SEPTEMBER

AHOY, SENIORS!

SEPTEMBER IS THE PERFECT TIME TO CELEBRATE THE INCREDIBLE PEOPLE WHO MAKE OUR COMMUNITY SPECIAL— AND THIS YEAR, WE'RE GOING ON A TREASURE HUNT!

JOIN US FOR SENIOR APPRECIATION DAY ON FRIDAY, SEPTEMBER 4TH, FROM 10:00 AM- 2:00 PM AT THE EAST BURKE SENIOR CENTER. THIS FREE COMMUNITY EVENT IS OUR WAY OF CELEBRATING THE SENIORS IN OUR COMMUNITY AND SAYING THANK YOU FOR ALL YOU BRING TO OUR FAMILIES, NEIGHBORHOODS, AND COMMUNITY.

THERE WILL BE FOOD, VENDORS, HELPFUL INFORMATION, FREE GIVEAWAYS, RAFFLE PRIZES, GAMES, FUN, AND MORE! COME VISIT WITH LOCAL ORGANIZATIONS, DISCOVER VALUABLE RESOURCES, ENJOY LUNCH, TRY YOUR LUCK AT THE GAMES AND RAFFLES, AND SPEND THE DAY CELEBRATING WITH FRIENDS. AND, OF COURSE, THERE'S A LITTLE MYSTERY TO SOLVE: WHAT IS OUR GREATEST TREASURE? FOLLOW THE CLUES, JOIN THE HUNT, AND DISCOVER THE ANSWER FOR YOURSELF!

NO REGISTRATION IS REQUIRED, AND ALL AGES ARE WELCOME. SO BRING YOUR FAMILY, FRIENDS, AND FELLOW CREW MEMBERS AND COME SEE WHAT TREASURE AWAITS. AFTER ALL, A PIRATE'S MAP MAY LEAD TO GOLD, BUT OUR TREASURE IS WORTH SO MUCH MORE!



WE HOPE YOU'LL COME ABOARD AND CELEBRATE WITH US!



EAST BURKE SENIOR CENTER
2026

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!

MEDICARE OPEN ENROLLMENT APPOINTMENTS WILL BE MADE AVAILABLE ON

TUESDAY, SEPTEMBER 1ST AT 8 A.M.

YOU MUST REGISTER BY COMPLETING A
PURPLE APPOINTMENT FORM
TO GUARANTEE THAT ONE OF OUR MEDICARE SHIIP COUNSELORS WILL BE ABLE TO ASSIST YOU DURING OEP LATER THIS FALL.

A LIMITED NUMBER OF FORMS WILL BE AVAILABLE AT BOTH THE BURKE SENIOR CENTER IN MORGANTON AND THE EAST BURKE SENIOR CENTER IN HILDEBRAN.

PRE-REGISTRATION IS REQUIRED AND APPOINTMENTS ARE GRANTED ON A FIRST-COME FIRST-SERVED BASIS.

