

Rufty-Holmes Senior Center

DECEMBER 2020

"Adding Life to Years" for Rowan County Older Adults

704.216.7714

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

www.ruftyholmes.org



Winter Wonderland
AT RUFTY-HOLMES SENIOR CENTER

Drive-thru for ages 55-up
Friday, December 18, 2020

REGISTRATION REQUIRED

Call 704-216-7714
to reserve your time slot

Pre-packaged goodies,
free giveaways and more!



In this Season,
*"May there
Be Joy Around You
and Peace Within You"*


Blessings from
your Friends and Staff at
Rufty-Holmes Senior Center

WE MISS YOU!

*"Every act of generosity counts,
Let's Give Together"*

Please remember Rufty-Holmes Senior Center

Monetary Donations continue the good work of serving our County's Older Adults. **Double your gift** with the help of Friends of Rowan, an IRS approved 501(c)3 community organization. Checks must be made to FOR and write "Rufty-Holmes Sr Center in the memo. Envelopes available at the Center.



Donate on-line: <https://ruftyholmes.org/donate>

More Ways to Give:

- Choose Rufty-Holmes as your Charity of Choice when you shop on Amazon.com and Amazon donates a %!




- Choice** - Thrivent Financial members are given funds by Thrivent to donate. Go to your account online, choose Thrivent Choice and select Rufty-Holmes Senior Center as your charity.




NOVANT MOBILE MAMMOGRAM
Weds., Dec. 2nd at RHSC




Novant Health Breast Cancer mobile unit will be onsite to provide screenings. Schedule your 15-minute appt. by calling RHSC at 704-216-7714.



OUTDOOR HIKING GROUP
Fri, Dec. 18th
Lake Corriher, Landis, NC



The Curious Book Club Books



December:	January:
♣ The Girl on the Train- Paula Hawkins	♠ The Tattooist of Auschwitz- Heather Morris
♣ The Help- Kathryn Stockett	♠ Inn at Rose Harbor- Debbie McComber



VIRTUAL & ON-SITE PROGRAMS DECEMBER 2020



Members of Senior Learning Network

Call to reserve a space to view Virtual Programs at the Senior Center

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>Nov. 30</p> <p>TOPS: 9:30am-11:30am</p> <p>Watercolor: 9:30am-12:30pm</p>	<p>1</p> <p>Paint, Piddle, Draw: 9am-11am</p> <p>Virtual Class- Christmas with the Roosevelts: 1:45pm</p> <p>Jam Session: 2pm-4pm</p>	<p>2</p> <p>Creative Needles: 9:30am-12:30pm</p> <p>Curious Book Club: 12:30pm-2:30pm</p>	<p>3</p> <p>Quilters Meeting: 9:30am-12pm</p> <p>Woodcarving: 1pm-3:30pm</p> <p>Virtual Class- Mitchell Caverns Tour: 1:45pm</p>	<p>REMINDER: REGISTER FOR ALL EVENTS & CLUBS ON CALENDAR BY CALLING THE FRONT DESK.</p>
<p>7</p> <p>TOPS: 9:30am-11:30am</p> <p>Watercolor: 9:30am-12:30pm</p>	<p>8</p> <p>Paint, Piddle, Draw: 9am-11am</p> <p>Holiday Bingo: 1pm-3pm *Registration Required*</p> <p>Virtual Class- Mystic Seaport Museum Part One: 1:45pm</p>	<p>9</p> <p>Creative Needles: 9:30am-12:30pm</p>	<p>10</p> <p>Starry Night Quilters: 9:30am-12pm</p> <p>Woodcarving: 1pm-3:30pm</p> <p>Virtual Class- Mystic Seaport Museum Part Two- In the Footsteps: 1:45pm</p>	<p>FRONT DESK REGISTRATION NUMBER IS 704-216-7714</p>
<p>14</p> <p>TOPS: 9:30am-11:30am</p> <p>Watercolor: 9:30am-12:30pm</p>	<p>15</p> <p>Paint, Piddle, Draw: 9am-11am</p> <p>Doll Society: 12pm- 3pm</p> <p>Virtual Class- A Visit to Ellis Island: 1:45pm</p> <p>Jam Session: 2pm-4pm</p>	<p>16</p> <p>Creative Needles: 9:30am-12:30pm</p>	<p>17</p> <p>Sunny Day Quilters: 9:30am-12pm</p> <p>Woodcarving: 1pm-3:30pm</p> <p>Virtual Class- Yogi Berra Museum: 1:45pm</p>	<p>18</p> <p>Winter Wonderland Holiday Drive-Thru at RHSC</p> <p>*Registration Required to Attend- time for arrival will be assigned by front desk.*</p>
<p>21</p> <p>TOPS: 9:30am-11:30am</p> <p>Watercolor: 9:30am-12:30pm</p>	<p>22</p> <p>Paint, Piddle, Draw: 9am-11am</p>	<p>23</p> <p>Creative Needles: 9:30am-12:30pm</p> <p>*FROZEN MEALS ONLY ON DEC. 23 & DEC. 30*</p>	<p>24</p> <p>CLOSED DEC. 24 - JAN. 1</p>	<p>25</p> <div style="text-align: center;">  </div> <p>RHSC will reopen on Mon. Jan. 4th</p>

