



Rufty-Holmes Senior Center

Newsletter

FEBRUARY 2024

704-216-7714

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

WWW.RUFTYHOLMES.ORG

Tunes & Spoons Salisbury Symphony

Friday, Feb. 9

11:00 am / \$7 per person

Socialize with friends over lunch and then enjoy a performance by a trio of select members of the Salisbury Symphony 11:30-12pm. Box lunches from L.A. Murphs. Lunch reservations close Friday, Feb. 2, call to register.

31st Annual AFRICAN-AMERICAN HISTORY BREAKFAST “African Americans and the Arts”

Friday, February 23 / 9 am-10:30 am / \$7 per person

Join us for a catered breakfast, music and guest speakers

Register and pay at the front desk. Registration opens January 26 and closes February 16. Limited seating is available and will go quickly.

Arts Speaker: Dr. Da'Tarvia Parrish from Livingstone College

Spiritual Speaker: Dr. Henry Diggs, Pastor at Faith Temple Triumphant Ministries

Music: Galvin Crisp, Saxophone Player

Thank you to our sponsors: F&M Bank and David Post

Budgeting in Retirement

Thurs., Feb. 22 | 10:30 am. It is never too late to start budgeting and it is never too early to budget for your retirement. First Bank will be discussing tips and strategies for budgeting during your retirement years.

Call to register.



PASSPORT FAIR

Thursday, Feb. 15 / 9 am - 12 pm

Renew your passport or start a new application all in one stop! Call the front desk to register for your 15-minute time slot. Paperwork must be filled out ahead of time and can be picked up at the front desk. In partnership with Rowan County Register of Deeds.

♥♥♥ Community Services ♥♥♥

OUTREACH SERVICES

for Rowan County Older Adults

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

Family Caregiver Support - Providing caregivers with Respite care in the home or at Adult Daycare.

LIEAP - Low Income Energy Assistance Program. One time payment to those that qualify through Mar. 31st.

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

704-216-7704

VITA

VOLUNTEER INCOME TAX ASSISTANCE

Q: What is VITA?

A: Volunteer led tax assistance program for people in need of tax preparation

Q: When are appointments available?

A: Appointments available Mondays 4 – 6 pm and Wednesdays 9 am – 3 pm, Jan. 31 – Apr. 15 at RHSC, and East Rowan YMCA on Thursdays 4 - 7 pm and Saturdays 9 am - 12 pm, every other week starting Feb.1. Call: 704-216-7714

Q: How can I make an Appointment?

A: The Reservation Line opens January 18th and will be open Monday – Friday from 8:30 am – 4:30 pm. Please leave your name and phone number if you get a voicemail. A person will call you back within 24 hours if calling on a weekday.

Q: What information will I need?

A: You will be asked your Name, Phone Number, and Email Address. You will be required to pick up a packet from the Senior Center or download it from our website. You must have the packet filled out prior to your appt.

www.ruftyholmes.org

Tablet Loan Program

Computer Tablets are available to loan at **NO COST** to Rowan County Older Adults.

*Tablet training class required.
Offered Mondays and Wednesdays*

CARS Driver Needed

The CARS program is seeking an individual to assist in providing transportation for Rowan County residents in need of rides to further their personal independence.

Position is Part-Time (8-10 hours a week) with the ability to work an open and flexible schedule. Please see the full job description on our website.



On the Go...



FEBRUARY

Harvey B. Gantt Center for African American Arts + Culture

Thursday, February 15 / \$35 per person

Enjoy a docent-led guided tour which includes the history of the Gantt and a discussion of the artists and exhibitions on view. This is an opportunity to learn more about the rich history of Charlotte, African American art and culture from museum professionals. **Registration opens Jan. 26 and closes Feb. 8.**

Mrs. Hanes' Moravian Cookies

Wednesday, February 28 / \$30 per person

Embark on a one hour tour of the bakery and learn from the "Artist in Aprons" as they hand-roll and hand-cut each cookie. Sample the different flavors and learn more about the process and history of the business. Lunch afterwards. **Registration closes Feb. 21.**

MARCH

Barn Dinner Theater, "Sing Hallelujah"

Tuesday, March 19 / \$85 per person

It's a beautiful morning at Shady Creek Baptist Church! Victoria Johnson and her sidekick Penelope Pope along with Deacon Spalding have "kept things straight" at Shady Creek until the new pastor, Reverend William Higgins, finds a way to bring revival to his flock. Things are going well until the three of them find the new preacher on the "wrong" side of town! A toe tapping musical comedy that warms the heart and brings spontaneous laughter! Cost of lunch and show included. **Registrations open Jan. 26 and close Feb. 26.**

