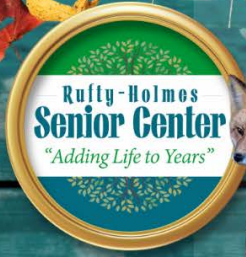


2025

News

# September



704-216-7714

1120 S. MLK Jr. Ave. Salisbury, NC 28144

[www.RUFTYHOLMES.ORG](http://www.RUFTYHOLMES.ORG)



*Willette "GUFU" Johnson*

HUMOR LED BY THE SPIRIT OF GOD IS GOOD FOR ALL EMOTIONS

## Gospel Comedy Show

Wednesday,  
September 10  
2:30 pm

**\$10 per person**

Willette "Gufu" Johnson believes humor led by God is good for all emotions and a joyful heart is good medicine! Giggling with Gufu will tickle your joy bone and bring a smile to your soul. Call to register.



## Community Fish Fry

Friday, September 12  
11:30 am

**\$10 per person**

Call to register by Sept. 9. Join us for a fun and delicious Community Fish Fry! Bring your friends to enjoy crispy, deep fried Rockfish and Whitefish, classic sides and great company. Come hungry and leave happy - good food, good neighbors, and a great time for all!

## AARP HomeFit

Tuesday, September 23  
10 - 11 am

Join us as we help you build the confidence to create a "lifelong home" for yourself and others in your household, no matter a person's age or life stage. We will explore room-by-room suggestions that are doable regardless of housing type or ownership status (owner, renter), along with several "Quick Fixes". By the end of the training, you will feel empowered to select one or two quick fixes that you plan to implement in the future. No cost, call to register



NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

## Medicare 101

Monday, September 29  
5:30 - 7 pm



**NC SMP**  
SENIOR MEDICARE PATROL

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





# Community Resources



## Building Better Caregivers



### Dates

Thursdays  
October 2 - Nov 6



### Time

1 - 3:30 pm



### Place

Trinity Living Center  
1416 MLK Jr. Ave., S  
Salisbury, NC 28144

**6-week workshop for people who are caregiving for a loved one.**

You will learn how to:

- Reduce stress
- Improve health
- Manage difficult behaviors
- Plan for the future
- Find info and resources
- Increase communication skills

**For more information  
Call 704-216-7704**



**CENTRALINA**  
Area Agency on Aging

## VITA

VOLUNTEER INCOME TAX ASSISTANCE

### Tax Volunteers Needed!

Training begins in December  
Call Nancy for more info: 704-216-7703

Be a part of a service that truly helps your community!  
We will train you.

VITA served 1,500 tax participants which yielded  
1.2 million in returns for your community.



## CARS

Transportation

Connecting Across Rowan for Seniors

Can you volunteer to drive 1 day per week or every other week? Our CARS Program is a fulfilling way to help aging adults in Rowan County maintain their health and independence by taking them to their appointments.

This role is extremely flexible, allowing you to choose the times, days, and areas you wish to drive within Rowan County. You will be reimbursed for mileage.

Call Sylvia at 704-216-7717



- Wheelchairs, Transport Chairs, Scooters, Walkers
- Other Mobility Aids
- Lift Chair Recliners
- Hospital Beds
- Incontinence Supplies
- Diabetic Shoes & Supplies



1620 S. MLK Jr. Ave.  
Ste #104  
Salisbury, NC 28144

704-645-7251



## Mobility Concerns?

Rufty-Holmes Senior Center (RHSC) Home Program can assist with an exterior ramp or handrails to help our participants enter and exit safely from their home. Call 704-216-7704.

