

1984

COUNTY OF BURKE SENIOR CENTER

2018



THE SENIOR CENTER NEWSLETTER

VOLUME 10, ISSUE 9-10

MAY/JUNE 2018

Activities and Programs are open to Adults 55 and over

May is Older Americans Month

OLDER AMERICANS MONTH



Older Americans Month 2018: Engage at Every Age

ENGAGE AT EVERY AGE: MAY 2018

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging. For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. We encourage you to get involved by participating in activities and programs available here at the Burke Senior Center.

And, join ACL and AoA in celebrating by participating in the Selfie Challenge! They want to see how you're engaging. Simply take a selfie (or have someone take your photo) and tweet it with the hashtag #OAM18.

Information from <https://oam.acl.gov/>

Early Vote at the Senior Center

Not Registered? No Problem!

Registration is also Available at the Senior Center during Early Voting.

Early Voting: May 1st– May 5th 2018

Open Monday thru Friday During the Early Voting period 8am to 5pm. Saturday May 5th 8am-1pm.

Election Day: May 8th 2018 6:30am-7:30am

A One Stop Shop for Voting: Register, Early Voting, and Day Of Precinct Voting

Come and Make your Vote Count!

BURKE COUNTY SENIOR SERVICES

SENIOR CENTER

501N Green St.
Morganton, NC 28655

828-430-4147
FAX 828-430-4151

8:00A.M.-5:00P.M.

MONDAY-FRIDAY

Roxanne Powell
Director

Amanda Garrison
Site Manager

Tippy Doak
Office Assistant

Glenda Ballenger
Aide

Nutrition Services

Angie Ross

Veterans Services

Molly Eller
828-439-4376

The Mission of Burke County Senior Services is to advocate for and to improve the welfare of older adults in Burke County.

The Burke Senior Center is a Tobacco free facility and grounds.

Senior Center Services

- Provide Various Health Screenings and Health Promotion** programs geared towards the older adult free of charge or at reasonable cost.
- Tax Aide/ AARP** – Tax Assistance for the Elderly – Prepared by AARP volunteers and E-File Federal and State Tax Returns. Volunteers needed.
- SHIIP (Senior Health Insurance Information Program)** – Provide counseling services for older adults 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.
- Reverse Mortgage Counseling** – Provided to Seniors through the Western Piedmont Council of Governments Area Agency on Aging office. 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 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.
- Host the **Burke County Council on Aging**
- 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) – This is through a Partnership with Handicare, INC.
- Home Improvement** – Assist clients with home improvement through various agencies including Foothills Service Project and Carolina Cross Connection.
- Legal Services** – Available through Legal Aid of North Carolina. Host annual Will Clinics every July. All services are by appointment only. Notary available onsite to assist with Power of Attorney, Health Care POA and living wills.
- Support Groups** – PACT (Partnering Adult Caregivers Together) offered the second Tuesday each month at the Burke Senior Center. Vietnam Combat Support Group, WWII/Korean 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 you in completing the Medicaid application online or paper format, including Medicare Savings Program.
- 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 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.
- 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 banks available including BUCM, EBCM, The Outreach Center, and others.

Continuing Activities and Programs

The Morganton-Burke Senior Center offers group activities on a regular basis; these groups are primarily centered around an activity but do not necessarily have a teacher or leader. Unless noted, supplies for groups are not included.