- 12/1: Christmas with the Roosevelts:** FDR Presidential Library/ Museum presents music, humor, and story telling with Jeff Urbin.
- 12/3: Mitchell Caverns Virtual Tour:** Explore the Mitchell Caverns with California State Park Interpreter Andrew Fitzpatrick.
- 12/8: Mystic Seaport Museum - Navigation thru Great Explorers:** Examine instruments and tools of Columbus, Magellan, others.
- 12/10: Mystic Seaport Museum – In Footsteps of Galileo:** Examine historical context on his observations of moons around Jupiter.
- 12/15: A Visit to Ellis Island:** Explore Ellis Island and the impact it had from 1855-1890 as it welcomed 8 million immigrants and constituted itself as the first large wave of people to settle and populate the United States.
- 12/17: Yogi Berra Museum and Learning Center:** Celebrate the 100th Anniversary of the Negro Leagues by exploring this Museum and Learning Center’s newest exhibition, Discover Greatness.

FITNESS & WELLNESS

Call 704-216-7701 to schedule an appointment

Fitness Annex Equipment Appts. Available

Fitness Annex & Pool closed starting Wednesday, Dec. 23rd and reopens Monday, Jan. 4th

Fitness equipment available to serve participants as prescribed or directed by a medical professional.

Appts Monday – Thursday: 8 am, 9 am, 10 am, 11 am, 12 noon. 3 appts. per person weekly.

LIVING HEALTHY WORKSHOPS

Living Healthy with Diabetes - FREE - In-Person at Ruffy-Holmes Senior Center

Wednesdays, 1pm-3:30pm. Starts January 13. This 6-session class is for those diagnosed as pre-diabetic, those with diabetes, and family members. Limited to 8 participants. **Register by December 30th.**

Living Healthy with Chronic Conditions - FREE - At Home - Telephone Workshop

Improve YOUR health from home. Join this 6-session workshop and talk weekly with people just like you who deal with a chronic condition, such as diabetes, arthritis, high blood pressure and many other conditions. Phone calls/classes last roughly 1 hour and are limited to 4 participants.

- ◆ CLASS A: Tuesdays at 10:00am starts January 19 (6 weeks/6 sessions)
- ◆ CLASS B: Thursdays at 1:00pm starts January 21 (6 weeks/6 sessions)

REGISTER FOR ALL CLASSES; CALL 704-216-7701 ~ Leave message with Name, Phone, Class

DECEMBER VIRTUAL FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Jazzercise		Not Ready for In-Person Class? Try Video Fitness Classes		8:30-9:15 Jazzercise
10:00 – 10:45 Sit N Fit	10:00-10:45 Forever Young		10:00-10:45 Dance Fit	10:00-10:45 Yoga Stretch

