



704-216-7714

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

WWW.RUFTYHOLMES.ORG

## AARP CARFIT

HELPING MATURE DRIVERS  
FIND THEIR SAFEST FIT

**Tuesday, May 2**  
**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. Heavy handbag test, sleep screenings with relaxation, memory & vision screenings.

Schedule your appointment  
at the front desk.

## NATIONAL SENIOR HEALTH & FITNESS DAY

**Wednesday, May 31**  
**9 am - 12:30 pm**

Join RHSC and the Rowan Moves initiative in Choosing Your Own Adventure. Participate in fitness class demonstrations & outdoor activities, visit health & wellness vendors and enjoy healthy snacks! More details inside!



## COFFEE AND CONVERSATION

SALISBURY'S FRAMEWORK  
FOR GROWTH - FORWARD 2040

**Friday, May 26**  
**10:30 - 11:30 am**

The Salisbury City Council adopted a new long-range plan, called Forward 2040: Salisbury's Framework for Growth. Join Hannah Jacobson, the City's Planning & Community Development Director, to explore the future of housing & neighborhoods, historic preservation & public art, and future growth.

Call to register or sign up on  
myactivecenter.com. Virtual link available.

## TREASURES IN YOUR TRUNK!

COMMUNITY YARD SALE

**Friday, May 19 / 9 am - 1 pm**

If you enjoy thrifting & yard sales, this event is for you!  
It will be held in our front parking lot.

1. Reserve your parking spot for \$10 to sell items from the trunk of your car. Each person will receive a 6ft table & chair.
2. Call 704-216-7714 for your reservation. Limited spaces.

Hot Dogs, Chips, Drinks, & Desserts available for purchase.

Sponsored by TerraBella Senior Living



# Community Services



## OUTREACH SERVICES

for Rowan County Older Adults

**CARS** - Rides to appointments and limited ADA vehicle rides.

**Family Caregiver Support-**  
Providing caregivers with assistance.

**Are You Okay** - A free service of daily calls to check on your safety.

**Minor Home Repair** - Assistance with ramps & safety repairs and heavy household cleaning.

**Medicare Health Insurance Counseling** by SHIP Counselors

**CIP** - Crisis Intervention Program (through DSS) - crisis assistance on heating/cooling utility expense.

**Legal Aid of NC** 1-877-579-7562

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

**704-216-7704**

## SHREDDING!

& Medicare Fraud Prevention

**Wednesday, May 3 / 10 am - 1 pm**

Hosted by RHSC at the West Branch of the Rowan County Library

201 School Street, Cleveland, NC 27013

Safely get rid of unwanted confidential documents and learn about Medicare Safety Tips.

Enter to win a Home Office Shredder!

Call for details: 704-216-7714

\*This event is not sponsored by the Rowan Public Library.



RUFTY-HOLMES SENIOR CENTER

## Become a RHSC Board Member

- Be involved in planning and decision making at the administrative level.
- Must attend 8 meetings per year and provide input.
- It's a 3-year term, beginning in July.

Applications available at the Front Desk.  
Please see Nan to learn more.



# On the Go...



*Pick up our Spring Travel Brochure at the Center or visit our website!*

**Thursday, May 11** / Depart RHSC @ 8 am / \$83 per person

***Riverbanks Zoo & Gardens - Columbia, SC:*** Travel to the SC Zoo and spend the day with friends visiting many animal exhibits. You will get to choose from a variety of restaurants at the zoo and have lunch on your own. We plan to return by to the Center by 6pm. Payment plans are available. Intensive walking involved. **Registration is now open. Bring adult friends of any age!**

**Multi-Day Trip 2023! Sept. 25-29**

***Lancaster Show Trip & The Dutch Country: \$760 pp-DbI***

Enjoy two shows, "Moses" at the Sight & Sound Theatre and show at the Magic & Wonder Theater. Also, explore The Amish Experience, Gettysburg National Park and a guided battlefield tour. Receive a tour of Lancaster, and more. Stop by the Center or visit our website to receive your information packet. Intensive walking involved. Only a few seats remaining! Registration is now open!



*my active center*

**Register for Programs from Home!**

**My active center** is a website that lets you see and sign up for some of RHSC's programs and classes from your tablet, phone, or computer. It is the same software we use when you sign into the kiosk at the Center.

**You must be registered** with RHSC and have an assigned key tag.

Go to [www.myactivecenter.com](http://www.myactivecenter.com) and enter your email address and key tag number. Once you've activated your account, you can join groups and enroll in some activities at the Center online. When you enroll in an activity, it appears on your **My Activities** page.

If you and your partner share an email address, you can add them to your account on the **My Account** page.

