EAST BURKE SENIOR CENTER

November

2026

How to Host a Family Gathering Without Stressing Over Every Detail

Family gatherings can be some of the most joyful moments in life — laughter, memories, and time together that everyone looks forward to. But if you're the host, it can also feel like a heavy weight: planning the menu, cleaning the house, making sure everyone's comfortable, and keeping things running smoothly. It's easy to fall into the trap of believing that "everything has to be perfect." Reality check! It doesn't.

Here are a few simple ways to host without letting stress take over:

1. Decide What Really Matters
Not everything deserves your energy. Ask yourself: "What will make this gathering meaningful?" Maybe it's having enough food for everyone or creating enough space in the living room for good conversation and sharing family stories. Focus on those priorities and let the rest be "good enough."

2. Simplify the Menu
You don't need a five-course meal to impress your guests. Choose a few crowd-pleasers you can make ahead of time, and don't hesitate to ask guests to bring a dish to pass. People usually love contributing a favorite dish, and it lightens your load. Bonus!

3. Set Realistic Expectations for Your Home
A spotless house isn't the goal — a welcoming one is. Tidy up the spaces where people will gather, but don't stress about every corner. A lived-in home often feels more comfortable than a perfect one. Vacuum the carpet, but don't bother getting it professionally cleaned. Those worn pillows you've had since college? Much more comfortable than the stiff ones you got at Home Goods the day before last.

4. Create a "Flow," Not a Schedule
Instead of planning every detail, think of the natural rhythm of the gathering. Have food and drinks ready when people arrive, give kids a space to play, and let conversations unfold naturally. The best moments often happen when you're not trying to control them. Things don't need to happen on a specific timeline for the night to go right.

5. Let People Help
If someone offers to set the table, take coats, or wash dishes, don't hesitate to say yes. Sharing responsibility doesn't make you a less capable host. Rather, it makes the gathering feel more like a community.

The heart of any family gathering isn't the decorations, the food, or even the perfectly cleaned house. It's the people. When you let go of the pressure to manage every detail, you make space to actually enjoy the reason you're bringing everyone together in the first place.

©LPi

Happy Thanksgiving

Daily Activities

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 W/ PRINTER
- CORNHOLE BOARDS
- DROP-IN PROGRAMMING
- EXERCISE ROOM
  - BOWFLEX
  - ELLIPTICALS
  - FREE WEIGHTS
  - MEDICINE BALL
  - RECUMBENT BICYCLES
  - TREADMILLS
- HORSESHOES
- LIBRARY WITH BOOKS & DVDS
- PING PONG (PLEASE CALL AHEAD)
- PUZZLES
- SHUFFLEBOARD TABLE
- WIFI AVAILABLE
- WII GAMES
- AND MORE!

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.

Please be advised that your participation in any senior center activity is at your own risk. Participants are encouraged to consult your physician before beginning any physical activity program.



Closures & Changes in November

Closures

WEDNESDAY, NOV. 11TH IN OBSERVANCE OF VETERANS DAY

THURSDAY & FRIDAY, NOV. 26TH & 27TH
IN OBSERVANCE OF THANKSGIVING

Program Changes

WEDNESDAY, NOV. 4TH NO CHAIR YOGA/CHAIR TAI CHI

WEDNESDAY, NOV. 11TH CHAIR YOGA & CHAIR TAI CHI
WILL BE HELD AT THE FIRST METHODIST CHURCH, HILDEBRAN



TECH CLASSES WITH SHELLY
ON HIATUS 'TILL JANUARY

MONDAY, NOV. 2

LET'S CELEBRATE

Dia de los Muertos!

JOIN US AS WE CELEBRATE LIFE, LOVE, AND REMEMBRANCE THROUGH THIS BEAUTIFUL MEXICAN TRADITION! ENJOY DELICIOUS MEXICAN FOOD, FLOWER CRAFTS, AND A SPECIAL VIEWING OF THE MOVIE COCO.



2PM RATED PG

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

REFRESHMENTS, PRIZES & FUN!

WEDNESDAY, NOV. 4TH AT 10:30 AM
WITH THE GREENS

WEDNESDAY, NOV. 18TH AT 10:30 AM
WITH VIA

THURSDAY, NOV. 19TH AT 2:30 PM
WITH GRACE HEIGHTS

REGISTRATION REQUIRED FOR EACH EVENT DATE.