- Lap Quilting** - Mondays 9am-11am Work on your own lap quilting projects and share ideas
- Wood Working** - Monday & Wednesday 9am-11am Interested in woodworking? Work in our wood shop!
- Aerobics Exercise Class** - Monday, Wednesday, & Friday 9-10am and Monday and Wednesday 5:30 to 6:30pm. Low-impact aerobics for men & Women \$1 per class in mornings and \$2 per class at night
- Chair Exercise** - Monday, Wednesday, & Friday 10:15am-10:45am Class includes stretching and light aerobic exercise
- Crochet/ Knitting** - Monday & Friday 12:30-2:30 Crochet or knit with the group, share patterns and ideas with one another
- Computer Coaching** - Monday and Wednesday 2pm-3pm Make an appointment for help with tablets, e-readers, phones, and computers.
- Woodcarvers** - Tuesday 9am-11am Join the group as they carve and fellowship together
- Ceramics** - Tuesday 9am-11am Paint and decorate a piece to take with you (small fee per project to cover supplies)
- Painting** - Tuesday 9am-11am This group works on individual projects and shares ideas
- Ballroom Dance** - Tuesday 10am-12 Noon Love to dance? Come Dance with us!
- Hand and Foot (Cards)** - Tuesday & Thursday 1-4pm Hand and Foot is a canasta style card game.
- Hand Pottery** - Monday 2:00pm workshop- This group meets to work on their own and does not have a teacher (\$1 per meeting for supplies)
- Basket Weaving** - Wednesday 9:30am-12noon Share patterns, ideas and techniques of basket making with the group
- Bridge** - Friday 10am-4pm Bring some friends and play Bridge.
- Choraleers (Senior Choir)** - Thursday 9:30am-11am Sing and Practice each week and perform throughout the community.
- Woman's Line Dance** - Thursday 1:30pm-2:30pm (\$1 Per Class) Workshop following class till 3:30pm Practice and have fun line dancing with the group. The workshop allows beginners to ask for help and learn the dances step by step.
- Line Dance Friends**— Monday 2:30-4:00pm Practice line dances with friends.
- Jewelry** - Friday 9:30-11:30am Make rings, necklaces, bracelets and much more, learn and share ideas with the group.
- Sit & Sew**— Tuesdays 8am-2pm Informal group of sewers with emphasis on quilting, hand or machine. Social sharing of ideas and techniques.
- Yoga**- Tuesday afternoons at 2pm Class is \$ 5 per person per class for teacher and will be taught by Rhonda Cook of Breathe Yoga and Wellness. Yoga meets at the Breathe studio located at 131 West Union St.
- Tai Chi**— Tuesday, Thursday, Saturday at 9:30am. Class is \$5 per person per class for teacher and will be taught by Taber Black Belt Academy. Tai Chi Class meets at Taber Black Belt Academy at 570 E. Fleming Drive.
- Game Mornings**— Thursday 9-12pm. Play board games and card games with friends. A variety of different games available.

Everyday Drop In Activities

Monday -Friday 8AM-5PM

Computer Lab/Internet- We have 4 computers for use, and wireless internet and printer (cost is five cents per page)

Library— If you enjoy reading, we have several bookshelves of books, where you can take a book or bring a book.

Pool Tables—Play billiards with friends or brush up on your skills

Ping Pong Table- Play Ping Pong with friends (equipment available from office staff)

Exercise Equipment— We have a room of exercise equipment, including treadmills, elliptical, and bikes

Horseshoe Pits- Play Horseshoe with friends (equipment available from office staff)

Corn Hole— Play corn hole with friends. (equipment available from office staff)

(Liability Waiver is Required for Exercise Equipment and Classes)

Burke Quilters Guild - 1st, 2nd and 4th Mondays - 10am-2pm The Guild meets here at the Senior Center, and Guild membership is required.

Blood Pressure Checks - 2nd & 4th Wednesday 8:30-10:30am A Volunteer RN will be on site to take your blood pressure reading for free.

Herb Growers - 3rd Thursday - 11am The Alder Springs Herb Growers meet here each month to have workshops and keep up the outdoor garden on site.

Table Rock AARP - 2nd Thursday - 9am-3pm Table Rock is the Deaf and Hard of Hearing chapter of the AARP. This is the meeting place for the chapter's monthly meetings. Bring covered dish and Admission Fee.

Saturday Night Dance - 1st Saturday- 7pm-9:30pm There will be a break for food; please bring a finger food to share with the group.

Brain Games- 2nd Tuesday -11am. Join us monthly for group games of riddles and puzzles and exercise your brain.