**If you don't have Silver Sneakers, Renew Active, or Silver & Fit;
access to Fitness Annex, Equipment, Fitness Classes, or Pool, Fee is \$16 per month.**

DECEMBER ANNEX FITNESS CLASSES (IN-PERSON)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00-9:45 Silver Sneakers w/Donnie	NEW 9:00-9:45 Silver Gym w/Susan	9:00-9:45 Silver Sneakers w/Donnie	9:00-9:45 NEW Balance, Core & More w/Angela & Anna
10:00-10:45 Yoga w/Sandra		10:00-10:45 Yoga w/Sandra	
11:00-11:45 Yoga w/Sandra		11:00-11:45 Yoga w/Sandra	
NEW 12:00-12:45 Yoga w/Sandra	12:00-12:45pm NEW Sit N Fit w/Traci	NEW 12:00-12:45 Yoga w/Sandra	

**In-Person Classes at Ruffy-Holmes. Limited to 9 participants.
Registration required. Call 704-216-7714 to register.**

Aging Transitions Services
Call 704-216-7704 for appointments

Medicare Advantage Open Enrollment Period January 1-March 31. Beneficiaries with Medicare Advantage plans can make a one-time election. Call to schedule appt. In-person or on video.

Low Income Energy Assistance Program (LIEAP) Households with a person age 60 or older or a disabled person receiving services through NC DAAS can apply Dec. 2-31.

Contact DSS at 704-216-8330 if you are in a heating/cooling crisis. Applications will be taken now thru March 2021.



Are You Ok? Phone Call Service

This Daily Phone Call service is open to senior adults in Rowan County with a Landline phone only. To request the service, call the Senior Center.

Legal Aid

Get assistance with wills, power of attorney, and advance directives at no cost to you.

Call 877-579-7562 after January 4th to schedule your appointment.

NC Baptist Aging Ministry (NCBAM)

Received a Fire Prevention & Safety Grant to make homes safer. **Trained volunteers will install battery-powered smoke alarms**, at no charge, in the homes of those 65+ without working alarms and replace alarms more than 10 years old.

Contact NCBAM at 877-506-2226 to request smoke alarms.

Current Volunteer Options:

Pool Buddies: Monday - Thursday Afternoons
Volunteers willing to sit on pool deck during Open Swim and alert staff if a swimmer needs assistance. Choose one afternoon a month or several.

Lunch Club Helper: Monday - Friday 10 am - 12:30 pm
Assist the Lunch Club Coordinator set up and serve the meal to Guests. Several sites around the County. Help one day a week or several.

Lunch Clubs

Call 704-216-7702 for details

Lunch available close to home
Rowan County Residents, 60+. Donations accepted.

Call at least one day in advance for meal reservations.

HOT GRAB & GO MEALS

Monday - Friday 10:30am - 11:30am

FROZEN MEALS ONLY ON DEC. 23 & 30

◇ West Rowan - Lions Club

106 Cemetery St, Cleveland // 704-798-3100

◇ East Rowan - Shiloh UMC

234 S. Main St., Granite Quarry // 704-798-3058

◇ Lafayette Community Center

617 Lafayette Center, Salisbury // 704-636-7758

◇ North Rowan - Pick up at Lafayette Community Ctr

617 Lafayette Circle, Salisbury // 704-636-7758

FROZEN MEALS

Wednesday Only 10:00am - 10:45am

◇ South Rowan - Mt Zion UCC

1415 S. Main St., China Grove // 704-798-3038

◇ Salisbury Site currently at Ruffy-Holmes Sr. Center

1120 S. MLK Jr. Ave., Salisbury // 704-216-7702



USDA Senior Boxes

Monthly Program of Shelf Stable Food Box

Income eligibility requirements:

Household of 1— income at or below \$1307/month

Household of 2— income at or below \$1760/mth

Sr Box applications available at
Lunch Club sites or Call 704-216-7702



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

NEWSLETTER AVAILABLE UNDER CARPORT AT THE CENTER

Rowan County Senior Center is Open for Limited Programs, Classes & Clubs