MULTI-DAY

Nashville Show Trip

April 22-26, 2024 / \$895 Double Rate (must register & pay by Feb. 15)

Experience the Nashville Nightlife Dinner Theater, the famous Grand Ole Opry, Madame Tussauds Wax Museum, Johnny Cash Museum, and the Country Hall Music of Fame! Also take tours of the city of Nashville, Belle Meade Historic site & Winery and backstage of the Grand Ole Opry. Pick up a travel packet/flyer at the center or visit our website. \$75 deposit due upon registration. Register at the front desk!

Tropical Costa Rica

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

Enjoy the tranquil views of Arenal Volcano from your hotel. Explore part of the nature preserve of Cano Negro. Spend two nights in Monteverde's lush cloud forest and discover the culture. Experience the forest canopy on your choice of a hanging bridge nature walk or an exhilarating zip lining tour. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste. Stairs and walking/standing for longer amounts of time required. Deposit of \$698 due upon registration. Full payment due by Nov. 1. Pick up an information packet at the center or on our website to learn more.



704-633-0023





Programs, Classes, Events



Registrations Required: Call 704-216-7714 or email: frontdesk@ruftyholmes.org

Covid-19 Vaccine Clinic: Thursday, Feb. 8 / 9 am -12 pm. Protect yourself with a Covid-19 vaccine! Sign up for your 10-minute time slot by calling to register. Bring your insurance card and ID. In partnership with the Rowan Health Department.

Trivia Night: Monday, Feb. 12 / 5:30-7 pm / \$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 provided. Topics include US Cities, General Knowledge and Decades. **Sponsored by Gentiva**

10 Warning Signs: Tuesday, Feb. 13 / 2 pm . Become familiar with the 10 warning signs of Alzheimer's disease and the differences between normal aging. Hear from people who have the disease, and find out how to recognize the signs in yourself and others. Led by the Alzheimer's Association.

Grief Support Workshop: Tuesday, Feb. 20 / 10 am. 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.

Chrismons For Beginners: Thursday, Feb. 22 / 1 pm - 3 pm / \$35 per person. Make a basic epiphany star using beads and wire. Learn the basic techniques required to create a Christian symbol ornament from the bible. Limited seating, call to register.

Upcoming Programs:

Shredding: Save the Date! Shredding is back on Monday, March 18. Tune into the March newsletter for details.

Once A Month Events:

AARP Chapter Meeting: Thursday, Feb. 1 / 1-2:30 pm. New members welcome!

Parkinson's Support Group: Tuesday, Feb. 6 / 12:30-2 pm. Learning strategies to live our best life with Parkinson's. Created for people with Parkinson's and caregivers.

Musical Jam Session: Tuesday, Feb. 6 / 2:00-4:00 pm. Bring your instrument and jam out.

Curious Book Club: Wednesday, Feb. 7 / 12:30 - 2:30 pm. February Selections: What The Dead Know by Barbara Butcher and any book from Miss Julia Series by Ann B. Ross. March Selections: Any book by Colleen Hoover and The Forest of Vanishing Stars by Kristin Harmel.

Ambassadors Volunteers Club: Tuesday, Feb. 13 / 12 pm. Come learn about volunteering at RHSC!

National Active and Retired Federal Employees: Monday, Feb. 19 / 1-3 pm.

Rowan Doll Society: Tuesday, Feb. 20 / 12-3 pm.

Technology for Today: Wednesday, Feb. 28 / 1:30 pm-3:30 pm. Previously known as computer club. This month's topic is "Using Portable Storage." All are welcome.

Alpha Delta Kappa Meeting: Monday, Feb. 26, 6-7:30 pm. ADK is an international honorary organization of over 25,000 women educators. Contact Lori Sullivan at lsullivan667@gmail.com for more information.

Billiards Available, 8 am- 8 pm Monday and 8 am – 5 pm Tuesday-Friday.

Schedule a time slot or drop in. No Cost. See the front desk to reserve.

Mondays:

TOPS (Taking off Pounds Sensibly) 9:30 am - 11:30 am. Open to all.

Watercolor Jam Open Studio, 9:30 am - 12:30 pm. No cost. Bring your own project to work on.

