

MAY 2024

Rusty-Holmes  
Senior Center  
"Adding Life to Years"

# Newsletter

704-216-7714

1120 S. MLK JR. AVE, SALISBURY, NC 28144

WWW.RUFTYHOLMES.ORG



**RHSC WILL BE CLOSED MEMORIAL DAY, MAY 27, 2024**



## AARP CARFIT

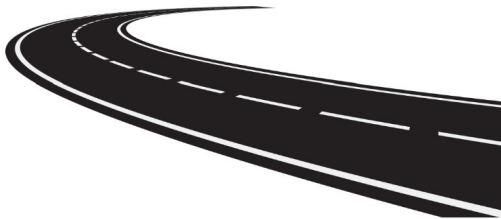
**TUESDAY, MAY 7  
9 AM - NOON**

Occupational Therapy Assistant Students from RCCC will assist you to custom fit your car for safer driving.

### FREE WELLNESS SCREENINGS:

Blood Pressure & Oxygen checks. sleep, memory, strength, visual perception, dexterity, and balance screenings.

Schedule your appointment at the front desk.



## GOSPEL COMEDY SHOW

**THURSDAY,  
MAY 9  
@ 2 P.M.**



*Performance by:*

**WILLETTE "GUFU" JOHNSON**

**COST \$10  
CALL TO REGISTER**

**LOCATION:  
RUFTY-HOLMES SENIOR CENTER**

**A JOYFUL HEART IS  
GOOD MEDICINE!**

**MAY  
is**

**OLDER  
AMERICANS  
MONTH**



POWERED BY CONNECTION: MAY 2024

NATIONAL  
**SENIOR  
HEALTH &  
FITNESS**  
DAY

**WEDNESDAY, MAY 29, 2024  
9 AM - 12:30 PM**

Join us for a fun-filled day of Fitness Class Demonstrations, Vendors, Healthy Snacks and Screenings. No Cost.

### FITNESS CENTER:

9 - 9:30 AM / Silver Sneakers (Donnie)  
9:45 - 10 AM / Pilates Fusion (Susan)  
10:30 - 11 AM / Silver Sneakers Circuit (Angela)  
11:15 - 11:45 AM / Chair Active (Traci)  
12 PM - 1 PM / Chair Volleyball

### OUTSIDE PICNIC PAVILION:

9:15 - 9:45 AM / Zumba Gold (Nayda)  
10 - 10:30 AM / Cardio Drumming (Traci)  
10:45 - 11:15 AM / Zumba Toning (Nayda)  
11:30 AM - 12 PM / Cardio Dance (Angela)

# TREASURES IN YOUR TRUNK!

**COMMUNITY YARD SALE**

## Friday, May 17 / 9 am - 2 pm

If you enjoy thrifting & yard sales, this event is for you!

- Reserve your parking spot for \$10 to sell items from the trunk of your car.
- Each person will receive a table and chair.
- Call 704-216-7714 for your reservation, limited spaces.
- If you don't want to sell, come shop!
- \$5 Hot dog plates and desserts available for purchase.




# Community Services



## OUTREACH SERVICES

for Rowan County Older Adults

**CARS-** Rides to appointments and limited funding available for select out of county rides. 

**CAREGIVER SUPPORT-** Providing caregivers with Adult Day Care, respite care in the home and supplies.

**HOME REPAIR-** Providing safety additions, accessibility & minor repairs.

**SHIIP-** Medicare health insurance counseling, assistance with applications, by appointment.

Call our Community Resources Manager for additional services to extend independent living.

**704-216-7704**

## SHREDDING! & MEDICARE FRAUD

Monday, June 17th  
9 AM - 1 PM

RHSC is hosting a shredding event, in partnership with Rowan Vocational Services. All paper items are placed in a locked bin and shredded by professionals. We will have help to unload your paper and place them in the bins. Donations of \$5 - \$10 are encouraged based on the amount you bring.

During the shredding event, a Senior Medicare Patrol (SMP) table will be set up to offer assistance with fraud, identity protection, and our SHIIP program. Enter for a chance to WIN one of three Cross-Cut Shredders and other great prizes!



