



2025

MAY NEWS

"Embracing the Power of Experience"

OLDER
AMERICANS
MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

THE CENTER WILL BE CLOSED MONDAY, MAY 26 IN HONOR OF MEMORIAL DAY!

704-216-7714

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

WWW.RUFTYHOLMES.ORG



**AARP
CARFIT**

**TUESDAY, MAY 5
9 AM - NOON**

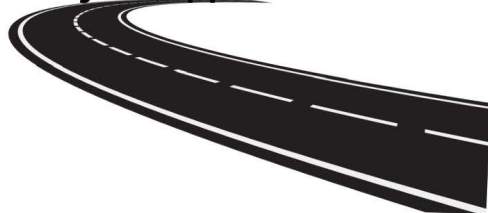
Occupational Therapy
Assistant Students from
RCCC will assist you to custom
fit your car for safer driving.



FREE WELLNESS SCREENINGS:

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

**No cost, call to schedule
your appointment.**



Treasures In Your Trunk



**Friday, May 23
9 am - 2 pm**

**Enjoy thrifting & yard sales?
This event is for you!**

**There will be 25 cars in our
back parking lot selling
treasures.....**

**Bring your friend and come
SHOP!**

**\$5 Hot Dog plates and desserts
available for purchase.**

National SENIOR Health & FITNESS Day

Sponsored by:



**Wednesday, May 28
9 am - 12:30 pm**

This free event invites you in to the
center to see firsthand what RHSC has
to offer! Join us for a morning filled
with fitness class demonstrations,
vendors, screenings and healthy snacks
provided by Juice Life of Salisbury.

Fitness Demos in Center (30 min. each):

9 am / Pilates/Yoga (Susan)
9:45 am / Silver Sneakers (Donnie)
10:30 am / Silver Sneakers Circuit (Angela)
11:15 am / Stretch & Balance (Sandra)
12 - 1 pm / Chair Volleyball

Demos at Outside Picnic Pavilion:

9:15 am / PiYo (Angela)
10 am / Cardio Drumming (Traci)
10:45 am / Zumba Gold (Nayda)
11:30 am / Tai Chi (Donnie)



MOVIE WITH FRIENDS

**Wednesday, May 21
2 pm**



Cardinal Lawrence has one of the world's most secretive and ancient events, participating in the selection of a new pope. Surrounded by powerful religious leaders in the halls of the Vatican, he soon uncovers a trail of deep secrets that could shake the very foundation of the Roman Catholic Church.

Popcorn and refreshments provided. No cost, call to register.

RHSC is licensed to show motion pictures by Motion Picture Licensing Corporation.



Community Resources



VITA VOLUNTEER INCOME TAX ASSISTANCE THANK YOU!

From the staff of RHSC, THANK YOU to everyone who used VITA for your tax preparation this year! We served well over 1,400 tax participants including a virtual site at RCCC in Kannapolis which yielded 1.2 million in returns.

\$\$\$

We are DEEPLY grateful to the VITA Team who worked with clients, handling taxes from intake and preparation to quality review. We EQUALLY thank the Ambassadors who volunteered for VITA, fielding over 1400 calls for appointments, follow-ups, greeted clients, and prepared information packets.



Cars Transportation Connecting Across Rowan for Seniors



Rides available for Rowan County Older Adults who do not have transportation available to medical appointments.
Call Sylvia at 704-216-7717



In need of volunteer drivers



What you need to know about Medicare Fraud!

SAVE THE DATE:

**Monday, June 30
10:30 - 11:30 am**

Stephanie Bias, Senior Medicare Patrol (SMP) Program Coordinator will share about the many scams that are targeting seniors and educate on how to prevent this growing epidemic.
To Register, call 704-216-7714



**For Assistance,
Call 704-216-7704**



**Need Assistance
with mobility
adaptations?**



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



BOX FAN PROGRAM

**Beginning Tuesday, May 27, 2025
you may call to put your name on the request list.**

ELIGIBILITY REQUIREMENTS:

- Must be 60 years of age or older, or disabled.
- Must be a Rowan County resident. (verified by ID)
- Have financial need.
- Have health conditions that are negatively impacted by heat.
- Not eligible for the 2025 program if you received a fan last year.



