East Burke Senior Center

As winter settles in and daylight grows scarce, many older adults begin to feel the effects of Seasonal Affective Depression Disorder (S.A.D.D.). Shorter days, colder weather, and less time outdoors can lower energy, impact mood, and increase feelings of isolation. Studies show that staying socially connected is one of the strongest ways to combat seasonal depression - especially for seniors.

That's exactly where our senior centers step in, shining brighter than ever during the holiday season.

With warm spaces, familiar faces, and a calendar full of festive fun, we help make the darkest months feel merry and bright. From cheerful Christmas gatherings and cozy crafting sessions to music, games, and daily opportunities for connection, the center provides the routine, movement, and companionship that help keep spirits lifted.

Even simple things—sharing a cup of cocoa, laughing through a holiday trivia game, or joining a morning exercise class—can make a meaningful difference in mood and well-being.

As we unwrap this joyful season together, remember: you don't have to face the winter blues alone.

This December, let's trade dark days for bright smiles, warm friendships, and plenty of Christmas cheer. So bundle up, join the fun, and let's sleigh the winter blues—one merry moment at a time!

PROGRAM REGISTRATION

Registration for activities and programs begin at 8:30AM on the first business day of the month:
Monday, December 1st

You can come in-person and fill out a sign-up sheet or call (828)764-9300.

Please remember:
The cut-off for signing up for activities is the Friday before the next week.

Beginners Painting Course

Come spend your December afternoons with Marylin in a relaxed, beginner-friendly 5-week painting course.

You'll learn the basics step by step, and by the end, you'll have created your own personalized masterpiece to take home.

Sessions are held Mondays at 4PM throughout December, with the final class at 2PM on December 29th at the East Burke Senior Center.

Space is limited, so be sure to sign up soon by calling (828)764-9300.

$4 per Class

JOIN US FOR

HOLIDAY CARD MAKING

TUESDAY, DECEMBER 2ND AT 11AM

All cards will be donated to local assisted living facilities to residents that may not get cards or visitors during the holidays.

All supplies provided.

GROUP Line DANCE



EVERY TUESDAY 2:00 - 3:00PM

INSTRUCTION BY CELIA

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

Christmas Bowl Ornament

WEDNESDAY, DEC 3RD AT 10AM



Space is limited - Registration required.
All supplies provided. Final creation may vary.

Lunch & LEARN

with Partners

WEDNESDAY, DEC 3RD AT 12PM

This Month's Topic:

DEPRESSION AND STRESS MANAGEMENT FOR CAREGIVERS

Registration required.

Technology Class



TOPIC:

CLOUD STORAGE

THURSDAY, DEC 4TH AT 10:30AM

Spaces are limited. Technology provided. Registration required.

Western Piedmont Council of Governments
Area Agency on Aging

BINGO

With AMOREM

Thursday, Dec 4th at 2PM

Refreshments, prizes & fun!

Registration required.



coffee SOCIAL

at Living Beans

FRIDAY, NOV 5TH AT 10:30AM



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

Cocoa & Crafts

Holiday Crafting

Indulge in the warmth and sweetness of the season at Cocoa & Crafts! Join us for festive hot cocoa, delightful cookies, and the joy of shared moments of crafting.

FRIDAY, DEC 5TH AT 11AM



MERRY Brunchmas TRIVIA

MONDAY, DEC 8TH AT 10AM



Sip on hot apple cider and enjoy fresh apple turnovers while you and your teammates dive into festive Christmas-themed trivia! Expect laughter, friendly competition, and plenty of holiday cheer as we play our way into the season.

Registration required.

Holiday Key Fobs Sewing Craft

TUESDAY, DEC 9TH AT 12PM



Space is limited - Registration required.
All supplies provided. Final creation may vary.

Cards With Elsie



WEDNESDAY, DEC 10TH AT 10AM

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

Exploding Kittens Card Game



It's a game of luck, strategy, and hilarious betrayal, all with the ultimate goal of being the last person who hasn't spontaneously combusted via kitten explosion. Good luck, and may the odds (and the Defuse cards) be ever in your favor!