## CO<sub>2</sub> Detectors Still Available!! Claim yours today

(age 65+ only)

Call 704-216-7714 to sign up for a carbon monoxide detector and installation through the City of Salisbury.

2024 ANNUAL CAMPAIGN FUND GOAL



Please consider making a donation to RHSC's Annual Campaign and write your name or message on a shoe for display!



Ruffy-Holmes Senior Center 2024 Annual Campaign  
**Stepping into  
A New Era**  
Thank You to Our Supporters!

## Medicare 101

Questions about Medicare?  
What are Parts A, B, C, D?  
What do they mean and where do I fit in? Our dedicated SHIIP Counselor, Carol Hamm will lead the presentation. Light refreshments provided. No Cost.  
Call 704-216-7714 to register.



# On the Go...



## **Reynolda House Museum of American Art - Winston-Salem, NC**

***Friday, May 10 / Arrive at RHSC by 9:15 a.m. / \$40 per person***

Experience the 1917 estate of R.J. and Katharine Reynolds. Reynolda's 170-acre historic estate comprises Reynolda House Museum of American Art (Guided Tour), Reynolda Gardens, and Reynolda Village Shops and Restaurants. **Registration is open.**

## **Dan'l Boone Inn & King Street - Boone, NC**

***Thursday, May 30 / This trip is full / Arrive at RHSC by 9:15 a.m.***

## **Dan'l Boone Inn & King Street - Boone, NC**

***Thursday, June 13 / \$25 per person / 2nd date added! Open to those that did not attend May date.***

For over 50 years, Dan'l Boone Inn has been serving delicious high country home cooked meals, just like you remember at grandma's house. After lunch, enjoy some free time to explore the many shops in Downtown Boone. Dan'l Boone Inn requires you to bring cash or check for lunch. **Registration opens Monday, April 29 for Rowan County residents and May 6 for out of county. Those on the waitlist for the May date must re-register for NEW date.**

## **Tiger World - Rockwell, NC**

***Tuesday, June 25 / \$30 per person / Morning Departure***

Embark on a guided tour and exploration of the conservation center with a licensed animal handler. Tiger World is a nonprofit animal conservation and educational center dedicated to rescue, rehabilitation, and preservation of exotic animals. Experience kangaroos, monkeys, lions, tigers, bears (Oh my!) and more. **Registration opens Monday, April 29 for Rowan County residents and May 6 for out of county.**

## **Savannah, GA**

***September 30 - October 3 / \$630-Double Rate***

Tour Historic Savannah, Musical Revue Show at the Savannah Theatre, Mercer-Williams House, Savannah History Museum, Ghosts and Gravestones Trolley Tour & more! High activity level. Pick up an information packet at the center or visit our website for more details. \$200 deposit required to register. Checks only, written out to White Star Tours. **Registration is open but filling up fast..... Don't wait to register!**

## **Tropical Costa Rica**

***January 7-15, 2025 / \$2,999 for Double Rate***

Explore part of the 20,000-acre nature preserve of Cano Negro on a riverboat adventure. Spend two nights in Monteverde's lush cloud forest. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. Discover the culture during a tour of a local coffee plantation and a family-owned farm. Stairs and walking/standing for longer amounts of time required. Deposit of \$698 due upon registration. Full payment due by Nov. 1st. Checks written to Collette Travel. Pick up an information packet at the center or on our website.



# Programs, Classes, Events



Registrations Required: Call 704-216-7714 or email: [frontdesk@ruftyholmes.org](mailto:frontdesk@ruftyholmes.org)

**BILLIARDS:** Billiards available **Mondays 8 am-8 pm** and **Tuesdays-Fridays 8 am-5 pm**.  
Schedule a time slot through the front desk or drop in. No Cost.

