



704-216-7714

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

WWW.RUFTYHOLMES.ORG



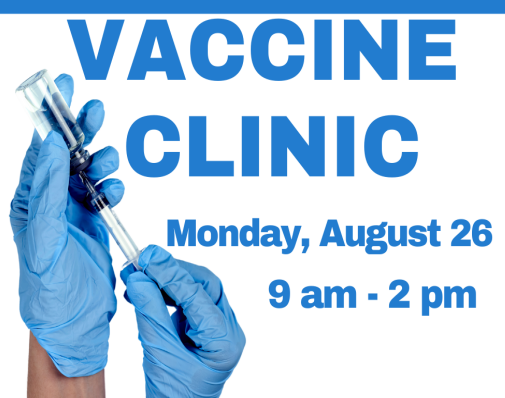
VOTING WORKSHOP

Wednesday, August 21
2 -4 pm

- ✓ REGISTER TO VOTE
- ✓ UPDATE YOUR VOTER RECORD
- ✓ REQUEST AN ABSENTEE BALLOT
- ✓ GET A FREE VOTER ID

IN PARTNERSHIP WITH ROWAN CO.
BOARD OF ELECTIONS

NO COST,
CALL TO REGISTER
704-216-7714



Monday, August 26
9 am - 2 pm

UPDATE YOUR VACCINES IN ONE STOP!

Offering Shingles, RSV, Flu,
Pneumonia, Tetanus, Diphtheria,
Pertussis (Tdap), Hepatitis B,
and Covid (recommended
booster for 65+).
Bring your insurance card.
Call to register.



In partnership with Walgreens Pharmacy.

Beekeeping 101

Monday, August 26
2 pm



Local honey
available for
purchase.



Join us for an up-close
look at what goes on
inside a beehive!
Conley Myers, a local
certified beekeeper, will
be educating you about
the ecology of bees. There
will be an observation
hive with LIVE bees to see.
No cost, call to register.

Senior FITNESS CHALLENGE 2024



\$10 entry fee
(snacks & water provided)

Wednesday, September 25
9 am - 12:30 pm



Registration opens August 1
Must register by August 29 to get the T-shirt

Complete all 6 (30 min.) exercise classes
led by our fabulous fitness instructors
and earn your special T-shirt!



Community Services



OUTREACH SERVICES



Rides available for Rowan County Older Adults to medical and social appointments.

If you have one day available per week or even per month, you can volunteer with our CARs program. We need volunteers, especially women. CARs drivers receive mileage reimbursement.

Call Sylvia at 704-216-7717



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Turning 65 or know someone who is?

Call 704-216-7704 to get set up with one of our SHIIP Counselors and get Medicare health insurance counseling, and assistance with applications.

CIP- Crisis Intervention Program, a Dept. of Social Services, to aid in heat relief during the summer.

FCSP- Family Caregiver Support Program that provides relief for those in a caregiving role who need assistance with ADL's (Activities of Daily Living).

For More Information, Call 704-216-7704

Services available for
Rowan County Clients
over 60 who need assistance with
Activities of Daily Living (ADLs).



A Seasonal Yardwork service is available for Rowan County Clients over 60 who need assistance with ADLs.



Assistance with Accessibility (grab bars, wheelchair ramps).



Interior cleaning potentially available.

Contact us for more information.



resources@ruftyholmes.org

704-216-7704



Need assistance with mobility?



Our HOME Program can help with grab bars, ramps and handrails.



On the Go...

The Lion King on Broadway at Belk Theater - Charlotte, NC

Thursday, August 8 / Arrive to RHSC by 12 pm.

This trip is full. Call to be added to waitlist.

Ashe County Cheese & Churches of the Frescoes - West Jefferson, NC

Tuesday, August 27 / Arrive to RHSC by 8 am

This trip is full. Call to be added to waitlist.

Asheville Trolley Tour - Asheville, NC

September 13 / \$58 pp

The historic, fun & informative, Asheville tour lasts approximately 90 minutes. Points of interest include: the diverse Montford Historic District, the stately Grove Park Historic District, the legendary Omni Grove Park Inn, Art Deco-rich downtown, the ever artsy and edgy River Arts District, and the quaint & historic Biltmore Village. **Registration opens Wednesday, July 31 for Rowan County residents and August 7 for out of county.**

Old Salem - Winston-Salem, NC

NEW DATE: September 26 / \$52 pp / Arrive to RHSC by 9 am

A self-guided tour of the Historic Town of Salem with hands-on learning experience of living history and historic trades demonstrations! Explore self-guided galleries in the Frank L. Horton Museum Center (including the Museum of Early Southern Decorative Arts) and the gardens of Old Salem. Bring money for shops and lunch. This trip involves walking for longer periods of time and on cobblestone streets. **Registration is open!**

Savannah, GA - September 30 - October 3 / This trip is full. Call to be added to waitlist.

