October 2026

This month, we're taking time to recognize Breast Cancer Awareness Month, prepare for Medicare Open Enrollment, and, of course, have a little Halloween fun along the way.

October is a time to raise awareness about breast cancer and, just as importantly, to stand beside those whose lives have been touched by it. We honor those currently fighting, celebrate survivors, remember those we have lost, and recognize the family members, friends, and caregivers who walk this journey alongside them.

Breast cancer remains one of the most commonly diagnosed cancers in the United States. The American Cancer Society estimates that in 2026, more than 321,000 women will be diagnosed with invasive breast cancer, along with an estimated 2,670 cases in men. Sadly, more than 42,000 people are expected to lose their lives to breast cancer this year. But there is also reason for hope. According to the American Cancer Society, the 5-year relative survival rate for women whose breast cancer is diagnosed while it is still localized is greater than 99%. When looking at breast cancer across all stages combined, the 5-year relative survival rate is 92%.

Those numbers represent more than statistics—they represent mothers, daughters, sisters, spouses, friends, neighbors, and members of our own communities.

This October, let's wear our pink, encourage one another to stay informed about breast health and recommended screenings, and most of all, offer a little extra support and kindness to those facing cancer. To every survivor, fighter, caregiver, and loved one: we see you, we support you, and we celebrate your strength.

Medicare Open Enrollment begins October 15 and runs through December 7. During this period, Medicare beneficiaries can review their health and prescription drug coverage and make changes for the coming year. We know many of you look forward to meeting with our SHIIP counselors each year. Unfortunately, there are no appointments available at either Senior Center this Open Enrollment season. But don't worry—there are still ways to get help! Turn to page 14 for other options and resources for getting your Medicare questions answered and reviewing your coverage. And remember, you don't have to navigate it all alone!

Of course, it wouldn't be October without a little Halloween spirit! We're excited about our upcoming Halloween Party and look forward to an afternoon filled with fun, fellowship, games, treats, and plenty of reasons to smile. So grab your favorite costume, festive accessories, or simply your best Halloween spirit and come celebrate with us. No tricks—just treats and a whole lot of fun!

As the leaves change and the days get a little shorter, we're grateful for another October spent together at East Burke Senior Center. So stop by and join us for a program, stop by for information, catch up with friends, or enjoy some Halloween mischief.

Daily Activities

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.

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
10:00 AM CHAIR TAI CHI ($ DONATION)
10:30 AM CHAIR YOGA ($ DONATION)
12:00 PM HAND & FOOT
1:00 PM CROSS STITCH
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

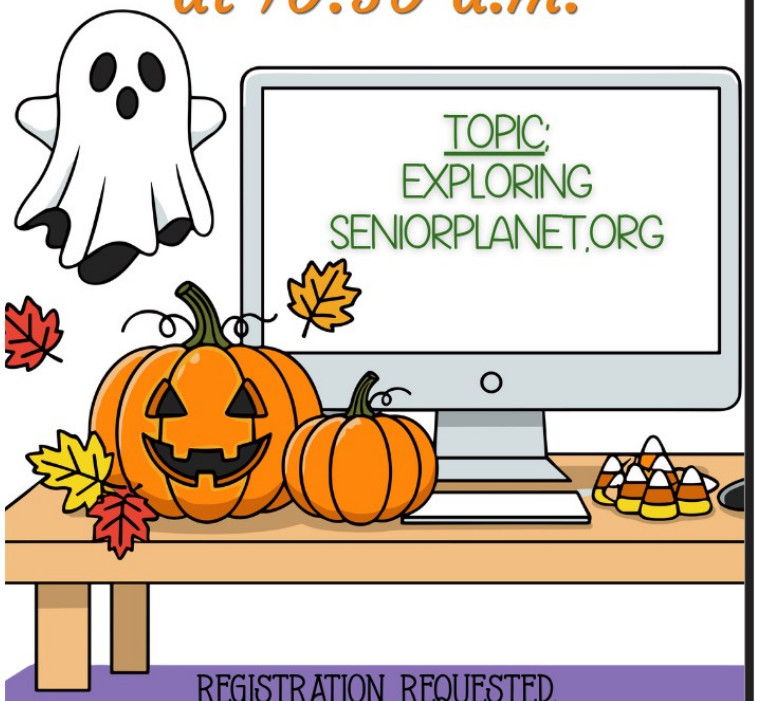
Drop-In Activities

- 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!