Registration requested. All supplies provided.
No kittens will actually explode.

WEDNESDAY, DEC 10TH
AT 12PM

Sheriff Banks Presents

The State of the Sheriff's Office

Sheriff Banks will join us to share what's currently happening in the Sheriff's Office, including recent statistics, community updates, and topics that affect older adults and their families. A Q&A session will follow the presentation.
Light refreshments will be served.

THURSDAY, DECEMBER 11TH
AT 10:30AM



BINGO With the Greens

Thursday, Dec 11th
at 2:30PM

Refreshments, prizes & fun!

Registration required.



Veterans Services Officer On-Site Hours

December Hours

Friday, December 12th &
Friday, December 19th
9am - 12pm

The Burke County Veterans Services Office assists eligible veterans, their dependents and/or surviving spouses, children of deceased veterans, members of the Reserves or National Guard, and active-duty service members in applying for benefits and services from the Department of Veterans Affairs and North Carolina Division of Veterans Affairs.

Christmas Card Holder



FRIDAY, DEC 12TH AT 10AM

Space is limited - Registration required.
All supplies provided. Final creation may vary.

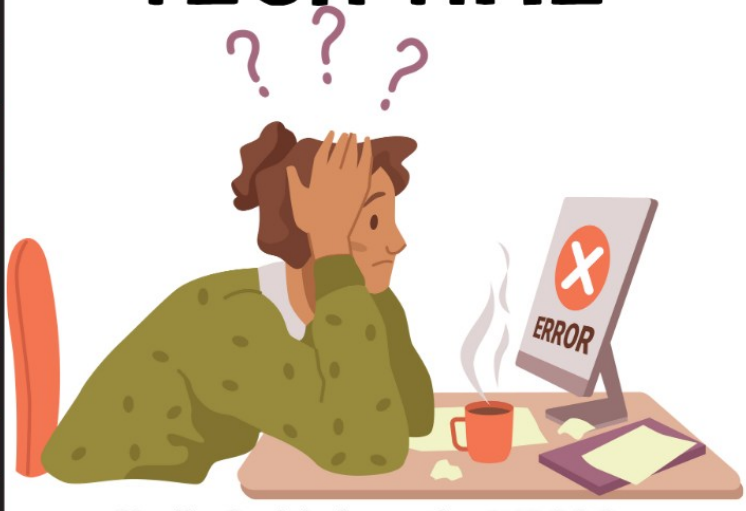
Christmas Beaded Pens

FRIDAY, DEC 12TH AT 2PM

Space is limited - Registration required.
All supplies provided. Final creation may vary.



TECH TIME



Shelly Smith from the WPCOG will be on hand from 9am - 12pm on Monday, Dec 15th to help one-on-one with various digital issues.

APPOINTMENTS ARE REQUIRED

Western Piedmont Council of Governments
Area Agency on Aging

Busted Christmas Canvas



TUESDAY, DEC 16TH
AT 10AM



Space is limited - Registration required.
All supplies provided. Final creation may vary.

LUNCH & learn with AARP

TUESDAY, DEC 16TH AT 1PM

This Month's Topic:

HOLIDAY FRAUD



Avoid holiday scams with this timely session. Learn to spot fake online stores, phishing texts, bogus gift card schemes, and fraudulent charities. Perfect for all ages and caregivers.

Registration required.



WEDNESDAY, DEC 17TH AT 10AM

Minute to Win It Games Christmas Edition

Registration requested

Lunch & LEARN with Carolina Caring

WEDNESDAY, DEC 17TH AT 12PM

This Month's Topic:

THE SCOOP ON BEING A SENIOR

Registration required.