# PROGRAMS & EVENTS

**CLOSED**

**RHSC will be closed Monday, September 1**

★ **LABOR** ★  
★ ★ ★ **DAY** ★ ★ ★

- **Grief Support Workshop:** Tuesday, September 2 / 10 - 11:30 am / Open to adults who are grieving the death of a loved one. Led by Trellis Supportive Grief Counseling Team. No cost, call to register.
- **Mental Health Matters:** Thursday, September 11 / 10-11 am / NEW monthly program led by Vaya Health! September's topic is "Suicide and Aging: Conversations for Life!" Conversations about suicide are not always comfortable; however, having the dialogue opens the door for help. This course focuses on warning signs, adaptive responses, and prevention methods for aging individuals at risk of suicide. **October 9th's Topic:** "Antipsychotics: Indications, Risks and Challenges." No cost, call to register.
- **Plant 101:** Wednesday, Sept. 17 / 2:30 pm / September has many chores for those that want to keep their lawns and landscapes in shape for the fall! It's now time to take up summer annuals and plant fall and winter annuals. Information will include preparing for fall lawn care, fall lawn seeding, planting spring flowering bulbs, dividing summer perennials, fall pruning techniques and more. Led by Master Gardener, Darrell Blackwelder. No cost, call to register.
- **Fused Glass Workshop:** Thursday, Sept. 18 / 10 am-12 pm / \$25 pp / Create a multicolor strip sun catcher or a fall wreath sun catcher. The strip design is great for beginners and the wreath can be as detailed as you want it to be. All materials included. No experience with fusing glass needed. Payment will be accepted by instructor. Call to register.
- **New Advances in Alzheimer's Treatments:** Thursday, Sept. 18 / 2 pm / Discover how disease modifying treatments slow disease progression, the potential benefits and side effects for intended candidates and pathways for access. Led by Alzheimer's Association. No cost, call to register.
- **Organizing Your Paperwork:** Friday, Sept. 19 / 10:30 am / Join Professional Organizer and Senior Move Manager Lori English as she shares her expert tips, tricks, and proven systems for getting your paper clutter under control — and keeping it that way. From bills and medical records to that ever-growing pile of mystery documents, Lori will guide you through practical strategies to organize everything easily and efficiently. No cost, call to register.
- **Got Plans:** Monday, Sept. 22 / 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.
- **Memoir Workshop: Writing Your Life:** Every Wednesday Sept. 24-Oct. 15 / 4 - 4:45 pm / This four-part series is designed to help you order the chaos of your memories. Requirement: you must do your writing on a laptop, tablet, or computer using software that allows for editing, such as Microsoft Word or Google docs. Led by published author, Jenny Hubbard. No cost, call to register.
- **Chrismons:** Thursday, Sept. 25 / 1-3 pm / \$35 per person. Learn the basic techniques required to create a Christian Symbol Ornament from the Bible. Ask to see examples on display in front lobby. Led by Melonie Beaver. Limited seats, call to register. Save the date for the next class: Oct. 23
- **Paint Party: Fall Wood Cutout:** Friday, Sept. 26 / 10 am-12 pm / \$36 per person / Get crafty and paint a fall-themed 14-inch wood cutout! Perfect to hang in your house for the season or give as a gift. The wood cut-out reads "Grateful" with a pumpkin and fall leaves as the backdrop. Lines etched in the wood make it easy to follow the pattern. Limited seats, call to register.
- **Fall Prevention Workshop:** Tuesday, Sept. 30 / 10 am / September is National Fall Prevention Awareness Month! Learn risk factors for falls, practical balance and strength strategies, and tips for creating safer home environments. Led by physical therapist Kylie Aiken, PT, DPT from Fyzical Therapy and Balance Centers in Concord. No cost, call to register.



**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).**





# WEEKLY PROGRAMS



**Billiards available during RHSC center hours.**  
Schedule a time slot or drop in. No cost, see the front desk to reserve.

## 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 3 pm / \$6 either class.

**Canasta:** 2 - 5 pm / Join our NEW Canasta group! Get together with friends old and new to play this popular rummy-style card game. Don't know how to play? We will teach you! All are welcome. No cost, please call to register.

## MONDAY EVENING PROGRAMS:

**Tech Clinic:** September 8 & 22 / 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.

**Stained Glass:** Classes are Sept. 15 - Nov. 3 / 1:30 - 4:30 pm & 5 - 8 pm / \$55 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:** September 2 & 9 / 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:** September 2 & 16 / 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 / \$6 pp / Bring a partner to play with or we will find one for you by calling 502-714-9409.

**Tech Clinic:** September 3, 10 & 17 / 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** September 10 & 24 / 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:

**Shuffleboard & Cornhole:** September 5 & 26 / Open play from 10 am - 12 pm.

**Beginner Bridge Lessons:** Every Friday, July 18 - September 19 / 10 am - 12 pm / \$40 for 10-week session, includes lesson book / Bridge - for 100 years the most captivating card game of all. Team with your partner to outmaneuver the opponents. Call RHSC to register. Pay instructor directly.

**Duplicate Bridge:** 1 - 5 pm / \$6 pp / Bring a partner to play with or we will find one for you by calling 502-714-9409.



# Upcoming Programs

**Fall Festival:** Friday, Oct. 24 / 1-3 pm. Step back in time and relive the charm of classic County Fairs at our Fall Festival! Enjoy an afternoon filled with live music, games, raffles, a delicious bake sale, and festive pumpkin painting. Dress to impress for our Halloween costume contest, and don't miss your chance to enter items in our exhibit competition for judging. Show off your skills and creativity with an entry in the chili cook off, fall flower arrangement, fall painting, nature photography, and needle work. Entry requirement details and form to enter can be picked up at the center. All entries and forms must be completed by Wednesday, Oct. 22.