PROGRAMS & EVENTS



- **Spencer Spring Senior Luncheon:** Tuesday, May 6 / 12 pm / At Oakdale Baptist Church in Spencer. This event is for Spencer residents or those who attend church in Spencer, age 55+. Enjoy catered lunch, raffle prizes and music! No cost, call 704-216-7714 to register by Friday, May 2nd at 10 am. **Sponsored by the Town of Spencer.**
- **Grief Support Workshop:** Tuesday, May 20 / 10 - 11:30 am / A support system open to adults who are grieving the death of a loved one. Led by Trellis Supportive Grief Counseling Team. Call to register.
- **Fused Glass Workshop:** Thursday, May 22 / 10 am - 12 pm / \$25 pp / In this workshop, you will have the opportunity to make a Garden Inspired Wind chime. These pieces will be fired and returned to the student the Tuesday after the class with twine and simple, easy assembly instructions. Please pay instructor directly. Call to register and if your plans change, please call and cancel. There are always people on the waiting list.
- **Support for the Journey - Helping Others Through Grief:** Tuesday, May 27 / 10 -11 am / Walking on the path of grief can be lonely, but the support of others along the way can provide encouragement and hope. Join this interactive class to help understand the grief process and learn practical ways to be with those on the grief journey. Led by Carolina Caring. No cost, call to register.
- **Got Plans:** Thursday, May 29 / 10 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 included. Led by Trellis Supportive Care. Call to register.



ONCE A MONTH EVENTS



- **AARP Chapter Meeting:** Thursday, May 1 / 1 - 2:30 pm / New members welcome!
- **Parkinson's Support Group:** Tuesday, May 6 / 12 - 1:30 pm / Learning strategies to live our best life with Parkinson's. Created for people with Parkinson's and caregivers.
- **Curious Book Club:** Wednesday, May 7 / 12:30 - 2:30 pm / **May Selections:** *The Returned* by Jason Mott and *Any Book* by P.D. James. **June Selections:** *The Water is Wide* by Pat Conroy and *A Home for Goddesses & Dogs* by Leslie Bonner.
- **Military Officers Association:** Monday, May 12 / 12 - 1:30 pm. Welcome to all service officers (active, reserve, guard and vets).
- **Trivia Night:** Monday, May 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. Topics include "Feeling Blue, Sitcom Settings and General Knowledge". **Sponsored by Vanessa Miles from Allen Tate Realty.**
- **Ambassadors Volunteers Club:** Tuesday, May 13 / 12 - 1 pm / Come at 11:30 am to 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, May 19 / 1 - 3 pm.
- **Rowan Doll Society:** Tuesday, May 20 / 12:30 - 3 pm.
- **Rowan Retired School Personnel (ADK):** Wednesday, May 21 / 10 - 11:30 am.
- **Technology for Today:** Wednesday, May 28 / 1:30 - 3:30 pm / Topic: "Passwords & Password Management." All are welcome. No cost and no need to register.



WEEKLY PROGRAMS



Billiards available during RHSC center hours

Schedule a time slot or drop in. No cost, see the front desk to reserve.

***RHSC is closed Monday, May 26, In Honor of Memorial Day.**

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 Gary Schneider at 1:30 pm (must be able to play some basic chords).
Intermediate class at 3pm / \$6 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:

Stained Glass: April 21 - June 16 / 1:30 - 4:30 pm & 5 - 8 pm / \$55 plus materials for 8-week session paid directly to instructor. Call to register.

Tech Clinic: May 12 / 5 - 7:30 pm / Need help with your phone, tablet, or computer? Would you like to check out a tablet from RHSC? Tony will help! Free assistance is available in 30-minute time slots. Call to sign up. Drop-ins will be accepted if slots are open.

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: May 6 & 13 / 1 - 4 pm / \$15 per class / Max of six people per class, please pay instructor directly. Only one class per person per month. Call to register.

Musical Jam Session: May 6 & 20 / 2 - 4 pm / All are welcome. Songs are per lyric / chord charts available during jam. Bring your favorite 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: May 7, 14 & 21 / 1:30 - 4:30 pm / Need help with your phone, tablet, or computer? 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 14 & 28 / 11 am - 12:30 pm / No cost for catered lunch. Call to register.

THURSDAYS:

Salisbury Rowan Quilters: 9:30 am - 12 pm / For additional information and membership, please email SalRoQuilters2021@gmail.com or check out our website at Salisburyrowanquilters.net.

Woodcarving: 1 - 3:30 pm / Bring your own project, learn tips, visit, and have fun! Wood carving tools available if needed.

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.



On the Go...

Life begins
AT THE END
of your
Comfort Zone.

