BURKE SENIOR CENTER—MORGANTON

January

Five Helpful Tips For Sticking To Your New Year's Resolutions

On average, two-thirds of Americans set New Year's resolutions to begin the new year with a fresh outlook. Whether it's changing your diet, saving money or starting a new hobby, it seems almost everyone is trying to accomplish something when January rolls around. With the new year well underway and spring just around the corner, many people are still working hard on their New Year's resolutions. While it might have been easy for so many to start working on these resolutions, few are able to stick to them throughout the year. To stay on track, here are five helpful tips to keep in mind.

Set daily goals: Keep your eyes on the prize and focus on what your goals are for each day. By having a clear idea of what you're working toward, and the steps needed to get there, you can track your progress as you strive to achieve your ultimate goal.

Make it fun: A resolution is often a big goal that can take some hard work to reach, so why not make it fun? Attend mixers and other events when looking for a new job or grab a friend and go exercise together when you are working on your fitness.

Switch it up: If you've been sticking to the same routine since January 1, changing things up is critical to staying motivated. Infuse fresh flavor into mealtime or enroll in a new fitness class to update your workout regimen. By making changes here and there, it's less likely you'll tire of working toward your goals.

Bounce back: No one is perfect, so don't consider your resolution a loss if you have a bad day once in a while. Use any setbacks as motivation. Then, refocus and determine your next steps to get back on track toward your goals.

Celebrate the victories: Whether you are simply working toward some closer targets or halfway to realizing your main goal, celebrate all the steps in between. Doing so will motivate you to work even harder to accomplish what's next, and you'll make each resolution a reality before you know it.

(Courtesy of BPT)©LPi



January

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

January

Monday	Tuesday	Wednesday	Thursday	Friday
Burke Senior Center Morganton Virtual & Special Events	EVENTS IN BLUE WITH ** REQUIRE PRE-REGISTRATION BY CALLING 764-9390 ITEMS IN RED ARE VIRTUAL AND REQUIRE A LINK FOR ZOOM		1 Closed  	2
5 10A QUILTERS GUILD 3P MOVIE ** 5P NEW WATERCOLORS PAINTING CLASS **	6 VIRTUAL BINGO CARDS DUE 1:40P TAI CHI I WORKSHOP (CLOSED CLASS)	7 10A AARP @ MORG. REC. 10:30A CHAIR EXERCISE (V) 1P COFFEE & COLORING 1P EUCHRE CARDS 1:40P TAI CHI I WORKSHOP (CLOSED CLASS) 2P DIAMOND ART	8 10A TRAARP	9 1P GUIDED CROCHET * 10 (SATURDAY) SATURDAY NIGHT DANCE DANCING 6-8PM
12 8-5 PEN PAL PICK UPS 9A QUILTERS GUILD 9-3 TECH SUPPORT ** 12P SENIORS IN ACTION MTG 5P NEW WATERCOLORS PAINTING CLASS	13 11– VIRTUAL BRAIN GAMES 1P– MEDICARE 101 ** 1:40P TAI CHI I WORKSHOP (CLOSED CLASS) 5:30P DINNER NIGHT OUT **	14 10A– BINGO GRACE HEIGHTS** 10:30A CHAIR EXERCISE (V) 11:30 PRE-K PREP 1:40P TAI CHI I WORKSHOP (CLOSED CLASS) 2P DIAMOND ART	15 8:30 BLOOD PRESSURE CHECKS	16 8-5 PEN PALS DUE BACK 3P MOVIE **
19 Closed  	20 10A TECH CLASS– AI & DISINFORMATION** 1:40P TAI CHI I WORKSHOP (CLOSED CLASS) CAROLINA SHAG DANCE LESSONS: 4-5 BEGINNERS BASIC ** 5-6 BASIC II **	21 10A PARTNERS HEALTH TRNG ** 10:30A CHAIR EXERCISE (V) 11:30 CREATIVE CRAFTS #1 ** 2:30 CREATIVE CRAFTS #2 ** 1P EUCHRE CARDS 1:40P TAI CHI I WORKSHOP (CLOSED CLASS) CAROLINA SHAG DANCE LESSONS: 4-5 BEGINNERS BASIC ** 5-6 BASIC II **	22 10A BOOKS & BREW 11:30A LUNCH BUNCH & BINGO *	23 11:30A LUNCH BUNCH & BINGO * WITH PRESENTATION BY THE CHILDREN'S ADVOCACY CENTER
26 10A QUILTERS GUILD 5P NEW WATERCOLORS PAINTING CLASS 5:30 PACT* *	27 11A BRAIN GAMES IN PERSON 1:40P TAI CHI I WORKSHOP (CLOSED CLASS) CAROLINA SHAG DANCE LESSONS: 4-5 BEGINNERS BASIC ** 5-6 BASIC II **	28 10A-BOWLING BUDDIES 10:30A CHAIR EXERCISE (V) 1:40P TAI CHI I WORKSHOP 2P DIAMOND ART 2P UNDERSTANDING CARE OPTIONS** CAROLINA SHAG DANCE LESSONS: 4-5 BEGINNERS BASIC ** 5-6 BASIC II **	29	30 3P MOVIE **