- **Trivia Night:** Monday, May 13 / 5:30-7 p.m. / \$2 per person. Test your knowledge for a chance to win! Call to register your team of 2-6 people or join a team as a single. Have your team's name ready. Refreshments included. Topics include Mother's Day, sports, and general knowledge.
- **Grief Support Workshop:** Tuesday, May 14 / 10 a.m. This is a series of grief support workshops, led by Trellis Supportive Grief Counseling Team. Open to adults who are grieving the death of a loved one. Call to register.
- **Hearing Screenings:** Wednesday, May 15 / 10 a.m. - 12:30 p.m. Test to see if you have hearing loss. Hearing screenings are for those not previously diagnosed with hearing loss. These are not diagnostic. Call to reserve a time slot. Led by the Division of Services for the Deaf and Hard of Hearing. No Cost.
- **Movie-"NYAD":** Wednesday, May 22/ 2 p.m. The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. Popcorn and drinks provided. No Cost. Call to register.
- **Mental Health Awareness: Does Solitude Have to be Lonely?** Thursday, May 23 / 10:30 a.m. Social isolation affects many older adults. For mental health awareness month, we will explore what being mentally healthy means and how solitude interacts with mental health. Led by Therapeutic Alternatives. No Cost. Call to register.
- **Got Plans:** Tuesday, May 28 / 10 a.m./ Advance Care Planning: Learn to plan for the unexpected. We will navigate you through the Healthcare POA and Living Will forms at no cost with notarization services included. Led by Trellis Supportive Care. Call to register.



## ONCE A MONTH EVENTS:

- **Curious Book Club:** Wednesday, May 1/ 12:30 - 2:30 p.m. **May Selections:** *The Lost Book Shop* by Evie Woods and *The State of Terror* by Hillary Clinton & Louise Penny. **June Selections:** *The Storied Life of A.J. Fikry* by Gabrielle Zevin and *The Fall of Marigolds* by Susan Meissner.
- **AARP Chapter Meeting-** Thursday, May 2 / 1 - 2:30 p.m. New members welcome!
- **Ambassadors Volunteer Club-** Tuesday, May 14 / 12 p.m. Come learn about volunteering at RHSC.
- **National Active and Retired Federal Employees-** Monday, May 20 / 1 - 3 p.m.
- **Rowan Doll Society:** Tuesday, May 21 / 12 - 3 p.m.
- **Technology for Today:** Wednesday, May 22 / 1:30 - 3:30 p.m. This month's topic is: AI Evolution in Real Time. All are welcome.

## UPCOMING EVENTS:

- ❖ **Medicare 101:** Monday, June 3 / 5:30 - 7 p.m. Questions about Medicare? What are Parts A, B, C, D? Where do I fit in? Come and learn more at our Medicare 101 presentation. Our dedicated SHIIP Counselor, Carol Hamm, will lead the presentation. Light refreshments provided. No Cost, Call to register.



704-633-0023



## MONDAYS:

**TOPS (Taking Off Pounds Sensibly):** 9:30 - 11:30 a.m. Open to all.

**Watercolor Jam Open Studio:** 9:30 a.m. - 12:30 p.m./ No cost / Bring your own project to work on.

**Guitar Class:** Beginner class instructed by Bob Wingate at 1:30 p.m. / \$25 for 4 weeks. Beginner & intermediate classes instructed by Gary Schneider at 1:30 & 3p.m. / \$5 per class.

**The Realm of Art:** 2 - 4 p.m./ \$10 per class - Explore oils, acrylics, charcoal or pastels with the help of Art Instructor, Robert Toth.

## MONDAY EVENINGS:

**Cardinal Squares:** 5:30 p.m. / Cost \$5/ Every Monday at RHSC- Square Dancing! Beginners welcome.

**Tech Clinic:** May 13 / 5 - 7:30 p.m./ Need help with phones, tablets, computers, or smart devices like Roku or Fire Stick? Would you like to check out a tablet from RHSC? Tony will help! 30-minute time slots are available to receive FREE assistance. Call to sign up. Drop-ins will be accepted if slots are open.

**Stained Glass:** Classes are April 22 - June 17/ 1:30 - 4:30 p.m. & 5 - 8 p.m.

Cost is \$55 plus materials for 8-week session. Payment made to Instructor. Call to register.

