1P Euchre Cards 2P Diamond Art	5 9:30A Veterans Coffee Social	6 Virtual Bingo Cards Due 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	10 11– Virtual Brain Games **1P– Medicare 101 **** **1:40P Tai Chi 2 Workshop (Closed Class)** **4-6P Carolina Shag Lessons**** **5:30P Dinner Night Out ****	11 **10A– Bingo Grace Heights**** **10:30A Chair Exercise (V)** **11:30 Pre-K Prep** **1:40P Tai Chi 2 Workshop (Closed Class)** 2P Diamond Art **4-6P Carolina Shag Lessons****	12 10A TRAARP	13 8-5 Pen Pals Due Back 1P Guided Crochet *
16 10– Vision Support Group **5:30 PACT**	17 **10A Tech Class– Managing Online Privacy** **1:40P Tai Chi 2 Workshop (Closed Class)** **4-6P Carolina Shag Lessons****	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 2 Workshop (Closed Class)** **4-6P Carolina Shag Lessons****	19 8:30 Blood Pressure Checks	20 **3P Movie ****
23 10A Quilters Guild **3P Movie ****	24 11A Brain Games In Person **1:40P Tai Chi 2 Workshop (Closed Class)**	25 10A-Bowling Buddies **10:30A Chair Exercise (V)** **1:40P Tai Chi 2 Workshop** 2P Diamond Art	26 10A Books & Brew **11:30A Lunch Bunch BINGO **** **11:30A MediHome Presentation ****	27 **11:30A Lunch Bunch BINGO **** **11:30A MediHome Presentation ****
30	31		**Events in BLUE with ** Require Pre-Registration by calling 764-9390** **Items in RED are VIRTUAL and require a link for zoom**	Burke Senior Center Morganton 828-764-9390 Virtual & Special Events

Arts & Crafts

Crochet Along With Amanda
March 13th Throw for Shoulders or Lap

This is the 2nd of 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.
RSVP Required

Creative Crafting Day
March 18th
Easter Carrot Wreath



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)





Pre-K

Craft Volunteers



The Global Immersion Kindergarten class at Mountain View Elementary School is excited to see what craft kits we are sending them this month. Each month we need volunteers to help prepare the kits. If you can help, then join us in the craft room at 11:30AM.

PEN-PALS

Don't Forget To Pick Up You Pen-Pal Books Each Month



Pick Up Date: March 9th

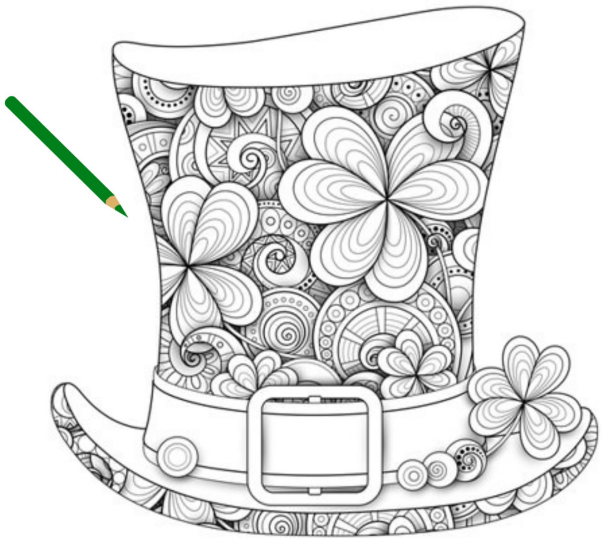
Return By: March 13th

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



Diamond Art Painting

MARCH 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.



Mental Health & Wellbeing

MARCH 18TH at 10AM

Topic: Anxiety & Depression In Older Adults: Part 1

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.

Exercise for your Body & Mind



Tai Chi for Arthritis & Fall Prevention

12:30-1:30P Tai Chi 1 Alumni Only
1:40– 2:40P Tai Chi 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.



BOWLING BUDDIES

MONTHLY ON THE 4TH WEDNESDAY
10:00 AM
Cost is $5 which includes 3 games, shoes and bowling ball.