Special Events This Month

Crochet Along With Amanda
January 9th at 1pm

Ponytail Ear Warmers



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
January 21st
Snowman DoorMats



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)

Diamond Art Painting
January 7, 14, 28

Bring your own kit and lets 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, and other craft stores and Online.

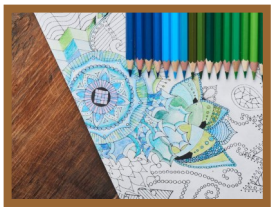


First time participants will be provided a small free project to try.

Cookies, Coffee, and Coloring
First Wednesday Every Month at 1:00PM

Coloring isn't just for kids.
It can actually help adults combat stress.
What does coloring do to relax people?
It takes attention away from our stress.
It also relaxes the brain.... So does the cookies!

Come join the fun.
All supplies provided.



Saturday Night Dance
A Winter Wonderland

January 10th 6-8 PM
(Doors Open at 5:30PM)

Mental Health & Wellbeing

JANUARY 21ST at 10AM

Topic: Understanding Dementia Risks

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.

Beginning January 1st– Our New Telephone Number is (828) 764-9390. Save This Number !

Senior Center Virtual Classes

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

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

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

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

More Events Just For You!



Tai Chi for Arthritis & Fall Prevention

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

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

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

Instructor: Karen Hilinski

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



Cardio Drumming Exercise Class

Meets Every Thursday at 9:00am-downstairs

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

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

DINNER *Night Out*

THE PIE HOLE

115 INDEPENDENCE BLVD

TUESDAY JANUARY 13TH 5:30PM

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

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

RSVP REQUIRED
Limited Seating Set By Restaurant



Vision SUPPORT GROUP



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

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

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

Senior Center Exercise Activities

Aerobic Exercise with Shirley
Mondays, Wednesdays, Fridays
9:00 AM

Chair Exercise
Mondays, Wednesdays, Fridays
10:30 AM

Senior Yoga
Mondays & Thursdays
at Senior Center
11:30 AM

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



Cardio Drumming
Thursdays
9:00 AM

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

Dance Classes

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

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

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

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

Bingo with Grace Heights
Jan. 14th at 10:00AM
Light Refreshments Served—RSVP required **



Lunch Bunch BINGO at 11:30am
January 22nd and 23rd ** 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: Creamy Turkey Chili
Presentation: Jan. 23rd by The Children's Advocacy Center Volunteer Program

Medicare Updates

SHIIP
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

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

January is Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. It often has no symptoms and if it's not detected and treated, people can lose their sight.

Prevent vision loss by finding and treating problems early.
Medicare covers a glaucoma test once every 12 months for people at high risk for the disease. You're at high risk if you have diabetes, are African Americans age 50 and older, everyone over age 60, and anyone with a family history of glaucoma. The Medicare Part B deductible and coinsurance apply.

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

Are you New to Medicare or Turning 65?

Our next Medicare-101 class will be

January 13th at 1:00 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.

January

Virtual Bingo Game

Name: _____

Phone _____

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

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

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

Information & Support

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

PACT: Partnering Adult Caregivers Together

*** Monday, January 26th 5:30-6:30pm

Caring for the Caregiver

This is a free support group for caregivers to meet with others, to share experiences, learn new skills, and get answers to questions. The group is open, friendly and informal. There will be a light meal with the meeting.
Reservations are requested to attend. (828) 764-9390



ALZHEIMER'S ASSOCIATION

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

AARP

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

FOOD PANTRIES

If you are in need of food, here are a few options. Contact the senior center for a full list of pantries in the county.
Burke United Christian Ministries: 828-433-8075
East Burke Christian Ministries: 828-397-7074
Glen Alpine Food Pantry 828-391-9095
Complete list is available at the Senior Center