## TUESDAYS:

**Paint, Piddle & Draw Open Studio:** 9 - 11 a.m. Bring your own supplies and favorite project to work on.

**BINGO:** 1 - 3 p.m./ \$3 to play, fees pay for prizes. Led by participants. Exact change required.

**Handmade Card Craft:** May 7 & 14 / 1 - 4 p.m. / \$15 per class-pay instructor. Max of 6 people per class.

You may only sign up for one card craft class per month. Call to register.

**Musical Jam Session:** May 7 & 21 / 2 - 4 p.m./ Bring your instrument and jam out.

## WEDNESDAYS:

**Creative Needles:** 9:30 a.m. - 12:30 p.m./ No cost / Bring your favorite project and learn new tips.

**Duplicate Bridge:** 1 - 5 p.m./ Bring a partner to play with or we will find one for you by calling 502-714-9409.

**Tech Clinic:** May 1, 8 & 15 / 1:30 - 4:30 p.m./ No cost / Need help with phones, tablets, computers, or smart devices like Roku or Fire Stick? Would you like to checkout a tablet? Tony will help! 30-minute time slots are available to receive assistance. Call to sign up. Drop-ins will be accepted if appointment slots are open.

**Latino Lunch Club:** May 8 & 22/ 11 a.m.-12:30 p.m. No cost for catered lunch. Call to register.

## THURSDAYS:

**Salisbury Rowan Quilters:** 9:30 a.m. - 12 p.m. Contact Shelley for membership questions 704-636-5897.

**Woodcarving:** 1 - 3:30 p.m./ Bring your own project, learn tips, visit, and have fun!

**Bid Whist:** 12:30 - 4:30 p.m./ Enjoy an afternoon of meeting new friends and fun competition, playing Bid Whist!

## FRIDAYS:

**Spanglish:** 10:30 - 11:30 a.m./ Meet conversation partners wanting to learn Spanish or English. All adults welcome! In partnership with Rowan Literacy Council.