Gift Wrap & Chit Chat

BRING GIFTS AND JOIN US FOR A LAID-BACK WRAPPING HANGOUT. WE'LL HAVE PAPER, TAPE, BOWS, AND PLENTY OF HOT COCOA. THINK OF IT AS A COZY LITTLE WORKSHOP WHERE THE TO-DO LIST GETS SHORTER AND THE CONVERSATION IS EASY. COME WRAP, SIP, AND ENJOY THE COMPANY.

WEDNESDAY, DEC 17TH AT 2PM

REGISTRATION REQESTED



Christmas Dinner

Join us on Thursday, December 18th at noon for a festive Christmas Luncheon!

Enjoy a delicious meal featuring ham, mashed potatoes, corn, a roll, and dessert as we celebrate the season together.

Seats are limited, so be sure to RSVP to reserve your spot!

East Burke Senior Center

Bound By Books BOOK CLUB

Thursday, Dec 18th at 2pm

Join us for our next book club meeting, where we'll share insights, exchange ideas, and enjoy lively conversation.

Whether you've finished every page or are just curious about the story, this is a welcoming space to connect with others, discover new perspectives, and celebrate the joy of reading together.

RSVP Requested

JAVA FOR JOES

19 December 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 requested.



DIGITAL COUPONING CONTINUED...



FRIDAY, DEC 19TH AT 11AM

INSTEAD OF CLIPPING PAPER ADS OR SEARCHING THROUGH FLYERS, WE CAN NOW ACCESS DISCOUNTS INSTANTLY THROUGH MOBILE APPS.

Registration Required

Seniors Night Out

MILL TOWN SOCIAL HOUSE EST. 2025

118 MAIN STREET WEST, VALDESE

FRIDAY, DEC 19TH AT 4:30PM

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

The Werewolves of Miller's Hollow

MONDAY, DEC 22ND AT 12PM

THE WEREWOLVES OF MILLER'S HOLLOW IS A PARTY GAME OF SOCIAL DEDUCTION FOR EIGHT TO EIGHTEEN PLAYERS. EACH PLAYER TAKES ON THE ROLE OF A RESIDENT OF THE ILL FATED TOWN OF MILLER'S HOLLOW. SOME ARE INNOCENT VILLAGERS, OTHERS ARE WEREWOLVES...

REGISTRATION REQUESTED. ALL SUPPLIES PROVIDED. NO ACTUAL TURNING INTO WEREWOLVES.

Ugly Sweater Contest & Reindeer Games

Pull out your ugliest, sparkliest, or most bedazzled Christmas shirt or sweater and get ready to sleigh the day!

Fabulous (and totally quirky) prizes await the boldest fashionistas. We'll jingle our way through some merry games—including one that calls for a gift up to $2 for a laugh-out-loud exchange. Think fun, not fancy!

Brunch will be served with heaps of holiday cheer and—fingers crossed—no Grinches allowed... though you never know who might crash the party!



Tuesday, Dec 23rd Starting at 10AM

Registration requested.

From our families to yours, we wish you the happiest of holidays. May your season be filled with joy, laughter, and time well spent with the people who mean the most.

Merry Christmas

Trivia & Pizza

Monday, Dec 29th at 4:30pm

Topic:

New Year's History & Facts



PREREGISTRATION REQUIRED. ALL SUPPLIES PROVIDED.



TUESDAY, DEC 30TH AT 11AM

JOIN US FOR A FUN, HANDS-ON CLASS WHERE TECHNOLOGY MEETS THE KITCHEN! LEARN HOW TO USE AI TOOLS TO PLAN MEALS, FIND RECIPES, AND EVEN ADJUST THEM TO YOUR TASTE OR DIETARY NEEDS. DISCOVER HOW SMART COOKING CAN MAKE MEALTIME EASIER, HEALTHIER, AND MORE CREATIVE!