Tropical Costa Rica - January 7 - 15, 2025 / This trip is full. Call to be added to waitlist.

Registration Required: Call 704-216-7714 or email: 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.



Programs, Classes, Events



- **Trivia Night:** Monday, August 12 / 5:30 - 7 pm / \$2 pp / 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 name ready. Refreshments provided. Topics include: Starts with a "B", TV Villains and General Knowledge.
- **Movie with Friends: "Arthur the King":** Wednesday, August 14 / 2 - 4 pm / Rated PG-13. This film is based on a true story about an adventure racer who adopts a stray dog named Arthur to join him in an epic endurance race. Starring Mark Wahlberg. Popcorn & Drinks provided. No cost, call to register. RHSC is licensed to show motion pictures by Motion Picture Licensing Corporation.
- **Paint Party:** Friday, August 16 / 1-3 pm / \$32 pp / Create a 11x14 anchor on canvas during this paint class led by Jamie Tucker, from Beyond the Surface Art. Limited seats available, call to register.
- **Got Plans:** Monday, August 19 / 10:30 am / 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. Led by Trellis Supportive Care. Call to register.
- **Chrismons:** Thursday, August 22 / 1 - 3 pm / \$35 pp. Learn the basic techniques required to create a Christian Symbol Ornament from the Bible. Ask to see examples on display in the front lobby. Class is led by Melonie Beaver. Limited seats, call to register.
- **Fire Safety:** Thursday, August 29 / 10:30 am / Knowledge is power when it comes to fire safety! Learn about top causes of home fires, prevention, alarms, escape plans, and fall prevention tips. In partnership with Salisbury Fire Department. No cost, call to register.

UPCOMING:

- **Candle Making:** Friday, September 6 / 10 am - 12 pm / \$27 pp / Craft your own unique candles with your own two hands! Get your creative juices flowing and create something beautiful that you can keep or give as a gift. Class Led by Dajwa Robinson, from Sista Wicks Candle Company. Call to register.



ONCE A MONTH EVENTS:

- **AARP Chapter Meeting:** Thursday, August 1 / 1 - 2:30 pm. Open to all AARP members, new members are welcome!
- **Parkinson's Support Group:** Tuesday, August 6 / 12:30 - 2 pm. Learning strategies to live our best life with Parkinson's. Created for people with Parkinson's and Caregivers.
- **Curious Book Club:** Wednesday, August 7 / 12:30 - 2:30 pm. **August Selections:** *Mad Honey* by Jodi Picoult and *The Maid* by Nita Prose. **September Selections:** *Big Lies in a Small Town* by Diane Chamberlain and *The Winter King* by Bernard Cornwell.
- **Ambassadors Volunteer Club:** Tuesday, August 13 / 12 - 1 pm. Beginning at 11:30 am, visit with officers about upcoming events and sign up to volunteer for future events. Meeting begins at 12 pm. Come learn about volunteering at RHSC!
- **National Active and Retired Federal Employees:** Monday, August 19 / 1 - 3 pm.
- **Bible Study:** Wednesday, August 21 / 11 am. Topic: Discovering your spiritual gifts part III.
- **Rowan Doll Society:** Tuesday, August 20 / 12 - 3 pm.
- **Technology for Today:** Wednesday, August 28 / 1:30 - 3:30 pm. This month's topic is: "Understanding Social Media: Facebook, Instagram, X/Twitter." All are welcome.



Serving Rowan and surrounding counties.

Please call 704-797-2993,

Available 24 hours a day, 7 days a week.

MONDAYS:

TOPS (Taking Off Pounds Sensibly): 9:30 - 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: Beginner class instructed by Bob Wingate at 1:30 pm. Beginner & intermediate classes instructed by Gary Schneider at 1:30 & 3pm / \$5 per class.

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

MONDAY EVENING PROGRAMS:

Tech Clinic: August 12 & 26 / 5 - 7:30 pm / 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: New Session Registration Open Now! Classes are September 9 - October 28 / 1:30 - 4:30 or 5 - 8 pm / \$55 pp plus materials for 8-week session paid directly to instructor. Call to register.

TUESDAYS:

Paint, Piddle & Draw Open Studio: 9 - 11 am / Bring your own supplies and favorite project to work on. **BINGO:** 1 - 3 pm / \$3 to play, fees pay for prizes. Led by participants. Exact change required.

Handmade Card Craft: August 6 & 13 / 1 - 4 pm / \$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: August 6 & 20 / 2 - 4 pm / Bring your instrument and jam out.

WEDNESDAYS:

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

Duplicate Bridge: 1 - 5 pm / \$5 pp / Bring a partner to play with or we will find one for you by calling 502-714-9409.