Pigeon Forge, TN - May 13-15 / \$662 per person, double rate / Spend 3 days, 2 nights in the Great Smoky Mountains! Enjoy the Array Variety Show which showcases the region's most talented singers and dancers, delivering hit songs across multiple genres and decades. Prepare to be dazzled by hilarious comedy that will have you laughing until your sides ache and be amazed by specialty acts that defy expectation. On day two, spend the day at Dollywood, with high-energy entertainment, shows and award-winning dining and the friendliest theme park atmosphere in the world! On day three, step aboard the Titanic. You'll receive a boarding pass that connects you with the story of an actual Titanic passenger or crew member, adding a personal touch to your journey through history. Then enjoy some shopping at the Island before heading back. This trip will be full of activity you don't want to miss! **Registration is open.**

Zootastic Park - Troutman - Wednesday, June 4 / \$40 per person / Arrive to RHSC at 9:30 am / Enjoy a large variety of exotic animals including lions, tigers, kangaroos, monkeys, giraffes, sloths, a petting zoo and so much more! Walking is involved, call to register. **Registration opens May 1 for Rowan County residents and May 8 for out of county.**

Concord Mills Shopping & SeaLife Aquarium: Tuesday, June 17 / \$40 per person / Experience thousands of tropical fish, stingrays, sharks, sea turtles and so much more at the Concord Aquarium. Then enjoy free time to shop at Concord Mills and lunch on your own at the food court. Admission to the Aquarium is included. Call to register. **Registration opens May 1 for Rowan County residents and May 8 for out of county.**

Amelia Island, St Augustine & Jacksonville, FL - November 3-7, 2025 / Trip is Full

Portugal, Spain - January 25 - February 3, 2026 / Trip is Full



3rd Annual GARS Friends & Family Golf Tournament Supporting Ruffy-Holmes Senior Center Friday, September 26, 2025

Rain Date: Monday, September 29, 2025

Schedule:

Registration	Starts at 10:30 am
Putting Contest	11:30 am
Lunch	12 pm
Silent Auction	11 am- Awards & Reception
Tee Time	1 pm
Awards	After Golf (in Clubhouse)

\$ 95 /person

Captain's Choice/3 Flights

Sapona Golf Club
439 Beaver Creek Rd.
Lexington, NC 27295

★ At least 1 GARS Member per Team Required

Interested in playing in the Tournament?
email: rareearth4999@att.net or JCarolina72@gmail.com
or contact John Cress 980-234-3080



Fitness & Wellness



Session 4:

May 12 - June 20

Daily Classes:

Gym Schedule: (FIT)

Monday

***Only Available Classes are Shown**

Class	Time	Location	Fit Level	Instructor
Zumba Gold	8:05 - 8:50 am	(FIT) Gym	(3-4)	Nayda
Latin Infused Cardio Dance				
Zumba Toning	2:15 - 3 pm	(FIT) Gym	(3-4)	Nayda
Latin Infused Dance Choreographed to Music-Toning Exercises				

Tuesday

***Only Available Classes are Shown**

EnerChi/Stability	1:15 - 2 pm	(FIT) Gym	(1-4)	Angela
Gentle Movement that can be done Standing or Seated				

Wednesday

***Only Available Classes are Shown**

Zumba Gold	8:05 - 8:50 am	(FIT) Gym	(3-4)	Nayda
Zumba Toning	2:15 - 3 pm	(FIT) Gym	(3-4)	Nayda

Thursday

***Only Available Classes are Shown**

Cardio Dance	10 - 10:45 am	(FIT) Gym	(3-4)	Angela
Dance Fitness to a Variety of Music				
Chair Active	12 - 12:45 pm	(FIT) Gym	(1-3)	Traci
Seated Chair Exercises				
EnerChi/Stability	1:15 - 2 pm	(FIT) Gym	(1-4)	Angela

Friday

***Only Available Classes are Shown**

PIYo	9 - 9:45 am	(FIT) Gym	(3-4)	Angela
Bodyweight Strength Meets Cardio and Flexibility with Yoga and Pilates Inspired Moves				
YOGA for Every Body	10 - 11 am	(FIT) Gym	(3-4)	Vanessa
Mat Based Yoga (Bring Your Own Mat)				

**Email fitness@ruftyholmes.org or Text/Call 704-216-7701
for Aquatic Class Availability**

Fitness Class Fees

If you have any of the following:

Silver Sneakers, Silver & Fit, ReNew Active, One Pass or FitOn Health your classes may be paid by your insurance.

*Gym (FIT) Classes:

\$12 for 6 weeks - 1 day per week
\$24 for 6 weeks - 2 days per week



*Equipment Usage:

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

*Multiple Classes:

\$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



Fitness & Wellness



IMPORTANT: Contact Angela, Fitness Manager, for fees and before using equipment or joining a class at fitness@ruftyholmes.org OR Call or Text 704-216-7701

LINE DANCE

Wednesdays
(May 7, 21, June 4, 18, July 2, 16)

Beginner
10 - 10:45 am

Intermediate
10:45 - 11:30 am

*Attend one or both options
\$36 for 6 Classes

BASIC PICKLEBALL

Wednesdays and Fridays

9 - 11 am

Enjoy non-competitive play, learn as you go

Location:

Granite Civic Park
202 W. Peeler St.
Granite Quarry

New players should
stop by the center to
sign a waiver

WALK WITH EASE PROGRAM

Wednesdays
May 7 - June 11
11 am - 12:30 pm

- Instructor led
- Begin By Stretching
- Borrow a guidebook or purchase your own for \$12



"When I started the program, I was afraid to walk very far because of my knee pain. Walk with Ease helped me start slow and build up gradually. Now I'm confident in my ability to walk easily without making my arthritis worse."
Betty A.

