December

The staff at Burke County Senior Services would like to wish you and your families all the happiness and joy of Christmas and a Happy New Year too. We invite you to join us in some of our festivities this month including a Christmas Dance, Holiday Movies, Various Crafts, Christmas Carols, Sweet Treats, and much more.

Holiday Gift Drive

We have 110 participants on our Meals on Wheels program and we need your help to bring a little Christmas cheer to each one of them. Can you help us this year to provide holiday gifts to isolated seniors?

Our goal is to ensure that these local seniors get to share in the joy of the holiday season. It's amazing how one small gift can go a long way for someone who might face difficulties leaving the house or may not have family to celebrate with.

Did you know that when you're out and about doing your own shopping, you can easily pick up a small gift for a local senior in need?

We will place collection boxes in our Senior Center lobby where you can easily drop in your items as you arrive for daily activities. We ask that all donations be delivered by December 16th so that the staff and volunteers will have time to deliver the gifts before the Christmas Holiday.

May no gift be too small to give nor too simple to receive which is wrapped in thoughtfulness and tied with love
-L.O. Baird

December

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

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)
1:40-2:40	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)
1:40-2:40	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

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

December

Monday	Tuesday	Wednesday	Thursday	Friday
1 10A Quilters Guild **3P Movie ****	2 **1P Christmas Ornaments w/Medi-Home Care****	3 10A AARP @ Morg. Rec. **10:30A Chair Exercise (V)** 1P Coffee & Coloring 1P Euchre Cards 2P Diamond Art	4 9:30A Veterans Coffee Social	5 1P Guided Crochet * 6 (Saturday) Virtual Bingo Cards Due **Saturday Night Dance Dancing 6-9pm– Ticket Required**
8 8-5 Pen Pal Pick Ups 9A Quilters Guild **9-3 Tech Support **** 12P Seniors In Action Mtg **3P Movie ****	9 **5:30P Dinner Night Out ** At The Senior Center– Pot Luck & Christmas Carols**	**10** **10A– Bingo Grace Heights**** **10:30A Chair Exercise (V)** **11:30 Pre-K Prep *** 2P Diamond Art	11 10A TRAARP	12 8-5 Pen Pals Due Back
15 **Spirit Week Begins Today** 10A Foothills Vision Loss Support Group **5:30 PACT* ***	16 **10A Tech Class– Intro To AI**	17 **10A Partners Health Training **** **10:30A Chair Exercise (V)** **11:30A Creative Crafts #1 **** 1P Euchre Cards **2:30P Creative Crafts #2 ****	18 8:30 Blood Pressure Checks 10A Books & Brew	19 **11:30A CHRISTMAS LUNCH & BINGO ***
22 Cookies & Cocoa Day 10A Quilters Guild **3P Movie ****	23 **12P– CHRISTMAS LUNCH #2 (No Bingo) ****	24  We Will Be Closed For The Holidays on December 24th, 25th and 26th	25	26
29 **3P Movie ****	30 11A Brain Games In Person	31 **10:30A Chair Exercise (V)** 2P Diamond Art		**Events in BLUE with ** Require Pre-Registration by calling 430- 4147** **Items in RED are VIRTUAL and require a link for Zoom**

Special Events This Month

Crochet Along With Amanda
December 5th at 1pm

Crochet Cord Wraps



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 828-430-4147.
RSVP Required

Creative Crafting Day
December 17th

Christmas Ornaments



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
December 3,10, 31

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.

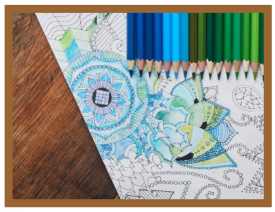


First time participants will be provided a small free project to try.

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 DanCe

DECEMBER 6th
6-9 PM
(Doors Open at 5:30PM)



Mental Health & Wellbeing

DECEMBER 17TH at 10AM

Topic: Depression and Stress Management for Caregivers / Obsessive Compulsive Disorders

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) 430-4147

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. Please do not email. Only participants with hearing loss may text us at 828-796-4803 to relay their requests.

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

New Schedule for
December 2025
12:30P- Tai Chi 1 Alumni Only
1:40– Tai Chi 2 Alumni Only
Instructor: Karen Hilinski

Want to sign up for a Beginners Tai Chi



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.

Christmas Potluck Dinner

Bring a Dish to Share!