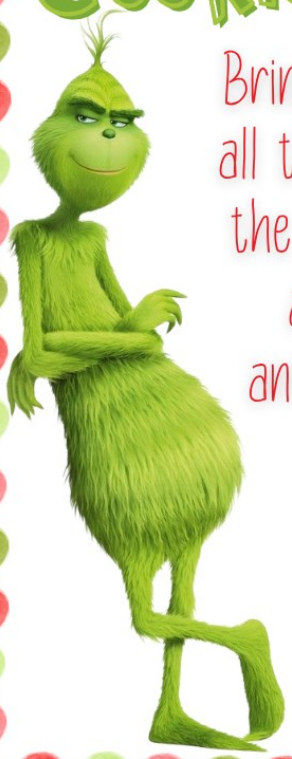
Space is limited - Registration required.
All supplies provided.

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30A SIGN UPS BEGIN 2P "THE MAN WHO INVENTED CHRISTMAS" 4P PAINTING CLASS*$	2 11A HOLIDAY CARD MAKING 2P LINE DANCING CLASS*$	3 10A CHRISTMAS BOWL ORNAMENT* 12P LUNCH & LEARN WITH PARTNERS*	4 10:30A TECHNOLOGY CLASS* 2P BINGO WITH AMOREM*	5 10:30A COFFEE SOCIAL @ LIVING BEANS* 11A COCOA & CRAFTS*
8 10A MERRY BRUNCHMAS TRIVIA* 2P "A CHRISTMAS STORY" 4P PAINTING CLASS*$	9 12P HOLIDAY KEY FOBS SEWING CRAFT* 2P LINE DANCING CLASS*$	10 8:30A BLOOD PRESSURE CHECKS 10A CHRISTMAS CARDS WITH ELSIE* 12P EXPLODING KITTENS GAME*	11 10:30A STATE OF THE SHERIFF'S OFFICE* 2:30P BINGO WITH THE GREENS*	12 9A - 12P VETERANS SERVICES OFFICER AVAILABLE ON SITE 10A CHRISTMAS CARD HOLDER CRAFT* 2P CHRISTMAS BEADED PENS*
15 9A TECH TIME WITH SHELLY* 2P "BABES IN TOYLAND" 4P PAINTING CLASS*$	16 10A BUSTED CANVAS* 1P LUNCH & LEARN WITH AARP* 2P LINE DANCING CLASS*$	17 10A CHRISTMAS GAMES* 12P LUNCH & LEARN WITH CAROLINA CARING* 2P GIFT WRAP & CHIT CHAT*	18 12P CHRISTMAS DINNER* 2P BOOK CLUB*	19 9A JAVA FOR JOES* 11A DIGITAL COUPONING CONTINUED...* 1P GRINCH-A-THON* 4:30P SENIORS NIGHT OUT*
22 12P WEREWOLVES GAME* 2P "A CHRISTMAS CAROL" 4P PAINTING CLASS*$	23 10A UGLY SWEATER CONTEST AND REINDEER GAMES* 2P LINE DANCING CLASS*$	24 Merry Christmas	25	26
29 2P "JOYEUX NOEL" 2P PAINTING CLASS*$ 4:30P PIZZA & TRIVIA*	30 11A LEARN TO COOK WITH AI* 2P LINE DANCING CLASS*$	31 New Year's Eve		**ICON KEY** * = REQUIRES PRE-REGISTRATION $ = FEE V = VIRTUAL ONLY ✚ = VIRTUAL & IN PERSON

2025

Cookies, Cocoa & Grinchy Flicks



Bring your grandkids and settle in for a triple feature of all things Grinch! We'll journey from the classic 1966 How the Grinch Stole Christmas! to the hilarious 2000 live – action version, and wrap up with the colorful 2018 animated The Grinch. It's a day full of Whoville cheer, popcorn, cocoa, and plenty of Grinchy giggles!