Must provide your own transportation to the Valdese Recreation Center 312 Massel Ave SE - Valdese, NC 28690

Call the Burke Senior Center for more information (828) 764-9390



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

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
Mar. 11th at 10:00AM
Light Refreshments Served—RSVP required **



Lunch Bunch BINGO at 11:30AM
March 26th & 27th ** RSVP REQUIRED **

YOU CAN ONLY SIGN UP FOR ONE LUNCH BUNCH BINGO EVENT! If you change your mind and cannot attend on the date you signed up for, kindly call us… as we have folks on the wait list wanting to attend. Remember to bring a prize for the Bingo table so everyone has a chance to win. There will be a grandprize for the coverall games.

Menu: Lasagna & Salad Presentation: Medi-Home Volunteer Opportunities

March

Virtual Bingo Game

Name: _____

Phone _____

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

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

PACT

Partnering Adult Caregivers Together



Monday, March 16th 5:30-6:30pm

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.

RSVP to (828) 764-9390

Caring for the Caregiver



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.

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.

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 828-502-2297

A 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

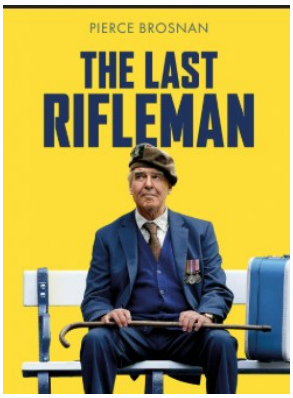
Call Senior Center For Additional Options 828-764-9390

Movie Matinee

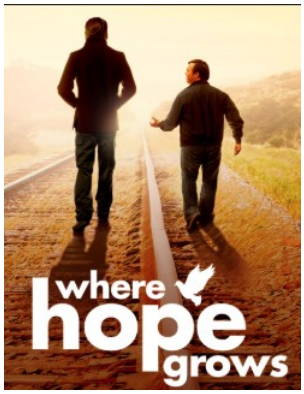


Movie Matinee
ALL MOVIES BEGIN AT 3PM.
POPCORN & DRINKS
PROVIDED- PLEASE RSVP

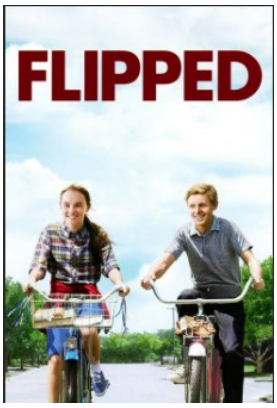
FOR MOVIE DETAILS:
A MOVIE GUIDE IS LOCATED
IN THE SENIOR CENTER
LOBBY.



The Last Rifleman
(75th Aniv of D-Day)
March 2nd
Downstairs



Where Hope Grows
March 20th



Flipped
March 23rd

Get Involved.....Make A Difference

NC SENIOR TAR HEEL LEGISLATURE

Supported by NCDHHS DAAS

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



SEARCHING FOR CAC 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 or 828-485-4213.



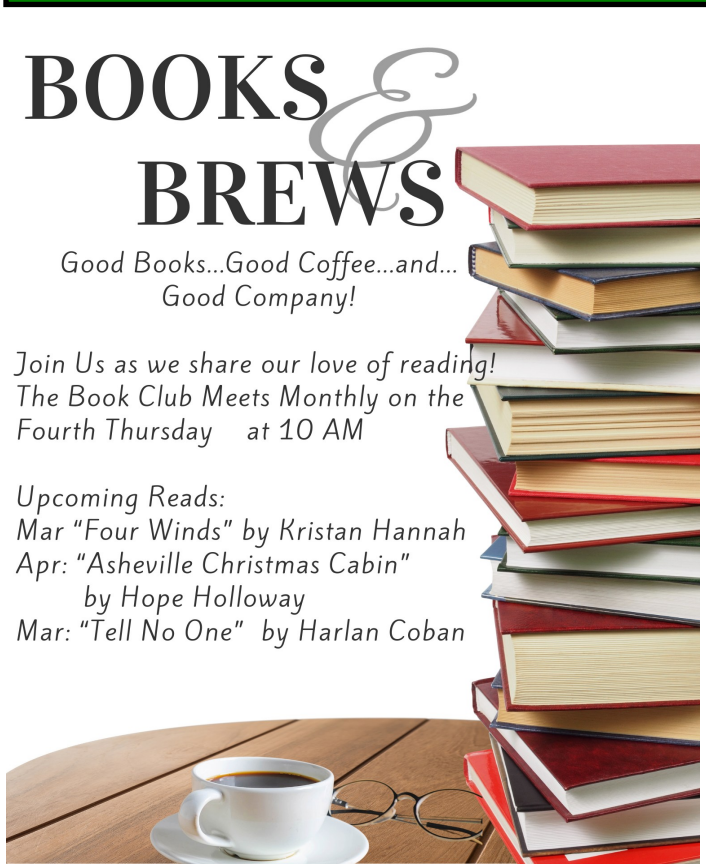
SENIORS IN ACTION NEWS

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.