Tech Clinic: August 7, 14 & 21 / 1:30 - 4:30 pm / 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: August 14 & 28 / 11 am - 12:30 pm / No cost for catered lunch. Call to register.

THURSDAYS:

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

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

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

FRIDAYS:

Duplicate Bridge: 1 - 5 pm/ \$5 pp / Bring a partner to play with or we will find one for you by calling 502-714-9409.



"I love my hearing aids. They have changed my life. The ladies at Hearing Solutions are great, I mean GREAT! They're so ready to help you with any problem. I've had a few minor issues and they were so nice to help me. I recommend them to anyone who needs help hearing."
~Martha Shue





Fitness & Wellness



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

*Fitness equipment Mondays - Fridays 9a.m. - 3p.m.

Fitness Session 6: August 12 - September 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 - 8:45 Zumba Gold (FIT) (3-4)		Highlighted = POOL		8 - 8:45 Zumba Gold (FIT) (3-4)
9:15 - 10:15 Aqua Zumba (POOL) (3-4)				9:15 - 10:15 Aqua Zumba (POOL) (3-4)
9 - 9:45 Silver Sneakers (FIT) (1-3)	9 - 9:45 Silver Gym (FIT) (3-4) Core Strength & Stretch (POOL) (2-3)	9 - 9:45 Silver Sneakers (FIT) (1-3)	9 - 9:45 Silver Gym (FIT) (3-4) Core Strength & Stretch (POOL) (2-3)	10 - 11 YOGA for Everybody (FIT) (2-4)
10 - 10:30 Good Morning Stretch (VIRT) (1-4)	10 - 10:45 Cardio Mix (VIRT)/ (FIT) (3-4)	10 - 10:45 Stretch & Balance (FIT) (1-3)	10 - 10:45 Cardio Dance (FIT) (3-4)	
10 - 10:45 Stretch & Balance (FIT) (1-3)	11 - 11:45 Sit N' Fit (FIT) (1-2) (WAIT LIST)	11 - 11:45 Stretch & Balance (FIT) (1-3) Water Walk (POOL) (1-4)	11 - 11:45 Sit N' Fit (VIRT) / (FIT) (1-2)	Pre-registration for current participants is
11 - 11:45 Stretch & Balance (FIT) (1-3) Water Walk (POOL) (1-4)	11 - 11:55 OPEN POOL (POOL) (1-4)	12 - 12:45 Chair Volleyball (FIT) (1-4)	11 - 11:55 OPEN POOL (POOL) (1-4)	August 1, 2024. Registration for all other 55 +
12 - 12:45 Chair Volleyball (FIT) (1-4)	12 - 1 Chair Volleyball (FIT) (1-4)	12 - 12:55 OPEN POOL (POOL) (1-4)		Rowan County residents is August 5-8.
12 - 12:55 OPEN POOL (POOL) (1-4)	12 - 12:45 Splash Circuit (POOL) (3-4)	1 - 1:45 Water Aerobics (POOL) (2-4)	12 - 12:45 Chair Active (FIT) (1-2) Splash Circuit (POOL) (3-4)	Class sizes are limited.
1 - 1:45 Water Aerobics (POOL) (2-4)	1 - 1:45 Aqua Fit (POOL) (1-3)	1:15 - 2 Silver Sneakers Circuit (FIT) (3-4)	1 - 1:45 Aqua Fit (POOL) (1-3)	Non-residents allowed if space is available.
1:15 - 2 Silver Sneakers Circuit (FIT) (3-4)		2:15 - 3 Zumba Toning (FIT) (3-4)		Equipment Orientations:
2:15 - 3 Zumba Toning (FIT) (3-4)	2:30 - 3:15 Water Boomers (POOL) (2-3)		2:30 - 3:15 Water Boomers (POOL) (2-3)	Call or Text 704-216-7701 to schedule

Reminder: Verify that your classes are paid by your insurance company. We participate with Silver Sneakers, Silver & Fit, ReNewActive, & 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 & Wellness



Fridays 9 am

PiYo

5 classes for \$12

The muscle sculpting
of **PILATES**

The flexibility
of **YOGA**

Nonstop, fluid
MOVEMENT



August 16 & 23



September 6, 13 & 20

(no class Friday before Labor Day)

Join Angela for a fast paced, energetic
blend of bodyweight cardio, strength,
flexibility & balance workout.



OUTDOOR ADVENTURE HIKE!

