

Rufty-Holmes Senior Center

AUGUST NEWS

"Adding Life to Years" for Rowan County Older Adults

704.216.7714

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

www.ruftyholmes.org



Join our virtual team! RHSC is participating in the Rowan/Cabarrus Virtual Walk to End Alzheimer's® on October 24th. We are committed to raising awareness and funds for Alzheimer's care, support, and research. The Rowan County Opening Ceremony and local walk path option, to walk at your

leisure, may be offered on our campus. More details to follow on this "virtual" event.

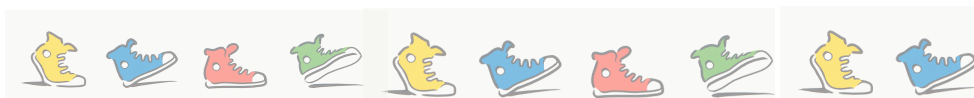
Visit our [Team Page](#), become a [Team Member](#), and make a donation by:

[Click Here](#) -OR- Copy & paste <http://act.alz.org/goto/RHSeniorCenter> in your browser.

All donations* benefit the Alzheimer's Association — and every dollar makes a difference in this fight. Together, we can end Alzheimer's disease! Thank you for your support. *Donations should be made to the Alzheimer's Association along with the form available on our fundraising page, or donate directly to the Alzheimer's Association through the Walk to End Alzheimer's desktop & mobile app.

RHSC Donation Goal:

\$1,000



Living Healthy with Diabetes @ Home~ TBD

Learn techniques to actively manage your diabetes or care for someone with diabetes. Self-management skills for healthier eating, physical activity and fighting fatigue and pain will be taught. No cost; donations appreciated.

Registration required. Call-704-216-7701 to be placed on the interest list.



Living Healthy with Chronic Pain @ Home~ TBD

Living with chronic pain can be tough. Take control instead of letting it control you. Learn how to manage pain and depression symptoms and deal with difficult emotions with breathing and muscle relaxation techniques.

Registration required. Call-704-216-7701 to be placed on the interest list.

LIVING HEALTHY
WITH CHRONIC PAIN

*You must have a laptop, computer, tablet, or phone **AND** internet access or service.*



VIRTUAL/ON-SITE PROGRAMS AUGUST 2020

Members of Senior Learning Network

If the Center is open, limited spaces available to view programs on-site. You must register for a seat.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
3	4 1:45 pm Virtual Class Cultural Perspectives Western American Art	5 12:30 pm Virtual Book Club	6 1:45 pm Virtual Class Western Movies 101	7
10	11 1:45 pm Virtual Class Seagrass Science	12	13 1:45 pm Northern Elephant Seal Rookery	14
17 1:45 pm Online Art Class Painting Hummingbirds	18 1:45 pm: Virtual Class* Eleanor Roosevelt	19	20 1:45 pm World Wildlife Fund*	21
24	25 1:45 pm The Cabinet of Curiosities*	26	27	28
30	<p>Donations appreciated! Virtual Classes are possible due to our purchases of new software and subscriptions. Your contribution helps continue offering virtual classes. Donate by mail or thru our website. RHSC, 1120 S MLK Jr Ave, Salisbury, NC 28144 ~ THANKS!</p> <p>Group phone calls! Contact the Center to set up a free call and socialize with friends.</p>			

8/4: Cultural Perspectives in Western American Art- Explore how culture, individuality, technique, and place in history influence an artist's reflection of Plains Indian Life from the Whitney Western Art Museum at the Buffalo Bill Center of the West.

8/6: Western Movies 101- Booth Museum's Historian, Jim Dunham, will discuss the early history of Western movies and end the era by looking at the first Western to win Best Picture.

8/11: Seagrass Science- Texas Parks and Wildlife Department's Coastal Fisheries biologists will take us below the water's surface to learn about marine flowering plants, while viewing the various types, and learn the importance of the seagrass habitat.