MEDICARE OPEN ENROLLMENT KICK-OFF EVENT

SHIIP
NC DEPARTMENT OF INSURANCE

GROUP LINE DANCE



EVERY TUESDAY
2:00 - 3:00 PM

INSTRUCTION BY CELIA
$2 FOR INTRO CLASS - $1 FOR BEGINNER CLASS
PAID TO INSTRUCTOR

BINGO

WITH THE GREENS ON
WEDNESDAY, SEPT. 2ND
AT 10:30 AM

and

WITH GRACE HEIGHTS ON
THURSDAY, SEPT. 17TH
AT 2:30 PM



REFRESHMENTS, PRIZES & FUN!
REGISTRATION REQUIRED FOR BOTH EVENT DATES

TECH CLASS



TOPIC:
SMARTPHONE CAMERA USES BEYOND PHOTOGRAPHY: PART 2

THURSDAY
SEPTEMBER 3RD AT 10:30AM

TECH TIME WITH SHELLY

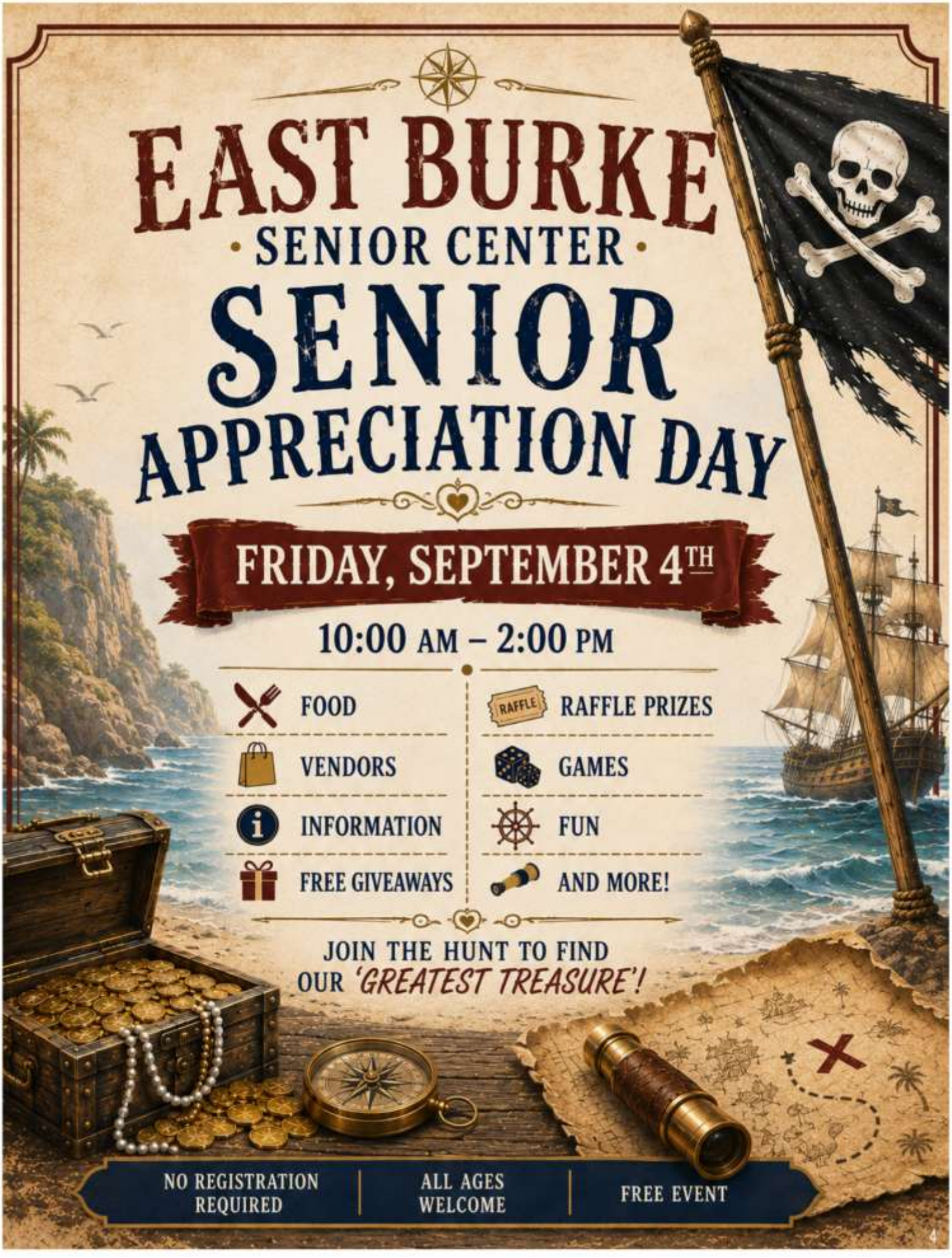
SHELLY SMITH FROM THE WPCOG WILL BE AVAILABLE FROM 9:00 AM - 12:00 PM ON MONDAY, SEPT. 14TH TO HELP ONE-ON-ONE WITH VARIOUS DIGITAL ISSUES.