Instead of going out, Let's come together for a heartwarming evening filled with delicious food and good company.
It's time to share the joy of the holiday season

DECEMBER 9TH 5:30PM
AT THE BURKE SENIOR CENTER



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

Cardio Drumming

Thursdays
9:00 AM

Exercise Equipment:

Treadmills, Ellipticals,
Recumbent Bicycles,
Ab Cruncher, Home Gym

Tai-Chi Alumni Only

Tues & Weds (Grads Only)
12:30PM Tai Chi I Alumni
1:40 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**

Bingo with Grace Heights
December 10h at 10:00AM

Light Refreshments Served—RSVP required **



December Bingo: See Page 16 For All The Details About Our Christmas Holiday Meals schedule.

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 Influenza Vaccination Week December 6-12

National Influenza Vaccination Week (NIVW) is a national observance that highlights the importance of continuing influenza vaccination through the holiday season and beyond. The Centers for Disease Control and Prevention (CDC) recommends an annual influenza vaccine for everyone 6 months of age and older to reduce the risk of illness and hospitalization. Now is a great time to vaccinate – to protect your family, friends and yourself. Medicare Part B covers one influenza vaccination and its administration each influenza season for Medicare beneficiaries. If medically necessary, Medicare may cover additional seasonal influenza vaccinations.

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

We regret to inform you that our appointments here at our Burke County Senior Centers are currently full. If you missed an opportunity to complete a "purple" appointment form with the counselors at the Burke Senior Center, you are still in luck.



- *Another option this year is for you to call the North Carolina's SHIIP Hotline (Seniors' Health Insurance Information Program Hotline) in Raleigh toll free at 1-855-408-1212 beginning October 15th. Simply have your Medicare card and your list of medications ready when you call.*
- *Remember to call before December 7th. That's the deadline to make changes for the upcoming 2025 year.*

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 430-4147 for an appointment.

December

Virtual Bingo Game

Name: _____

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, December 15th 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) 430-4147



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) 430-4147 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 828-430-4147

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.



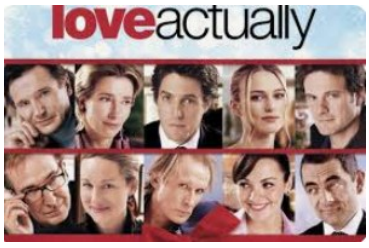
Dec 1 A Christmas Gift From Bob (Based On True Story)



Dec 8 The Man Who Invented Christmas (Based On True Story)

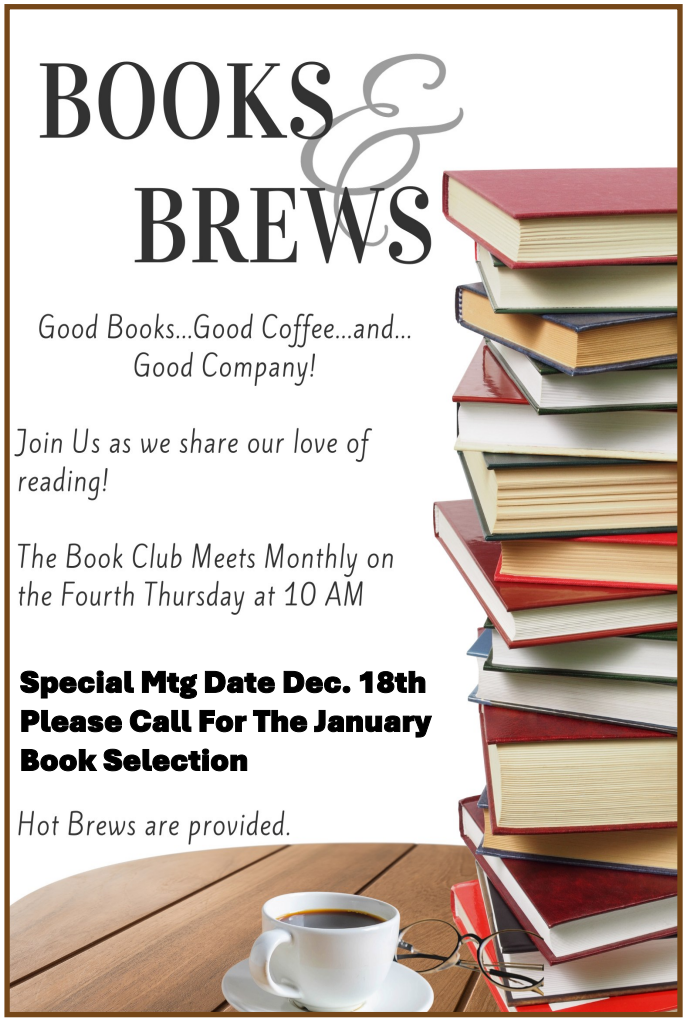


Dec 22 Get Santa



Dec 29 Love Actually





PEN-PALS

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



Pick Up Date: **Dec. 8**

Return By: **Dec. 12**

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!

