



Rufty-Holmes Senior Center

Newsletter

FEBRUARY 2023

704-216-7714

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

WWW.RUFTYHOLMES.ORG

Giving Tree

In this season of love, give older adults who are part of our outreach program, a wonderful gift!

1. Pick a wish-list heart off of the tree in our lobby.
2. Register the heart with the front desk.
3. Buy the wish-list item.
4. Bring gifts to the Center by Thursday, Feb. 23 at noon.

30TH ANNUAL AFRICAN-AMERICAN HISTORY BREAKFAST "AWAKENING OF BLACK SOULS"

Friday, Feb. 24 / 9:00 - 10:30 am / \$7 per person

Enjoy uplifting music by the Jubilee Community Choir. Salisbury City Councilman, Anthony Smith will deepen our knowledge of how we can raise consciousness and awareness in the Black community. Limited seating is available. Register and pay for the breakfast at the front desk. Reservations end Friday, Feb. 17. Call for a virtual link two days prior.

We request that all participants wear a mask during this event.

Sponsored by: Harrison Florist, Boone-Carroll Funeral Home, Rowan Funeral Services, JP Johnson Memorial Society, Noble & Kelsey Funeral Home

AMERICAN SIGN LANGUAGE FOR BEGINNERS

Every Thursday - Feb. 9 - Mar. 30 / 1:00 - 2:00 pm

Learn to communicate with hearing impaired people. Class must have a minimum of ten people. Call the front desk to sign up. A one-time fee of \$5 will cover the cost of supplies.

SHARPEN YOUR BRAIN

INTERACTIVE PROGRAM WITH CATAWBA'S RECREATIONAL THERAPY STUDENTS!

Wednesday, February 8 / 2:30 - 3:30 pm

Enjoy an interactive program with Catawba's Recreational Therapy students! Topics will include tips about memory (long & short term), problem solving skills, and reminiscing to improve your brain health!

This program allows the students to learn valuable skills they can use in the future.

Call to sign up or to register for a virtual link.

EST.
1851

CATAWBA
COLLEGE

Therapeutic Recreation



Community Services



Senior Community Service Employment Program

has Paid Training Opportunities with RHSC
in the Café and Lunch Sites.

AARP training program enables you to train and get
paid for your training. Call Kristen at 910-775-9264.

Age, income & residency requirements apply.

Outreach Services Available

to Rowan County Older Adults

CARS - Rides to appointments

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.

**Medicare Health Insurance
Counseling**

LIEAP - Low Income Energy Assistance
Program (through DSS) - one time
payment to assist with paying
heating bills.

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

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

704-216-7704

VITA

VOLUNTEER INCOME TAX ASSISTANCE

Offering free basic income
tax preparations.

Appointments will be held
Wednesdays & Thursdays
Feb. 1 - Apr. 13, 2023.

For an appointment, call

704-216-7714



SHIIP
NC DEPARTMENT OF
INSURANCE

VOLUNTEER!

SHIIP NEEDS YOU!

If you want to help older adults and people
with disabilities who need accurate
information about Medicare and other
insurances, please contact Samantha at
704-216-7704 to learn more about
becoming a SHIIP volunteer.



TRINITY OAKS
PROVIDING ABUNDANT LIVING SINCE 1993

Simplify Your Life, Enhance Your Lifestyle.



On the Go...



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



Tuesday, Feb. 7 / Depart RHSC @ 9:30 am / \$5 per person

Cannon Ballers Tour / Music Hall of Fame: Begin the day with a guided tour of the Music Hall of Fame. After the tour we will have lunch together. To end the day, we will receive a tour of the Kannapolis Cannon Ballers Stadium. Drive yourself to Kannapolis or meet at RHSC to carpool. Extensive walking and standing involved. **Registration is open and closes Feb. 6 @ noon.**

Tuesday, Feb. 28 / Depart RHSC @ 8:00 am / \$48 per person

International Civil Rights Center & Museum - Greensboro, NC:

The fast-spreading Sit-in Movement ignited by the Greensboro protests serves as a historical inflection point, renewing the Civil Rights Movement as a whole. This tour includes a staff guided excursion through the entire Museum. Face coverings are required. Intensive walking and standing involved. *Sign up and pay at the front desk. Limited spots available. Registration is open and closes Feb. 21*

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. Registration is now open!

Upcoming Events:

Medicare Fraud Shredding Event: Three Locations & Dates

Protect yourself against fraud! Shredding and Medicare Fraud information will be provided during the offsite events.

South Rowan YMCA: March 7; 10am - 2pm | East Rowan YMCA: April 18; 10am - 2pm

West Rowan Library: Date TBD

Novant Mobile Mammogram at RHSC: Thursday, March 16 / 9am - Noon

Novant Health Breast Cancer Mobile Unit will be on-site to provide screenings. Papers must be filled out before your appointment and can be picked up at the front desk. Schedule your 15-minute appointment by calling the front desk.