APPOINTMENTS ARE REQUIRED



SPACES ARE LIMITED. TECHNOLOGY PROVIDED. REGISTRATION REQUIRED.

Western Piedmont Council of Governments
Area Agency on Aging


EAST BURKE
SENIOR CENTER
SENIOR
APPRECIATION DAY
FRIDAY, SEPTEMBER 4TH
10:00 AM – 2:00 PM
FOOD
RAFFLE PRIZES
VENDORS
GAMES
INFORMATION
FUN
FREE GIVEAWAYS
AND MORE!
JOIN THE HUNT TO FIND
OUR 'GREATEST TREASURE'!
NO REGISTRATION REQUIRED
ALL AGES WELCOME
FREE EVENT

Burke Senior Services including the Burke Senior Center in Morganton, the East Burke Senior Center in Hildebran, Nutrition and Veterans Services will be

CLOSED IN OBSERVANCE OF LABOR DAY

ON

Monday, September 7th

and will reopen on

Tuesday, Sept. 8th

BLOOD PRESSURE CHECKS

Every 2nd & 4th Wednesday

From 8:30 till 9:00 am



This month's checks will be on

September 9th & 23rd

East Burke PHARMACY

Drop in and get yours checked!

Free to all.

SNACK & LEARN

with Lana

Thursday, Sept 10th

at 10:30AM

TOPIC:

Meals on wheels

Registration Required

VETERANS SERVICES

OFFICER ON-SITE

Friday, Sept. 11th

9:00 AM - 12:00 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.





