



# THE SENIOR CENTER NEWSLETTER

VOLUME 10, ISSUE 3-4

SEPTEMBER/OCTOBER 2017

Activities and Programs are open to Adults 55 and over

## Medicare Open Enrollment

**Oct. 15, 2017 – Dec. 7, 2017**

The Medicare Prescription Drug coverage annual election period provides current Medicare beneficiaries with one opportunity each year (between Oct. 15 and Dec. 7) to select a new prescription drug plan for the new year. Our counselors can help you find the best plan to fit your needs by using the Medicare website to compare the plans.

**For assistance, come by the senior center Monday- Friday, 8:00 a.m. – 5:00 p.m. to complete the purple appointment form and we will give you an appointment time.**

**Forms are available Sept. 1, 2017! Fill out your form now, our appointments go fast.**

Bring your Medicare card and List of Prescription Medications to complete onsite.

## Are you a retired state employee?

There are many changes to the State Health Plan next year. The annual election period for the State Health Plan is October 1st-31st, 2017. We are having three meetings to go over the changes for next year. Please RSVP to the meeting, there is limited space in each session.

**September 29th at 1pm**

**October 4th at 4:30pm**

**October 6th at 8:30am**

Burke County has a new contract for vending services. We have a new drink and snack machines located at the upstairs door area.

### 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.*

**Brain Games**

September 12th and October 10th at 11am.

Join us monthly for fun group game of riddles and puzzles and exercise your brain.

**PUZZLE :** The day before yesterday, Chris was 7 years old. Next year, she'll turn 10. How is this possible?

Solution will be given on September 12th at Brain Games

**Training Opportunity**

Open to the Public and Professionals

Vaya Health Geriatric and Adult Mental Health Specialty Team is offering FREE training. A new topic will be discussed each month on the 3rd Wednesday from 1:30pm-3:30pm. Anyone interested in learning about these topics are encouraged to attend.

**September 20th:** Mood Stabilizing Medications

**October 18th:** Crisis Prevention

**Fingernail Painting**

Tuesday September 12th and October 10th at 9am-10am

Join us to have your fingernails painted. We will have a variety of colors but you are also welcome to bring your favorite color with you.

**Guided Crochet**

First Friday of the month

**September 1st-** Apple or Pumpkin Pouch

**October 6th-** Ghost magnet or piece of pie light

**12:30- 2:30pm.**

A different crochet project or technique will be demonstrated and patterns will be given out each month.

**Book Club:**10am

September 12th- "Iris and Lily" by Angela and Julie Scipioni

October 17th- "The Rosie Project" by Graeme Simsion

**Creative Writing Group:**1pm

Writing prompts:

September 19th- Historical event

October 17th- Veterans

**Lunch, Learn & Bingo**

11:30am Bring your favorite side dish or dessert. **Remember to bring your small gift for our Bingo game.**

**September-22nd**

Meal: Chicken Legs

Program: Project Care

**October- No Bingo-**

Join us for the Health Fair

**PACT: 5:30-7:00pm**

(Partnering Adult Caregivers Together)

**September 19th**

Dinner: Chicken/ baked Potatoes

**October 17th** Dinner: Breakfast Casserole

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. RSVP

**Creative Crafting**

2nd and 4th Weds at 1pm.

**September 13th**

Candy Dish Craft

**September 27th**

Book Pumpkin

**October 11th**

String Art

**October 25th**

Quilling

Join us for a fun and creative crafting experience. A wide variety of crafts will be created over the year. **RSVP**

**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)- September 18th and October 16th at 2:30 pm. Veterans are invited to come and express themselves by guided acrylic painting on canvas.