TECH CLASS

Thursday, October 1st at 10:30 a.m.



REGISTRATION REQUESTED.

DIGITAL COUPONING



REGISTRATION REQUESTED.

Witch-Craft

Monday, Oct. 5th at 10:30 a.m.



FINAL CREATIONS WILL VARY. ALL SUPPLIES PROVIDED. REGISTRATION REQUIRED

Pottery



Monday, October 5th at 1 p.m.

and

Wednesday, October 28th at 10 a.m.

ALL SUPPLIES PROVIDED. REGISTRATION REQUIRED

SEWING CRAFT
Fabric Basket

Tuesday, October 6th at 10:30 a.m.



FINAL CREATIONS WILL VARY. ALL SUPPLIES PROVIDED. REGISTRATION REQUIRED

GROUP
LINE DANCE



Every Tuesday
2:00 - 3:00 p.m.

Instruction by Celia

$2 for Intro Class - $1 for beginner class
Paid to instructor

BINGO

REFRESHMENTS, PRIZES & FUN!

WEDNESDAY, OCTOBER 7TH AT 10:30 A.M.
WITH THE GREENS

THURSDAY, OCTOBER 15TH AT 2:30 P.M.
WITH GRACE HEIGHTS

THURSDAY, OCTOBER 22ND AT 2 P.M.
WITH HOPSCOTCH



Registration required for each event date.

Halloween Wood Pumpkin Craft



Wednesday, October 7th at 2 p.m.

FINAL CREATIONS WILL VARY. ALL SUPPLIES PROVIDED. REGISTRATION REQUIRED

HALLOWEEN SIGN

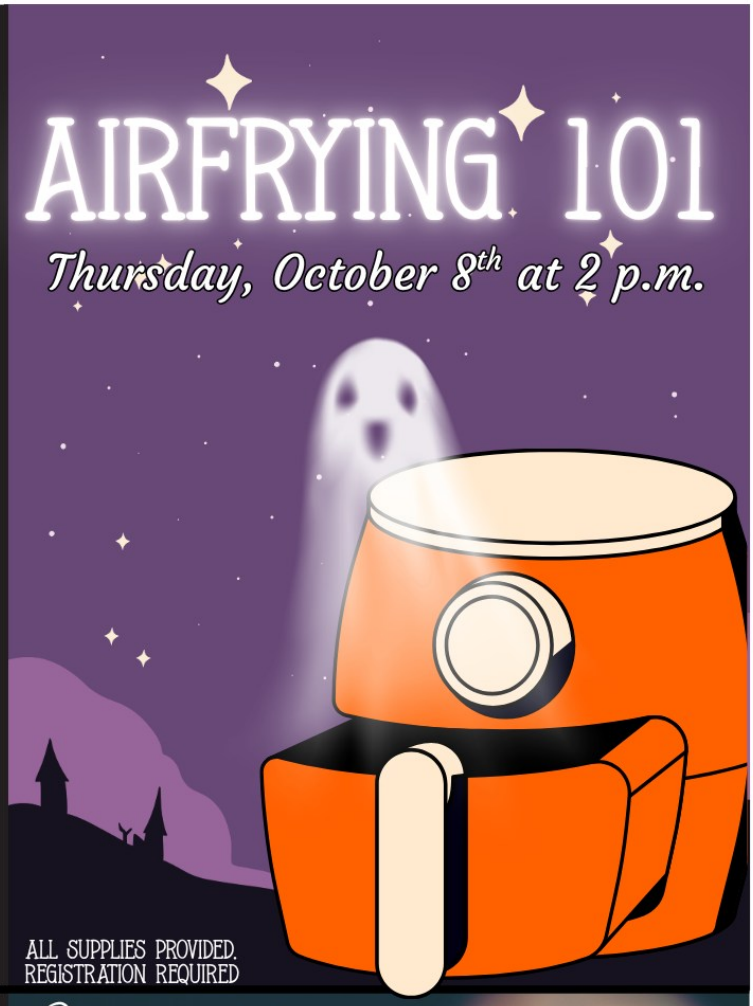


Thursday, October 8th at 10:30 a.m.

