

EAST BURKE SENIOR CENTER

NEWSLETTER
SEPTEMBER 2017

PHONE #: 828-397-3397

POINTS OF INTERESTS

FOOD GIVEAWAY
SPANISH CLASSES
AEROBICS
MONTHLY TRIPS
ICE CREAM SOCIAL
CRAFT CLASSES
SENIOR DANCE
SENIORS NIGHT OUT
PAINTING CLASSES
COOKING CLASSES
JEWELRY MAKING
CERAMICS
COMPUTER CLASSES
FREE CONTINENTAL BREAKFAST
WEEKLY LUNCHES
CARD GAMES
BIRTHDAY BASH
BINGO
WORKOUT ROOM
CRAFT SALE
PENNY AUCTIONS
FREE BREAD
FREE VEGETABLES AND FRUIT ON TUESDAY AND THURSDAY 1 P.M. TO 2 P.M. AT THE METHODIST CHURCH.

WE WALK AT THE HILDEBRAN PARK, MONDAY - FRIDAY

We are funded through a variety of sources including County Funds, Federal Grants, State Grants, and private grants. Most of our services are offered to Seniors at no charge.

IF YOU HAVE ANY QUESTIONS, OR CONCERS, PLEASE

CALL US AT 397-3397, OR COME BY AND SEE GLADYS

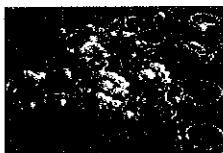
OUR ANNUAL SENIOR PROM WILL BE ON SEPT 15TH, AT 12 P.M. COME JOIN US. WE'LL PICK A KING AND QUEEN. BRING YOUR FAVORITE DISH TO SHARE.

ON THURSDAY, SEPT 7TH AT 1 P.M. WE WILL TEACH YOU HOW TO MAKE BEADED ANGELS. THIS CLASS IS FREE.

BREAD CLAY

ON SEPT 14TH, AT 1 P.M. LEARN HOW TO MAKE JEWELRY AND FLOWERS. THIS CLASS IS FREE.

THURSDAY, SEPT 21ST, AT 1 P.M. COME BY AND MAKE BEAUTIFUL RINGS. THIS IS A FREE CLASS



FREE BINGO

THE 2ND WED OF THE MONTH AT 10 A.M.



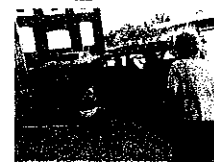
WE HAVE AN EXERCISE ROOM WITH ,EXERCISE EQUIPMENTS. COME JOIN US!!

FELLOWSHIP LUNCH

THERE'S A WEEKLY LUNCHEON ON TUESDAYS AT 12 P.M. BRING YOUR FAVORITE DISH TO SHARE.



OUR LAUGH CLUB IS EVERY DAY AT 11 A.M.



BIRTHDAY BASH

IF YOU HAVE A B-DAY, LET US KNOW AND WE WILL CELEBRATE IT ON THE LAST TUESDAY OF THE MONTH.

TIE-DYE CLASSES

TIE DYE CLASSES ARE HELD ON THE 3RD WED OF THE MONTH AT 1 P.M.



EXERCISE
HELD EVERYDAY AT 9 A.M.



ZUMBA GOLD ON MON-WED-FRI AT 3 P.M. TO 4 P.M.

DO YOU WANT TO MAKE YOURSELF OR LOVED ONE
A NECKLACE, RING, BRACELET OR ANY OTHER
CRAFT? THEN COME TO OUR CLASSES, THURS AND
FRI AT 1:00 P.M.



FREE ADULT COLORING

EVERYDAY. WE HAVE ALL THE SUPPLIES.

COME JOIN US!!!!

FREE BREAD

WE GET FREE BREAD, ONCE A WEEK FOR
OUR SENIORS. COME BY AND GET SOME.

WALKING CLUB

WILL MEET MONDAY-FRIDAY AT 2:30
P.M. WE WALK IN THE HILDEBRAN PARK



SENIORS NIGHT OUT ON THE 1ST THURS-
DAY OF THE MONTH AT 3:30 P.M.

FREE LINEDANCING ON THURSDAYS AT
10 A.M. TO 11 A.M.



WE PLAY POOL EVERYDAY.

FREE CONTINENTAL BREAKFAST
EVERYDAY UNTIL 10 A.M. WE NEED
DONATIONS OF FROZEN WAFFLES, AND
FROZEN PANCAKES.



WE PLAY HAND AND FOOT, ROOK, BRIDGE,
POKER, HEARTS, RUMIKUB, CRAZY EIGHTS,
AND MANY MORE GAMES. COME PLAY AND-
SOCIALIZE WITH US!!!!