Coffee, Cookies and Coloring Social- 1st Wednesday at 1pm. Join us for a social hour of coloring and cookies with good friends. (All supplies provided)

Quilting Prep- 1st and 4th Tuesday- 1pm-3pm. This is an informal group that meets to work on individual projects.

Veterans Coffee Social: Come enjoy free coffee and socialize together the first Thursday of each month from 8:30-10:30am

WWII/ Korean Veterans Group Meeting- This group meets monthly on the third Wednesday at 10am.

VArt (Veterans Artistically realizing talent)- the third Monday at 2:30 pm. Veterans are invited to come and express themselves by guided acrylic painting on canvas.

New! Night Out Dinner: Join us for dinner with friends. Each month we will pick a restaurant to dine at. Cost of meal and transportation is each person's responsibility. Please RSVP to senior center so the restaurant can prepare for the number attending in our group.
 May 8th at 5:30pm. Friday Friends
 June 12th at 5:30pm. Abele's

Guided Crochet
 First Friday of the month
May 4th- Fingerless Gloves
June 1st- Pattern reading
12:30- 2:30pm.
 A different crochet project or technique will be demonstrated and patterns will be given out each month.

Lunch, Learn & Bingo
 11:30am Bring your favorite side dish or dessert. **Remember to bring your small gift for our Bingo game.**
May 25th Meal: Sandwiches
 Program: Senior Tar heel Legislature
June 22nd Meal: Chicken Casserole
 Program: Life Shares of the Carolinas

PACT: 5:30-7:00pm
 (Partnering Adult Caregivers Together)
May 15th: Dinner: Breakfast
June 19th Dinner: Salad and Baked Potato Bar
 This is a free support group for caregivers to meet with others to share experiences, learn new skills, and get answers to questions. Group is open, friendly and informal. There will be a meal with the meeting.

Council on Aging
 This council serves in an advisory capacity to the Burke County Board of Commissioners on matters concerning the aging population and the need for programs to enhance the quality of life in older citizens residing in the county.
May 23rd at 2pm
 (Meet at East Burke Senior Center)
June 27th at 2pm
 (Meet at Blue Ridge Community Action)

Book Club:10am
 May 8th: "The Kitchen House" by Kathleen Grissom
 June 12th: " The Readers of Broken Wheel Recommended" by Katarina Bivald
Creative Writing Group:1pm
 Writing prompts:
 May 15th: Bad Habits
 June 19th: Diversity

Medicare 101:
May 15th, 1:00pm
June 19th, 1:00pm
 This program will review what Medicare is, what it covers, and the parts you may need. This seminar is useful to anyone about to turn 65 or start Medicare. RSVP

Creative Crafting
 2nd and 4th Wednesdays at 1pm.
May 9th: Fairy Lanterns
May 23rd: Quilling
June 13th: Marbled Coasters
June 27th: Quilling
 Join us for a fun and creative crafting experience. A wide variety of crafts will be created over the year.
Limited Seating Must RSVP

Burke Senior Center— May 2018

501 North Green St. Morganton, NC 28655

Everyday Activities

Monday: 1:30-3:30 Women's Line

9:00-10:00 Aerobics
 9:00-11:00 Lap Quilting
 9:00-11:00 Woodworking
 10:15-10:45 Chair Exercise
 12:00-1:00 Motivational
 MMA (Boxing)*
 12:30-2:30 Crochet /
 Knitting
 2:00-3:00 Computer
Coaching
 2:00-3:00 Hand Pottery 2:30
 -4:00 Line Dance
 Friends
 5:30-6:30 Aerobics

Saturday: 9:30 Tai-Chi *

Notes:

Classes with fees:

Aerobics \$1 (day)
 \$2 (night)
 Line Dance \$1
 Hand pottery \$1
 Yoga \$5
 Tai-Chi \$5

Senior Center Without Walls: Classes marked with an * meet at the following locations:

~Motivational MMA meets at Bone Breaker Gym located at 728 East Union St.
~Yoga meets at the Breathe studio located at 131 West Union St.
~Tai Chi Class meets at Taber Black Belt Academy at 570 E. Fleming Drive.