**Duplicate Bridge:** 1 - 5 p.m./ Bring a partner to play with or we will find one for you by calling 502-714-9409.



# Fitness Schedule



## Schedule for Session 4: May 13 - June 21, 2024

\*In-Person Fitness Classes (FIT) / \*Virtual Fitness Classes (VIRT) / \*Pool & Water Classes (POOL)  
\*Work out on our fitness equipment Mondays - Fridays 9a.m. - 3p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>8 - 8:45</b> Zumba Gold (FIT) (3-4)</p> <p><b>9:15-10:15</b> Aqua Zumba (POOL) (3-4)</p> <p><b>9 - 9:45</b> Silver Sneakers (FIT) (1-3)</p> <p><b>10 - 10:30</b> Good Morning Stretch (VIRT) (1-4)</p> <p><b>10 - 10:45</b> Stretch &amp; Balance (FIT) (1-3)</p> <p><b>11 - 11:45</b> Stretch &amp; Balance (FIT) (1-3)</p> <p><b>11 - 11 :45</b> Water Walk (POOL) (1-4)</p> <p><b>12 - 12:45</b> Chair Volleyball (FIT) (1-4)</p> <p><b>12 - 12:55</b> Walk, Noodle or Swim (POOL) (1-4)</p> <p><b>1 - 1:45</b> Water Aerobics (POOL) (2-4)</p> <p><b>1:15 - 2 pm</b> Silver Sneakers Circuit (FIT) (3-4)</p> <p><b>2:15 - 3</b> Zumba Toning (FIT) (3-4)</p>	<p><b>9 - 9:45</b> Silver Gym (FIT) (3-4)</p> <p><b>9 - 9:45</b> Core Strength &amp; Stretch (POOL) (2-3)</p> <p><b>10 - 10:45</b> Cardio Mix (VIRT) / (FIT) (3-4)</p> <p><b>11 - 11:45</b> Sit N' Fit (FIT) (1-2) <b>(WAIT LIST)</b></p> <p><b>11 - 11:55</b> Walk, Noodle or Swim (POOL) (1-4)</p> <p><b>12 - 1 pm</b> Chair Volleyball (FIT) (1-4)</p> <p><b>12 - 12:45</b> Splash Circuit (POOL) (3-4)</p> <p><b>1 - 1:45</b> Aqua Fit (POOL) (1-3)</p> <p><b>1:30-2:30</b> Tai Chi for Wellness (FIT) (1-4)</p> <p><b>2:30-3:15</b> Water Boomers (POOL) (2-3)</p>	<p><b>9 - 9:45</b> Silver Sneakers (FIT) (1-3)</p> <p><b>10 - 10:45</b> Stretch &amp; Balance (FIT) (1-3)</p> <p><b>11 - 11:45</b> Stretch &amp; Balance (FIT) (1-3)</p> <p><b>Water Walk</b> (POOL) (1-4)</p> <p><b>12 - 12:45</b> Chair Volleyball (FIT) (1-4)</p> <p><b>12 - 12:55</b> Walk, Noodle or Swim (POOL) (1-4)</p> <p><b>1 - 1:45</b> Water Aerobics (POOL) (2-4)</p> <p><b>1:15-2 pm</b> Silver Sneakers Circuit (FIT) (VIRT) (3-4)</p> <p><b>2:15 - 3 pm</b> Zumba Toning (FIT) (3-4)</p>	<p><b>9 - 9:45</b> Silver Gym (FIT) (3-4) Core Strength &amp; Stretch (POOL) (2-3)</p> <p><b>10 - 10:45</b> Cardio Dance (FIT) (3-4)</p> <p><b>11 - 11:45</b> Sit N' Fit (VIRT) / (FIT) (1-2)</p> <p><b>11 - 11:55</b> Walk, Noodle or Swim (POOL) (1-4)</p> <p><b>12 - 12:45</b> Splash Circuit (POOL) (3-4) Chair Active (FIT) (1-2)</p> <p><b>1-1:45</b> Aqua Fit (POOL) (1-3)</p> <p><b>1:30-2:30</b> Tai Chi for Wellness (FIT) (1-4)</p> <p><b>2:30-3:15</b> Water Boomers (POOL) (2-3)</p>	<p><b>8 - 8:45</b> Zumba Gold (FIT) (3-4)</p> <p><b>9:15-10:15</b> Aqua Zumba (POOL) (3-4)</p> <p><b>10-11</b> Yoga for Everybody (FIT) (2-4)</p> <p>*****</p>  <p>*****</p> <p>Equipment Orientations:</p> <p>Call or Text 704-216-7701 to schedule.</p>
<p><b>Reminder:</b> Verify that your classes are paid by your insurance company. We participate with Silver Sneakers, Silver &amp; Fit, ReNewActive, &amp; One Pass.</p>		<p><b>Key for Class Levels:</b></p> <ul style="list-style-type: none"> <li>1 - Wheel chair bound or unable to stand without assistance.</li> <li>2 - Can stand, but have mobility or balance issues.</li> <li>3 - Beginner or participants who have not been exercising regularly.</li> <li>4 - Active older adult.</li> </ul>		



# Fitness Schedule



## Fees for On-Going Fitness Classes

Contact the Fitness Manager to sign up for a class or use the equipment.

### \*Equipment Usage:

\$24 for 6 weeks

(FREE if taking a 2-day week class)

### \*Fitness & Multiple Classes:

\$12 for 6 weeks - 1 day per week

\$24 for 6 weeks - 2 days per week

\$40 for 6 weeks - max for multiple



### \*Aquatic Classes:

\$16 for 6 weeks - 1 day per week

\$32 for 6 weeks - 2 days per week



### \*Virtual/Online Classes:

FREE

## GARS

Golfers at Rufty-Holmes Senior Center

### 🚩 No May Meeting 🚩

Golf games every Monday.

Call or visit website for schedule & location.

For more information, call John Cress: 980-234-3080.

### Outdoor Adventure Hike!

Friday, May 17



Location: Hanging Rock (7 Miles)

Indian Creek/ Hidden Falls/Window Falls

🎒 Pack a lunch

Meets 3rd Friday each Month

All are welcome!



## Fitness Early Registration



For CURRENT participants who have attended at least 75% of their classes is May 6.

General registration for Rowan County residents 55 and older is May 7-9. Class sizes are limited.

*Non-residents are allowed only if space is available.*

Call 704-216-7701

Session Break: June 24-28 (no classes)

Open pool will be offered

Monday - Thursday 11 AM - 1 PM

on a first come, first serve basis (8 max at a time).