Guitar Class, Guitar classes offered every Monday. Beginner class instructed by Bobby Wingate at 1:30 pm / \$25 for 4 weeks, \$10 one-time fee for materials. Beginner & intermediate class instructed by Gary Schneider at 1:30 & 3:00 pm / \$5 per class, no materials fee.

The Realm of Art, 2 pm - 4 pm. Robert Toth, Art Instructor. \$10 per class

EVENING PROGRAMS

Tech Clinic, Feb. 12 & 26 / 5-7:30 pm. Need help with phones, tablets, computers, or smart devices like Roku or Fire Stick? Or 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 appointment slots are open.

Cardinal Squares, 5:30 pm every Monday night at RHSC - Square Dancing! Cost is \$5. Beginners welcome!

Stained Glass, Classes are February 5 - March 25, 2024 / 1:30 pm-4:30 pm & 5 pm-8 pm. \$55 plus materials for 8-week session paid directly to instructor. Call to register.

Tuesdays:

Paint, Piddle, Draw Open Studio, 9 am - 11 am. Bring your own supplies and favorite project to work on!

Bingo, 1 pm - 3 pm. \$3 to play; fees pay for prizes. Led by participants. Exact change required.

Handmade Card Craft, Feb. 6 & 13 / 1 pm-4 pm. \$15 per class-pay instructor. Max of 6 people per class. You can only sign up for one of the class offerings. Call to register.

Wednesdays:

Creative Needles, 9:30 am - 12:30 pm. Bring your favorite project and learn new tips! No cost.

Duplicate Bridge, 1 pm - 5 pm. Bring a partner to play with or we will find you one if you call 502-714-9409.

Latino Lunch Club, Feb. 14 & 28 / 11 am - 12:30 pm. No cost for catered lunch. Call for reservations

Tech Clinic, Feb. 7, 14 & 21 / 1:30 pm-4:30 pm. Need help with phones, tablets, computers, or smart devices like Roku or Fire Stick? Or would you like to checkout 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 appointment slots are open.

Thursdays:

Salisbury Rowan Quilters, 9:30 am - 12 pm. Contact Shelley for membership questions 704-636-5897.

Woodcarving, 1 pm - 3:30 pm. Bring your own project, learn tips, visit, and have fun!

Card & Table Games, 12:30 - 4:30 pm. Learn to play the card game Bid Whist!

Fridays:

Spanglish, 10:30 am - 11:30 am / Meet Conversation partners wanting to learn Spanish or English. All Adults Welcome! In partnership with Rowan Literacy Council.

Duplicate Bridge, 1 pm - 5 pm. Bring a partner to play with.



Fitness & Wellness



SCHEDULE FOR SESSION 2: FEB.12 - MAR. 22

*In-Person Fitness Classes (FIT) / *Virtual Fitness Classes (VIRT) / *Pool & Water Classes (POOL)
*Work Out on our Fitness Equipment | Mondays - Fridays 9am - 3pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 Zumba Gold (FIT) (3-4)	9:00-9:45 Silver Gym (FIT) (3-4)	9:00-9:45 Silver Sneakers (FIT) (1-3)	9:00-9:45 Silver Gym (FIT) (3-4)	8:00-8:45 Zumba Gold (FIT) (3-4)
9:15-10:15 Aqua Zumba (POOL) (3-4)	9:00-9:45 Core Strength & Stretch (POOL) (2-3)	10:00-10:45 Stretch & Balance (FIT) (1-3)	9:00-9:45 Core Strength & Stretch (POOL) (2-3)	9:15-10:15 Aqua Zumba (POOL) (3-4)
9:00-9:45 Silver Sneakers (FIT) (1-3)	10:00-10:45 Cardio Mix (VIRT) / (FIT) (3-4)	11:00-11:45 Stretch & Balance (FIT) (1-3)	10:00-10:45 Cardio Dance (FIT) (3-4)	10:00-11:00 Yoga for Every Body (FIT) (2-4)
10:00-10:30 Good Morning Stretch (VIRT) (1-4)	11:00-11:45 Sit N' Fit (FIT) (1-2) (Wait List)	Water Walk (POOL) (1-4)	11:00-11:45 Sit N' Fit (VIRT) / (FIT) (1-2)	*****
10:00-10:45 Stretch & Balance (FIT) (1-3)	11:00-11:55 Walk, Noodle or Swim (POOL) (1-4)	12:00-12:45 Chair Volleyball (FIT) (1-4)	11:00-11:55 Walk, Noodle or Swim (POOL) (1-4)	
11:00-11:45 Stretch & Balance (FIT) (1-3)	Chair Volleyball 12:00-1:00 (FIT) (1-4)	12:00-12:55 Walk, Noodle or Swim (POOL) (1-4)	12:00-12:45 Splash Circuit (POOL) (3-4)	
Water Walk (POOL) (1-4)	12:00-12:45 Splash Circuit (POOL) (3-4)	1:00 - 1:45 Water Aerobics (POOL) (2-4)	12:00-12:45 Chair Active (FIT) (1-2)	
12:00-12:45 Chair Volleyball (FIT) (1-4)	1:00-1:45 Aqua Fit (POOL) (1-3)	1:15-2:00 Silver Sneakers Circuit (FIT) (VIRT) (3-4)	1:00-1:45 Aqua Fit (POOL) (1-3)	
12:00-12:55 Walk, Noodle or Swim (POOL) (1-4)		2:15 - 3:00 Zumba Toning ((FIT) (3-4)		
1:00 - 1:45 Water Aerobics (POOL) (2-4)				
1:15-2:00 Silver Sneakers Circuit (3-4)				
2:15 - 3:00 Zumba Toning (FIT) (3-4)				
	Reminder: Verify that your classes are paid by your insurance company. We participate with Silver Sneakers, Silver & Fit, ReNew Active, & One Pass.	Key for Class Levels: 1 - Wheel chair bound or unable to stand without assistance. 2 - Can stand, but have mobility or balance issues. 3 - Beginner or participants who have not been exercising regularly. 4 - Active older adult.		