JOIN US FOR A VIRTUAL CELEBRATION OF

Native American Heritage Month



Wednesday, November 4th at 12 PM

REGISTER FOR THE ZOOM LINK.

Cocoa & Crafting

THURSDAY, NOVEMBER 5TH
10 AM TILL 2 PM

ENJOY HOT CHOCOLATE & SNACKS, GET CREATIVE, AND ENJOY CRAFTING "FREESTYLE".

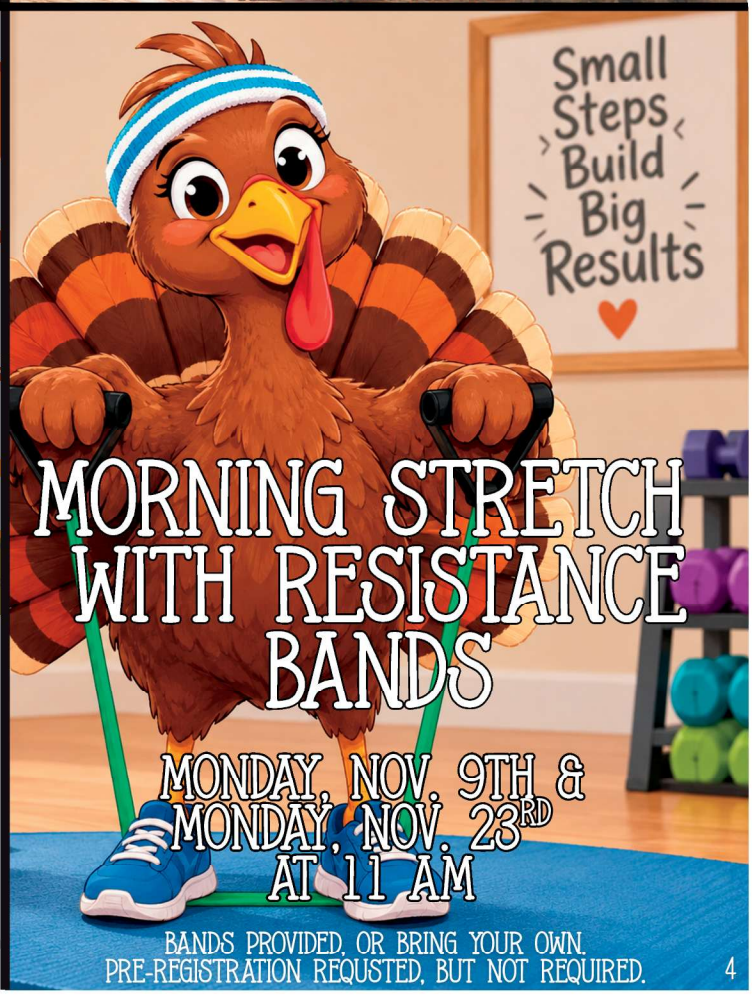
ALL SUPPLIES PROVIDED

DIGITAL COUPONING

FRIDAY, NOV. 6TH AT 11 AM

REGISTRATION REQUESTED.





MORNING STRETCH WITH RESISTANCE BANDS

MONDAY, NOV. 9TH &
MONDAY, NOV. 23RD
AT 11 AM

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

Ceramics & Pottery

TUESDAY, NOV. 10TH &
WEDNESDAY, NOV. 25TH
AT 10 AM

ALL SUPPLIES PROVIDED. REGISTRATION REQUIRED

Wednesday, November 11th

Burke Senior Services

Burke Senior Center, East Burke Senior Center, Nutrition, and Veterans Services

will be

Closed

in observance of

Veterans Day

BURKE COUNTY

VETERANS DAY EVENT



HONOR ★ REMEMBER ★ APPRECIATE

Join us as we come together to honor and thank our nation's veterans for their service, sacrifice and unwavering commitment to our freedom.