**Holiday Bazaar:** Save the Date! Friday, November 21; 10am-2pm. Tune in to the October Newsletter for more details including vendor pricing and sign-ups! Get busy crafting now and invite fellow crafters and shoppers to participate. Vendor registration opens Wednesday, Oct. 1st.



## Once a Month Events



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

**Curious Book Club:** Wednesday, Sept. 3 / 12:30 - 2:30 pm / **September Selections:** *Fool Me Once* by Harlan Coben and *Churchill's Secret Messenger* by Alan Hlad. **October Selections:** *The Collected Regrets of Clover* by Mikki Brammer and *Any Book* by Marie Benedict.

**AARP Chapter Meeting:** Thursday, Sept. 4 / 1-2:30 pm. New members welcome!

**Military Officers Association:** Monday, Sept. 8 / 12-1:30 pm. Welcome to all service officers (active, reserve, guard and vets).

**Trivia Night:** Monday, Sept. 8 / 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 "1980s & 1990s Pop Culture, Science and General Knowledge." Sponsored by Vanessa Miles from Allen Tate.

**Ambassadors Volunteers Club:** Tuesday, Sept. 9 / 12-1 pm. Visit with officers about upcoming events and sign up to volunteer starting at 11:30 am. Meeting begins at 12 pm. Come learn about volunteering at RHSC!

**NEW! Diabetes Support Group:** Wednesday, Sept. 17 / 2-3 pm / Living with Diabetes can be a challenge. You don't have to do it alone! This NEW support group plans to meet once a month on the 3rd Wednesday of the month.

**Technology for Today:** Wednesday, Sept. 24 / 1:30 -3:30 pm. This month's topic is "PassKeys, a NEW security method. But do we have a choice?" All are welcome.



## On the Go...

"The world is a book and those who do not travel read only one page."

- St. Augustine

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**Perry Lowe Apple Orchard:** Friday, Sept. 19 / \$28 pp / Arrive to RHSC by 7:45 am / Trip is full.

**Wicked at Belk Theater- Charlotte:** Wednesday, Oct. 8 / Arrive to RHCS by 5:15 pm. / \$112 pp / Long before Dorothy dropped in, two witches' paths crossed in Oz. Wicked tells the untold story of an emerald-skinned girl and a popular blonde whose unlikely friendship is tested when the world labels one "good" and the other "wicked." This Broadway sensation dazzles with its inventive twist on a beloved classic. **Registration opens at 8 am Thursday, Sept. 4 for Rowan County Residents and Sept. 11 for out of county.**



# Fitness & Wellness



**Session 6:** August 11 - September 19

**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				
Silver Sneakers	9 - 9:45 am	(FIT) Gym	(1-3)	Donnie
Chair Volleyball	12 - 12:45 pm	(FIT) Gym	(1-4)	No cost
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

Chair Volleyball	12 - 12:45 pm	(FIT) Gym	(1-4)	No cost
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
Silver Sneakers	9 - 9:45 am	(FIT) Gym	(1-3)	Donnie
Chair Volleyball	12 - 12:45 pm	(FIT) Gym	(1-4)	No cost
Zumba Toning	2:15 - 3 pm	(FIT) Gym	(3-4)	Nayda

**Thursday** \*Only Available Classes are Shown

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](mailto:fitness@ruftyholmes.org) or Text/Call 704-216-7701  
to get on the Aquatic Class Wait List**

**Session Break (No fitness classes/Volleyball)**  
**Senior Fitness Challenge (Must be signed up)**  
**Session 7**

**September 22 - 26, 2025**  
**September 24, 2025**  
**September 29 - November 7, 2025**



# Fitness & Wellness



## ARTHRITIS FOUNDATION'S WALK WITH EASE

**Wednesdays, October 1 - November 5**

**9:30 - 11 am**

**(Max 8 in class)**



\$10 book fee - you must be attending classes to receive the book.  
Learn proper warming up stretches and ease into walking 5 minutes at a time.  
Text/Call 704-216-7701 or email [fitness@ruftyholmes.org](mailto:fitness@ruftyholmes.org).

## SENIOR STRIKE FORCE BOXING & AGILITY

**Thursday, Oct. 9, 23 / Nov. 13 / Dec. 11**

**10 - 11:15 am**

**\$12 thru end of year**

Boxing and agility moves are great for hand-eye coordination and balance. They are especially good for older adults with Parkinson's and/or other cognitive disorders.

