

Rufty-Holmes Senior Center

JANUARY 2021

"Adding Life to Years" for Rowan County Older Adults

704.216.7714

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

www.ruftyholmes.org

HAPPY NEW YEAR!

RHSC is excited to Ring in a New Year full of Promise and Hope.

RHSC continues requiring Staff and Guests to wear a mask at all times in the Center.

More programs are being offered with limited number of guests. The need to reduce isolation and encourage good mental and physical health is our goal. Video Programs are offered too. RHSC will soon offer Tech devices thru a lending program, to access Video classes.

RHSC is working with the Health Dept for our Staff to have access to the Vaccine as soon as possible. We encourage You to check with your MD regarding the vaccine.

I personally am part of the Pfizer Vaccine Trials and am pretty confident I received the actual vaccine. After the second shot early November, I had an elevated temperature and slight headache for a few days and no symptoms since.

Getting the Center back to the busy, happy place we all love, will take each of us doing our part to keep each other safe. ~ Nan

NEW PROGRAMS!

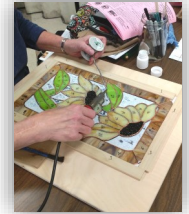
Stained Glass Workshop

Mondays, starting Jan. 25th for 8 Weeks

Expert Instructor, Mike Ziegler, is ready to assist you in the art of creating Stained Glass pieces.

Registration Required, class size limited.

Cost: \$55 payable to instructor at first class.



Billiards Table Reservations

Monday-Thursday starting January 11th

Gather a Friend and make a reservation to run the Billiard Table at RHSC. Bring your own stick if you have one; 4 player limit. **Call to reserve 9-11 am or 1-3 pm**

Computer Clinic

1st & 3rd Thursdays 12 noon - 3 pm

Need one-on-one assistance with new tech devices? Reserve a time slot for help. Donations accepted.

February - Chef Michele Creates!

Chef Michele is RHSC's Nutrition Manager and also holds a Culinary Degree. She will demonstrate a recipe you can re-create at home. Limited in-person class and also via Video. Watch for details in the February Newsletter.



NEW YEAR!

GET HEALTHY!

INVITE A FRIEND!

Living Healthy with Diabetes - FREE - IN-PERSON at Rufty-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)

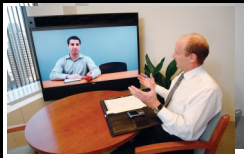
CLASS B: Thursdays at 1:00pm starts January 21 (6 weeks/6 sessions)


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

VIRTUAL & ON-SITE PROGRAMS JANUARY

Members of Senior Learning Network– All Virtual Programs Begin At 1:45pm, unless otherwise noted

Call to get a Link to view Virtual Programs at the Senior Center



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
4 TOPS: 9:30am-11:30am Watercolor: 9:30am-12:30pm	5 Paint, Piddle, Draw: 9am-11am Virtual Class– 1:45 pm Redwood Heroes Jam Session: 2pm-4pm Virtual Live Tour– Hamlet Museum & Depot: 2pm	6 Creative Needles: 9:30am-12:30pm Curious Book Club: 12:30pm-2:30pm	7 Quilters Meeting: 9:30am-12pm *Computer Clinic: 12pm-3pm Woodcarving: 1pm-3:30pm	8 Registration Required for all programs. Call To Register 704-216-7714
11 TOPS: 9:30am-11:30am Watercolor: 9:30am-12:30pm *Billiards: 9am-11am or 1pm-3pm	12 Paint, Piddle, Draw: 9am-11am Virtual Class– Live from the Lagoon Billiards: 9am-11am or 1pm-3pm	13 Billiards: 9am-11am or 1pm-3pm Creative Needles: 9:30am-12:30pm	14 Quilters Meeting: 9:30am-12pm Woodcarving: 1pm-3:30pm Virtual Class– Gerda III & “Number the Stars” Billiards: 9am-11am or 1pm-3pm	15 *Billiards appointments must be taken over the phone. First come, first serve. Masks must be worn at all times. Gloves must be worn at all times. Gloves will be provided. One appt. per person, per week.
18 CENTER CLOSED 	19 Paint, Piddle, Draw: 9am-11am Billiards: 9am-11am or 1pm-3pm Doll Society: 12-3pm Virtual Class– Jefferson’s Monticello Jam Session: 2-4pm	20 Billiards: 9am-11am or 1pm-3pm Creative Needles: 9:30am-12:30pm	21 Billiards: 9am-11am or 1pm-3pm Quilters Program: 9:30am-12pm Computer Clinic: 12pm-3pm Woodcarving: 1pm-3:30pm Virtual Class– The Art & Architecture of Hearst Castle	22 *Computer Clinic: Need one-on-one assistance with any tech device? Register to meet with a tech expert free of charge. Donations are accepted.
25 Billiards: 9am-11am or 1pm-3pm TOPS: 9:30-11:30am Watercolor: 9:30am-12:30pm *Stained Glass: 2-5pm	26 Paint, Piddle, Draw: 9am-11am Billiards: 9am-11am or 1pm-3pm Virtual Class–National Portrait Gallery	27 Billiards: 9am-11am or 1pm-3pm Creative Needles: 9:30am-12:30pm	28 Billiards: 9am-11am or 1pm-3pm Quilters Sit & Sew: 9:30am-12pm Woodcarving: 1pm-3:30pm	29 *Stained Glass Class: Led by instructor, Mike Ziegler. \$55 for 8-week class paid to Mike on January 25th.