FITNESS CLASS FEES

For On-Going Classes

You must sign up in advance to use the fitness equipment or attend a class.

● Equipment Usage:

\$24 for 6 weeks
(FREE if taking a 2 day week class)

● Fitness 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

● Multiple Classes:

\$40 for 6 weeks (Max fee)

● Virtual/Online Classes: FREE

Early registration for current participants who have attended at least 75% of their classes is Feb. 1. General registration for Rowan County residents 55 and older is Feb. 2 - 6. Class sizes are limited. Non-residents are allowed only if space is available.

Golfers at RHSC (GARS)

Weekly Golf Games Every Monday.
Call or visit website for schedule & location.

1st Monday Meeting: Feb 5, 2024

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

Outdoor Adventure Hike!

Meets the 3rd Friday of each month

Next Hike: Friday, February 16

**Location: Home Creek Loop,
Pilot Mountain (3.8 Miles)**



Novant Health Promotes Healthy Living.



Fitness & Wellness



OLDER ADULT SELF-DEFENSE

FRIDAY, MARCH 8 FROM 10 - 11:30 AM

AGE DOES NOT HAVE TO PREVENT YOU FROM
LEARNING HOW TO PROTECT YOURSELF.
EMPOWER YOURSELF WITH THE KNOWLEDGE
AND SKILLS TO FEEL SECURE.

\$5 PER PERSON

REGISTRATIONS OPEN MONDAY, FEB. 12
CALL 704-216-7714 TO REGISTER.



LED BY MUJUTAI MARTIAL ARTS AND
MIND, BODY, SHEN TAIJI COMBAT



EARLY REGISTRATION

Early registration for current participants who have attended at least 75% of their classes is Feb 1. General Registration for Rowan County residents 55 and older is Feb 2 – 6. Class sizes are limited.
Non-residents are allowed only if space is available.

Session Break: March 25 – 29
(No Classes/Volleyball)

Open pool will be offered Mon. – Thurs.
from 11 am – 1 pm on a first come first
served basis (8 max at a time).

Chair Active



Thursdays 12 pm – 12:45 pm

Call/text 704-216-7701 or email
fitness@ruftyholmes.org to sign up for
this energetic seated exercise class
while space is available.

35
YEARS

Rufty-Holmes
Senior Center
"ADDING LIFE TO YEARS"
SALISBURY, NORTH CAROLINA



VACCINE CLINIC

Thursday, Feb. 8
9:00 am - Noon

Covid-19 vaccines available at RHSC!

In partnership with the Rowan County
Health Department

Sign-up for a time slot by calling the front desk.
704-216-7714

ROWAN COUNTY
PUBLIC HEALTH
Prevent. Promote. Protect.
Be an original.™



TRELLIS
Supportive Care

Palliative • Hospice • Family Support

Our support is always within reach.

704-637-7645

TrellisSupport.org



SENIOR CENTER HOURS

Mondays: 8:00 am - 8:00 pm

Tuesday - Friday: 8:00 am - 5:00 pm

Café Open: 10 am - 2 pm

Enjoy Soda, Snacks, & Sandwiches!
Relax with a newspaper, watch tv, read a book, or chat with friends.