Connect With Others





AARP®

Monthly Local Member Meetings

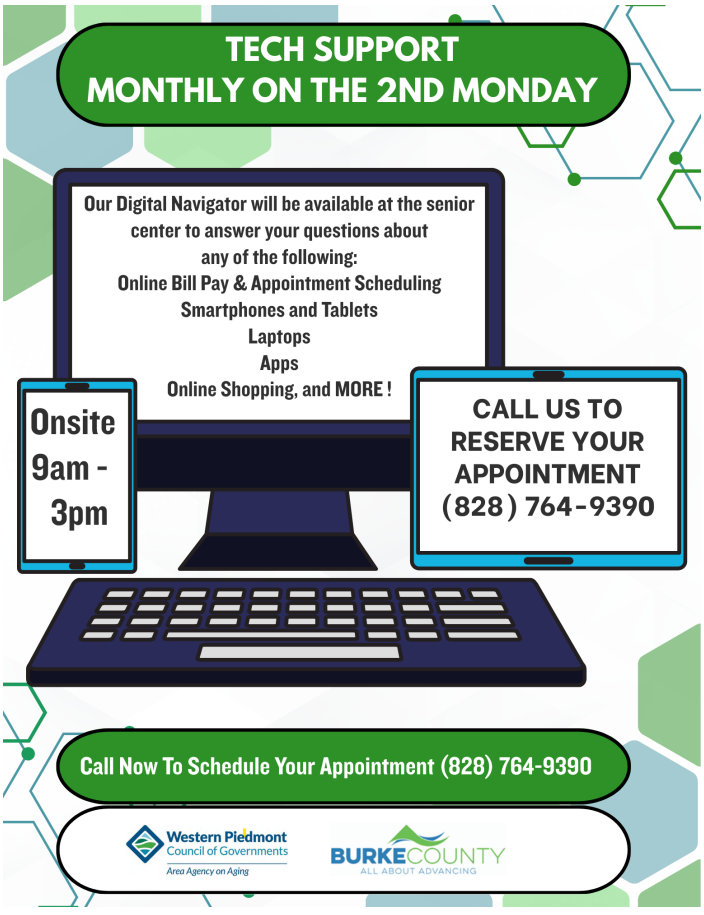
Morganton Chapter #3262
First Wednesdays at 10AM— Morganton Rec. Center

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



Regarding The Advertising In The Newsletter

This newsletter may contain advertisements or sponsored content from third-party companies. Burke Senior Services neither promotes or endorses the companies in these advertisements.







CAROLINA SHAG DANCE LESSONS
MARCH 10, 11, 16, & 17 2026

BEGINNERS BASIC LESSONS 4-5PM
PLEASE ARRIVE 15 MINUTES EARLY TO REGISTER
$20 PER PERSON FOR ALL 4 DAYS

BASIC II LESSONS 5-6PM
NO FEES -PLEASE ARRIVE 15 MINUTES EARLY TO REGISTER

INSTRUCTORS:ALICE SMITH & BILL MCCURRY
BEGINNERS WHO WANT A REFRESHER WILL BE FREE OF CHARGE
NO PARTNER REQUIRED

LESSONS PROVIDED AT THE BURKE SENIOR CENTER
501 N. GREEN ST, MORGANTON
PLEASE CONTACT ALICE SMITH TO REGISTER FOR CLASSES
(828) 244-8420

HELLO
MY NAME IS

National Celebrate Your Name Week
March 1-7, 2026

Lot's of smiling faces pass through these senior center doors every day. But how well do we really know one another? Take a minute and complete a funny name tag to wear during your visit. And don't forget to sign your name on our banner that will be on display in the lobby.





