

1984

COUNTY OF BURKE SENIOR CENTER

2018



THE SENIOR CENTER NEWSLETTER

VOLUME 11, ISSUE 1-2

JULY/AUGUST 2018

Activities and Programs are open to Adults 55 and over

Dear Friends,

Hot ays have arrived, and sudden summer storms can pop up at a moments notice, but they don't always make the temperature cooler. Did you know that when the temperature outside is 90, the inside temperature of your car can rise to 109 in a matter of just 10 minutes? If your car sits for 30 minutes the inside temperature can rise to 124. Heat poses risk for heat related illnesses to adults, children and pets. This summer when you are out running errands in the heat be aware of the potential rise in car temperatures before leaving children, adults or pets in the car. It can only take a few minutes to cause a heat related illness in a car.

Below are some helpful tips to avoid heat related illnesses this summer and to stay cool.

1. Stay indoors and, if at all possible, stay in an air-conditioned place.
2. Drink more fluids, regardless of your activity level. Don't wait until you are thirsty to drink. **(Warning: If you are limited by your doctor about fluid intake, or are on water pills consult with them on the amount of water you need).**
3. Wear lightweight, light-colored, loose-fitting clothing.
4. Place cool wet towels on neck, behind knees, or underneath armpits. These places are next to main arteries and will cool your core temperature down.
5. Be careful about exercising outside and outdoor activities. During the hottest hours of the day try to stay indoors or in a cool place.

Both Heat Exhaustion and Heat Stroke are very serious illnesses, that if not treated can lead to death.

Know the signs of heat-related illness and the ways to respond to it:

HEAT CRAMPS: Signs: Muscle pains or spasms in the stomach, arms, or legs

Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

HEAT EXHAUSTION: Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting

Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

HEAT STROKE: Signs: Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; or unconsciousness

Actions: Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

The main goal in the summer months is to stay cool, hydrated and healthy. If your having trouble staying cool at your house during the day come and join us here at the senior center. We have a wide variety of activities happening each day, people to talk to, and an air conditioner. Stay cool and safe and have a great summer. (Information from ready.gov/extreme heat)

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

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 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 12pm-1pm 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 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.
 July 10th at 5:30pm. Maria's
 August 14th at 5:30pm. Harbor Inn

Guided Crochet
 First Friday of the month
July 6th
August 3rd
12:30- 2:30pm.
 Need Help with crochet patterns or stitches?
 Guides can help you read patterns and understand stiches and help you to learn new ones.

Lunch, Learn & Bingo
 11:30am Bring your favorite side dish or dessert. **Remember to bring your small gift for our Bingo game.**
July 27th Meal: Hotdogs
 Program: Fall Prevention
August 24th Meal: Taco Bar
 Program: Medicare Fraud

PACT: 5:30-7:00pm
 (Partnering Adult Caregivers Together)
July 17th: Dinner: Cookout
August 21st Dinner: Subs and chips
 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.
July 25th at 2pm
 (Burke Senior Center)
August 22nd at 2pm
 (East Burke Senior Center)

Book Club:10am
 July 10th: "Beartown" by Frederick Bachman
 August 14th: " Flat Broke and Two Goats" by Jennifer McGaha
Creative Writing Group:1pm
 Writing prompts:
 July 17th: Weather
 August 21st: Just Perfect

Medicare 101:
July 18th, 1:00pm
August 15th, 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.
July 11th: No Sew Fleece Pillow
July 25th: Quilling
August 8th: Acrylic Pour
August 22nd: 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— July 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:
Aerobics \$1 (day)
\$2 (night)
Line Dance \$1
Hand pottery \$1
Yoga \$5
Tai-Chi \$5

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
12:00-1:00 Motivational
MMA (Boxing)*
12:00-1:00 Computer Coaching
5:30-6:30 Aerobics

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

Friday: 12:30 Guided Crochet
July 7th
7:00 Saturday Night Dance

Saturday: 2:00 Watermelon Festival

Monday: 10-2 Burke Quilters
10:00 Book Club
11:00 Brain Games
5:30 Night Out Dinner— Maria's

Tuesday: 1-3 Creative Writing Group
5:30-7:00 PACT (Caregivers Support Group)

Wednesday: 8:30 Blood Pressure
12:00 Expert Speaker Series on Lung Health
1:00 Creative Crafting

Thursday: 10:00 WWII Veterans
1:00 Medicare 101

Friday: 11:30 Lunch, Learn and Bingo

Saturday: 10-2 Burke Quilters
12:00 Seniors In Action

Monday: 10-2 Burke Quilters
12:00 Seniors In Action

Monday	Tuesday	Wednesday	Thursday	Friday
2 10-2 Burke Quilters	3 1-3 Quilting Prep	4 <u>Senior Center Closed</u> <u>Independence Day</u>	5 8:30-10:30 Veterans Coffee Social	6 12:30 Guided Crochet July 7th 7:00 Saturday Night Dance
9 10-2 Burke Quilters 12:00 Seniors In Action	10 10:00 Book Club 11:00 Brain Games <u>5:30 Night Out Dinner— Maria's</u>	11 8:30 Blood Pressure <u>12:00 Expert Speaker Series on Lung Health</u> <u>1:00 Creative Crafting</u>	12 9:00 Table Rock AARP	13 <u>2:00 Watermelon Festival</u>
16 2:30 VArt	17 1-3 Creative Writing Group <u>5:30-7:00 PACT (Caregivers Support Group)</u>	18 10:00 WWII Veterans <u>1:00 Medicare 101</u>	19 11:00 Herb Growers	20
23 10-2 Burke Quilters	24 1-3 Quilting Prep	25 8:30 Blood Pressure <u>1:00 Creative Crafting</u> <u>2:00 Council on Aging</u>	26	27 <u>11:30 Lunch, Learn and Bingo</u>
30	31			RSVP: Activities that are underlined require pre-registration by calling 828-430-4147.