★ FEATURED SPEAKER ★

RETIRED LTC SCOTT MANN

U.S. Army (Green Beret)

WEDNESDAY, NOVEMBER 11, 2026

11 AM

(Lunch will follow the program and is free)

FOOTHILLS HIGHER EDUCATION CENTER

2128 South Sterling Street
Morganton, NC

SEAL OF BURKE COUNTY NORTH CAROLINA ORGANIZED 1777

Nutcracker Craft

THURSDAY, NOV. 12TH
AT 10:30 AM



ALL SUPPLIES PROVIDED.
REGISTRATION REQUIRED

LUNCH & LEARN
WITH UNC HEALTH

THURSDAY, NOVEMBER 12TH
AT 11:30 AM

BRING YOUR OWN LUNCH OR
LIGHT REFRESHMENTS WILL BE AVAILABLE.

REGISTRATION REQUESTED

Veterans Services Officer On-Site Hours

Friday, November 13th &
Friday, November 20th
9 am - 12 pm

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

No appointment necessary, but recommended.

Coffee Social at Living Beans



FRIDAY, NOVEMBER 13TH
AT 10:30 AM

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

LET'S PLAY

LCR® Left Center Right™

LCR (LEFT, CENTER, RIGHT) IS A FAST-PACED DICE GAME WHERE PLAYERS PASS CHIPS LEFT, RIGHT, OR TO A CENTRAL POT BASED ON DICE ROLLS, WITH THE LAST PLAYER HOLDING CHIPS WINNING THE POT!

FRIDAY, NOVEMBER 13TH AT 2 PM

REGISTRATION REQUESTED. ALL SUPPLIES PROVIDED.

Donuts & Detectives

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

MONDAY, NOVEMBER 16TH
AT 11 AM



REGISTRATION REQUESTED

Pizza & Trivia

MONDAY, NOVEMBER 16TH
AT 3 PM



PREREGISTRATION REQUIRED. ALL SUPPLIES PROVIDED.

SIGN LANGUAGE



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

COOKING WITH BAO

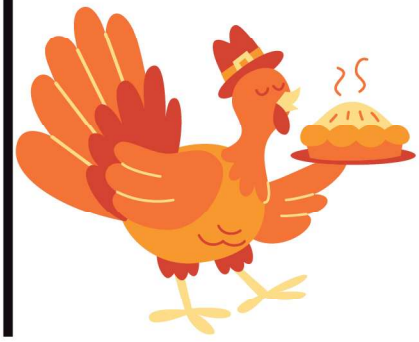
A TASTE OF VIETNAM: PHỞ GÀ, A COMFORTING AND FLAVORFUL CHICKEN SOUP WITH RICE NOODLES

WEDNESDAY, NOV. 18TH
AT 2 PM

COOKING WITH TERA

FRY BREAD HOLDS A RICH AND DEEPLY MEANINGFUL PLACE IN INDIGENOUS HISTORY, REPRESENTING RESILIENCE, COMMUNITY, AND THE COMFORT OF HOME.

TUESDAY, NOV. 24TH
AT 11 AM



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

Cards WITH ELSIE



Thursday, November 19th at 10 AM

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

Bound by Books Book Club

THURSDAY, NOVEMBER 19TH AT 11 A.M.



JAVA FOR JOES

20 November 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.

RESIN COASTERS

FRIDAY, NOVEMBER 20TH AT 10:30 AM



SPACES ARE LIMITED.
REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED.

Seniors Brunch Out

FRIDAY, NOVEMBER 20TH
AT 10:30 A.M.

Frothy Rooster

1 N CENTER ST, HICKORY, NC 28601

ATTENDEES ARE RESPONSIBLE FOR THEIR OWN TRANSPORTATION AND FOOD COSTS.

MEGA JEOPARDY!

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

FRIDAY, NOVEMBER 20TH
AT 2 PM

REGISTRATION REQUESTED.

Cinema & Crafting

ON MONDAY, NOVEMBER 23RD AT 2PM

"THE INDIAN IN THE CUBBORD"
&
DREAM CATCHERS

SPACES ARE LIMITED. REGISTRATION REQUIRED.
ALL SUPPLIES PROVIDED.

BLOOD PRESSURE CHECKS

WEDNESDAY, NOVEMBER 25TH
AT 8:30 AM



East Burke PHARMACY

DROP IN AND GET YOURS CHECKED!
FREE TO ALL.