FINAL CREATIONS WILL VARY. ALL SUPPLIES PROVIDED. REGISTRATION REQUIRED

AIRFRYING 101

Thursday, October 8th at 2 p.m.



ALL SUPPLIES PROVIDED.
REGISTRATION REQUIRED

VETERANS SERVICES OFFICER ON-SITE HOURS

October

Friday, October 9th &
Friday, October 16th
9 am - 12 pm

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, OCTOBER 9TH AT 10:30 A.M.

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

LUNCH & LEARN WITH UNC HEALTH

FRIDAY, OCTOBER 9TH
AT 11:30 A.M.

BRING YOUR OWN LUNCH OR
LIGHT REFRESHMENTS WILL BE AVAILABLE.

REGISTRATION REQUESTED



Cooking Class with the COOPERATIVE EXTENSION

FRIDAY, OCTOBER 9TH AT 2 P.M.

NC COOPERATIVE EXTENSION

ALL SUPPLIES PROVIDED.
REGISTRATION REQUIRED

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, OCTOBER 9TH AT 2 P.M. &
FRIDAY, OCTOBER 23RD AT 2 P.M.

REGISTRATION REQUESTED. ALL SUPPLIES PROVIDED.

MORNING STRETCH WITH RESISTANCE BANDS

Monday, October 12th &
Monday, October 26th
at 11 A.M.



BANDS PROVIDED, OR BRING YOUR OWN.
PRE-REGISTRATION REQUSTED, BUT NOT REQUIRED.

Pumpkin Door Hanger



Tuesday, October 13th at 10:30 a.m.

FINAL CREATIONS WILL VARY. ALL SUPPLIES PROVIDED. REGISTRATION REQUIRED

BLOOD PRESSURE CHECKS

EVERY 2ND & 4TH WEDNESDAY
FROM 8:30 TILL 9:00 A.M.
THIS MONTH S CHECKS WILL BE ON
OCTOBER 14TH & 28TH.



East Burke PHARMACY

DROP IN AND GET
YOURS CHECKED!
FREE TO ALL.

LUNCH & LEARN

WITH VIA HEALTH

TOPIC:

HOSPICE 101

WEDNESDAY, OCTOBER 14TH AT 10 A.M.

BRING YOUR OWN LUNCH OR
LIGHT REFRESHMENTS WILL BE AVAILABLE.

REGISTRATION REQUESTED

Harvest Moon Wreath



Wednesday, October 14th at 2 p.m.

FINAL CREATIONS WILL VARY. ALL SUPPLIES PROVIDED. REGISTRATION REQUIRED

Cards WITH ELSIE



Thursday, Ocotber 15th at 10 A.M.

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

JAVA FOR JOES

16 October 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.



MEGA JEOPARDY!

JOIN US FOR A LIVELY ROUND OF MEGA JEOPARDY, WHERE THE QUESTIONS ARE BIG, THE LAUGHS ARE BIGGER, AND EVERYONE HAS A CHANCE TO BE A TRIVIA CHAMPION!

FRIDAY, OCTOBER 16TH AT 2 P.M.

REGISTRATION REQUESTED.