INFORMATION AND ASSISTANCE FOR OLDER ADULTS

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

NCBAM HOPE LINE

If you are 65 or older and feel isolated or lonely, the North Carolina Baptist Aging Ministry wants to help!
A friendly voice is available Monday– Friday from 9am to 9pm.
1-866-578-4673

TRANSPORTATION

Catawba Valley Medical Services in Morganton receives a grant to provide free medical transportation. 828-437-8808
Greenway Public Transportation provides general and Medicaid transports. 828-464-9444
Call Senior Center For Additional Options 828-764-9390

Just For Fun



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

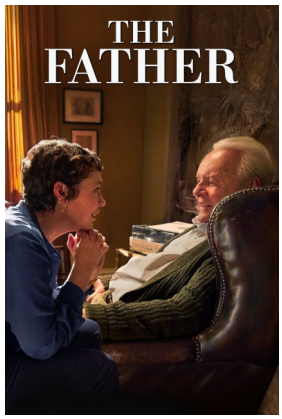
For Movie Details:
A MOVIE GUIDE IS LOCATED
IN THE SENIOR CENTER
LOBBY.



Little Women (2019)
Monday Jan. 5th

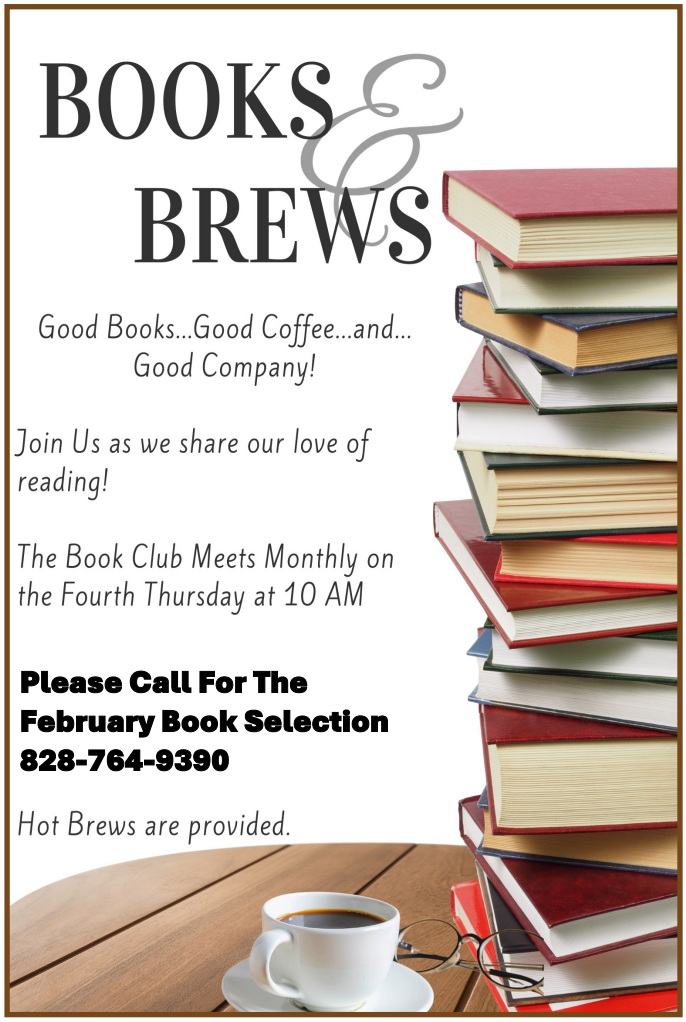


The Book Thief
Friday Jan. 16th



The Father
Friday Jan. 30





PEN-PALS

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



Pick Up Date: **Jan. 12**

Return By: **Jan. 16**

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** here at the center. All members of Seniors in Action are welcome to attend all Board Meetings.