Due To Other Holiday Activities, We Will Meet On Tuesday Dec. 30th at 11:00AM



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) 430-4147

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



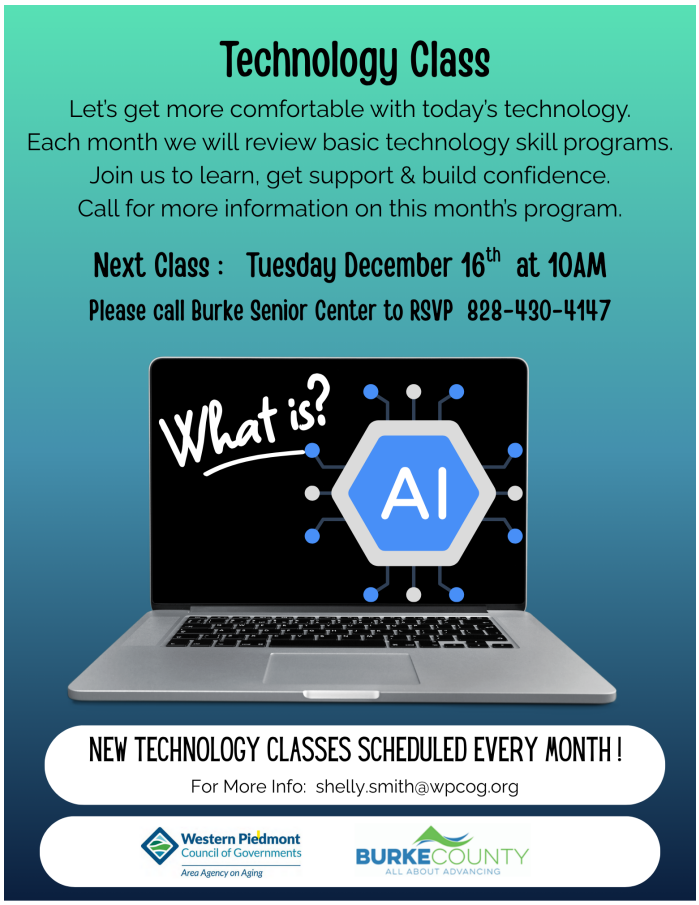


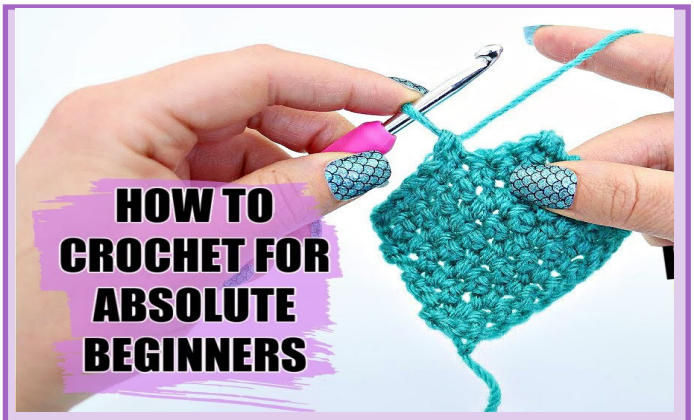
Winter Delays And Closings…..will be posted on WSOC and WBTV television channels, and shared with 92.1 WMNC and 96.5 WSVM radio stations. Follow us on Facebook where we will also make announcements.

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) 430-4147 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 Every Friday at 9:30AM

New Class Idea…
Are You Interested In A Watercolor on Mondays at 5:00?
Call And Let Us Know
(828) 430-4147



$ Donation for Instructor Appreciated But Not Required

Crafting with Medi-Home Hospice. December 2nd 1PM

Come join Kristin and Kerry as they lead us in painting a beautiful Christmas Tree Ornament.
Please RSVP (828) 430-4147 —Limited to 30 people



Share the Spirit of the Season and give a gift to a senior who may be alone, without family near by, or who may not otherwise receive gifts at Christmastime.

