

Spring Planting 101

Tuesday, April 30

@ 10a.m.

Learn About:

- Annuals
- Fertilization
- Weed Control
- Pruning
- Pest Control
- Maintenance

Led by Master Gardener,
Darrell Blackwelder

**Call to
Register**



Make Your Own "Beach Life" Earrings!



Tuesday, April 23

2-4 p.m.

\$17 per person

*Paint and assemble your
own woodcut earrings.*

All materials provided.

Led by Myrtis Trexler
from Pretty Little Things

DESIGN TEAM SELECTED

RHSC Board of Directors and the City of Salisbury are partnering to begin the preliminary design for a NEW Senior Center and Salisbury Parks & Rec. Facility. Currently, it is sited for the City's Civic Center property.

CPL, an architectural and engineering firm is the contractor and Lifespan Design Studio, a firm specializing in senior center and universal design, the subcontractor. This first phase is expected to take seven months and will allow for community engagement.

We need your input....

In April and May, the design team will host drop-in sessions at the Senior Center and city park facilities.

Online and paper surveys will be available to provide suggestions and concerns.

Watch for RHSC updates and dates for drop-in sessions.

April is Parkinson's Awareness Month

Someone is diagnosed with Parkinson's Disease (PD) every 6 minutes in the U.S.

Tuesdays, April 2

&

May 7, 2024

12:30 - 2 p.m.


Join Us!

- Learn about local resources & support groups
- Talk with experts
- Raise awareness
- No registration required

Community Services

OUTREACH SERVICES

for Rowan County Older Adults

CARS -Rides to appointments and limited  funding available for select out of county rides.

FAMILY CAREGIVER SUPPORT

-Providing caregivers with respite care in the home or Adult Day Care.

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

704-216-7704

VITA

Volunteer Income Tax Assistance

FREE Income Tax Service

Appointments available Mondays, Wednesdays and the following Saturdays:

April 6

April 13

For an appointment, call
704-216-7714



Support the Annual Campaign that keeps your center alive and thriving....

Your name or message will be added to a shoe and placed on the banner in the main hall when you make a donation.

Goal: \$50,000

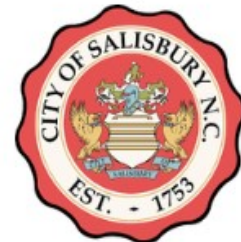
Ruffy-Holmes Senior Center 2024 Annual Campaign

Stepping into A New Era

Thank You to Our Supporters!

Free CO Detectors!

First 30 participants (age 65+ only) to sign up will receive a carbon monoxide detector and installation through the City of Salisbury.



Call 704-216-7714 to sign up.



TRINITY OAKS
PROVIDING ABUNDANT LIVING SINCE 1993

Simplify Your Life, Enhance Your Lifestyle.



On the Go...



NC -Asheboro, NC

Wednesday, April 10 / Depart RHSC : Morning Departure / \$45 per person

Discover more than 1,800 animals in habitats ranging from Africa's grasslands to North America's forests. With 500 developed acres, it is North Carolina's largest natural habitat zoo. Enjoy lunch on your own at one of the zoo's restaurants or concession stand. This trip has a high activity level involving walking for longer periods of time.

Nashville

April 22-26, 2024 / \$895-Double Rate, Last day to register is APRIL 1!

Stop by the front desk for more information.

Tropical Costa Rica Interest Meeting

Wednesday, April 24, 2 p.m.

Collette Travel will be at RHSC to present about trip and answer all your questions. No obligation to attend. Come learn more about this once in a lifetime excursion. Trip dates: January 7-15, 2025. Pick up a trip information packet at the center or on our website to learn more, \$2,999 per person for double rate.

Reynolda House Museum of American Art - Winston-Salem, NC

Friday, May 10 / Depart RHSC @ TBA / \$40 per person

Experience the 1917 estate of R.J. and Katharine Reynolds. Reynolda's 170-acre historic estate comprises Reynolda House Museum of American Art (Guided Tour), Reynolda Gardens, and Reynolda Village Shops and Restaurants. **Registration opens Friday, March 29 for Rowan County residents and April 5 for out of county.**

Dan'l Boone Inn & King Street - Boone, NC

Thursday, May 30 / Depart RHSC @ TBA / \$25 per person

For over 50 years, Dan'l Boone Inn has been serving high country delicious home cooked meals, just like you remember at grandma's house. After lunch, enjoy some free time to explore the many shops in Downtown Boone. Dan'l Boone Inn requires you to bring cash or check for lunch. **Registration opens Friday, March 29 for Rowan County residents and April 5 for out of county.**

Savannah, GA

September 30 - October 3 / \$630-Double Rate

Tour Historic Savannah, Musical Revue Show at the Savannah Theatre, Mercer-Williams House, Savannah History Museum, Ghosts and Gravestones Trolley Tour & more! High activity level. Pick up an information packet at the center or visit our website for more details. \$200 deposit required to register. Checks only, written out to White Star Tours. **Registration opens Wednesday, March 27 for Rowan County residents and April 3 for out of county**



704-633-0023



Programs, Classes, Events

Registrations 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.