## OLDER ADULT SELF-DEFENSE

Friday, June 7

10 - 11:30 AM

Registration opens May 1 (Max 20) /Cost: \$5



Only individuals who have not attended previously are eligible to register.

Age does not have to prevent you from learning how to protect yourself. Empower yourself with the knowledge and skills to feel secure.



# PARKS AND RECREATION & SENIOR CENTER MASTER PLAN



## JOIN US FOR A COMMUNITY SURVEY!

The City of Salisbury and Ruffy-Holmes Senior Center want your input for the new Recreation, Aquatics, and Senior Center project.

### WHAT TO EXPECT:

- This is Drop-in. If you can't stay and fill out a survey, you can take one and return it.
- Share your current program participation
- Suggest new programs & activities
- Help design the future facility

### UNABLE TO ATTEND?:

This session will be the 2nd in a series of engagement sessions looking for your input on this future facility. Watch for additional opportunities to give input.

FOLLOW US ON:



City of Salisbury, NC  
@salisburync  
Ruffy-Holmes Senior Center  
@ruffy.holmes.senior.center



**DROP-IN SESSION  
OPEN TO PUBLIC**

**WEDNESDAY, MAY 29  
DURING**

### LOCATION:

**RUFFY- HOLMES SENIOR CENTER  
1120 S. MARTIN LUTHER KING JR. AVE.  
SALISBURY, NC 28144**

**HURLEY ROOM**



# New Employee Spotlight!



Please welcome Sylvia "Sam" Miller, our new Outreach Coordinator and Bonnie Jones, our new Marketing & Media Coordinator



Sam has been a RHSC member and volunteer for a couple of years and is currently Secretary of the Ambassador Volunteer Club. She is retired from Phillip Morris and a we are lucky to have her as a member of our team. She will coordinate our CARS and Home Repair Programs.

Sam has been a widow for the past 10 years, following the passing of her beloved husband, Sonny, with whom she shared 43 beautiful years of marriage. She resides in Rowan County where she enjoys crafting, sewing, making jewelry and volunteering at her church, Calvary Baptist Tabernacle Church. She has 2 children, 3 grandchildren and she lives with her spoiled 5-year old, chocolate lab, Maggie.



Bonnie has an extensive non-profit background (American Cancer Society, Meals on Wheels and Habitat for Humanity) and a lifetime love of seniors. She will be responsible for RHSC Marketing as well as program sponsorship. Bonnie lives in Concord with her fiancée, Dave and their mini zoo. She volunteers for her church, Fusion City, and serves on the board for Spay it Forward NC which promotes spay/neuter of animals.

# Wellness Wednesdays

**Join us Wednesday mornings in May for BONUS drop-in classes outside in the Picnic Pavilion at NO EXTRA charge!**

## 10 - 10:45 a.m.

- May 1 Mat Workout/Tai Chi Stretch (Bring your own mat)\*Donnie**
- May 8 All Standing PiYo (more advanced workout) \*Angela**
- May 15 Walking/Stretch \*Donnie**
- May 22 Kickbox Intervals \*Angela**
- May 29 National Senior Health & Fitness Day**



# Ruffy-Holmes Senior Center LUNCH CLUB

Lunch Clubs are a great place to enjoy a good meal, visit with friends, and learn about services for older adults! Meals are no cost. Donations accepted.

**\*SEE BACK PAGE FOR MENU AND DETAILS**



## Center Hours

**Mondays: 8 a.m. - 8 p.m.**

**Tuesday - Friday: 8 a.m. - 5 p.m.**

**Cafe Open Daily: 10 a.m. - 2 p.m.**

Soda, Snacks & Sandwiches available for purchase

Coffee is always FREE,

Thanks to



**Serving Rowan County Older Adults 55+**

No fee to join.

**NC Senior Center of Excellence**

Nationally accredited by the National Council on Aging.

**Rufty-Holmes Senior Center (RHSC)**

### Mission Statement

RHSC is a non-profit organization that provides aging resources and opportunities to extend independent living and enrich the quality of life for Rowan County older adults.