Brain Health: Monday, March 27 / 10:30 am

Learn about ongoing research studies to improve brain health and lower the risk of Alzheimer's and other conditions. This program is led by the NC Registry for Brain Health. **Register at the front desk. Virtual link available.**



Programs, Classes, Events



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

● ***Make Your Own Kaleidoscope:*** Thursday, Feb. 9 / 10 am - 1pm / \$40

Learn to make a kaleidoscope, all you need is an open mind! Your kaleidoscope will be 7" tall when complete. All materials are provided. Limited seats. Class instructed by Sue Davis. Bring your lunch, snacks will be provided.

● ***70's Music Bingo:*** Friday, Feb. 10 / 11 am - Noon

Before Music Bingo, Stacey from Gentiva will give a five minute talk about myths of Hospice. Bingo prizes included! No cost. Register at the front desk.

● ***Caption Call - Hearing Loss:*** Thursday, Feb. 16 / 1:30 pm

Do you have trouble hearing on the phone? If you have hearing loss & need captioned telephone service to use the phone effectively, you are eligible for this no-cost service. Learn from Caption Call professionals about this service! Call to sign up. Virtual link is available.

● ***Animal Program:*** Thursday, Feb. 23 / 1:00 pm

Take an up-close look at several of Dan Nicholas Park animal ambassadors: birds, mammals, reptiles, amphibians, and invertebrates. Learn basic natural history, species adaptations, and personal history of each animal shown. This program can potentially offer participants a chance to touch some of the animal ambassadors. Program led by naturalist Misty Parrish. Call to sign up. Virtual link is available.



Golfers at RHSC (GARS): Weekly Golf Games every Monday. Call or visit website for schedule & location. Group meeting the first Monday of every month at RHSC: Feb. 6 / 8:00 am
For more info, call John Cress: 704-633-7007.

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 Bobby 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.

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 (Feb. 7 & 21) 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.

Caring With Cards- 2nd & 4th (Feb. 8 & 22) / 1:00 pm. This group writes cards to those who may need cheering up. If you enjoy writing & sending cards, this group is for you. Please bring your own cards. We will have limited cards available. Call Nancy for more information, 336-225-9022.

Computer Clinic- 1st, 2nd & 3rd (Feb. 1, 8, 15) 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- Feb. 22; 1:30 - 3:30 pm. Learn all about printers & how they work. 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- Feb. 10 & 24 / 2pm - 3:30 pm - Square dancing! Cost is \$5. Beginners welcome!

ONCE A MONTH EVENTS:

- Curious Book Club- Wed., Feb. 4 / 12:30 - 2:30 pm / February Selections: "The Best Woman of Troublesome Creek" by Kim Michele Richardson and any book by Jayne Ann Krentz. March selections: "The House We Grew Up In" by Lisa Jewell and any book by David Baldacci.
- AARP Chapter Meeting- Thursday, Feb. 2; 1:00 - 2:30 pm / New members welcome!
- Parkinson's Support Group- Tue., Feb. 7 / 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., Feb. 7 / 1 pm - 4:00 pm - \$12 per class, pay instructor.
- Ambassadors Volunteer Club- Tue., Feb. 14 / Lunch: 11:45 am, meeting following at 12:15.
- National Association of Retired Federal Employees- Monday, Feb. 20 / 1 - 3:00 pm
- Rowan Doll Society- Tuesday, Feb. 21 / 12 - 3:00 pm



Fitness & Wellness




Now more than ever, Older Adults need to Exercise & Be Active to Stay Healthy!

RHSC offers Safe & Clean Fitness Areas to Exercise OR Stay-At-Home Interactive Video Fitness!

SCHEDULE FOR SESSION 2: FEB. 13th - MAR. 24th

*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)	9:00-9:45 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)	10:00-10:45 Cardio Mix (VIRT) / (FIT) (3-4)	10:00-10:45 Chair Yoga (FIT) (1-3)	10:00-10:45 Cardio Dance (FIT) (3-4)	9:15-10:15 Aqua Zumba (POOL) (3-4)
9:00-9:45 Silver Sneakers (FIT) (1-3)	11:00-11:45 Sit N' Fit (FIT) (1-2)	11:00-11:45 Chair Yoga (FIT) (1-3)	11:00-11:45 Sit N' Fit (VIRT) / (FIT) (1-2)	*****
10:00-10:30 Good Morning Stretch (VIRT) (1-4)	11:00-11:55 Walk, Noodle or Swim (POOL) (1-4)	Water Walk (POOL) (1-4)	11:00-11:55 Walk, Noodle or Swim (POOL) (1-4)	*YOU MUST SIGN UP FOR CLASSES DUE TO SPACE LIMITS.
10:00-10:45 Chair Yoga (FIT) (1-3)	Chair Volleyball 12:30-1:30 (FIT) (1-4)	12:00-12:45 Chair Volleyball (FIT) (1-4)	12:00-12:45 Splash Circuit (POOL) (3-4)	*Please refrain from using the fitness equipment without an orientation on proper use.
11:00-11:45 Chair Yoga (FIT) (1-3) Water Walk (POOL) (1-4)	12:00-12:45 Splash Circuit (POOL) (3-4)	12:00-12:55 Walk, Noodle or Swim (POOL) (1-4)	1:00-1:45 Aqua Fit (POOL) (1-3)	Feb. orientation dates are the 14th & 28th at 9:30 am. Must sign up to attend.
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 (3-4)	1:00 - 1:45 Improve-ability (FIT) (1-3)	
12:00-12:55 Walk, Noodle or Swim (POOL) (1-4)				
1:15-2:00 Silver Sneakers Circuit (3-4)				

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.