**Coffee is always FREE,
thanks to Fisher-Greene Insurance Agency!**

— Rufty - Holmes — Senior Center

Serving Rowan County Older Adults

Open to adults age 55+, living in Rowan County. No fee to join.

NC Senior Center of Excellence

Nationally accredited by the National Council on Aging.

RHSC Mission Statement

Rufty-Holmes Senior Center is a non-profit organization that provides a focal point for 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

Inclement Weather Policy

**Senior Center delay/closing announcements will
be broadcast on Memories Radio FM 103.3 &
posted to our Facebook page.**

**If you are unsure about the safety of the roads in your area,
we would rather you stay home and stay safe even if we do
not close.**

Please call the Center if you need to cancel a reservation.

RHSC does not operate on Rowan County School's closures

February 2024 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JOIN A RHSC LUNCH CLUB! SIX LOCATIONS IN ROWAN COUNTY. Lunch provided at no cost to Rowan County residents, 60+ Sites Open Monday - Friday 9:30 am - 1:30 pm *CALL 704-216-7702 TO REGISTER.			1 Barbecue Boneless Pork Rib, Squash & Onions, Green Peas, Apple Juice, Wheat Roll Assorted Cookie, Milk	2 Hot Dog w/Chili, Corn, Barbecue, Slaw, Pears, Bun, Pudding, Milk
5 Baked Chicken w/gravy, Green Beans, Corn, Dinner Roll, Cranberry-Apple Juice, Chocolate Fudge Round, Milk	6 Cheeseburger w/Chili, Baked Beans, Coleslaw, Bun, Peaches, Milk	7 Chicken Pie, Collard Greens, Fresh Apple Slices, Dinner Roll, Assorted Cookie, Milk	8 Baked Ham, Broccoli w/Cheese Sauce, Mashed Potatoes, Orange Juice, Cornbread, Pudding, Milk	9 Chili Con Carne, Rice, Coleslaw, Cornbread, Fruit Cocktail, Milk
12 Barbecue Chicken, Green Peas, Glazed Carrots, Apple Juice, Dinner Roll, Pudding, Milk	13 Hamburger Steak w/Gravy, Mashed Potatoes, Broccoli Casserole, Applesauce, Dinner Roll, Orange Juice, Milk	14 Smoked Sausage w/Cabbage, Crowder Peas, Dinner Roll, Peaches, Milk	15 Breaded Chicken Filet, Baked Beans, Lettuce & Tomato Slices, Bun, Fruited Gelatin, Milk	16 Chicken Alfredo w/Noodles, Green Beans, Pickled Beets, Wheat Roll, Pears, Milk
19 Hot Dog w/Sauerkraut, Pintos, Hot Sliced Apples, Bun, Fruited Gelatin, Milk	20 Fried Fish Filet w/Tartar Sauce, Okra & Tomatoes, Coleslaw, Bun, Mixed Fruit, Milk	21 Pimento Cheese Sandwich on Wheat Bread, Chili Beans w/Crackers, Fresh Orange, Pudding, Milk	22 Spaghetti w/Meat Sauce, Green Beans, Tossed Salad w/Ranch Dressing, Garlic Bread, Pears, Milk	23 Pinto Beans, Turnip Greens, Macaroni & Cheese, Cornbread, Orange Juice, Milk
26 Pancakes w/Syrup, Scrambled Eggs, Sausage Links, Tater Tots, Orange Juice, Milk	27 Meatloaf, Diced Potatoes, Broccoli, Wheat Roll, Orange Juice, Pudding, Milk	28 Chicken Patty w/Gravy, Okra & Tomatoes, Corn, Cornbread, Fruited Gelatin, Milk	29 Smoked Sausage, Rice, Peas & Carrots, Pears, Dinner Roll, Pudding, Milk	

Menu substitutes may occasionally have to be made of equal nutritional value.

West Rowan - Lions Club 704-798-3100
 East Rowan - Shiloh UMC 704-798-3058
 John Calvin Presbyterian Church 704-798-3093
 Tuesday Lunch Club @ RHSC 704-216-7702

Lafayette Community Center 704-636-7758
 North Rowan - Spencer Comm. Bldg 704-431-7720
 South Rowan - VFW Kannapolis 704-798-3038
 Hispanic Lunch Club (2nd & 4th Wed.) 704-216-7702