Crafts

Coin Purses



Sept. 8th
at 10:30 AM

Resin Coasters



Sept. 9th
at 11 AM

Fall Bag Charm



Sept. 9th
at 2 PM

Fall Wall Decor



Sept. 10th
at 2 PM

Pumpkin Block



Sept. 23rd
at 10:30 AM

Cozy Autumn Candlelight



Sept. 23rd
at 10:30 AM

Wooden Boat



Sept. 24th
at 10:30 AM

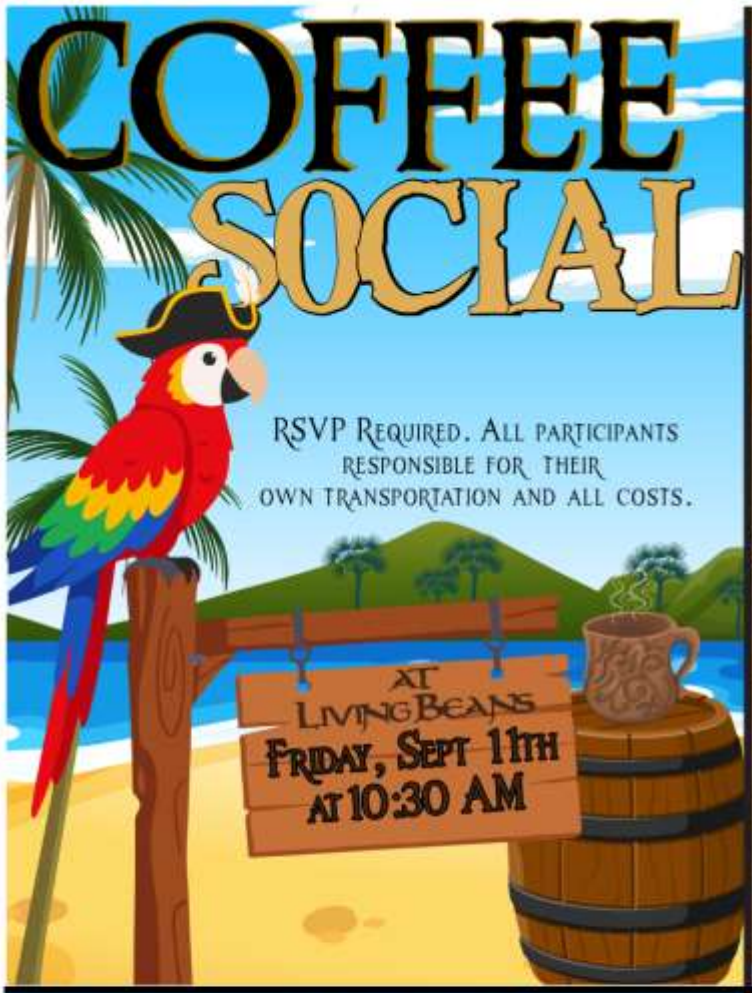
Mini Yarn Pumpkin



Sept. 30th
at 2 PM

Final creations will vary. All supplies provided. Registration required

COFFEE SOCIAL



RSVP Required. All participants responsible for their own transportation and all costs.

LCR



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, Sept 11th & 25th
at 2:00 PM

Registration Requested. All supplies provided.

MORNING STRETCH WITH RESISTANCE BANDS



MONDAY SEPT 14TH & SEPT 28TH
AT 11:00 AM

Bands provided, or bring your own.
Pre-registration requested, but not required.

Breakfast with the Director

Enjoy a light breakfast and talk about what's happening at the center then wrap up with a Q &A Session. Pre-registration requested.

Tuesday, Sept. 15th at 10:00 AM



Pottery

Wednesday, Sept 16th
at 10:00 AM

Space is limited. Registration Required



Cooking Classes

Global Cooking with Bao

Wednesday,
Sept 16th
at 2:00 PM

Cooking with Tera

Tuesday,
Sept 20th
at 11:00 AM

Let's Make:

Chinese Chicken Wonton Soup

Let's Make:

Pumpkin Pop Tarts

Space Is Limited - Registration Required For Each Class.
All Supplies provided.

Cards with Elsie

Thursday
Sept 17
at 10:00 AM





Spaces are limited. Registration Required.
All supplies provided. Craft not as pictured.

Digital Couponing

Friday, September 18th
at 11:00 AM



MEGA JEOPARDY!

Join the game and play rounds of Mega Jeopardy. The questions are big, the laughs are bigger! Everyone has a chance to be a trivia champion!

Friday, Sept 18th
at 2 PM

Registration requested.

Java for Joes

18 September 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.

Donuts & Detectives

Monday, Sept. 21st
at 11:00 AM

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

Pizza & Trivia

Monday, Sept. 21st at 3 PM

Trivia Topic:
MOVIES

Sign Language with Matt



Tuesday, Sept. 22nd at 10:30 AM

Registration requested.