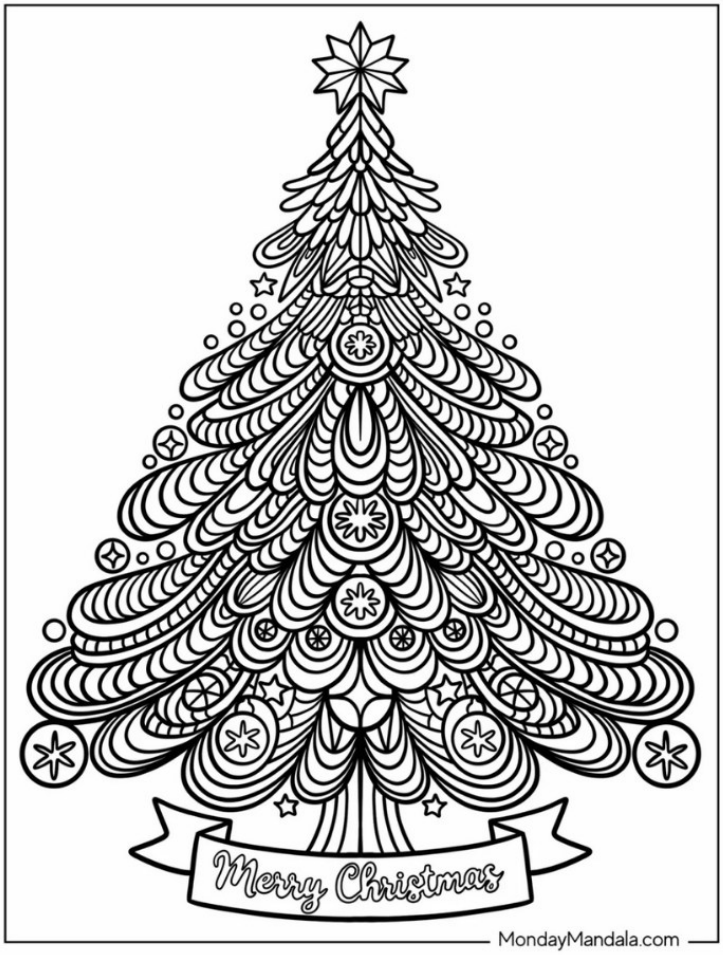
December 19th starting at 1PM

Free Event for ALL ages as appropriate for Film Rating.
Ask a staff member for rating info.