DONUTS & DETECTIVES

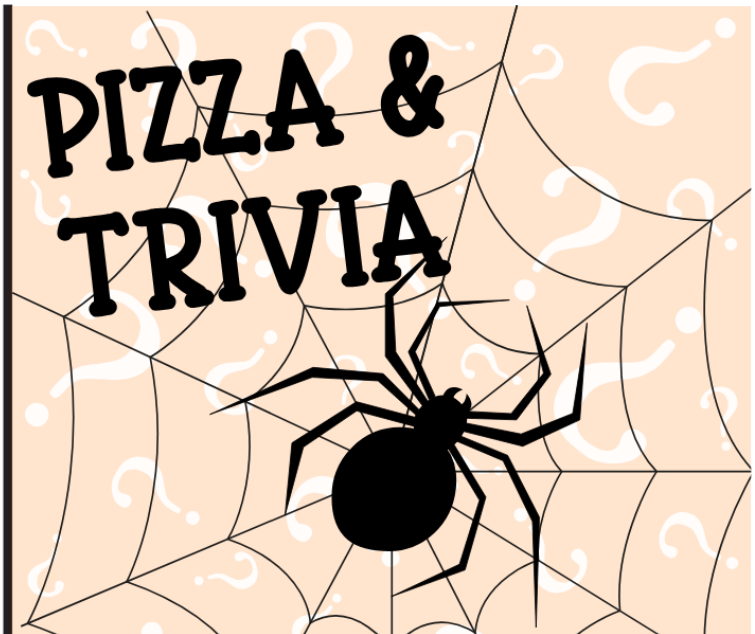
Put your detective skills to the test with brain teasers that will keep you on your toes!



MONDAY, OCTOBER 19TH AT 11 A.M.

REGISTRATION REQUESTED

PIZZA & TRIVIA



MONDAY, OCTOBER 19TH AT 3 P.M.

PREREGISTRATION REQUIRED. ALL SUPPLIES PROVIDED.

SIGN LANGUAGE



TUESDAY, OCT. 20TH AT 10:30 A.M.

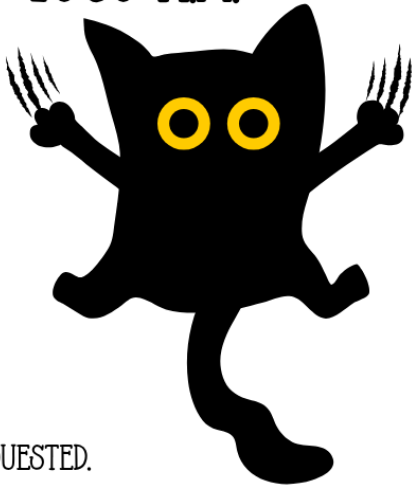
JOIN MATT FOR A CONTINUATION OF A BEGINNERS INTRODUCTION TO AMERICAN SIGN LANGUAGE.

REGISTRATION REQUESTED.

Kahoot!

MORNING COFFEE & SONG TRIVIA

WEDNESDAY, OCTOBER 21ST AT 10:30 A.M.



REGISTRATION IS REQUESTED.

COOKING WITH BAO

A TASTE OF LAOS: STICKY RICE SERVED WITH LAO SAUSAGE AND LAO STEAK SALAD

WEDNESDAY, OCTOBER 21ST AT 2 P.M.

COOKING WITH TERA

PEANUT BUTTER MUDDY BUDDIES

TUESDAY, OCTOBER 27TH AT 11 A.M.

SPACE IS LIMITED - REGISTRATION REQUIRED FOR EACH CLASS. ALL SUPPLIES PROVIDED.

BOUND BY BOOKS BOOK CLUB

THURSDAY, OCTOBER 22ND AT 11 A.M.



Ghost Frame



FRIDAY, OCTOBER 23RD AT 10:30 A.M.

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

Seniors Night Out

Bones Jones

LAKE JAMES, NC

3221 NC-126, MORGANTON, NC 28655-6016

FRIDAY, OCTOBER 23RD AT 4:30 P.M.

ATTENDEES ARE RESPONSIBLE FOR THEIR OWN TRANSPORTATION AND FOOD COSTS.

LUNCH & LEARN

With Partners

Wednesday, October 28th
at 12 p.m.

Topic:

Types of Dementia

Bring your own lunch or
light refreshments will be available.

Registration Requested

Pumpkin Decorating

Wednesday, October 28th at 2 p.m.



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

WEREWOLVES GAME





WEREWOLVES OF MILLER'S HOLLOW IS A GAME THAT TAKES PLACE IN A SMALL VILLAGE WHICH IS HAUNTED BY WEREWOLVES. EACH PLAYER IS SECRETLY ASSIGNED A ROLE AND MUST SAVE THE TOWN BY FINDING OUT THE WEREWOLVES.