Lunch & Learn

with Partners



Wednesday, Sept. 23rd

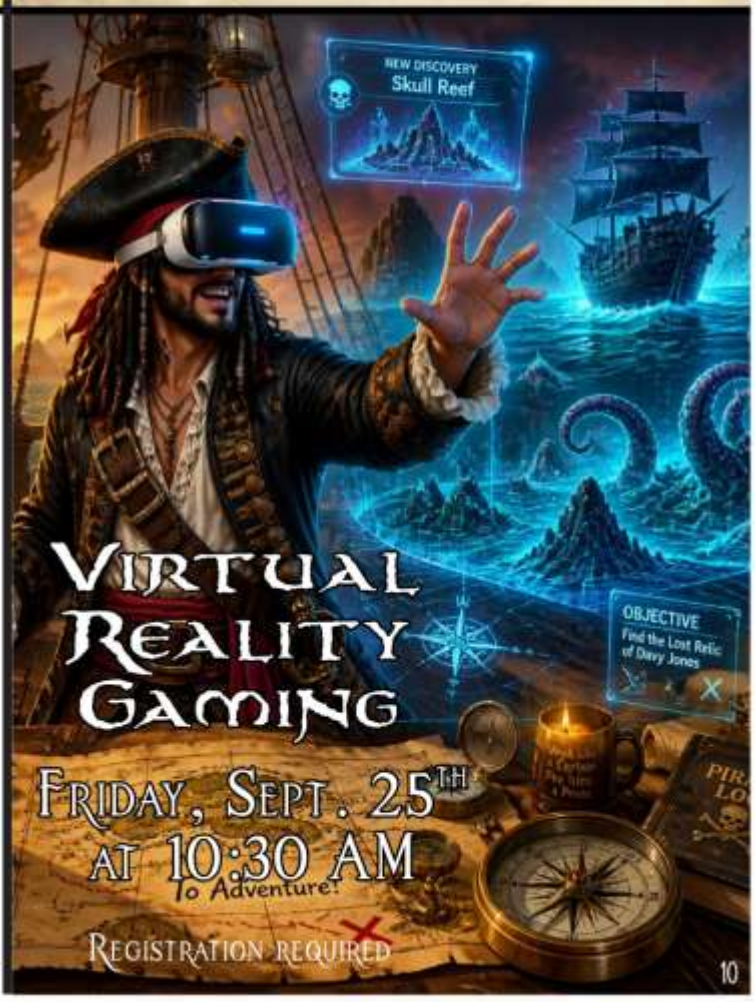
at 12 PM

Registration requested.

Bound by Books Book Club

Thursday, Sept. 24th at 11 AM





Virtual Reality Gaming

Friday, Sept. 25th

at 10:30 AM

To Adventure!

Registration required

Seniors Night Out



Captain ´s Galley
1261 16th ST NE – Hickory

Friday, Sept. 25th
at 4:30 PM

RSVP required. All participants are responsible for their own transportation and all costs.

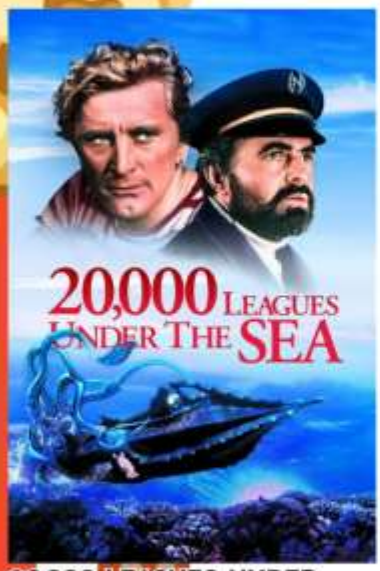




Wednesday, Sept. 30th
at 11 AM

Registration is requested

Monday Movies



20,000 Leagues Under The Sea - G



The Goonies - PG



Pirates of the Caribbean -
The Curse of the Black Pearl
PG-13

Popcorn served.
Registration requested.

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:00A PURPLE PAPERS AVAILABLE 8:30A SIGN UPS BEGIN 2P LINE DANCING CLASS*$	2 10:30A BINGO WITH THE GREENS*	3 10:30A TECH CLASS WITH SHELLY* *	4 SENIOR APPRECIATION DAY 10:00A - 2:00P 
7 	8 10:30A SEWING CRAFT* 2P LINE DANCING CLASS*$	9 8:30A BLOOD PRESSURE CHECKS 11A RESIN COASTERS* 2P FALL BAG CHARM*	10 10:30A SNACK & LEARN WITH MEALS ON WHEELS* 2P FALL WALL DECOR *	11 9A - 12P VETERANS SERVICES OFFICER AVAILABLE ON SITE 10:30A COFFEE SOCIAL* 2P LRC DICE GAME *
14 9A TECH TIME WITH SHELLY* 11A RESISTANCE BANDS* 2P MOVIE MATINEE	15 10A BREAKFAST WITH THE DIRECTOR* 2P LINE DANCING CLASS*$	16 10A POTTERY * 2P GLOBAL COOKING WITH BAO*	17 10A CARDS WITH ELSIE* 2:30P BINGO WITH GRACE HEIGHTS*	18 9A JAVA FOR JOES* 11A DIGITAL COUPONING* 2P MEGA JEOPARDY*
21 11A DOUNTS & DETECTIVES* 2P MOVIE MATINEE 3P PIZZA & TRIVIA*	22 10:30A SIGN LANGUAGE WITH MATT* 2P LINE DANCING CLASS*$	23 8:30A BLOOD PRESSURE CHECKS 10:30A PUMPKIN BLOCK CRAFT* 12P LUNCH & LEARN WITH PARTNERS* 2P COZY AUTUMN CANDLELIGHT CRAFT*	24 11A BOOK CLUB* 2P WOOD BOAT CRAFT *	25 10:30A VR GAMES* 2P LRC DICE GAME* 4:30P SENIORS NIGHT OUT*
28 11A RESISTANCE BANDS* 2P MOVIE MATINEE	29 11A COOKING WITH TERA* 2P LINE DANCING CLASS*$	30 11A MORNING COFFEE & KAHOOT SONG TRIVIA* 2P MINI YARN PUMPKIN CRAFT*		**ICON KEY** * = REQUIRES PRE-REGISTRATION $ = FEE V = VIRTUAL ONLY + = VIRTUAL & IN PERSON