Text/Call 704-216-7701 to sign up today!



Outdoor Tai Chi

Mondays & Wednesdays

May 12 - June 20

10 - 10:45 am

Picnic Pavillion

\$24 for 6 weeks

Instructor: Donnie

Call/Text 704-216-7701 or
Email fitness@ruftyholmes.org to Register

OUTDOOR ADVENTURE HIKE!

Friday, May 16

Location:
Catawba Falls

*2.5 miles to base of falls (or a new loop including 580 stairs to top of falls)

Hike locations subject to change.
New hikers should stop by the center to sign a waiver



GARS



(Golf Association of Rufty-Holmes Seniors)

Join us for golf every Monday
(alternate between 12 courses)

1st Monday meeting:
May 5 @ 8:30 AM

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

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



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

7 Lunch Clubs

Rowan County Residents Age 60+

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

Monday - Friday / 10:30 am - 1 pm

Meals at No Cost - Donations for RHSC welcome

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

North Rowan - Spencer Comm. Bldg	(704) 431-7720
West Rowan - Cleveland - Third Creek AME Zion Church	(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



464 Jake Alexander Blvd.

Salisbury, NC

704.633.0023



This clinic is outstanding/ I went there 2 months ago to evaluate mild to moderate hearing loss. Lorin Odin did a comprehensive evaluation going way beyond an audiogram. I opted for state of the art hearing aids that helps me a lot. The clinic has fine tuned these devices several times. I highly recommend Hearing Solutions of North Carolina.

~George Monroe

MAY Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Join a RHSC Lunch Club! It's free! 7 Locations for Rowan County residents 60+ Menu substitutes of equal nutritional value, may occasionally have to be made .			1 Chicken Salad, Wheat Bread, 3 Bean Salad, Mixed Fruit Cup and Milk	2 Hamburger w/Bun, Let/Tom/Onion, Baked Beans, Pickle, Chips & Cookie and Milk
5 Spaghetti Casserole, Steamed Summer Veggies, Garlic Bread, Jello Fruit Cup and Milk	6 Roasted Chicken Thigh, Black Eye Peas, Honey Carrots, Roll, Orange Dreams and Milk	7 Pulled Pork in Gravy, Sweet Potato Mash, Roasted Peppers & Onions, Roll, Cherry Yum and Milk	8 Hamburger Steak w/ Sauteed Onions, Potato Salad, Seven Layer Salad, Bread, Fresh Fruit and Milk	9 BBQ Riblet, Bun, Chips, Coleslaw, Cookie and Milk
12 Baked Ham, Green Beans, Mac-n-Cheese, Bread, Strawberry Yum and Milk	13 Sliced Turkey w/Gravy, Oven Potato (Chunky), Green Peas, Roll, Apple and Milk	14 Lemon Herb Pork Loin, Orzo, Stew Squash & Onions, Bread, Grapes & Cantaloupe and Milk	15 Fish Sandwich w/Bun, Chips, Coleslaw, Pineapple Delite and Milk	16 Hot Dog w/Bun, Chili/Slaw/Onion, Rosemary Fries, Fresh Fruit and Milk
19 Grilled Chicken Sandwich w/Bun, Lettuce/Tomato, Oven Potato, Fruit and Milk	20 Chopped Pork BBQ, Red Slaw, Potato Salad, Bun, Orange and Milk	21 Sweet & Sour Chicken, Fried Rice, Honey Carrots, Fresh Fruit Blend and Milk	22 Baked Fish, Stewed Okra & Tomato, Orzo, Bread, Peach Fruit Cup and Milk	23 Turkey & Cheese Sub, Cheese (White), Let/Tom/Pickles, Pasta Salad, Chips, Cookie and Milk
26 Closed MEMORIAL DAY	27 Shredded Pork Tacos, Purple Cabbage Slaw, Black Beans, Oreo Fluff, and Milk	28 Sloppy Joe, Bun, Slaw, Oven Tots w/ Cheese, Strawberries/Grapes, and Milk	29 Baked Ziti, Tossed Salad w/ Green Peppers & Tomatoes, Garlic Bread, Mixed Fruit and Milk	30 Chicken Alfredo in Rotini, Mixed Veggies, Garlic Bread, Applesauce and Milk