Lunch & LEARN

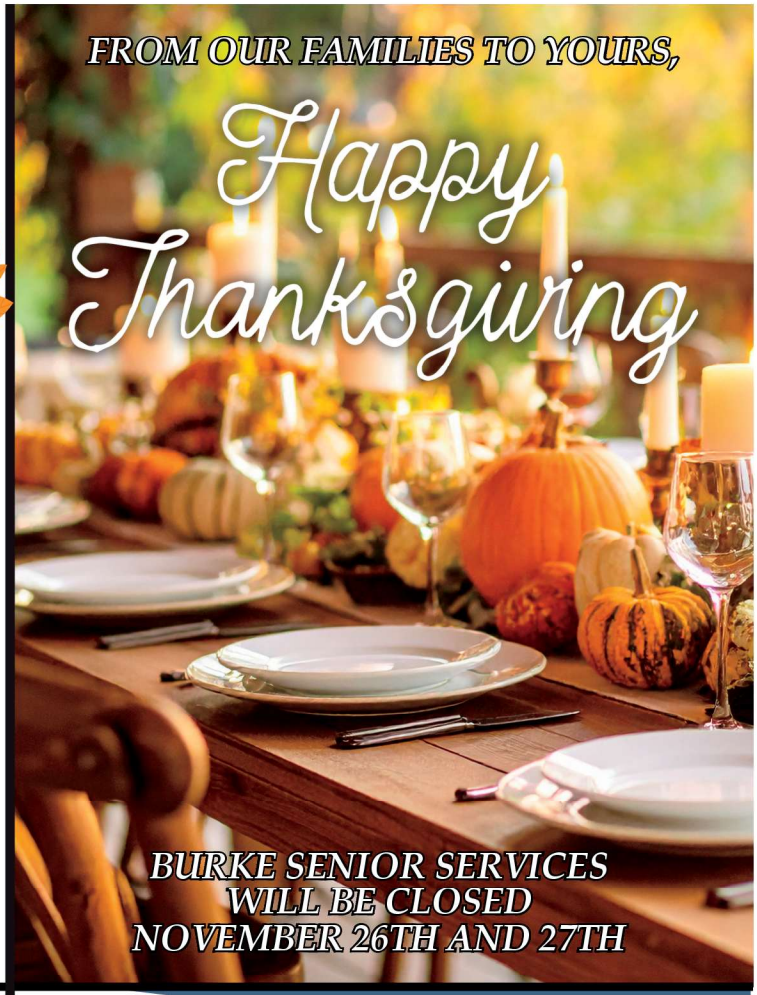
WITH PARTNERS

WEDNESDAY,
NOV. 25TH
AT 12 PM



BRING YOUR OWN LUNCH OR LIGHT REFRESHMENTS WILL BE AVAILABLE.

REGISTRATION REQUESTED



Kahoot!

MORNING COFFEE & SONG TRIVIA

MONDAY, NOV. 30TH
AT 10:30 AM



REGISTRATION IS REQUESTED.

THE CARING CLOSET

GENTLY USED MEDICAL EQUIPMENT

Our Senior Centers have received donations of various used home health equipment including wheelchairs, canes, walkers, shower chairs, and other commonly used pieces of meddical equipment.
Depends/Incontinent supplies are also available. These items are accessable to seiors free of charge. Equipment is provided "as available".

EAST BURKE SENIIOR CENTER

828.764.9300

Users are responsible for determining suitability and safe use.