PIRATE WORD QUEST

Set sail for fun & keep your mind sharp!

Ahoy, matey! Find the words hidden in the puzzle below.
They may go across, down, or diagonally—forward or backward!

B U C C A N E E R S A I L
T R E A S U R E H O O K M
X P A R R O C A P T A I N
Q S H I P W R E C K L G V
J O L D J O N A H S E A S
G A L L E O N I S L A N D
R U M P R A T E B A Y Q F
V O Y A G E K N O T I C E
W A V E S C H E S T C O M
Y A R R R F L A G B O O T Y
D E C K C R O W S N E Y H
M A P C O M P A S S R I G
T I D E P I L O T L A N T
L A N T E R N C A N N O N

WORD BANK

BUCCANEER
TREASURE
PARROT
CAPTAIN
SHIPWRECK
GALLEON
ISLAND
PIRATE
BAY
VOYAGE
KNOT
WAVES
CHEST
SAIL
HOOK
RUM
FLAG
BOOTY
DECK
CROWS NEST
MAP
COMPASS
TIDE
PILOT
LANTERN
CANNON

BONUS CHALLENGE!

How many words can you make using the letters in the word:

ADVENTURE

_____ _____ _____

_____ _____ _____

Can you find a word with all 9 letters?

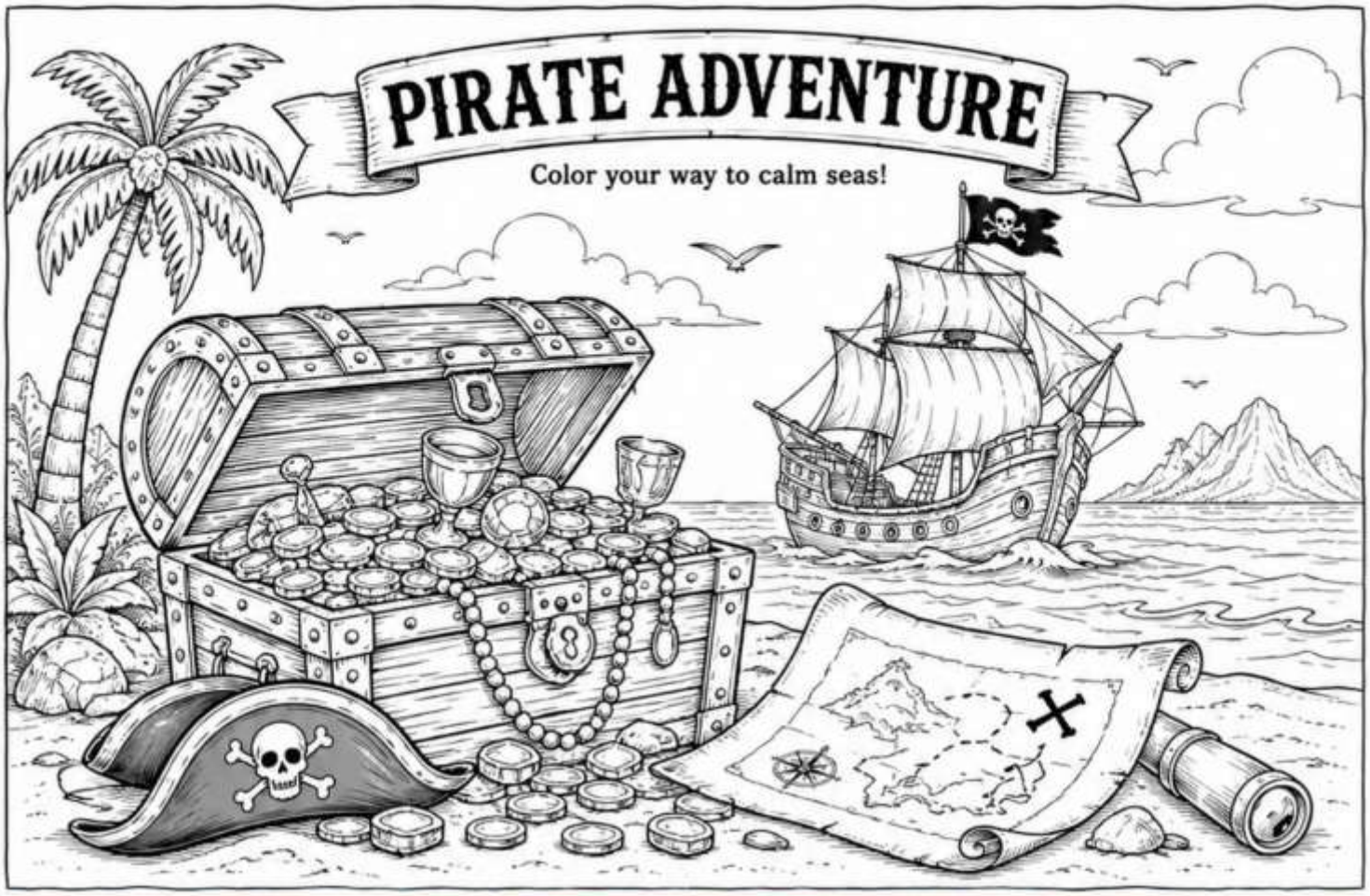
_____

A sharp mind is your greatest treasure!

KEEP EXPLORING. KEEP LEARNING. KEEP SMILING!

PIRATE ADVENTURE

Color your way to calm seas!



FUN FACTS
ABOUT PIRATES & TREASURE



PIRATES HAD A CODE.
Many pirates followed a set of rules called "articles." They covered everything from sharing treasure to keeping the peace.



"X" MARKS THE SPOT.
Treasure maps often used an "X" to show where treasure was hidden. The rest was up to your sense of adventure!



TREASURE WASN'T ALWAYS GOLD.
Pirates stole all kinds of treasure—silver, jewels, coins, fine goods, and even valuable spices!



PIRATES LOVED THEIR NAMES.
Famous pirates had memorable names like Blackbeard, Calico Jack, Anne Bonny, and Captain Kidd.



A PIRATE'S LIFE WAS TOUGH.
Life at sea was hard work and risky. Many pirates were former sailors who sought adventure—and a better share!



TREASURE IS WHERE YOU FIND IT.
The greatest treasure of all isn't gold or jewels—it's good friends, good health, and making memories that last!

Adventure. Friendship. Laughter.
THAT'S WHAT LIFE'S GREATEST TREASURE IS!

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.

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.

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)



September is all about embracing healthy aging! Let's celebrate the positive aspects of growing older and prioritize our well-being. Talk to your doctor about health screenings and take control of your health.

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

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
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