**Give it a try and let us know what you think!**

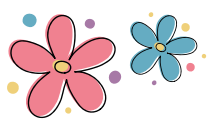
May Programs available to sign up for: Movie with Friends, Coffee & Conversation, Pickleball



704-633-0023







# Programs, Classes, Events



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

**BILLIARDS:** Billiards available Monday - Friday. Schedule a time slot or drop-in from 8am - 5pm. No cost. See the front desk to reserve.

- **Movie with Friends - ELVIS:** Tuesday, May 9 / 2:00 pm- Watch the newly released 2022 movie with us! Bring a friend! Popcorn & drinks. Event is no cost. Call the front desk to register, or sign up at [myseniorcenter.com](http://myseniorcenter.com).
- **Balance Workshop:** Friday, May 12 / 10:00 am- Does the fear of falling keep you from doing things you want to do? Learn all about the components of balance in this workshop presented by Accelerate Therapy & Performance.
- **AARP Driver Safety:** Wed., May 17 / 12:30 - 5 pm- Review driving skills & strategies to adjust to age-related physical changes and identify when driving may no longer be safe. Some insurance carriers offer discounts for completing the course. Cost is \$20 for AARP members & \$25 for non-members. Must be vaccinated. Call to register.
- **Shredding Event at RHSC:** Tues., May 23 / 10 am - 2 pm: Get rid of unwanted documents & papers. Bring your items & place in locked bins to be shredded by professionals. Donations of \$5-10 encouraged.
- **Grief Support Workshop:** Tue., May 23 / 10:00 am- The second series of grief support workshops, led by the Trellis Supportive Grief Counseling Team. Open to adults who are grieving the death of a loved one. Each session will focus on education, support, & coping skills. Call the front desk to register. Next class June 27.
- **Hearing Screenings:** Thu., May 25 / 10 am - 12:30 pm- Test to see if you have hearing loss. For those not previously diagnosed with hearing loss. These are not diagnostic. Sponsored by the Division of Services for the Deaf and hard of Hearing. Call the front desk to sign up for your time slot.
- **Chrismons For Beginners - Part III:** Thu., May 25 / 1-3 pm /\$35- Make a Basic Ribbon Angel using beads & wire. Class led by Melonie Beaver. Checks payable to RHSC. Register at the front desk.

## ONCE A MONTH EVENTS:

- Parkinson's Support Group- Tue., May 2 / 12:30 pm - 2:00 pm / Learning strategies to live our best life with Parkinson's. Open to people with Parkinson's and caregivers.
- Handmade Card Craft- Tue., May 2 / 1 pm - 4:00 pm - \$12 per class, pay instructor.
- Curious Book Club- Wed., May 3 / 12:30 - 2:30 pm / Discuss May selections. June selections: "The Rose Code" by Kate Quinn and any book by Nicholas Sparks.
- AARP Chapter Meeting- Thursday, May 4; 1:00 - 2:30 pm / New members welcome!
- Military Officers Association- Mon., May 8 / 12 - 1:30 pm
- Ambassadors Volunteer Club- Tue., May 9 / 10:30am.
- Caregiver Support Group- Wed., May 10 / 5:30pm - Held at Trinity Living Center, respite care provided.
- National Active and Retired Federal Employees- Monday, May 15 / 1:00 - 3:00 pm
- Rowan Doll Society- Tuesday, May 16 / 12 - 3:00 pm
- Rowan Retired School Personnel- Wednesday, May 17 / 10 - 11:30 am

## 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 - Two guitar classes offered every Monday: Beginner class instructed by Bob Wingate from 1:30 pm - 2:30 pm / \$5 per class, plus one time fee of \$10 for materials.

Intermediate Guitar Class instructed by Gary Schneider at 3:00 pm / \$5 per class, no materials fee.

Stained Glass - 1:30 pm - 4:30 pm - 8 week session. Must be registered to attend. Cost is \$55.

The Realm of Art - 2:00 pm - 4:00 pm - Explore oils, acrylics, charcoal or pastels with the help of Robert Toth, Art Instructor. Cost is \$10 per class.

## TUESDAYS:

Paint, Piddle & Draw Open Studio- 9:00 am - 11:00 am. Bring your supplies and favorite project!

Bingo!- 1:00 pm - 3:00 pm / Cost \$3 to play, fees pay for prizes. Led by participants.

Musical Jam Session- 1st & 3rd (May 2 & 16) 2pm - 4pm. Bring your instrument and jam out!

## WEDNESDAYS:

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

Duplicate Bridge- 1:00 pm - 5:00 pm / Bring a partner to play with.

Latino Lunch Club- 2nd & 4th (May 10 & 24) 11 am - 12:30 pm - Call the day before to sign up.

Caring With Cards- May 10 / 1:00 pm. This group writes cards to those who may need cheering up. Please bring your own cards. Call Nancy for more information, 336-225-9022.