### Rufty-Holmes STAFF

Call Front Desk for general questions: 704-216-7714

Contact *Staff* directly, use 704-216 and ext. #

Fitness & Wellness	7701	Marketing	7709
Nutrition	7702	Director	7715
Volunteers	7703	Finance/Office	7716
Community Resources	7704	CARS	7717
Programs	7705	Facilities	7720



### Play ‘Radio Tips & Trivia’

Tune in to Memories **101.7 FM** for the Question of the Day


\*\*Weekday Mornings at 6:25 a.m. & 10:17 a.m.\*\*

Monthly game boards & details available at the center  
and on our website (under Leisure tab).



**WIN a \$10 Gift Card to a local business!**

# MAY 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Join a RHSC Lunch Club!</b> 6 Locations in Rowan County. Lunch provided at no cost to Rowan County residents, 60+ years. Donations appreciated. Sites Open Monday - Friday 9:30 a.m. - 1:30 p.m. *CALL 704-216-7702 TO REGISTER.		1 Pinto beans w/Ham. Mac & Cheese. Cabbage. Cornbread. Grape Juice and Milk.	2 Hot Dog w/Chili & Bun. Corn. Coleslaw. Diced Peaches. Milk	3 Chicken Alfredo w/ Noodles. Green Beans. Pickled Beets. Roll. Pears. Milk
6 BBQ Chicken. Rice. Stewed Tomatoes. Roll. Baked Apples Milk	7 Pancakes w/ syrup. Scrambled Eggs. Sausage Links. Tater Tots. Orange. Milk	8 BBQ Boneless Pork Rib. Coleslaw. Corn. Bun. Cookie and Milk.	9 Chopped Steak w/Brown Gravy. Rice. Green Beans. Roll Fruit Cup. Milk	10 Baked Ham. Pinto Beans. Turnip Greens. Cornbread. Pudding and Milk.
13 Pepper Steak Supreme. Mashed Potatoes. Peas & Carrots. Wheat Roll. Pineapple Tidbits. Milk.	14 Fried Fish Filet. Bun. Okra & Tomatoes. Coleslaw. Peaches. Milk.	15 Roast Turkey w/Gravy. Cornbread Stuffing. Pickled Beets. Baked Apples. Grape Juice and Milk.	16 Baked Chicken. Creamed Potatoes. Green Peas and Roll. Pudding. Grape Juice and Milk.	17 Lasagna. Tossed Salad w/Green Peppers & Tomatoes. Garlic Bread. Mixed Fruit. Milk.
20 Cheeseburger and Bun. Lettuce & Tomato. Tater Tots. Pudding. Milk.	21 Spaghetti & Meat Sauce. Corn. Garlic Bread. Pineapple Tidbits. Milk.	22 Chicken & Dumplings. Carrots. Coleslaw. Roll. Peaches. Milk.	23 Meatloaf. Mac & Cheese. Lima Beans. Roll. Pineapple-Orange Juice and Milk.	24 Chicken Patty w/Gravy. Mashed Potatoes. Broccoli & Cheese Casserole. Wheat Roll. Cookie. Milk.
27 <b>CLOSED</b>  Memorial Day	28 Salisbury Steak. Navy Beans. Broccoli. Roll. Apple Slices. Milk.	29 Pinto Beans. Collard Greens. Stewed Potatoes. Cornbread. Cookie. Milk.	30 Chopped Steak w/Brown Gravy. Green Beans. Carrots. Wheat Roll. Cranberry-Apple Juice and Milk.	31 Sweet & Sour Chicken. Mac & Cheese. Broccoli. Roll. Baked Apples. Milk.

**West Rowan - Lions Club**

704-798-3100

**Lafayette Community Center North**

704-636-7758

**East Rowan - Shiloh UMC**

704-798-3058

**Rowan - Spencer Comm. Bldg**

704-431-7720

**John Calvin Presbyterian Church**

704-798-3093

**South Rowan - VFW Kannapolis**

704-798-3038

**Tuesday Lunch Club @ RHSC**

704-216-7702

**Latino Lunch Club (2nd & 4th Wed.)**

704-216-7702