

JUNE NEWS

"Adding Life to Years" for Rowan County Older Adults

704.216.7714

1120 S. MLK Jr. Ave, Salisbury, NC 28144

www.ruftyholmes.org

RHSC "Drive Thru" Party

Monday, June 15 11 am - 1 pm

Drive up stations! Goodie Bags! Exercise demos! Ice cream & more!

We Miss You! Drive Thru the Center's Parking Lot & say "Hi!"

From the comfort of your vehicle, drive thru the Center's lot with stops to receive a mask, watch an exercise demo, enjoy some treats.

Learn details on the Center's Reopening plan and we will answer your questions.

Help us embrace the new normal, We're in this together!

Welcome June and closer to seeing you all again!

Staff is completing the Re-opening plan and will submit it to our Board and other agencies for final guidance early June. Remember, Staff is working and providing essential services, call us for needs.

Please stop by our **"Drive-Thru Party on June 15th.** It will be good to see you! Thanks to Rowan County United Way, we have professionally made re-washable cloth masks to hand out. You will need to wear face covers once you return to the Center. Our halls and public spaces do not all provide 6 ft clearance and masks will be required for safety.

The Center's Foyer is now more spacious. A new Reception desk was installed with two counters to allow more space for customers and the check-in kiosk is moved away from the entrance door. The Parking Lot was repaved and landscaping beds created at the front; our Gardeners love the ease of planting flowers now!

Here is what you can do till we announce Re-opening plans:

The Board of Directors will highly encourage ALL Participants to follow guidance of their primary care physician on when it is safe to begin attending RHSC, which is a Community Building. Those with acute or chronic conditions are at high risk for severe illness from COVID-19 and SHOULD NOT begin attending UNTIL ADVISED by their physician. Take this time to discuss with your Medical Professional and your Family when it is safe for YOU to return.

Please call me with your concerns/suggestions on what you want Re-opening to look like for you to return.

Nan Buehrer, Executive Director

704-216-7715

director@ruftyholmes.org





Travel Abroad! Contest

Enter to win a complimentary Airbnb coupon valued at \$30.
 Enjoy an online experience abroad from the comfort of your home!



3 ways to enter the contest:

1. **Subscribe to our email list**– go to www.ruftyholmes.org by June 12, 2020
2. **Attend a virtual fitness class or continuing education class/seminar** by June 12, 2020.
3. **Share a story with photos to honor Local Residents celebrating 50 years of marriage or more** by June 12, 2020. Email information to programs@ruftyholmes.org.

Rules: You must share your virtual experience with us by emailing photos or stories to programs@ruftyholmes.org AND complete a brief online survey.

Timeline: Mon, June 15-Wed, June 17: Email programs@ruftyholmes.org to redeem coupon & access registration details
 Fri, June 26- Deadline to use the coupon.

Mon, June 29-Fri, July 3-Email photos and stories of your experience to programs@ruftyholmes.org.

Categories of International Experiences: You choose!
Animals, History, Skills, Entertainment, Food & Drinks, or Wellness.

Note: If you subscribed to our email list or attended a virtual class in May, you are already entered into the contest.

Drawing Monday, June 15 at 2 pm via RHSC Facebook Live page.
You do not need to tune in to win! 50 Winners will be drawn!



Virtual Continuing Education Classes & Seminars

Email programs@ruftyholmes.org for registration & connection details.



JUNE 2020				
<i>We can set up Group phone calls! Contact the Center to set up a free call with your group and socialize with friends.</i>				
MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
1	2 1:45 pm: Virtual Class Buffalo Soldiers: An American Legend	3 12:30 pm: Virtual Book Club	4 1:45 pm: Virtual Class A Mighty Endeavor: D-Day and FDR	5
8 Broadcast Bingo New Game begins	9 2 pm: Virtual Presentation Support & Escape During This Pandemic <i>Presenter: Trellis Supportive Care</i>	10	11 1:45 pm: Virtual Class Exploring Unknown Things on Angel Island	12
15 Travel Abroad! Contest Drawing of 50 winners! Tune in on Facebook Live @ 2 pm	16 1:45 pm: Virtual Class From Here to There: Army Women of WW2	17 12 pm: Virtual Presentation Herbal Supplements <i>Presenter: Cannon Pharmacy</i>	18	19
22	23 1:45 pm: Virtual Class Night Sky Update	24	25	26 Outdoor Adventure Hike Location TBD
29 Members of Senior Learning Network	30 1:45 pm: Virtual Class America's Signs & Symbols	<p>TRIPS: Cancelled until further notice. Refunds provided to those who paid for Morrow Mountain, Zootastic, and Shatley Springs.</p> <p>Donations appreciated! Please donate so we can continue to offer virtual classes. Send a check made out to RHSC to: RHSC, 1120 S MLK Jr Ave, Salisbury NC 28144, Attn: PROGRAMS</p>		

Virtual Fitness Classes June 2020

Email fitness@ruftyholmes.org to register & get Video Connection details for all classes below or contact Anna at 704-216-7701 for additional class details.