Text/Call 704-216-7701

or email [fitness@ruftyholmes.org](mailto:fitness@ruftyholmes.org) to register



## GARS

(Golf Association of Rufty Seniors)

Breakfast: Tuesday, September 2 @ 8:30 am

**Golf Tournament:**

**Friday, September 26**

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

## IMPORTANT:

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

## OUTDOOR ADVENTURE HIKE!

**Friday, Sept. 19, 2025**

**Location:** Greensboro  
Nathaniel Greene Trail

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

## PICKLEBALL MINI-CAMP

**Friday, September 19**  
**9 - 11:30 am**

Ellis Park -  
3541 Old Mocksville Rd., Salisbury  
Text/Call 704-216-7701 to sign up

## 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:

\$18 for 6 weeks - 1 day per week  
\$36 for 6 weeks - 2 days per week

\*Equipment Usage:

\$36 for 6 weeks  
(FREE if taking a 2-day week class)

**BEST DEAL!**

\*Multiple Classes:

\$52 for 6 weeks  
(max for multiple)



\*Aquatic Classes:

\$24 for 6 weeks - 1 day per week  
\$48 for 6 weeks - 2 days per week

\*Virtual/Online Classes:

FREE



## 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

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

Fitness & Wellness	7701	Marketing/Sponsorship	7709
Nutrition	7702	Executive Director	7715
Volunteers	7703	Finance	7716
Community Resources	7704	CARS/Transportation	7717
Programs	7705		

## Lunch Clubs

Rowan County Residents Age 60+

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

**Monday - Friday / 10:30 am - 12:30 pm**

**Meals at No Cost - Donations for RHSC welcome**

**Call for details and to register for the lunch club: 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
Latino Lunch Club @ RHSC ( 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday)	(704) 216-7702



464 Jake Alexander Blvd.  
Salisbury, NC  
704.633.0023



"Once you walk in the door at Hearing Solutions of NC you can tell that you will be in good hands. Staff is friendly and open to helping you anyway possible. My husband has received care from Hearing Solutions of NC from when their office first opened. He has always found Dr. Oden and Jane to be genuinely concerned about his hearing needs and what they can do to meet those needs. We would recommend Hearing Solutions of NC to anyone that needs care for hearing issues."

Larry and Kathy Mowrer



# SEPTEMBER Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1  CLOSED	2 Chicken Tacos, Flour Shells, Lettuce/ Tomato, Cheese, Sour Cream, Black Beans, Banana and Milk	3 BBQ Chicken, Squash Casserole, Mac N Cheese, Bread, Banana and Milk	4 Salisbury Steak, Brown Gravy, Rice, Green Beans, Pineapple Bread and Milk	5 Riblet, Bun, Potato Salad, Coleslaw, Cookie and Milk
8 Chicken Thighs, Mashed Potatoes, Gravy, Peas, Roll, Orange and Milk	9 Beef Hot Dog, Chili/ BBQ Slaw, Potato Chips, Dessert Cookie and Milk	10 Smoked Sausage, Collard Greens, Pinto Beans, Corn Bread, Apple and Milk	11 Tuna Salad Sandwich (Wheat Bread), Lettuce/Tomato, 3 Bean Salad, Ambrosia and Milk	12 Cheeseburger w/ Bun Lettuce, Tomato Mayo Baked Beans, Mixed Fruit and Milk
15 Fish Sticks (4), Tartar Sauce, Diced Potatoes, Corn, Nutty Bar and Milk	16 Chicken Tenders, Rosemary Fries, Italian Tossed Salad, Roll, Jello Cup and Milk	17 Meatball Marinara Pasta, 7 Layer Salad, Garlic Bread, Peaches and Milk	18 Breakfast Wrap: Turkey Sausage, Egg & Cheese, Home Fries, Pepper & Onion, Stewed Apples and Milk	19 Grilled Chicken Filet w/Bun, Lettuce/Tomato, Macaroni Salad, Cookie and Milk
22 Sliced Turkey w/Gravy, Stuffing, Beets, Bread, Ice Cream Cup and Milk	23 Lasagna, Italian Tossed Salad, Garlic Bread, Mixed Fruit and Milk	24 Sloppy Joe, Bun, Slaw, Tater Tots w/Cheese, Oreo Delite and Milk	25 Chicken Casserole, Lima Beans, Corn, Bread, Pears and Milk	26 Fish Filet w/Bun, Tartar Sauce, Slaw, Oven Fries, Cookies and Milk
29 Baked Ham, Mashed Potato, Broccoli Cheese, Roll, Applesauce and Milk	30 Chopped BBQ, w/ Bun, BBQ Slaw, Potato Salad Strawberry Yum and Milk	<p>Call to register for Lunch Club today 704-216-7702.</p> <p>If you are currently a Lunch Club member, reservations for Lunch Club Members are required <b>by 1 pm the day before</b> and can be made at the Lunch Club site or by calling the location's phone number.</p> <p>Menu substitutes of equal nutritional value, may occasionally have to be made.</p>		