Monday:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>RSVP: Activities that are underlined require pre-registration by calling 828-430-4147.</p> <p><u>8:30-11:30 Stained Glass Flower Workshop</u></p>	<p>1</p> <p>1-3 Quilting Prep</p>	<p>2</p> <p><u>1:00 Coffee, Cookies, and Coloring</u> <u>2:00 Eat Smart, Move More, Take Control</u></p>	<p>3</p> <p>8:30-10:30 Veterans Coffee Social</p>	<p>4</p> <p>12:30 Guided Crochet May 5th 7:00 Saturday Night Dance</p>
<p>8</p> <p>Election Day 10:00 Book Club 11:00 Brain Games 5:30 Night Out <u>Dinner-Friday Friends</u></p>	<p>9</p> <p>8:30 Blood Pressure <u>1:00 Creative Crafting</u> <u>2:00 Eat Smart, Move More, Take Control</u></p>	<p>10</p> <p>9:00 Table Rock AARP</p>	<p>11</p> <p><u>11:00 Mother's Day Tea</u></p>	
<p>14</p> <p><u>8:30-11:30 Stained Glass Flower Workshop</u> 10-2 Burke Quilters 2:00 Seniors In Action <u>5:00 Advance Care Planning</u></p>	<p>15</p> <p><u>1:00 Medicare 101</u> 1-3 Creative Writing Group <u>5:30-7:00 PACT (Caregivers Support Group)</u></p>	<p>16</p> <p>10:00 WWII Veterans <u>1:30-3:30 Antidepressant Medications</u> <u>2:00 Eat Smart, Move More, Take Control</u></p>	<p>17</p> <p>11:00 Herb Growers</p>	<p>18</p>
<p>21</p> <p>8:30-11:30 <u>Stained Glass Flower Workshop</u> 10-2 Burke Quilters 2:30 VArt</p>	<p>22</p> <p>1-3 Quilting Prep</p>	<p>23</p> <p>8:30 Blood Pressure <u>10:00 Hands On Canning</u> <u>1:00 Creative Crafting</u> <u>2:00 Council on Aging</u></p>	<p>24</p>	<p>25</p> <p><u>11:30 Lunch, Learn and Bingo</u></p>
<p>28</p> <p>Senior Center Closed Memorial Day</p>	<p>29</p>	<p>30</p> <p><u>1:00 Hands On Canning</u></p>	<p>31</p>	

Burke Senior Center— June 2018

501 North Green St. Morganton, NC 28655

Everyday Activities

Monday: 1:30-3:30 Women's Line Dance
9:30 Tai-Chi *

Friday: 9:00-10:00 Aerobics
9:30-11:30 Jewelry
10:00-4:00 Bridge
10:15-10:45 Chair Exercise
12:30-2:30 Crochet / Knitting

Saturday: 9:30 Tai-Chi *

Notes:

Classes with fees:

9:00-10:00 Aerobics
9:30-11:30 Jewelry
10:00-4:00 Bridge
10:15-10:45 Chair Exercise
12:30-2:30 Crochet / Knitting

Tuesday: 8:00-2:00 Sit & Sew
9:00-11:00 Woodcarvers
9:00-11:00 Painting
9:00-11:00 Ceramics
10:00-12:00 Ballroom
12:00-1:00 Motivational
MMA (Boxing)*
1:00-4:00 Hand & Foot (cards)
2:00-3:00 Yoga*
9:30 Tai-Chi *

Wednesday: 9:00-10:00 Aerobics
9:00-11:00 Woodworking
9:30-12:00 Basket Weaving
10:15-10:45 Chair Exercise
2:00-3:00 Computer Coaching
5:30-6:30 Aerobics

Thursday: 9:00-12:00 Game Mornings
9:30 Choraleers
1:00-4:00 Hand & Foot (cards)

Senior Center Without Walls: Classes marked with an * meet at the following locations:

~**Motivational MMA** meets at Bone Breaker Gym located at 728 East Union St.
~**Yoga** meets at the Breathe studio located at 131 West Union St.
~**Tai Chi** Class meets at Taber Black Belt Academy at 570 E. Fleming Drive.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>RSVP: Activities that are underlined require pre-registration by calling 828-430-4147.</p> <p>4 10-2 Burke Quilters</p>	<p>5 1-3 Quilting Prep</p>	<p>6 <u>1:00 Coffee, Cookies, and Coloring</u></p>	<p>7 8:30-10:30 Veterans Coffee Social</p>	<p>1 12:30 Guided Crochet June 2nd 7:00 Saturday Night Dance</p>
<p>11 <u>8:30-11:30 Stained Glass Flower Workshop</u> 10-2 Burke Quilters 12:00 Seniors In Action</p>	<p>12 10:00 Book Club 11:00 Brain Games <u>5:30 Night Out Dinner—Abele's</u></p>	<p>13 8:30 Blood Pressure <u>1:00 Creative Crafting</u></p>	<p>14 9:00 Table Rock AARP <u>10:00 Advance Care Planning</u></p>	<p>15 <u>9:00 Father's Day Breakfast</u></p>
<p>18 <u>8:30-11:30 Stained Glass Flower Workshop</u> 2:30 VArt</p>	<p>19 <u>1:00 Medicare 101</u> 1-3 Creative Writing Group <u>5:30-7:00 PACT (Caregivers Support Group)</u></p>	<p>20 10:00 WWII Veterans <u>1:30-3:30 Techniques for Effective Communication</u></p>	<p>21 11:00 Herb Growers</p>	<p>22 <u>11:30 Lunch, Learn and Bingo</u></p>
<p>25 <u>8:30-11:30 Stained Glass Flower Workshop</u> 10-2 Burke Quilters</p>	<p>26 1-3 Quilting Prep</p>	<p>27 8:30 Blood Pressure <u>1:00 Creative Crafting</u> <u>2:00 Council on Aging</u></p>	<p>28</p>	<p>29</p>

May and June Events

MMA @ Bone Breaker Gym- Time Change- Mondays and Wednesdays 12noon- 1pm. This class includes core strengthening and balance exercises. It is an energy packed fun way to exercise and socialize. Class meets at Gym located at 728 East Union St.

Hands on Canning– Wednesday May 23rd at 10am and May 30th at 1pm. Join us for a free hands on canning experience with the basics of water bath canning. We will be making Pickles one class and a low sugar jam in the other. Class offered by the Burke County Cooperative Extension office. Limited Space– Must RSVP

The Gift– Advance Care Planning: May 14th at 5pm. Burke Hospice and Palliative Care will present a program about advance directives and making your final wishes known. A booklet will be given to each attendee that will provide information on how to talk to your loved ones about making those tough final decisions. Living wills and Health Care Power of Attorney will be discussed. This program is open to all ages, caregivers, public and professionals. Please Call to RSVP.

Mother’s Day Brunch Tea- Friday May 11th at 11:00am. Dress up in your best Tea Party attire and join us for a special Mother’s Day celebration at the Burke Senior Center. A Variety of teas and snacks will be served. Limited Seating Available RSVP.

Stained Glass Flowers Workshop (beginners)- 3 Day Workshop. Monday May 7th, May 14th, and May 21st 8:30am-11:30am. Workshop fee is \$12. Class will make flowers from glass. Call 828-430-4147 to RSVP by 5/1/18.

The Gift– Advance Care Planning: June 14th at 10am. Burke Hospice and Palliative Care will present a program about advance directives and making your final wishes known. A booklet will be given to each attendee that will provide information on how to talk to your loved ones about making those tough final decisions. Living wills and Health Care Power of Attorney will be discussed. This program is open to all ages, caregivers, public and professionals. Please Call to RSVP.

Father’s Day Breakfast- Friday June 15th at 9:00am. Attention all men! Join us for a breakfast to honor all fathers for Father’s Day followed by a morning of pool, horseshoes and corn hole. Please Call to RSVP.