**Medicare 101:**

**September 19th, 1:00pm**  
**No Medicare 101 in October**

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

**Coffee, Cookies and**

**Coloring Social-** Wednesday

September 6th and October 4th at 1pm Join us for a social hour of coloring and cookies with good friends. (All supplies provided)

**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.

**September 27th at 2pm**


**October 25th at 10am ( at Senior Center Hildebran)**

# Morganton-Burke Senior Center– September 2017

## 501 North Green St. Morganton, NC 28655

### Everyday Activities

**Monday:** 9:30 Tai-Chi \*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>RSVP:</b> Activities that are underlined require pre-registration by calling 828-430-4147</p> <p>For more information on any of the classes and programs listed in this calendar, please contact the Senior Center .</p>				<p>1</p> <p><u>12:30 Guided Crochet</u></p> <p><u>1:30 Diabetes Education Program</u></p> <p><u>7:00 Sat. Night Dance Sept. 2nd</u></p>
<p>4</p> <p>Closed for Labor Day</p> 	<p>5</p> <p>9:00 Fingernail Painting</p> <p>10:00 Book Club</p> <p>11:00 Brain Games</p>	<p>6</p> <p><u>9:30 Advance Care Planning</u></p> <p><u>1:00 Coffee, Cookies, and Coloring</u></p>	<p>7</p> <p><u>8:30-10:30 Veterans Coffee Social</u></p>	<p>8</p> <p><u>1:30 Diabetes Education Program</u></p>
<p>11</p> <p>10-2 Burke Quilters</p> <p>12:00 Seniors In Action</p>	<p>12</p> <p>9:00 Fingernail Painting</p> <p>10:00 Book Club</p> <p>11:00 Brain Games</p>	<p>13</p> <p><u>8:30 Blood Pressure</u></p> <p><u>10:00 Estate Planning</u></p> <p><u>1:00 Creative Crafting</u></p>	<p>14</p> <p><u>9:00 Table Rock AARP</u></p>	<p>15</p> <p><u>1:00 Clue Mystery Bingo</u></p> <p><u>1:30 Diabetes Education Program</u></p>
<p>18</p> <p>2:30 VArt</p>	<p>19</p> <p><u>1:00 Medicare 101</u></p> <p>1-3 Creative Writing Group</p> <p><u>2:30 Matter of Balance</u></p> <p><u>5:30-7:00 PACT (Caregivers Support Group)</u></p>	<p>20</p> <p><u>10:00 WWII Veterans</u></p> <p><u>1:30 Mood Stabilizing Meds Training</u></p>	<p>21</p> <p><u>9:00 The Basics: Memory loss, Dementia and Alzheimer's Disease</u></p> <p>11:00 Herb Growers</p> <p><u>2:30 Matter of Balance</u></p>	<p>22</p> <p><u>11:30 Lunch, Learn, and Bingo</u></p> <p><u>1:30 Diabetes Education Program</u></p> <p><u>7pm Western Theme Dance with Band</u></p>
<p>25</p> <p>10-2 Burke Quilters</p>	<p>26</p> <p><u>2:30 Matter of Balance</u></p>	<p>27</p> <p><u>8:30 Blood Pressure</u></p> <p><u>1:00 Creative Crafting</u></p> <p>2:00 Council on Aging</p>	<p>28</p> <p><u>2:30 Matter of Balance</u></p>	<p>29</p> <p><u>1:00 State Health Plan Group Meeting</u></p>

**Friday:** 9:00-10:00 Aerobics

9:00- 11:00 Lap Quilting

9:30-11:30 Jewelry

10:00-4:00 Bridge

10:15-10:45 Chair Exercise

11:00-12:00 Motivational MMA \*

MMA \*

12:30-2:30 Crochet /Knitting

**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.

~**Walking Club** meets in the

parking lot near Friday

Friends restaurant.