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



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

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



AARP®

Monthly Local Member Meetings

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

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



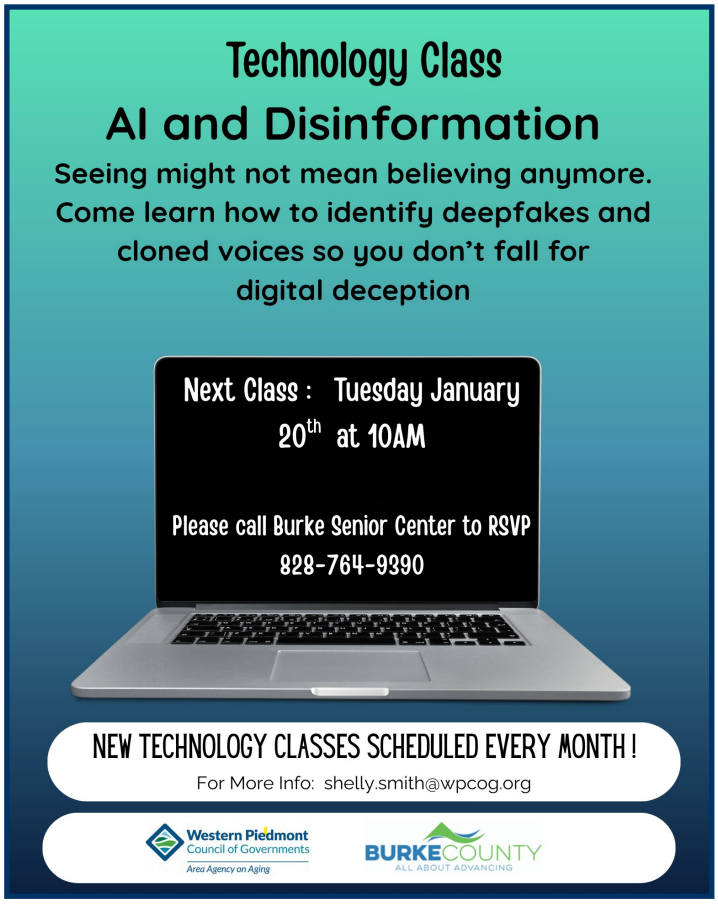


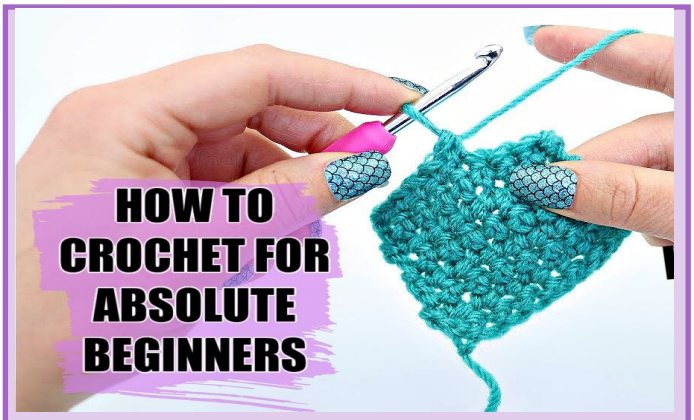
Winter Delays And Closings…..will be posted on WSOC and WBTV television channels, and shared with 92.1 WMNC and 96.5 WSVM radio stations. Follow us on Facebook where we will also make announcements.

Telephone Broadcasts will also send alerts from us via telephone (508) 501-5277 or text (855) 625-6571 so save these two numbers as safe calls from the Burke Senior Center.

As always, you are welcome to call us at (828) 764-9390 prior to traveling on wintery days.







If you have never tried to crochet, or if you need to polish up on basic first steps, now is your chance. Miss Scoti is available to help

Do you want to learn how to "hand crochet"? She does that too!

Every Thursday 4PM

$ Donation for Instructor Appreciated But Not Required

Beginners Watercolor Painting With Michelle

Mondays
at 5 PM
&
Fridays
at 9:30AM



$ Donation for Instructor Appreciated But Not Required

AGING ACADEMY PRESENTS:

UNDERSTANDING CARE OPTIONS BEFORE YOU NEED THEM -

by Lori Eberly, PhD

WEDNESDAY, JANUARY 28TH, 2026 AT 2PM

PROVIDED BY APPALACHIAN STATE UNIVERSITY – HICKORY CAMPUS

JOIN US HERE AT THE BURKE SENIOR CENTER TO WATCH/PARTICIPA IN LIVE PROGRAM. (SAVE TIME, NO NEED TO DRIVE TO HICKORY)

Because planning ahead beats figuring it out in a crisis.

Many long-term care decisions are made during a health crisis, when time is limited and stress is high. In those moments, people often end up with care arrangements that don't fully reflect their wishes or preferences. This session focuses on how planning ahead helps preserve choice, clarity, and peace of mind.

Who Should Come?