Burke Senior Center— August 2018

501 North Green St. Morganton, NC 28655

Everyday Activities

Monday: 1:30-3:30 Women's Line Dance
 9:00-10:00 Aerobics
 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:

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
 12:00-1:00 Motivational
 MMA (Boxing)*
 12:00-1:00 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
RSVP: Activities that are underlined require pre-registration by calling 828-430-4147.	1 1:00 Coffee, Cookies, and Coloring	2 8:30-10:30 Veterans Coffee Social	3 12:30 Guided Crochet August 4th 7:00 Saturday Night Dance	
6 10-2 Burke Quilters	7 11:30 Lunch with a Hospice Nurse 1-3 Quilting Prep	8 8:30 Blood Pressure 1:00 Creative Crafting	9 9:00 Table Rock AARP	10
13 10-2 Burke Quilters 12:00 Seniors In Action	14 10:00 Book Club 11:00 Brain Games 12:30 Ice Cream Social 5:30 Night Out Dinner— Harbor Inn	15 10:00 WWII Veterans 1:00 Medicare 101 1:00 Advance Care Planning	16 11:00 Herb Growers	17
20 2:30 VArt	21 1-3 Creative Writing Group 5:30-7:00 PACT (Caregivers Support Group)	22 8:30 Blood Pressure 1:00 Creative Crafting 2:00 Council on Aging	23	24 11:30 Lunch, Learn and Bingo
27 10-2 Burke Quilters	28 1-3 Quilting Prep	29	30	31

July and August 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.

Computer Coaching- Time Change- Mondays and Wednesdays 12noon-1pm by appointment. Come work with a computer coach to learn basics about computers.

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.

Lunch with a Hospice Nurse- August 7th at 11:30 am. Sharon Hanlon a nurse from Burke Hospice will be here to answer questions about hospice and palliative care. Lite lunch will be served after the program. RSVP by August 3rd for lunch.

Ice Cream Social- Tuesday August 14th at 12:30am. Help us welcome summer by enjoying a true summer treat, ICE CREAM!! We will have Ice cream and a variety of toppings for you to choose from to make your own special Ice Cream sundae. RSVP

Advance Care Planning: August 15th at 1:00pm. Catawba Regional Hospice will present a program about advance directives and making your health care wishes known. 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.

September Events Preview


Estate Planning Seminar- September 4th at 2pm. An informational program on what estate planning is and what documents that you may need. RSVP.

Breakfast with the Director- September 14th at 9am. Join us for breakfast with the director and share your input into the senior center programs and activities. Let your voice be heard and learn of future programs that are planned. RSVP.

Chronic Disease Self Management Class- Wednesdays September 26th to October 31st, 4pm-6:30pm. Are you age 60 or older with an ongoing health condition such as diabetes, arthritis, high blood pressure or heart disease? Free workshop once a week for six weeks, set goals, make plans to improve your health, manage pain, increase fitness and much more. Call to Register, Class size is Limited



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 quarter-

**Be Alert and Ready!
Tornado and Hurricane Season**

Atlantic Hurricane Season is June 1st to November 30th. This year forecasters are predicting near or above normal storms. Forecasters predict 10-16 named storms, of which 5-9 could become hurricanes, including 1-4 becoming major hurricanes (Source: noaa.gov) . Know what you need to have in an emergency kit and how to prepare or evacuate if needed (Source: readync.org).

NC Tornado Season is March through August although tornadoes can occur anytime of year. NC averages around 31 tornados a year, knowing what to do during a tornado can mean the difference in life and death. If you hear a warning , seek shelter immediately and stay away from windows. (Source: <https://ncdisaster.ces.ncsu.edu/2014/04/tornadoes-in-north-carolina/>)

Learn more about how to prepare and respond to disasters from the sources above or from Readync.org. The lobby computers have Readync.org located on the desktop of each lobby computer for your convenience.

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.

Senior Trips- Registration for the following two 2019 trips has begun:

Savannah, Jeckyll Island & Charleston, SC – February 25 – March 1, 2019 - \$500. The deposit for Savannah is due by October 15, 2018, or when the bus is full.

New York City & Statue of Liberty – September 26 – October 1, 2019 - \$630.

The deposit for New York City is due by May 20, 2019, or when the bus is full.

Alaskan Cruise- June 2019

- Contact Janet Hunt at 828-433-6734 or JoAnn Jennings at 828-438-8210 for information on the overnight trips. They are also here at the Senior center on Tuesdays from 8am-2pm.
- Any questions? Call President Linda McGalliard at 828-413-1122.

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.