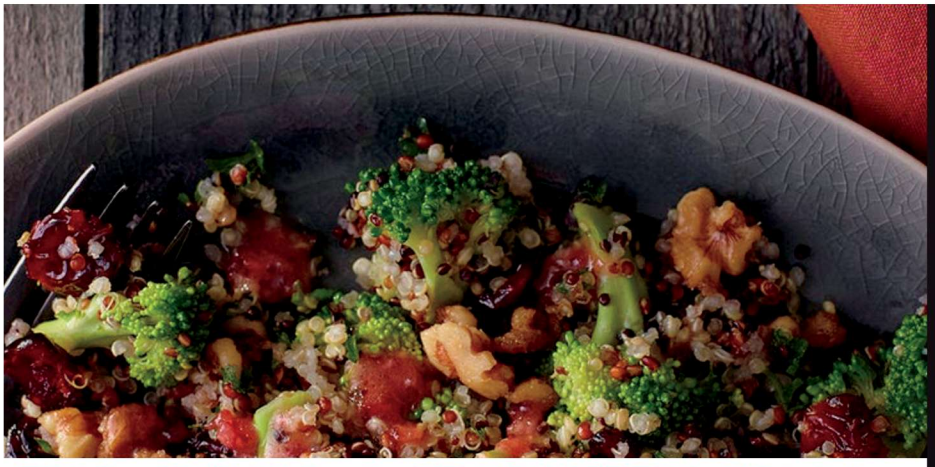


Thanksgiving Word Search

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

Word List:

APPLE
BASTE
CORNUCOPIA
DESSERT
FAMILY
GOBBLE
HAM
MAYFLOWER
PUMPKIN
POTATOES
PIE
CELEBRATE
CRANBERRY
DELICIOUS
FEAST
GRATEFUL
HARVEST
MEAL
PLYMOUTH
SQUASH
AUTUMN
THANKSGIVING
CARVE
DINNER
FOOTBALL
GRATITUDE
HOLIDAY
NOVEMBER
PILGRIM
WISHBONE
BAKE
COOK
COLONISTS
FALL
FRIENDS
GRAVY
LEFTOVERS
PEACAN
STUFFING
TURKEY



FALL QUINOA & CRANBERRY SALAD

Start a delicious new Thanksgiving tradition with this gluten free, nutrition-packed salad featuring broccoli, quinoa, cranberries, and walnuts.

Prep Time: 15 minutes
Cook Time: 20 minutes
Servings: 6

1 1/2 cups vegetable or chicken broth
1 cup uncooked tri-colored quinoa
1/3 cup Ocean Spray® Craisins® Dried Cranberries
1 cup fresh broccoli, cut into small pieces
2 tablespoons parsley, chopped

For the Candied Walnuts:
1 tablespoon butter
1 cup walnuts or pecans, chopped
2 tablespoons granulated sugar
2 tablespoons brown sugar
Pinch of salt

For the Dressing:
4 tablespoons extra virgin olive oil
4 tablespoons lime juice
1/4 cup Ocean Spray® Craisins® Dried Cranberries
1 large garlic clove
Salt and pepper to taste

In a medium saucepan, bring broth to a boil. Add quinoa and cover and lower heat to simmer. Cook for 10-12 minutes. Add Craisins® Dried Cranberries and cook for an additional 2 minutes. Remove from heat and fluff with a fork. Set aside to cool.

Line a baking tray with parchment paper and set aside.

In a medium saucepan, melt butter over medium heat. Add nuts, sugar, brown sugar and salt and sauté for 5-6 minutes. Pour nuts onto lined tray and separate pieces. Set aside to cool.

In a food processor, add olive oil, lime juice, Craisins® Dried Cranberries, garlic, salt and pepper. Blend until well incorporated.

Combine quinoa, broccoli florets, parsley and dressing and toss well. Top with candied nuts and serve immediately.
For more creative cranberry recipes visit:
https://www.oceanspray.com/Recipes

(Courtesy of OceanSpray ®)



Word Twist

Give Thanks

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.