Simply take a "Senior Ornament" with their gift request. Purchase the gifts listed on the Ornament. Place the Ornament on the Gift Bag and return your gift back to the Senior Center by the due date.

If you are not able to sponsor a senior this year, you can still help our home bound seniors by purchasing an extra item or two each time you shop and place them in our donation box.

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, bathroom chairs, and other common pieces of equipment. These items are available for your use free of charge. 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-Referrals to local food pantries including BUCM, EBCM, The Outreach Center, and others.

Join Us For

Christmas Spirit Week Dec 15-19

Model It Monday
Show off those Holiday Sweaters

Tree Topper Tuesday
Perfect day to wear a Festive Hat on Top

Wednesday Winter Wonderland
Wear Blue & White, Mittens or Scarves

Tinsel Toe Thursday
Cover your feet with Holiday Socks

Festive Friday
Wear all your Reds and Greens

Merry Christmas

Come Support The Burke Senior Center As We Perform In A Few Of The Local Christmas Parades.
Our Cardio Drummers will be Floating along the streets of
Morganton on Tues. December 2nd at 6pm
and again in
Valdese on Sat. December 6th at 10 am
What A Great Way To Kick Off The Holiday Season !





COOKIES and COCOA

JOIN US TO CELEBRATE
THE FESTIVE SEASON!

DECEMBER 22

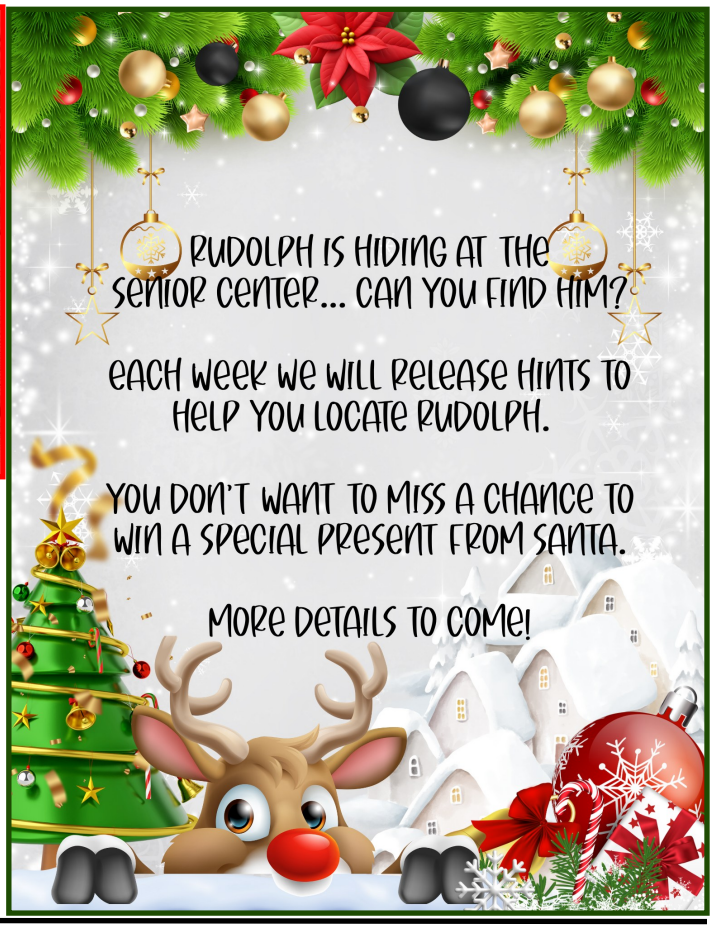
Christmas

HOLIDAY MEALS SCHEDULE

December 19th 11:30am
Christmas Lunch & Bingo
REGISTRATION IS FULL FOR THIS DAY.
REMEMBER TO BRING A WRAPPED GIFT FOR THE PRIZE TABLE.

December 23rd 12:00 Noon
(Sorry, no Bingo at this event)
IF YOU DIDN'T REGISTER FOR OUR THANKSGIVING OR CHRISTMAS BINGO, THERE IS NOW A SECOND CHRISTMAS LUNCH SCHEDULED, COURTESY OF WALMART OF MORGANTON. LIMITED SEATING, MUST CALL TO RSVP.







BURKE COUNTY
Senior Services

501 N Green St. Morganton, NC 28655
828-430-4147
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
NCDHHS Division of Aging

Find us on: facebook
Burke County Senior Center