Stained Glass Flowers Workshop 2 - 3 Day Workshop. Mondays June 11th, June 18th, and June 25th. 8:30am-11:30am. This is an advanced class. Workshop fee is \$25. Class will make flowers from glass. Call 828-430-4147 to RSVP.

July Events Preview

Watermelon Festival– July 13th at 2pm. Join us for some Watermelon Fun! We will be having a Watermelon Eating contest, a Seed Spitting contest, a T-shirt Toss Contest, and eating ripe cold watermelon. You can compete in the contests or you can watch the fun and just eat watermelon.

Expert Speaker Series on Lung Health– Lunch and Learn– Wednesday July 11th at 12noon. Carolinas HealthCare Systems Blue Ridge will be hosting an Expert Speaker Series Event in collaboration with the Lung Cancer Initiative of NC. This lunch and learn will focus on current advancements in lung cancer diagnosis with an emphasize on lung cancer screening. Dr. Davidson is a pulmonologist at Blue Ridge Pulmonary who will discuss new strategies in diagnosing lung cancer which will highlight the endobronchial ultrasound for diagnosing and staging lung cancer. Ashley White, RN serves as the lung patient navigator for the Blue Ridge system and will discuss the prevalence of lung cancer in this area and the guidelines for lung cancer screening with a low dose CT scan. RSVP by July 5th for lunch.



General Transportation Services- Want a free ride to our Senior Center? For a limited time, Greenway Public Transportation has a grant that can provide you free transportation to our senior center and other locations in Burke County. For more information, call Greenway Public Transportation at 828-464-9444 and mention the “HCCBG funds”.

Senior Center Carpooling- Do you know seniors in your neighborhood who can’t drive and need a ride to the senior center? Maybe we do! Carpooling is a wonderful way to help others experience the great things going on at our senior center. We will connect you with a friend in need of a ride and you simply pick them up on your way here.



Share a ride and share the fun! Please talk with a staff member if you would like to volunteer to help, or if you need a ride. See staff for more information



Open Mic/ Talent Group- Richard Harwood is interested in starting an open mic/ talent share group where folks can come and share music/literature/ etc with each other. He is experienced keyboard, guitar, and songwriter. Are there any folks interested in meeting with him to explore this idea?



Help Needed- Senior Center Advisory Committee has 2 vacancies. This Council meets

Training Opportunity

Open to the Public and Professionals

The Burke Senior Center in partnership with Vaya Health Geriatric and Adult Mental Health Specialty Team is offering FREE training opportunities with contact hours provided through N.C. DHR. A new topic will be discussed each month on the 3rd Wednesday from 1:30pm-3:30pm. To register please email dates to Jeffrey.dula@vayahealth.com

Topics:

May 16th– Antidepressant Medications

June 20th– Techniques for Effective Communication

SENIORS IN ACTION CORNER

The Seniors in Action is a non-profit organization whose mission is to provide financial and volunteer support to the Burke Senior Center to: Improve and expand existing programs and develop new programs to provide services to all Burke County seniors who are 55 and older.

- Annual Meeting- Monday May 14th at 2:00pm. All members encouraged to attend!
- Regular Board meetings are the second Monday each month at 12pm.
- **Senior Trips**– The Board also approved the trip destinations for 2019. In the spring of next year, Janet Hunt and JoAnn Jennings will be taking you to Savannah/Charleston; and in the fall of 2019, you’ll be boarding a bus for New York City and all that it has to offer. Once the details are finalized, the Trip Committee will announce the dates and itineraries.
- Tour Guides Needed- If you’re interested, please call Janet Hunt at 828-433-6734 or JoAnn Jennings at 828-438-8210 today!
- Any questions? Call President Linda McGalliard at 305-613-2226.

SENIOR CENTER BUZZ-CORNER

- Send us your e-mail address to amanda.garrison@burkenc.org so that we can email you the Newsletter.
- Please call and say “Thank You” to the businesses who sponsor our calendar in the Morganton News Herald.