9:00-10:00 Aerobics

9:00- 11:00 Lap Quilting

9:30-11:00 Woodworking

10:15-10:45 Chair Exercise

12:30-2:30 Crochet /Knitting

1:30-2:30 Motivational MMA \*

2:00-3:00 Computer Coaching

2:00-3:30 Hand Pottery

5:30-6:30 Aerobics

**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

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

1:30-2:30 Motivational MMA \*

5:30-6:30 Aerobics

**Thursday:**

8:30 Walking Club\*

9:30 Choraleers

1:00-4:00 Hand & Foot (cards)

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

**Morganton-Burke Senior Center – October 2017**  
**501 North Green St. Morganton, NC 28655**  
**828-430-4147**

**Everyday Activities**

**Monday:** 1:30-3:30 Women's Line Dance  
 9:00-10:00 Aerobics 9:30 Tai-Chi \*

9:00-10:00 Aerobics

9:00- 11:00 Lap Quilting

9:00- 11:00 Woodworking

10:15-10:45 Chair Exercise

12:30-2:30 Crochet /Knitting

1:30-2:30 Motivational MMA \*

2:00-3:00 Computer Coaching

2:00-3:30 Hand Pottery

5:30-6:30 Aerobics

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9:30 Tai-Chi \*

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~**Walking Club** meets in the parking lot near Friday Friends restaurant.

9:00-10:00 Aerobics

9:00- 11:00 Lap Quilting

9:00- 11:00 Woodworking

10:15-10:45 Chair Exercise

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1:30-2:30 Motivational MMA \*

2:00-3:00 Computer Coaching

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Monday	Tuesday	Wednesday	Thursday	Friday
2 10-2 Burke Quilters 10:30 NARFE 12:00 Seniors In Action	3 2:30 <u>Matter of Balance</u>	4 1:00 Coffee, Cookies, and Coloring 4:30 State Health Plan Group Meeting 2	5 8:30-10:30 Veterans Coffee Social 2:30 <u>Matter of Balance</u>	6 8:30 State Health Plan Group Meeting 3 12:30 Guided Crochet 7:00 Sat. Night Dance October 7th
9 10-2 Burke Quilters 10:30 NARFE 12:00 Seniors In Action	10 9:00 Fingernail Painting 10:00 Book Club 11:00 Brain Games 2:30 <u>Matter of Balance</u>	11 8:30 Blood Pressure 1:00 Creative Crafting	12 9:00 Table Rock AARP 9:00 Dementia Conversations 2:30 <u>Matter of Balance</u>	13
16 2:30 VArt	17 1-3 Creative Writing Group 5:30-7:00 PACT (Caregivers Support Group)	18 10:00 WWII Veterans 1:30 Crisis Prevention	19 11:00 Herb Growers	20
23 10-2 Burke Quilters	24 1-3 Creative Writing Group 5:30-7:00 PACT (Caregivers Support Group)	25 8:30 Blood Pressure 10:00 Council on Aging (at Senior Center Hildebran) 1:00 Creative Crafting	26 No Line dance class today	27 8am-10am Health Fair No Aerobics or Chair Exercise class today
30	31	<b>RSVP:</b> Activities that are under lined require pre-registration by calling 828-430-4147		

## **Special Events and Programs:**



**Advance Care Planning-** September 6th at 9:30am- Living Will and Health Care Power of Attorney. "Don't travel without a map" This program will discuss how to make your Health Care wishes known and talk about Living Wills, Healthcare Powers of Attorney, and more. RSVP

**Brain Games:** September 12th and October 10th at 11am. Join us monthly for fun group game of riddles and puzzles and exercise your brain.



**Estate Planning:** September 13th at 10am. Simple? Easy to understand? These aren't words that are normally associates with wills and estate plans! Certified Estate Planner, David Hudson will explain the "need to know" basics of estate planning, and the three big mistakes that are most commonly found when plans are made.

**Clue Mystery Bingo-** September 15th at 1pm There has been a Murder! Help us solve the crime by playing bingo to win clues of the mystery for your team. This will be a mix of bingo and the classic game "Clue".

**(must register, limited seating)**



**Matter of Balance-** September 19th- October 12th 2:30-4:30 A Matter of Balance is an 8 week long workshop that meets once a week for an hour and a half. It is a falls prevention workshop that incorporates exercises that addresses strength, balance and flexibility exercises. Space is Limited Sign Up Today!