Anyone who

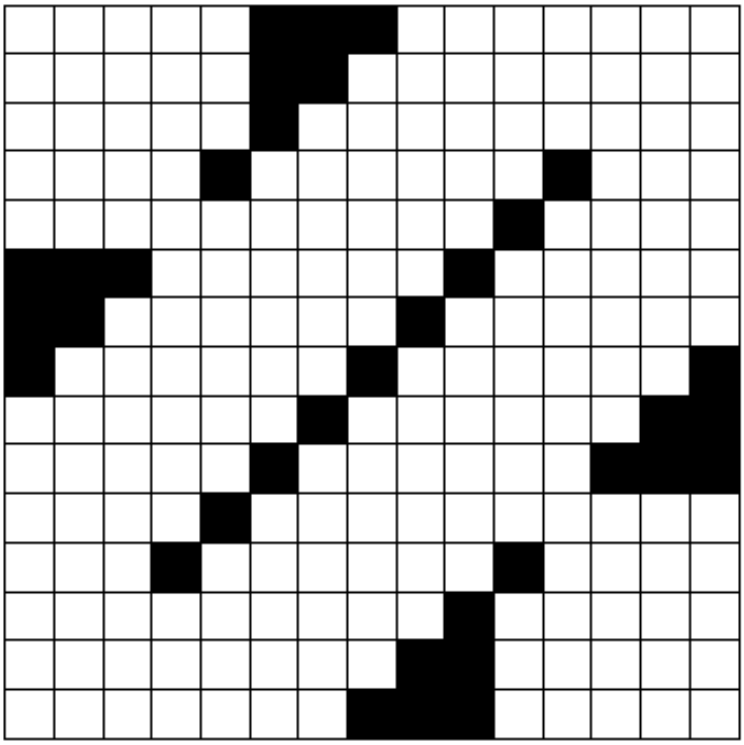
- Is aging (so...all of us)
- Wants fewer surprises later on
- Has said, "I should probably look into this someday"
- Is helping a spouse, parent, or loved one plan ahead

You'll leave with a better understanding of

- ✓ What long-term care actually is (hint: it's not just nursing homes)
- ✓ Common myths that catch families off guard
- ✓ Options for getting help at home and in a community
- ✓ Simple ways to stay in the driver's seat as life changes
- ✓ Easy next steps you can take to plan ahead "just in case"



Crossword Fill-In Sample Page



3 LETTER WORDS
Cat
Hrs
Ken
One
Ooh
Sea

4 LETTER WORDS
Burr
Chin
Cyan
Erie
Gats
Otis

5 LETTER WORDS
Amirs
Areal
At bay
Coati
Deems
Erica
Error
Heads
Nicad
Occam
On ice
Oriya
Retch
Roach
Spine
Tiers

6 LETTER WORDS
Ballad
Bodied
Brides
Denier
Drivel
Jobber
Linear
Pained
Parlay
Peaces
Polers
Popery
Rowers
Rulers
Seines
Selves
Sodden
Toners
Turban
Vipers

7 LETTER WORDS
Jackpot
Pagodas
Stearin
Tsetses

8 LETTER WORDS
Asserter
Obtained
Potherbs
Romanist

9 LETTER WORDS
Dissuades
Politesse
Practical
Rabbinate

10 LETTER WORDS
Condescend
Half volley

11 LETTER WORDS
Cornflowers
Opalescence

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Hot Drink Ideas for Cold Weather



Molasses Milk

If you like licorice, you'll love this! Mix blackstrap molasses, honey, and warm milk. Enjoy!



Winter Brew

Combine dried elderberries, orange peel, cinnamon sticks, chopped ginger root, cardamom pods, cloves, and honey with water, and simmer on low. Strain and enjoy!



London Fog

Heat up and froth some milk. Add an Earl Grey tea bag and some vanila extract. Enjoy!

©LPi

MaMaw's Christmas Wassail

Ingredients: 1 quart apple juice, 1 cup orange juice, 1/4 cup lemon juice, 6 whole cloves, 2 cinnamon sticks, 1 pinch ginger, 1 pinch nutmeg.

Directions: Combine ingredients in a large pot, stovetop teapot, or even a crockpot. Heat gently. Recipe may be easily doubled (or tripled)!

Learn from yesterday, live for today, hope for tomorrow— Albert Einstein
Happy New Year 2026! From all of us at the Burke County Senior Center in Morganton



CAROLINA SHAG DANCE LESSONS
JANUARY 20, 21, 27, 28 IN 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

BURKE COUNTY Senior Services

501 N Green st. Morganton, NC 28655
828-764-9390
828-764-9390
Fax 828-430-4151

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

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

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

Burke Senior Center Staff

Roxanne Powell - Director
roxanne.powell@burkenc.org

Amanda Belcher - Site Manager

Barbara Cuthbertson - Office Assistant

Lana Lowder - Nutrition Services

Molly Eller - Veterans Services
828-439-4376

SENIOR CENTER of Excellence
CERTIFIED BY NCDHHS Division of Aging

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