THURSDAY, OCTOBER 29TH AT 10 A.M.

REGISTRATION REQUESTED

HALLOWEEN PARTY

FRIDAY, OCTOBER 30TH
AT 1 P.M.

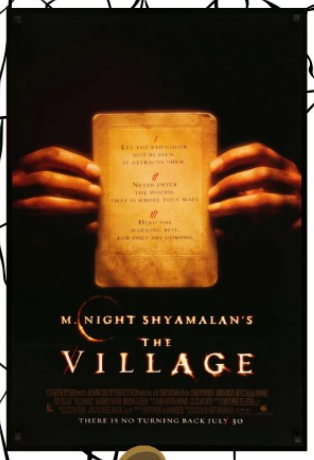
JOIN US FOR FUN GAMES, TRIVIA, & SNACKS!





REGISTRATION REQUESTED

Monday Movies



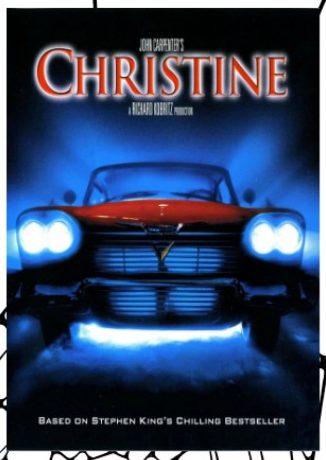
THE VILLAGE
PG-13 - OCT 5TH



INTERVIEW WITH
A VAMPIRE
R - OCT 12TH



STONEHURST ASYLUM
PG-13 - OCT 19TH



CHRISTINE
R - OCT 26TH



POPCORN SERVED.
REGISTRATION REQUESTED.

HALLOWEEN TRIVIA

THE FIRST JACK-O-LANTERNS WERE MADE OUT OF WHAT?
A. WATERMELON
B. CANTALOPE
C. TURNIPS
D. PUMPKINS

ACCORDING TO SUPERSTITION, IF YOU STARE INTO A MIRROR AT MIDNIGHT ON HALLOWEEN, WHO WOULD YOU SEE?
A. BLOODY MARY
B. YOUR FUTURE SPOUSE
C. YOUR DEATH
D. DEAD ANCESTORS

WHERE DID HALLOWEEN ORIGINATE?
A. ENGLAND
B. AMERICA
C. SCOTLAND
D. IRELAND

WHAT IS THE TOP-SELLING CANDY FOR HALLOWEEN?
A. SNICKERS
B. CANDY CORN
C. M&MS
D. REESE'S



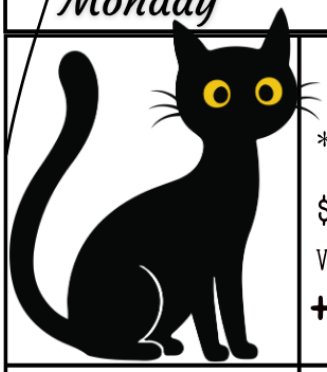
HOW MANY "WITCHES" WERE BURNED AT THE STAKE IN THE SALEM WITCH TRIALS?
A. 13
B. 20
C. 22
D. NONE