itgudreat _____

iyfmla _____

srthvae _____

yrteuk _____

tsfea _____

nbreevom _____

sgnilseb _____

utnmau _____

mkpipnu _____

eebctreal _____

Gratitude Family Harvest
Turkey Feast November
Blessing Autumn Pumpkin
Celebrate



November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30A SIGN UPS BEGIN 10A CELEBRATION OF Dia de Los MUERTOS 2P "COCO" PG	3 2P LINE DANCING CLASS*$	4 10:30A BINGO WITH THE GREENS*	5 10A - 2P COCOA & CRAFTING*	6 11A DIGITAL COUPONING*
9 11A RESISTANCE BAND STRETCHES* 2P "THE BOOK THEIF" PG-13	10 10A POTTERY* 2P LINE DANCING CLASS*$	11 CLOSED IN OBSERVANCE OF VETERANS DAY HONORING ALL WHO SERVED	12 10:30A NUTCRACKER CRAFT* 11:30A UNC HEALTH PRESENTATION*	13 9A VETERANS SERVICES OFFICER AVAILABLE 10:30A COFFEE SOCIAL* 2P LCR DICE GAME*
16 11A DOUNTS & DETECTIVES* 2P "PLANES, TRAINS & AUTOMOBILES" R 3P PIZZA & TRIVIA*	17 10:30A SIGN LANGUAGE WITH MATT* 2P LINE DANCING CLASS*$	18 10:30A VIA H.P. BINGO* 2P GLOBAL COOKING WITH BAO*	19 10A CARDS WITH ELSIE* 11A BOOK CLUB* 2:30P BINGO WITH GRACE HEIGHTS*	20 9A JAVA FOR JOES* 10:30A RESIN COASTERS* 10:30A SENIORS BRUNCH OUT* 2P MEGA JEOPARDY*
23 11A RESISTANCE BAND STRETCHES* 2P "THE INDIAN IN THE CUBBARD" PG & DREAM CATCHER CRAFT*	24 11A COOKING WITH TERA* 2P LINE DANCING CLASS*$	25 8:30A BLOOD PRESSURE CHECKS 10A POTTERY* 12P LUNCH & LEARN WITH PARTNERS*	26 Closed to observe the Thanksgiving Holiday	27
30 10:30A COFFEE & KAHOOT TRIVIA* 2P "THE LAKE HOUSE" PG				

ICON KEY

*- REQUIRES PRE-REGISTRATION

$- FEE

V - VIRTUAL ONLY

+ - VIRTUAL & IN PERSON

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)

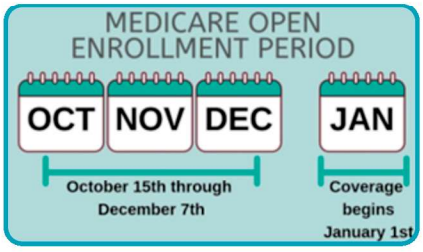


DID YOU KNOW!?
Insurance fraud costs consumers between 15-20 cents on every dollar spent on insurance premiums.

HELP US FIGHT FRAUD.
Report illegal andsuspicious insurance-related activities.

IS YOUR MEDICARE PLAN THE RIGHT FIT FOR YOU NEXT YEAR?

SHIIP CAN HELP YOU COMPARE PLANS AND SAVE MONEY DURING OPEN ENROLLMENT.



Although we are out of individual appointment for Medicare Open Enrollment counseling at our senior centers, you are still in luck.

Here are some options for you to still get assistance:

. One 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.

· Medicare also has a national hotline that you can call after October 15th: 1-800-633-4227.

· When making these calls, remember to have your Medicare card and your list of medications ready.

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.

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.

3rd Monday Monthly at 5:30 P.M.
Reservations are requested to attend by calling. (828)764-9390

TRANSPORTATION

Greenway Public Transportation provides general & Medicaid transports.
828-464-9444

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

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.

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

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, & 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.

DO YOU ENJOY HIGH SCHOOL SPORTS?





The **SENIOR TARHEEL ATHLETIC CARD** is a free discount card created for individuals age 60 and over to support high school athletes. The acceptance of the cards during the regular season is optional. However, they are required to be accepted at playoff contests. It is strongly recommended you call ahead to determine if it will be honored.

To obtain a free card visit the Burke Senior Center. Remember to bring proof of age and residency (NC Driver License or other valid ID).

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

BURKECOUNTY Senior Services

SENIOR CENTER OF Excellence
CERTIFIED BY NCDHHS Division of Aging

EAST BURKE SENIOR CENTER

101-A Main Avenue West - Hildebran, NC 28637
Telephone: (828)764-9300
Fax: (828)764-9305

HOURS OF OPERATION

Monday 8:00 am - 7:00 pm
Tuesday - Friday 8:00 am - 5:00 pm

EBSC CENTER STAFF

Assistant Director:
Rebecah Bova

Program Assistants:
Tera Bridges
Bao Yang

OUR MISSION:

The Mission of the East Burke Senior Center is to sustain and improve the quality of life, promote independence while preserving the dignity of and to enhance access to services and information for senior adults and mature adults with disabilities and their caregivers.

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