ICE CREAM SOCIALS ON THE 4TH WED OF
THE MONTH AT 1 P.M.

CROCHET

ON THE 1ST FRIDAY OF THE MONTH, AT 12
P.M. BRING YARN AND CROCHET HOOK.

WE HAVE "VIT D THERAPY", ON MON-FRI
AT 2:00 P.M. TILL 2:15 P.M. COME BY AND
GET YOUR DOSE OF VIT D FOR YOUR BODY.

MOVIE AND POPCORN ON THE 1ST MONTH OF
THE MONTH AT 1 P.M.

FOOD GIVEAWAY

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IF YOU ARE 50 YRS OR OLDER, OR DISABLED, FROM BURKE COUNTY, AND MEET THE REQUIREMENTS THEN YOU CAN PICK UP FOOD AT THE SENIOR CENTER. WE WILL CALL YOU AND LET YOU KNOW WHEN TO COME BY. YOU MUST FILL OUT THE APPLICATION TO PICK UP FOOD.

CAREGIVERS SUPPORT GROUP: WILL BE HELD ON THE 1ST MONDAY OF THE MONTH AT 12 P.M. THIS IS FREE FOR SENIORS, AND CAREGIVERS.

WRITERS WORKSHOP: WILL BE HELD ON THE 2ND MONDAY OF THE MONTH AT 1 P.M. THIS IS FREE FOR SENIORS, AND CAREGIVERS.

SCRAPBOOKING CLASS: WILL BE HELD ON THE 3RD MONDAY OF THE MONTH AT 12 P.M. THIS IS FREE FOR SENIORS, AND CAREGIVERS.

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP: WILL BE HELD ON THE 4TH MONDAY OF THE MONTH AT 1 P.M. THIS IS FREE FOR SENIORS, AND CAREGIVERS.

CANCER SUPPORT GROUP: WILL BE HELD AFTER BINGO, ON THE 2ND WED OF THE MONTH AT 11 A.M. FREE FOR ALL.

COMPUTER CLASSES: ARE HELD ON THE 2ND AND 4TH THURSDAY, AND EVERY 1ST, AND 3RD FRIDAY OF THE MONTH AT 1 P.M.

**COME BY AND TAKE YOUR BLOOD PRESSURE ANYTIME.
THE EAST BURKE PHARMACY DONATED THIS MACHINE TO THE CENTER.**

**A CLASS ON T-SHIRT FRINGE WILL BE TAUGHT AFTER THE TIE DYE
CLASS. JUST BRING A T-SHIRT
ON THE 3RD WEDNESDAY OF THE MONTH AT 1:30 P.M.**

WE HAVE SEMINARS/PROGRAMS ON TUESDAYS AT 12:30 P.M.

**FOCUS GROUP: WILL MEET ON THE 2ND THURSDAY OF THE MONTH AT 11 A.M.
THIS GROUP WILL MEET AND TALK ABOUT ACTIVITIES, AND PROGRAMS THEY
WOULD LIKE TO HAVE AT THE CENTER, AND WHAT THEY WOULD LIKE TO
SEE IN THE NEW SENIOR CENTER.**

**FREE BEG LINEDANCE CLASSES: ON THURS, 10 A.M. TO 11 A.M.
GREAT EXERCISE!!!!!!**

**WALK/RUN FOR YOUR LIFE: THIS PROGRAM IS FOR SENIORS. KEEP TRACK OF
YOUR MILES (ON A HONOR SYSTEM). WE WILL KEEP A LOG AT THE SENIOR CENTER
WHERE YOU CAN LOG YOUR MILES IN. WHEN YOU REACH 100 MILES YOU WILL GET A
MUG, WHEN YOU REACH 500 MILES YOU WILL GET A T-SHIRT, WHEN YOU REACH
1000 MILES YOU WILL GET A PLAQUE. GOOD LUCK!!!!!!!**

COOKING CLASS

ON THE 4TH FRIDAY OF THE MONTH, AT 10 A.M.

LIMITED TO THE 1ST 25 SENIORS.

**WE COOK MANY DIFFERENT KINDS OF FOOD!! AMERICAN,
CUBAN, ITALIAN, CHINESE, ETC...**

BEG SPANISH CLASSES ARE ON MON AT 2 P.M.

PLEASE SIGN UP. THIS CLASS IS LIMITED.

THIS CLASS IS FREE FOR SENIORS, FAMILY AND CAREGIVERS.

ALL ACTIVITIES SUBJECT TO CHANGE WITH OR WITHOUT NOTICE.



September 2017

September 2017

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2017

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 28	29	30	31	Sep 1
Aug 4	5	6	7	8
Aug 11	12	13	14	15
Aug 18	19	20	21	22
Aug 25	26	27	28	29