Burke County
Senior Games
FUN WALK

At the Catawba
Meadows Park
followed by Grace
Heights Bingo Game

May 13th
10:00 AM

St. Patrick's Word Scramble

1. PLEACHURNE _____
2. KROAMSCH _____
3. BROWNIA _____
4. DINERAL _____
5. CYKLU _____
6. LOVERC _____
7. SLEBGINS _____
8. SERETAUR _____
9. SAPPEGIB _____
10. ENGRE _____
11. PETS CANDE _____



Medicare Updates

SHIIP
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

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

NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is the fourth-most common cancer in the U.S. and the second leading cause of cancer-related deaths.

It affects all racial and ethnic groups and is most often found in people ages 50 and older.

Screening and early detection are vital. Medicare covers certain colorectal cancer screening services—ask a SHIIP counselor for more information. Colorectal cancer is preventable, treatable and beatable!

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

Are you New to Medicare or Turning 65?

Our next Medicare-101 class will be

March 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.



Let Us Help You Connect With Area Resources & Programs

We Provide Various Health Screenings and Health Promotion programs geared towards the older adult free of charge or at reasonable cost.

Tax Aide/ AARP – Referrals to providers of Tax Assistance for the Elderly

SHIIP (Senior Health Insurance Information Program) – Provide counseling and enrollment services for older adults and qualified Medicare recipients interested in Medicare, supplemental insurance, and long-term care insurance information.

Reverse Mortgage Counseling – Provided to Seniors through area programs and certified counselors. Assist clients in obtaining appointments.

Outreach- staff available to present at your church or other civic gatherings, and health fairs.

Social Security – Assist in filling out online applications for initial enrollment and other basic services.

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

Housing – Assist clients in finding and contacting local housing options. Application completion assistance is available.

AARP – Host the Table Rock AARP (All Hearing Impaired) at the Burke Senior Center, work with the Burke County AARP.

Host the **Burke County Council on Aging**—Meets the 4th Wednesday Quarterly, at 2pm at the Burke County Senior Center in Morganton.

Durable Medical Equipment – Our Senior Center has received donations of various home health equipment including wheel chairs, bath-room chairs, and other common pieces of equipment. These items are available for your use free of charge. Depends/Incontinent Supplies also available. See staff for additional Information..

Home Improvement – Assist clients with home improvement through various agencies including the Foothills Service Project.

Legal Services – Appointments are available through Legal Aid of North Carolina.

Notary available onsite at the Senior Center to assist with Power of Attorney, Health Care POA and living wills.

Support Groups – PACT (Partnering Adult Caregivers Together) offered the third Monday each month at the Burke Senior Center. Veterans Support, Grief Counseling, Parkinsons Support Group, and Grandparents Raising Grandchildren also available. Call for full listing of available support groups.

Home Delivered, and Congregate Meals 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.

Medicaid- Assist in completing the Medicaid application online for the Medicare Savings Program which helps pay your monthly Part B costs.

Job Training & Job Placement- Senior Center serves as SCSEP host. Provide assistance with online job applications, including NCWorks.

Adult Day Health- Assist with enrollment to local Adult Day Health program.

Mental Health- Educational programs provided onsite. Assistance and Referral to mental health support programs available.

Disaster Preparedness- Information available to assist you in preparation and readiness should a disaster occur.

Hospice- Host presentations annually on Hospice care. Can assist you in referrals for care.

Long Term Care Facilities/ Ombudsman Program- Maintain list of facilities for long term care placement. Connect to the regional Ombudsman residents' rights advocate. Community Advisory Committee volunteers needed to visit residents in local long term care facilities.

Rehabilitation Services- Assistance available to connect with area agencies providing rehab services including vocational rehab, independent living, and long term care rehab.

Elder Abuse / Adult Protective Services- Reporting information and assistance provided onsite when needed.

Respite- Assistance available to connect you with the Family Caregiver Support Program respite services and Project CARE.

Senior Games- Applications available onsite and assistance provided for completion, submission and Silver Arts transportation. Fun Walk Coordinator for Burke County.

TAB -Telephone Assurance program of Burke- Daily calls to seniors to check on well-being and safety.

Energy Assistance- Senior centers serve as FAN distribution site. LIEAP and CRISIS Intervention assistance available onsite.

Food Distribution/ Pantries -Referrals to local food pantries including BUCM, EBCM, The Outreach Center, and others.

NATIONAL NUTRITION MONTH



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.

<u>Burke Senior Center Staff</u>

Roxanne Powell – Director
roxanne.powell@burkenc.org

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