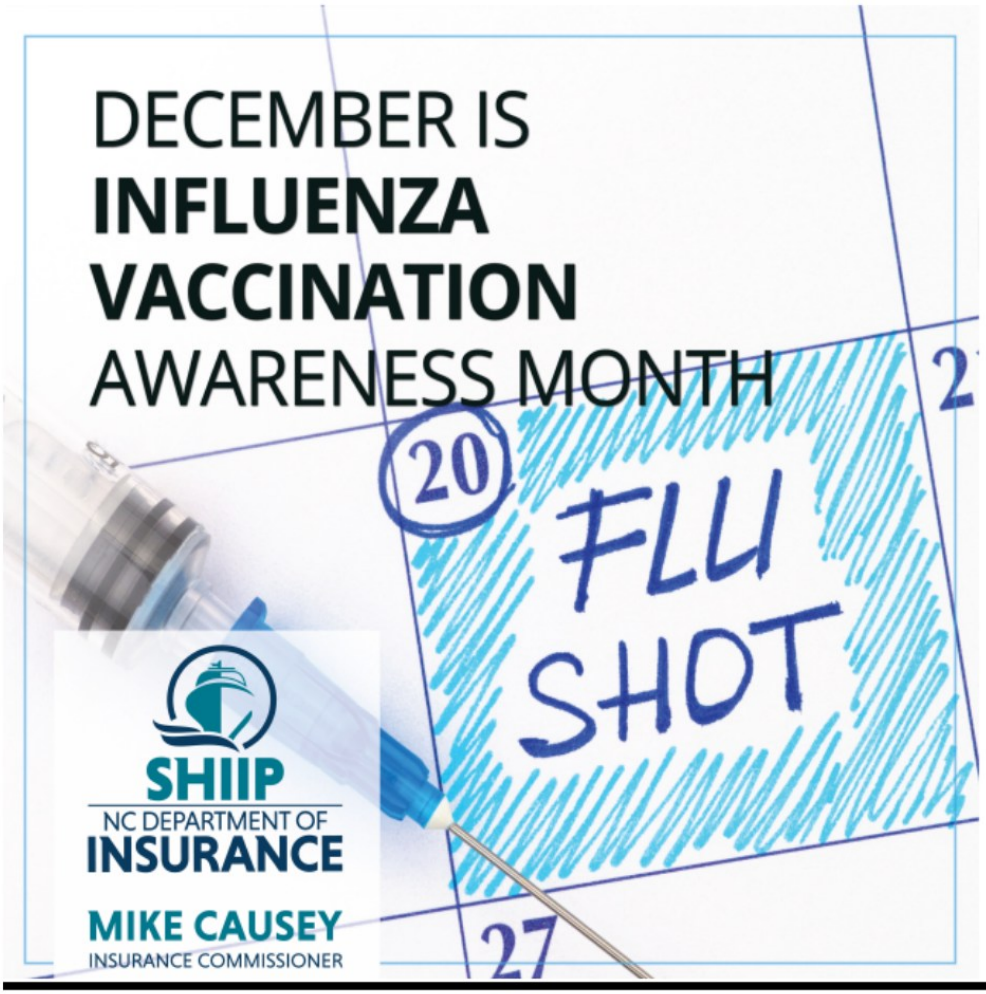




MondayMandala.com



MondayMandala.com



PROTECT YOURSELF AND YOUR LOVED ONES THIS FLU SEASON! DECEMBER 5TH–11TH IS NATIONAL INFLUENZA VACCINATION WEEK.

LET'S PRIORITIZE GETTING VACCINATED TO STAY HEALTHY DURING THE HOLIDAYS AND BEYOND.

...ASK A SHIIP COUNSELOR FOR MORE INFORMATION.

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)



Smart NC is here to help you!

Smart NC helps consumers resolve coverage disputes with their health insurance company. There is no cost to consumers for the service.

Have you or someone you know had a health claim denied? Or do you have questions or complaints about your insurance company?

Contact the NCDOI Smart NC team to learn about their services and how they can help you!

To get started, call 855-408-1212.

Home Instead

HELP SENIORS IN NEED THIS HOLIDAY SEASON BY BECOMING A

SANTA TO A SENIOR

STOP BY EITHER SENIOR CENTER AND SELECT A BULB FROM THE TREE, BUY ITEMS ON THE LIST AND RETURN THEM UNWRAPPED TO EITHER SENIOR CENTER, ALONG WITH THE ORNAMENT ATTACHED BY DEC EMBER 15TH.