THE AVERAGE AMERICAN HOUSEHOLD SPENDS HOW MUCH ON HALLOWEEN CANDY ANNUALLY?
A. $28
B. 35
C. $44
D. $52

WHAT WAS THE FIRST WRAPPED PENNY CANDY IN AMERICA?
A. NECCO WAFERS
B. TOOTSIE ROLLS
C. SWEETHEARTS
D. HERSHEY'S KISSES

WHAT DOES THE ENGLISH WORD "HALLOW" MEAN?
A. SIN
B. SPIRIT
C. SAINT
D. SPOOK

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	**ICON KEY** *= REQUIRES PRE-REGISTRATION $= FEE V = VIRTUAL ONLY + = VIRTUAL & IN PERSON		1 8:30A SIGN UPS BEGIN 10:30A TECH CLASS WITH SHELLY*	2 11A DIGITAL COUPONING*
5 10:30A WITCH-CRAFT* 1P POTTERY* 2P MOVIE MATINEE	6 10:30A SEWING CRAFT* 2P LINE DANCING CLASS*$	7 10:30A BINGO WITH THE GREENS* 2P HALLOWEEN WOOD PUMPKIN CRAFT*	8 10:30A HALLOWEEN SIGN* 2P AIRFRYING 101*	9 9A VETERANS SERVICES OFFICER AVAILABLE 10:30A COFFEE SOCIAL* 11:30A LUNCH & LEARN WITH UNC HEALTH* 2P COOKING CLASS WITH COOPERATIVE EXTENSION* 2P LRC DICE GAME*
12 11A RESISTANCE BAND STRETCHES* 2P MOVIE MATINEE	13 10:30A PUMPKIN DOOR HANGER* 2P LINE DANCING CLASS*$	14 8:30A BLOOD PRESSURE CHECKS 10A HOSPICE 101* 2P HARVEST MOON WREATH*	15 EARLY VOTING 10A CARDS WITH ELSIE* 2:30P BINGO WITH GRACE HEIGHTS*	16 EARLY VOTING 9A JAVA FOR JOES* 10:30A MINI CAULDRONS* 2P MEGA JEOPARDY*
19 EARLY VOTING 11A DOUNTS & DETECTIVES* 2P MOVIE MATINEE 3P PIZZA & TRIVIA*	20 EARLY VOTING 10:30A SIGN LANGUAGE WITH MATT* 2P LINE DANCING CLASS*$	21 EARLY VOTING 10:30A MORNING COFFEE & KAHOOT TRIVIA* 2P GLOBAL COOKING WITH BAO*	22 EARLY VOTING 11A BOOK CLUB* 2P BINGO WITH HOPSCOTCH*	23 EARLY VOTING 10:30A GHOST FRAME CRAFT* 2P LRC DICE GAME* 4:30P SENIORS NIGHT OUT*
26 EARLY VOTING 11A RESISTANCE BAND STRETCHES* 2P MOVIE MATINEE	27 EARLY VOTING 11A COOKING WITH TERA* 2P LINE DANCING CLASS*$	28 EARLY VOTING 8:30A BLOOD PRESSURE CHECKS 10A POTTERY* 12P LUNCH & LEARN WITH PARTNERS* 2P PUMPKIN DECORATING CONTEST*	29 EARLY VOTING 10A WEREWOLVES GAME*	30 EARLY VOTING 1P HALLOWEEN PARTY

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)



Breast Cancer is a reality for many women. This October, let's raise awareness, promote early detection, and support those affected. If you're on Medicare, take advantage of the covered preventive services, including mammograms.

MEDICARE APPOINTMENTS ARE FULL

BUT THERE ARE OPTIONS FOR ASSISTANCE...

LEARN HOW TO USE MEDICARE.GOV!

JOIN US ON OCTOBER 13TH AT 1:00 P.M. FOR A HELPFUL PROGRAM ON "HOW TO USE MEDICARE.GOV." LEARN HOW TO NAVIGATE THE WEBSITE, COMPARE MEDICARE PLANS, AND FIND THE INFORMATION YOU NEED TO MAKE INFORMED CHOICES ABOUT YOUR COVERAGE. PLEASE RSVP AT (828) 764-9390 TO REGISTER.

CALL AFTER OCTOBER 15TH

NUMBERS TO CALL FOR ASSISTANCE:

NORTH CAROLINA SHIIP HOTLINE IN RALEIGH	855-408-1212
MEDICARE NATIONAL HOTLINE	800-633-4227

WHEN CALLING THESE NUMBERS, HAVE YOUR MEDICARE CARD AND YOUR LIST OF MEDICATIONS READY. THEY WILL NEED THAT INFO!