Classes begin at 10 am daily

NEW! Jazzercise with Sylvia – Mondays & Fridays – 8:30-9:15am – COST: \$15/month

All classes will be LIVE only! Please call Sylvia at 704-216-7716 if you have questions or wish to pay by credit card over the phone. You can mail a check made out to RHSC to: RHSC, 1120 S MLK Jr Ave, Salisbury NC 28144, Attn: Sylvia Swisher.

NEW! Cranium Crunch with Traci – Mondays – 11:15-11:45am

Challenge your brain with fun games and puzzles. Class will be interactive and enjoyable for all levels.

NEW! Silver Gym with Susan – Tuesdays – 11:15-11:45am


Build strong muscles and bones with a class designed around exercises that involve hand weights. If you would like to rent a set of weights from us, contact Anna at 704-216-7701 to arrange pickup.

NEW! Core and More with Angela – Thursdays – 11:15-11:45am

Work abdominals and arms and legs with a great class to build muscle strength and endurance. If you would like to rent a set of weights from us, Contact Anna at 704-216-7701 to arrange pickup.

Building Better Balance with Anna – Fridays – 11:15-11:45am

Learn simple exercises and tips to improve balance. Class will be done standing and sitting. Please have a chair available to use during class.

VIRTUAL FITNESS JUNE 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Jazzercise with Sylvia				8:30-9:15 Jazzercise with Sylvia
10:00 – 10:45 Sit N Fit with Traci	10:00-10:45 Forever Young with Susan		10:00-10:45 Dance Fit with Angela	10:00-10:45 Yoga Stretch with Anna
11:15-11:45 Cranium Crunch with Traci	11:15-11:45 Silver Gym with Susan		11:15-11:45 Core and More with Angela	11:15-11:45 Building Better Balance w/ Anna

If you are enjoying the virtual classes and would like to make a donation so we can continue to offer them, please send a check made out to RHSC to: **Fitness, Rufty-Holmes Senior Center**
1120 S MLK Jr Ave, Salisbury NC 28144

SERVICES/RESOURCES INFORMATION

Caregiver Connections Webinar: Tues, June 2 1-2 pm

“What are we doing today...and how can we do it well?”

A webinar focusing on those living with moderate stage dementia.
For connection details, email information@ruftyholmes.org.



Speakers: Jennifer L. Womack PhD OTR/LFAOTA, Professor

Ryan Lavalley PhD, OTR/L Post Doc, Division of OSOT, UNC Chapel Hill

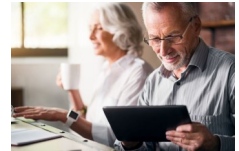
I AM A TECH - TIMID SENIOR...WHAT ARE MY OPTIONS?

Get connected to this new virtual world called the INTERNET!

Getting and staying connected to the world wide web can broaden your horizons by:

- ◇ Meeting new people
- ◇ Taking online continuing education courses of your choice
- ◇ Increasing your fitness goals

All in the comfort of your own home!



Contact programs@ruftyholmes.org or call 704-216-7705 to receive information.

LUNCH CLUB OPERATIONS: Please contact the Senior Nutrition Department.

Email: nutrition@ruftyholmes.org or call 704-216-7702

- ◇ Providing 5 frozen meals once a week - Call to be on a short wait list.
Must be able to pick up at a county site. Donations encouraged for meals
- ◇ **Food Assistance** - For those age 60+ with limited food options,
RHSC is working with local and state agencies to help. Call 704-216-7702 for details.

SERVICES/RESOURCES: 704-216-7704 or email: information@ruftyholmes.org

AARP Tax Aide- Notification provided if appointments will be scheduled.

YOU HAVE NEEDS? Daily Phone Call Service, Family Caregiver Support, Medicare Counseling,

NCBAM Hope Line— A warm line manned by staff and volunteers trained in active listening and other evidence based health coach techniques. Available from 9 am-9 pm.
Call at your leisure 1-866-578-4673.

Operation Fan Heat Relief - Call the Center for availability in June

Get latest updates by visiting www.ruftyholmes.org or follow us on Facebook

NEWSLETTER PAPER COPY AVAILABLE UNDER CARPORT AT THE CENTER

Rufty-Holmes Senior Center is CLOSED to all participants.

Staff is responding to calls and requests to meet basic needs.