MONDAY AFTERNOON MOVIES

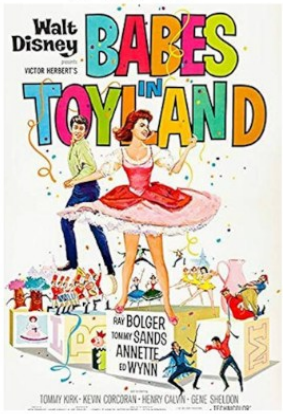
Dec 1st



Dec 8th



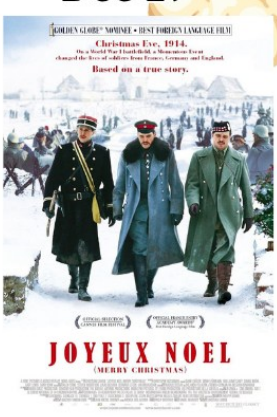
Dec 15th



Dec 22nd



Dec 29th



AT 2:00 PM

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)430-4147

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



SERVICES PROVIDED BY BURKE SENIOR SERVICES

AARP - Host the East Burke AARP at East Burke Senior Center, Host the Table Rock AARP (all hearing impaired) at the Burke Senior Center, work with the Burke County AARP.
Adult Day Health - Assist with enrollment to local Adult Day Health program.
Host the Burke County **Council on Aging**.
Disaster Preparedness - Information available to assist you in preparation and readiness should a disaster occur.
Durable Medical Equipment - Seniors can borrow, free of charge, various home health equipment including wheel chairs, bathroom chairs and other common pieces of equipment (subject to availability) at both Senior Centers.
Elder Abuse / Adult Protective Services - Reporting assistance proved onsite when needed.
Energy Assistance - Centers serve as FAN distribution site. LIEAP & CRISIS Intervention assistance available on site.
Food Distribution - Referrals to local food banks available including BUCM, EBCM, The Outreach Center, & others.
Provide Various **Health Screenings and Health Promotion programs** geared towards the older adult free of charge or at reasonable cost.
Home Delivered and Congregate Meals are available through Burke County Nutrition Program. Also serve as a Meals on Wheels delivery location. Volunteers needed.
Home Health & In-Home Aide Services - We can assist you in filling out and sending in intake forms for grant funded services. We can complete referrals to local agencies providing home health services in your home.
Home Improvement - Assist clients with home improvement through various agencies including Foothills Service Project and Carolina Cross Connection.
Hospice - Host presentations annually on Hospice Care. Can assist you for referrals for care.
Housing - Assist clients in finding & contacting local housing options. Application completion assistance is available.
Job Training & Job Placement - Senior Center serves as SCSEP host. Provide assistance with online job applications including NCWorks.
Legal Services - Available through Legal Aid of North Carolina. All services are by appointment only. Notary available onsite to assist with Power of Attorney, Health Care POA and Living Wills.
Long Term Care Facilities/Ombudsman Program - Maintain list of facilities for long term care placement. Connect to the regional Ombudsman residents' right advocate. Community Advisory Committee Volunteers needed to visit residents in local long term care facilities.
Medicaid - Assist in completion of Medicaid application online or paper format, including Medicare Savings Program.
Mental Health - Educational programs provided onsite. Assistance and Referral to mental health support programs available.
Outreach - Staff available to present at your church or other civic gatherings and health fairs.
Rehabilitation Services - Assistance available to connect with area agencies providing rehab services including vocational rehab, independent living and long term care rehab.
Respite - Assistance to connect you to the Family Caregiver Support Program respite services & Project CARE.
Reverse Mortgage Counseling - Staff can give general information and help locate an agency.
SHIIP (Senior Health Insurance Information Program) - Provide counseling services for older adult and qualified Medicare recipients interested in Medicare, supplemental insurance, and long-term care insurance information. Also assist with signing up for Medicare Parts A, B, & D.
Senior Games - Applications available onsite & assistance provided for completion, submission & Silver Arts transportation.
Social Security - Assist in filling out the online applications for initial enrollment and other basic services.
Support Groups - PACT (Partnering Adult Caregivers Together) offered the third Monday each month at the Burke Senior Center. Vietnam Combat Support Group, WWII/Korean Support Group, and Grandparents Raising Grand children at the East Burke Senior Center also available. Call for a full listing of available support groups.
TAB - Telephone Assurance program of Burke - Daily calls to seniors to check on well-being and safety.
Tax Aide - Tax Assistance referrals for the Elderly.
Transportation - Assist clients in meeting their transportation needs, including Senior Carpooling, General and Medical Transportation.

Inclement Weather Notices

ICE AND DANGEROUS DRIVING CONDITIONS ARE SNOW JOKE.

To check if Burke Senior Services, Nutrition Services and Veterans Services are closed due to inclement weather, every effort will be made to post closures on WSOC and WBTV Television Channels, 92.1 WMNC Big Dawg and 96.5 WSVM Best Mix Radio stations and Facebook posts.



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

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.

EBSC CENTER STAFF

Assistant Director:
Rebecah Bova

Program Assistants:
Tera Bridges
Brandy Goble
Bao Yang

FOLLOW US
@ EASTBURKESENIORCENTER