Reminder: Verify that your classes & fitness activities are paid by your insurance company. Show your insurance card to Fitness Staff or Front Desk to check. We participate with Silver Sneakers, Silver & Fit, ReNew Active, & One Pass.



FITNESS CLASS FEES

For On-Going Classes

- **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**
-



Music, Movement & Light Weights
Mondays / Wednesdays
2:15 - 3:00 pm



Punch & Kick Your Way Healthy!
Mondays / Wednesdays
1:00 - 1:45 pm

New Employee Spotlight!



Please welcome Talitha Lowman, our new Outreach Coordinator! She will coordinate our CARS and Home Repair Programs.

Talitha is a Rowan County native and graduated from East Carolina University in education and attended UNC-Charlotte for her masters in school administration. She is a retired educator and most recently was assistant principal at East Davidson High School.

Talitha enjoys camping, jigsaw puzzles, reading and has started watercolor painting. She and her husband Phil have a spoiled peek-a-boo dog, together they have two adult sons, two adult daughters, and five grandchildren.

SHORT-TERM

Fitness Classes:

Session 2: Feb. 13 - Mar. 24

- **Drum it Up (Traci)** - Tuesdays 10 - 10:45 am
Hurley Room
- **Small Group Circuit (Donnie)** -
Mon/Wed @ 10 - 10:45 am / Jan. 2 - Feb. 10
Must be able to get up and down from the floor.

Session Break: March 27-31
No classes / volleyball

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

Inclement Weather Policy

**Senior Center delay/closing announcements will be
broadcast on Memories Radio FM 101.7
& 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.

February 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NORTH ROWAN LUNCH CLUB NOW OPEN!		1 Smoked Sausage w/ Cabbage. Chowder Peas. Dinner Roll. Peaches and Milk.	2 Breaded Chicken Filet w/bun. Baked Beans. Lettuce & Tomato slices. Fruit Gelatin and Milk.	3 Chicken Alfredo w/ Noo- dles. Green Beans. Pick- led Beets. Wheat roll. Pears and Milk.
6 Hot Dog w/ sauerkraut on bun. Pinto Beans. Hot Sliced Apples. Fruit Gelatin and Milk.	7 Fried Fish Filet w/Tartar Sauce on bun. Okra & Tomatoes. Coleslaw. Mixed fruit and Milk.	8 1/2 Pimento Cheese sandwich on wheat bread. Vegetable beef soup w/crackers. Or- ange. Lemon Pudding and Milk.	9 Spaghetti w/Meat Sauce. Green Beans. Tossed Salad w/ Ranch Dressing. Garlic Bread. Pears and Milk.	10 Pinto Beans. Turnip Greens. Macaroni & Cheese. Cornbread. Or- ange Juice and Milk.
13 Chicken Pie. Blackeye Peas. Peaches. Dinner Roll. Assorted cookie and Milk.	14 Meatloaf. Diced Pota- toes. Broccoli. Wheat Roll. Orange Juice. Pud- ding and Milk.	15 Chicken Patty w/ Gravy. Corn. Okra & Toma- toes. Cornbread. Fruit Gelatin. Milk	16 Smoked Sausage Rice. Peas & Carrots. Diner Roll. Pears. Pudding and Milk.	17 Barbecue Boneless Pork Rib. Lima Beans. Mashed Potatoes. Dinner Roll. Fruit Cocktail and Milk.
20 Sliced Turkey w/Gravy. Cornbread stuffing. Green Beans. Peach Cobbler. Dinner Roll and Milk.	21 Sloppy Joe w/Bun. Tater Tots. Coleslaw. Fresh Apple Slices and Milk.	22 Hot dog w/chili. Lima Beans. BBQ slaw. Apple Juice. Chocolate Peanut Butter Bar and Milk.	23 Cube Steak w/Gravy. Broccoli & Cheese. Mashed Potatoes. Fruit Cocktail. Dinner Roll. Assorted cookie. Milk	24 Baked Chicken Patty. Broccoli-Cauliflower Medley. Blackeye Peas. Apple Juice. Wheat Roll. Assorted Cookie. Milk.
27 Pancakes w/Syrup. Eggs. Sausage Links. Tater Tots. Orange Juice. Milk.	28 Chicken & Dumplings. Carrots. Diner Roll. Or- ange juice. Apple cob- bler and Milk.	JOIN A RHSC LUNCH CLUB! SIX LOCATIONS IN ROWAN COUNTY. Lunch provided at no cost to Rowan County residents, 60+. Donations accepted. Sites Open Monday - Friday 9:30 am - 1:30 pm *CALL 704-216-7702 TO REGISTER.		

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 704-216-7702
South Rowan - VFW Kannapolis 704-798-3038
Hispanic Lunch Club (twice a month) 704-216-7702