8/13: Exploring a Northern Elephant Seal Rookery-Hearst San Simeon Park- A CA Park Interpreter will share about this marine mammal's adaptations, their unique life cycle, and their amazing story of overcoming near extinction.

8/18: Eleanor Roosevelt- Explore the trials and turmoil in the life of one of the greatest and most influential woman in the history of our republic.

8/17: Online Art Class: Painting Hummingbirds- A fun and interactive painting class offering step-by-step instructions. You'll create a beautiful painting at your own pace. No art experience required. **Materials needed for this class:** paint colors needed are red, blue, green, yellow, white and black. May use a canvas or white paper, a cup of water, paper towel, and paintbrushes.

8/20: World Wildlife Fund- Behind the Scenes!- The World Wildlife Fund is dedicated to improving ways nature and people coexist. Join Ryan Young, a geographer from the World Wildlife Fund as he unpacks amazing tools, and innovative uses of maps and technology to help improve wildlife conditions and conserve landscapes around the world.

8/25: The Cabinet of Curiosities:-A Fun Peek into the Unusual at Mystic Seaport Museum-Enjoy an adventure behind locked doors into the "vault" that stores the Museum collections. Within are many unusual and surprising artifacts. Virtual visitors will have a chance to see everything from unusual animal parts and strange furniture to a curious secret ingredient used in some perfumes.

***Important:** If the Center is opening, limited spaces available to view some programs onsite. You must register.

Virtual Fitness Classes August 2020

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



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

All classes will be LIVE only! Call Sylvia at 704-216-7716 with questions or to pay by credit card over the phone. Mail a check to RHSC to: RHSC, 1120 S MLK Jr Ave, Salisbury NC 28144, Attn: Jazzercise

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.

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.

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 AUGUST 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 enjoy 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

To everything, There is a season (turn, turn, turn)
and a time to every purpose, under heaven
From the Book of Ecclesiastics /song lyrics by The Byrds
And so it is with the changing of Staff at RHSC.

Facility Manager - We thank **Mike Lanning** for his service to RHSC. He was faithful in assisting staff and participants with event setups and keeping the building clean. We wish him well in his retirement.



Randy Crowell

We welcome **Randy Crowell** as new Facility Manager. He begins in August. Randy comes with lots of maintenance expertise. He lives in Salisbury with his wife, Semone Brisson. They have six children and six grands.

Randy enjoys gardening and building sound systems as hobbies.

Aging Transitions Manager, Amanda Swanger's last day is August 21. Amanda excelled at providing Outreach Services to those in the community with individual needs. We are happy for her, as she will continue providing outreach for Lincoln County Senior Services, which is closer to her home. We are accepting resumes to fill this position.

We wish Mike and Amanda the best on the next part of their journey and Welcome Randy to our Awesome Team of Managers!



**Please Support Communities In Schools
of Rowan County by donating the
following for children & youth in need.
Collection begins July 31 — August 31**

- | | |
|-----------------------------|------------------------------|
| * Bookbags/Backpacks | * Face Masks |
| * Earbuds | * Graph Paper |
| * Notebook Paper | * Boxes of Tissues |
| * Pencils | * Hand Sanitizer |
| * Crayons | * Anti-bacterial Soap |
| * Colored pencils | * Wipes |
| * Rulers | * Three-ring binders |

**For more information, contact Dr. Ron Turbyfill
ron@cisrowan.org (704)797-2010**

Thank You!

SENIOR RESOURCES/INFORMATION

LUNCH CLUB OPERATIONS: Please contact the Senior Nutrition Department
Email: nutrition@ruftyholmes.org or call 704-216-7702

- ◇ **Pick up 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

We Can Help With Your Needs:

Daily Phone Call Service Family Caregiver Support Medicare Counseling Minor Home Repair

NCBAM Hope Line— A warm line answered by staff and volunteers trained in active listening and evidence based health coach techniques. Available 9 am-9 pm, no cost. Call 1-866-578-4673

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 Open by Appt only

JOB OPENING! Aging Transitions Manager Position~ For more details visit www.ruftyholmes.org/