1/5: **Redwood Heroes: The Women Who Defended the Giants-** Explore history and preservation of the Redwood forest ecosystems and the women who defend them.

1/5: **Virtual Live Tour of the Hamlet Museum & Depot–** Join the interactive train museum tour courtesy of the Hamlet Senior Center.

1/12: **Live from the Lagoon– More Fun with the Dolphins-** Join a live dolphin training session. Q&A with trainer.

1/14: **Gerda III & “Number the Stars”-** Explore real-life survivor accounts, oral histories, and behind the scenes footage of the story of the boat Gerda III, a Danish lighthouse tender that played a critical role in carrying Jews to safety in Sweden during October of 1943.

1/19: **Jefferson’s Monticello-** Explore Thomas Jefferson’s Monticello home on a virtual field trip tour.

1/21: **The Art & Architecture of Hearst Castle-** Explore the National Historical Landmark of William Randolph Hearst’s home.

1/26: **National Portrait Gallery “Every Eye is Upon Me”: First Ladies of the U.S.-** Explore the National Portrait Gallery in Washington, DC and take a virtual tour covering First Ladies from Martha Washington to Melania Trump.

FITNESS & WELLNESS

Now more than ever, Older Adults need to Exercise and Be Active to Stay Healthy!

RHSC offers Safe and Clean Fitness Areas to Exercise **OR** Stay-at-Home Interactive Video Fitness

In-Person Classes & Equipment

- Approval of your Medical Professional
- Register: **Call 704-216-7701** (limited to 11)
- Mask must be worn during exercise

Video Fitness & Health Education Classes

Computer with Camera or Tablet
 Register: **Call 704-216-7701**
 Exercise from the comfort of your Home

COST: * Silver Sneakers, Renew Active, or Silver & Fit active Membership
 OR \$16 per month each class; Includes equipment use.

* Tell us if you changed health insurance in January. The Center gets paid for your attendance!

Scholarship assistance available - Contact RHSC Office Admin. at 704-216-7716



FITNESS EQUIPMENT USE— Appts Required:

Monday – Thursday: 9 am, 10 am, 11 am, 12 noon
 3 appts. per person weekly. Training Provided on Equip. Use.

Equipment Available: NuStep Seated Stepper, Treadmills, Arm Cycle, Recumbent Bikes, Ellipticals; Free Weights, Free Motion Cable Machines, Chest Press, Leg Extension, Leg Curl

Personal Training Appointments Available. Call for Details

VIRTUAL FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Jazzercise		Not Ready for In-Person Class? Try Video Fitness Classes <i>Taught by RHSC Staff</i>		8:30-9:15 Jazzercise
10:00 – 10:45 Sit N Fit	10:00-10:45 Forever Young		10:00-10:45 Dance Fit	

IN-PERSON FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00-9:45 Silver Sneakers w/Donnie	9:00-9:45 Silver Gym w/Susan	9:00-9:45 Silver Sneakers w/Donnie	9:00-9:45 Silver Gym w/Angela
10:00-10:45 Yoga w/Sandra		10:00-10:45 Yoga w/Sandra	Use the Automatic BP Machine and Digital Scales in Fitness Annex <i>Sponsor: Novant Health</i>
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 Sit N Fit w/Traci	NEW 12:00-12:45 Yoga w/Sandra	



Tax Prep Update

AARP Tax-Aide volunteers hope to offer tax return preparation at RHSC by appointment this year.

The process will be different. Due to restrictions, it is unlikely taxpayers will be allowed in the Center while tax returns are being prepared – and tax returns may not be completed the same day.

With COVID-19 and IRS delays, the starting date for appts is unknown at this time. An Update will be published in the February Newsletter, or watch for new details on the website; www.ruftyholmes.org

THANKS FOR YOUR PATIENCE!

Aging Transitions Services

Call 704-216-7704 for appointments

Medicare Advantage Open Enrollment January 1-March 31. Those with Medicare Advantage plans can make a one-time election. Call to schedule appt. In-person or by 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. **Contact DSS at 704-216-8330** if you are in a heating/cooling crisis. Applications taken thru March 2021.

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.**

RUFTY-HOLMES STAFF

Call Front Desk staff for general questions; 704-216-7714

Call Staff directly, use 704-216-ext. #

Programs	Kirk Williams	7705
Nutrition	Michele Sweatt	7702
Outreach	Ana Herrera Turpin	7704
Fitness	Angela Hendrix	7701
CARS	Transportation	7717
Volunteers	Melody Reid	7703
Facilities	Randy Crowell	7720
Admin.	Sylvia Swisher	7716
Director	Nan Buehrer	7715

VOLUNTEER Weekly or Once a Month

NEW! Drive Seniors to Appts for CARS Program
Mileage reimbursement available. No commitment yet, call and let Melody know you would like to learn more details about driving our Seniors.

Lunch Club Helper: Monday - Friday 10 am - 12:30 pm
Assist at a Lunch site near you. Help set up and serve the meal to our Guests take-out style.

Various Tasks: May be office filing, organizing, assisting staff with check-in for events, etc.

Call Melody to get involved, no need to be bored!
We would love your help! 704-216-7703

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

◇ **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 Rufty-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.ruftyholmes.org or follow us on Facebook
NEWSLETTER AVAILABLE UNDER CARPORT AT THE CENTER**