**The Basics: Memory Loss, Dementia, and Alzheimer's Disease-** September 21st at 9am. An education program by the Alzheimer's Association. Alzheimer's is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information of detection, causes, and risk factors, stages of the disease, treatment, and much more. RSVP

**Western Theme Dance-** Friday September 22nd 7pm-9:30pm. Join us as we enjoy music and dance the night away with a live band. The Buck Austin Band will be playing and refreshments will be provided. A variety of music will be played. Even if you don't dance, you are welcome to come and listen to this music of this local band.

**NARFE-** October 9th 10:30am The National Active and Retired Federal Employees Association is a 501(c)(3) nonprofit membership organization dedicated to protecting and enhancing the earned pay, retirement and health care benefits of federal employees, retirees and their survivors. Lunch will follow at Maria's at 11:30am.

**Dementia Conversations-** October 12th at 9am. Presented by the Alzheimer's Association this workshop will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans. RSVP

**Health Fair and Scavenger Hunt:** Friday October 27th 8:00-10:00am. Tons of information all in one place. Cholesterol Screenings provided by CMC Morganton (do not eat or drink after midnight). Come join us for a fun scavenger hunt to learn about resources and services available from local agencies. Complete the scavenger hunt to be entered for a chance to win one of numerous door prizes.

## Save the Dates for Future Programs

**AARP Smart Driver Course:** November 3rd 8:15am. The course is intended to help drivers live more independently as they age and remain safe on today's roads. Since the program's inception in 1979, more than 14 million participants have completed the course. More than 6,000 AARP-trained volunteers conduct our classroom course each year. The NC AARP Smart Driver classroom course lasts four hours. Register By October 27th.

Participant Classroom Course Cost : \$15 for AARP members and \$20 for non-members

**Veterans Day Program**– November 11th at 11am. Foothills Higher Education Center

**Know the 10 Signs– Alzheimer's**–November 9th 9am.

**Thanksgiving Pot Luck**– November 16th 11:30am.

**Fall Craft Show**– Friday November 17th 9am-4pm and Saturday November 18th 9am-12noon

You can register to sell at this event now. Please come by to complete the registration form.

## **Everyday Drop In Activities**

**Monday -Friday 8AM-5PM**

**Computer Lab/Internet**- We have 4 computers for use, and wireless internet. **Library**– If you enjoy reading, we have 2 bookcases of books, where you can take a book or bring a book. **Pool Tables**—Play pool with friends or brush up on your skills, **Ping Pong Table**- Play Ping Pong with friends (equipment available from office staff) **Horseshoe Pits**- Play Horseshoe with friends (equipment available from office staff) **Corn Hole**– Play corn hole with friends. **Exercise Equipment**— We have a room of exercise equipment including ellipticals, bikes and a treadmills.

## **Senior Center Services**

**S.H.I.I.P. (Seniors Health Insurance Information Program) Volunteers, Legal Assistance -Legal Aid of North Carolina Morganton Office, Notary Service , Senior Tar Heel , Senior Nutrition Program, Information and Assistance for Older Adults, Reverse Mortgage Counseling –Area Agency on Aging, TAB (Telephone Assurance for Burke)**

## **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.

- Board Meeting- 2nd Monday each month at 12pm -Membership is \$3/year per person and \$5/ year per couple.
- The first one-day trolley tour is scheduled for October 18<sup>th</sup>, 2017. Featuring our spectacular North Carolina Fall Foliage, lunch at Famous Louise's Rock House Restaurant, and incredible views of the Linville Gorge. Limited seating available but may have 2nd date. There is no cost for the tour that departs the Senior Center at 11:30 a.m and returns at 5:30 p.m. Your only expense will be your lunch at Louise's. Contact Dawn Roper– 828-403-0330

## **SENIOR CENTER BUZZ-CORNER**

- Send us your e-mail address to [amanda.garrison@burkenc.org](mailto: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.