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

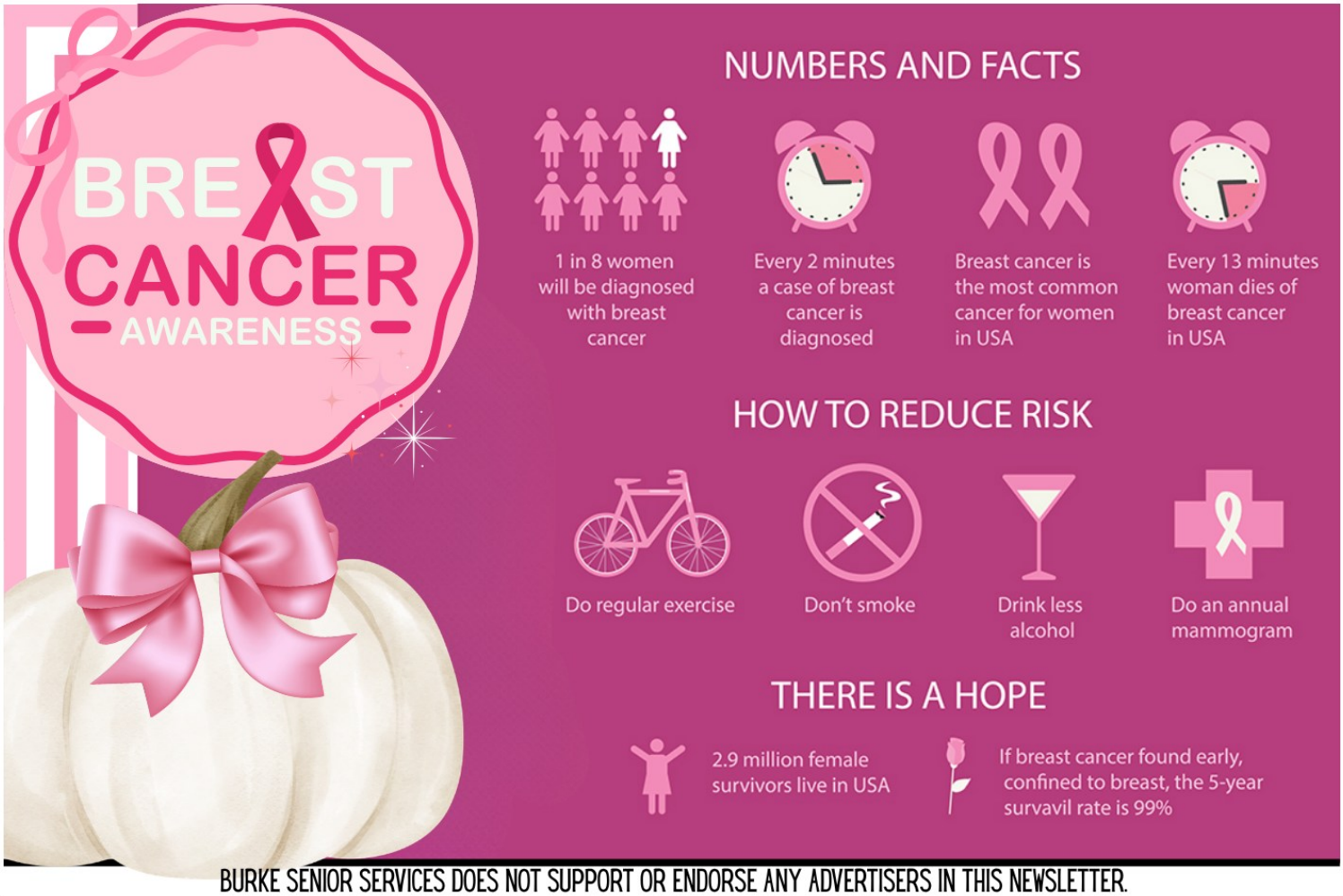
Hildebran United Methodist Church:
828-308-8106

Transformation Church:
828-322-1621



AREA RESOURCES & PROGRAMS

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 provided 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 - Assistance completing and sending in intake forms for grant funded services; 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. Assistance for referrals for care.
Housing - Assist 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, Java for Joes 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.



BURKE SENIOR SERVICES DOES NOT SUPPORT OR ENDORSE ANY ADVERTISERS IN THIS NEWSLETTER.

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
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