Computer Clinic- 1st, 2nd & 3rd (May 3, 10, & 17) 1:30 pm - 4:30 pm / Need help with phones, tablets, computers, or small devices like Roku or Fire Stick? Would you like to checkout a tablet? Tony will help! 30 minute time slots to receive free assistance. Call 704-216-7714 to sign up. Drop-ins will be accepted if appointment slots are open.

Computer Club- May 24; 1:30 - 3:30 pm. Discuss canceling cable & start streaming. All are welcome.

## THURSDAYS:

Salisbury Rowan Quilters- 9:30 am - 12:00 pm. Contact Shelley for membership questions 704-636-5897.

Woodcarving- 1:00 pm - 3:30 pm / Bring your own project, learn tips, visit and have fun!

Card & Table Games- 1:30 pm - 4:30 pm / Learn to play the card game Bid Whist in the Cafe!

## FRIDAYS:

Spanglish Conversations- 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- 1:00 pm - 5:00 pm / Bring a partner to play with.

Cardinal Squares- May 12 & 26 / 2pm - 3:30 pm - Square dancing! Cost is \$5. Beginners welcome!



# Fitness & Wellness



## SCHEDULE FOR SESSION 4: MAY 15 - JUN 23

\*In-Person Fitness Classes (FIT) / \*Virtual Fitness Classes (VIRT) / \*Pool & Water Classes (POOL)

\*Work Out on our Fitness Equipment | Mondays - Thursdays 9am - 3pm | Fridays 9am - 12pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 Zumba Gold (FIT) (3-4)  9:15-10:15 Aqua Zumba (POOL) (3-4)  9:00-9:45 Silver Sneakers (FIT) (1-3)  10:00-10:30 Good Morning Stretch (VIRT) (1-4)  10:00-10:45 Stretch & Balance (FIT) (1-3)  11:00-11:45 Stretch & Balance (FIT) (1-3) Water Walk (POOL) (1-4)  12:00-12:45 Chair Volleyball (FIT) (1-4)  12:00-12:55 Walk, Noodle or Swim (POOL) (1-4)  1:00 - 1:45 Aqua Boxing (POOL) (2-4)  1:15-2:00 Silver Sneakers Circuit (3-4)  2:15 - 3:00 Zumba Toning (FIT) (3-4)	9:00-9:45 Silver Gym (FIT) (3-4)  10:00-10:45 Cardio Mix (VIRT) / (FIT) (3-4)  11:00-11:45 Sit N' Fit (FIT) (1-2)  11:00-11:55 Walk, Noodle or Swim (POOL) (1-4)  Chair Volleyball 12:30-1:30 (FIT) (1-4)  12:00-12:45 Splash Circuit (POOL) (3-4)  1:00-1:45 Aqua Fit (POOL) (1-3)	9:00-9:45 Silver Sneakers (FIT) (1-3)  10:00-10:45 Stretch & Balance (FIT) (1-3)  11:00-11:45 Stretch & Balance (FIT) (1-3)  Water Walk (POOL) (1-4)  12:00-12:45 Chair Volleyball (FIT) (1-4)  12:00-12:55 Walk, Noodle or Swim (POOL) (1-4)  1:00 - 1:45 Aqua Boxing (POOL) (2-4)  1:15-2:00 Silver Sneakers Circuit (FIT) (VIRT) (3-4)  2:15 - 3:00 Zumba Toning ((FIT) (3-4)	9:00-9:45 Silver Gym (FIT) (3-4)  10:00-10:45 Cardio Dance (FIT) (3-4)  11:00-11:45 Sit N' Fit (VIRT) / (FIT) (1-2)  11:00-11:55 Walk, Noodle or Swim (POOL) (1-4)  12:00-12:45 Splash Circuit (POOL) (3-4)  1:00-1:45 Aqua Fit (POOL) (1-3)  1:00 - 1:45 Improve-ability (FIT) (1-3)	8:00-8:45 Zumba Gold (FIT) (3-4)  9:15-10:15 Aqua Zumba (POOL) (3-4)  ***** <b>*YOU MUST SIGN UP FOR CLASSES DUE TO SPACE LIMITS.</b>  *Please refrain from using the fitness equipment without an orientation on proper use.  May orientation dates are the 9th & 23rd at 9:30 am. Must sign up to attend.
	Reminder: Verify that your classes are paid by your insurance company. We participate with Silver Sneakers, Silver & Fit, ReNew Active, & One Pass.		<b>Key for Class Levels:</b> 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 & Wellness



## National Senior Health & Fitness Day!

**May 31 / 9:00 am - 12:30 pm**

RHSC is a partner with the Rowan Moves Choose Your Own Adventure! All ages are encouraged to attend! Celebrate Older Americans Month and be inspired by Active Older Adults!