FRIDAY, AUGUST 16

LOCATION: TANAWHA TRAIL AT JULIAN PRICE PARK (4 MILES)

HIKING CLUB MEETS THE 3RD FRIDAY EACH MONTH

NEW HIKERS SHOULD STOP BY THE CENTER TO SIGN A WAIVER

GARS

(Golfers at Rufty-Holmes Senior Center)

Golf every Monday

Call or visit website for schedule &
location. For more information,
call John: 980-234-3080

Next Meeting:

August 5 @ 8 am

Location: RHSC

LINE DANCING

Wednesdays @ 10 am

8 Classes - \$48

August 7 & 21

October 2 & 16

September 4 & 18

November 6 & 20

Fees for

Fitness Classes

***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

***Equipment Usage:**

\$24 for 6 weeks

(FREE if taking a 2-day week class)



***Aquatic Classes:**

\$16 for 6 weeks - 1 day per week

\$32 for 6 weeks - 2 days per week



PLAY FOR A CHANCE TO WIN

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 SENIOR CENTER AND
ON OUR WEBSITE (UNDER LEISURE TAB).**



Senior Center Hours

Mondays: 8 am - 8 pm

Tuesday - Friday: 8 am - 5 pm

Cafe Open Daily: 10 am - 2 pm

Soda, Snacks & Sandwiches available for purchase

Coffee is always FREE,

Thanks to



Ruffy-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	Executive Director	7715
Volunteers	7703	Finance/Office	7716
Community Resources	7704	CARS	7717
Programs	7705	Facilities	7720

8 Lunch Clubs

Rowan County Residents Age 60+

Enjoy a meal, meet new friends, play games, win prizes!

Monday - Friday / 10:30 am - 1:30 pm

Meals at No Cost - Donations Welcome

Call for details and to register for lunch: 704-216-7702

North Rowan - Spencer Comm. Bldg	(704) 431-7720
West Rowan - Cleveland - Lions Club	(704) 798-3100
East Rowan - Granite Quarry - Shiloh UMC	(704) 798-3058
John Calvin Presb. - Salisbury	(704) 798-3093
Lafayette Comm. Center - Salisbury	(704) 636-7758
South Rowan - VFW Kannapolis	(704) 798-3038
Tuesday Lunch Club @ RHSC (Every Tues.)	(704) 216-7702
Latino Lunch Club (2nd & 4th Wed.)	(704) 216-7702



AUGUST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
Menu substitutes of equal nutritional value, may occasionally have to be made.			1 Pulled BBQ Chicken Bun, Coleslaw, Mac-n-Cheese, Jello w/fruit and Milk	2 Hamburger, Bun, Lettuce, Tomato, Onion Oven French Fries, Baked Beans, Peach Cobbler and Milk
5 Pinto Beans, Turnip Greens, Coleslaw, Cornbread, Iced Spice Cake and Milk	6 Chicken Fried Steak w/ Gravy, Mashed Potatoes, Green Beans, Biscuit, Oreo Cookie Delite & Milk	7 Chili Beans, Baked Potatoes w/butter & sour cream, 7 Layer Salad w/crackers, Choc. Chip Delite and Milk	8 BBQ Chicken Breast, Green Beans, Mac-n-Cheese, Roll, Peaches & Milk	9 Hamburger Steak w/Brown Gravy, Brown Rice, Vegetable Medley, Roll, Pineapple Dream and Milk
12 Scrambled Eggs, Link Sausage, Milk Gravy, Biscuits, Cinnamon Apples, OJ & Milk	13 Sloppy Joe w/ Bun, Tater Tots, Coleslaw, Fruit Salad w/ Apples & Bananas, Milk	14 Baked Chicken, Rice, Broccoli Casserole, Roll, Orange Dreamsicle & Milk	15 Ham/Turkey Sub, Lettuce & Tomato, Loaded Potato Soup and Crackers, Peaches & Milk	16 Meatloaf, Mashed Potatoes, Green Peas, Roll, Apple Cobbler & Milk
19 Hot Dog w/ Bun, Chips, Chili & Cole Slaw, Baked Beans, Cherry Yum Yum and Milk	20 Breaded Pork Chop in White Gravy, Mashed Potatoes, Lima Beans, Roll, Iced Carrot Cake & Milk	21 Chicken Casserole w/dressing, Mac-n-cheese, Green Peas, Roll, Mixed Fruit Salad, Milk	22 Beef Steak w/ Mushroom Gravy, Brown Rice, Cabbage, Roll, Red Velvet Cake & Milk	23 Chicken Tacos, Flour Tortillas, Lettuce, Tomato, Cheese, Sour Cream, Rice, Refried Beans, Cupcakes & Milk
26 Sweet & Sour Chicken, Fried Rice, Honey Carrots, Mandarin Oranges, Milk	27 Beef Spaghetti, Tossed Salad (Dressings), Garlic Bread, Vanilla Mousse and Milk	28 Scrambled Eggs, Bacon, Hash Browns, Pancake & Syrup, Apple Compote, OJ & Milk	29 Beef Lasagna, Tossed Salad (Dressings), Garlic Bread, Chocolate Mousse & Milk	30 Chicken Salad, Honey Wheat Bread, Lettuce & Tomato, Potato Salad, Banana Pudding, Milk