**Activities across from RHSC at Jaycee Optimists Park:**

Outdoor Beginner Pickleball, Walk & Tone on a paved track, Healthy snacks & water.  
Activities inside RHSC include fitness class demos, vendors, giveaways, & Chair Volleyball!



## OUTDOOR Activities:

**Session 4: May 15 - June 23**

- **Walk & Tone (Traci)** - Thur. 10 - 10:45 am  
Outside (weather permitting) / Level 2-4
- **Hiking Group** - Fri. May 19th  
Stone Mountain - moderate - 4 miles
- **Corn Hole** - Weekdays 9am - noon



**Interested in joining a beginner  
RHSC Pickleball League?**

**Mon/Wed/Fri (times vary)  
Granite Civic Park**

**Please call 704-216-7701  
for more information or email  
fitness@ruftyholmes.org**



**RHSC Thrives at 35:  
Let's Celebrate!**

**2023 ANNUAL  
FUND CAMPAIGN**

**2023 Goal: \$50,000**

Investing in RHSC provides Rowan County Older Adults access to programs, outreach services, meals, transportation, health/wellness classes and so much more!

**Please give! Together, your donations add up!**

**Thank you!**

**Advertise Here! Call 704-216-7709**



# SENIOR CENTER HOURS

**Monday thru 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

## Tree Dedication Ceremony

Remembering Staff member & friend,

**Jennifer Kennedy**

**Friday, May 5th - 10:30 am**

Come with a memory to share.

Meet under front carport.

# May 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Sloppy Joe, Coleslaw, Tater Tots, Bun Fruit Cup, Milk	<b>2</b> Baked Chicken w/Gravy, Mashed Potatoes, Crowder Peas, Roll, Orange, Milk	<b>3</b> Pinto Beans w/Ham, Mac & Cheese, Cabbage, Cornbread, Grape Juice, Milk	<b>4</b> Hot Dog w/Chilli, Coleslaw, Corn, Bun, Chocolate Peanut Butter Bar, Milk	<b>5</b> Chicken Alfredo, Pasta, Green Beans, Beets, Roll, Pears, Milk
<b>8</b> BBQ Chicken, Rice, Stewed Tomatoes, Roll, Baked Apples, Milk	<b>9</b> Pancakes w/Syrup, Scrambled Eggs, Sausage Links, Tater Tots, Orange Juice, Milk	<b>10</b> BBQ Boneless Ribs, Corn, Coleslaw, Corn, Bun, Cookies, Milk	<b>11</b> Chopped Steak w/Brown Gravy, Rice, Green Beans, Roll, Fruit Cup, Milk	<b>12</b> Baked Ham, Pinto Beans, Turnip Greens, Cornbread, Pudding, Milk
<b>15</b> Chopped Steak w/Brown Gravy, Green Beans, Carrots, Roll, Cranberry-Apple Juice, Milk	<b>16</b> Fried Fish Filet, Okra & Tomatoes, Coleslaw, Bun, Peaches, Milk	<b>17</b> Roast Turkey w/Gravy, Cornbread Stuffing, Beets, Baked Apples, Grape Juice, Milk	<b>18</b> Baked Chicken, Creamed Potatoes, Peas, Roll, Pudding, Grape Juice, Milk	<b>19</b> Lasagna, Salad w/Green Peppers & Tomatoes, Roll, Mixed Fruit, Milk
<b>22</b> Cheeseburger, Tater Tots, Pudding, Milk	<b>23</b> Spaghetti w/Meat Sauce, Corn, Garlic Bread, Pineapple Tidbits, Milk	<b>24</b> Chicken & Dumplings, Carrots, Coleslaw, Roll, Peaches, Milk	<b>25</b> Meatloaf, Mac & Cheese, Lima Beans, Roll, Pineapple-Orange Juice, Milk	<b>26</b> Chicken Patty w/Gravy, Mashed Potatoes, Roll, Broccoli & Cheese Casserole, Cookies, Milk
<b>29</b> RHSC & Lunch Sites CLOSED	<b>30</b> Salisbury Steak, Navy Beans, Broccoli, Roll, Apple Slices, Milk	<b>31</b> Pinto Beans, Collard Greens, Stewed Potatoes, Cornbread, Cookies, Milk	<b>JOIN A RHSC LUNCH CLUB!</b> <b>SIX LOCATIONS IN ROWAN COUNTY.</b> <b>Lunch provided at no cost to Rowan County residents, 60+. Donations accepted.</b> <b>Sites Open Monday - Friday 9:30 am - 1:30 pm</b> <b>*CALL 704-216-7702 TO REGISTER.</b>	

**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** 704-431-7720  
**South Rowan - VFW Kannapolis** 704-798-3038  
**Hispanic Lunch Club (2nd & 4th Wed.)** 704-216-7702