- **Volunteer Appreciation Month:** Celebrating with a Volunteer Brunch. Contact Hannah Medlin if you volunteer at RHSC and didn't get an invitation.
- **Trivia Night:** Monday, April 8 / 5:30-7 p.m. / \$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. Have your team's name ready. Refreshments included. Topics include famous dogs, books that are also movies and general knowledge.
- **Movie-"Wonka":** Thursday, April 11 / 2 p.m. / \$2 per person. Armed with nothing but a hat full of dreams, young chocolatier, Willy Wonka manages to change the world, one delectable bite at a time. New prequel of Charlie and the Chocolate Factory. Popcorn and drinks provided. Call to register, limited seats available.
- **Grief Support Workshop:** Tuesday, April 16 / 10 a.m. This is a series of grief support workshops, led by Trellis Supportive Grief Counseling Team. Open to adults who are grieving the death of a loved one. Call to register.
- **Hopping into Spring Craft:** Thursday, April 18 / 10 a.m.-12 p.m. / \$16 / Get crafty and create your own bunny box and small basket. These make great handmade gifts! You will also learn how to decorate your baskets for any occasion or holiday. Limited seats, call to register.
- **Beginner Chrismons:** Thursday, April 25 / 1-3 p.m. / \$35 per person. Learn the basic techniques required to create a christian symbol ornament from the Bible. Examples are on display in front lobby. Led by Melonie Beaver. Limited seating, call to register.



ONCE A MONTH EVENTS:

- **Curious Book Club:** Wednesday, April 3 / 12:30 - 2:30 p.m. April Selections: Any David Rosenblatt book and *The Girl with the Dragon Tattoo* by Stieg Larsson. May Selections: *The Lost Book Shop* by Evie Woods and *The State of Terror* by Hillary Clinton & Louise Penny.
- **AARP Chapter Meeting-** Thursday, April 4 / 1 - 2:30 p.m. New members welcome!
- **Ambassadors Volunteer Club-** Tuesday, April 9 / 12 p.m. Come learn about volunteering at RHSC.
- **Trip Advisory Meeting-** Monday, April 15 / 10 a.m. Come discuss day trip ideas for summer 2024.
- **National Active and Retired Federal Employees-** Monday, April 15 / 1 - 3 p.m.
- **Rowan Doll Society:** Tuesday, Apr. 16 / 12 - 3 p.m.
- **Alpha Delta Kappa Meeting:** Monday, April 22 / 6 - 7:30 p.m. ADK is an international honorary organization of over 25,000 educators. Contact Lori Sullivan at lsullivan667@gmail.com for more information.
- **Technology for Today:** Wednesday, April 24 / 1:30 - 3:30 p.m. This month's topic is: Protection from virus's, malware, and scams. All are welcome.

UPCOMING EVENTS:

- ❖ **AARP CarFit + Wellness Screenings:** Tuesday, May 7 / 9 a.m.- 12 p.m. Occupational Therapy Assistant Students from RCCC will assist to custom fit you in your car for safe driving. Schedule your appointment at the front desk. Free Wellness screenings include blood pressure & oxygen checks, sleep, memory, strength, visual perception, dexterity, and balance.
- ❖ **Willette "Gufu" Johnson Gospel Comedy:** Thursday, May 9 / 2 p.m. / \$10 per person/ Willette Johnson believes humor led by God is good for all emotions. A joyful heart is good medicine. Call to register.
- ❖ **Treasures in Your Trunk:** Friday, May 17 / 9 a.m. - 2 p.m./ If you enjoy thrifting & yard sales, this event is for you! Reserve your parking spot for \$10 to sell items from the trunk of your car. Call for your reservation. Hot dog plates will be available for purchase.

MONDAYS:

TOPS (Taking Off Pounds Sensibly): 9:30 - 11:30 a.m. Open to all.

Watercolor Jam Open Studio: 9:30 a.m. - 12:30 p.m./ No cost / Bring your own project to work on.

Guitar Class: Beginner class instructed by Bob Wingate at 1:30 p.m. / \$25 for 4 weeks. Beginner & intermediate classes instructed by Gary Schneider at 1:30 & 3p.m. / \$5 per class.

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

MONDAY EVENINGS:

Cardinal Squares: 5:30 p.m. / Cost \$5/ Every Monday at RHSC- Square Dancing! Beginners welcome.

Tech Clinic: April 8 & 22 / 5 - 7:30 p.m./ 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 open for registration NOW! Classes are April 22 - June 10/ 1:30 - 4:30 p.m. & 5 - 8 p.m. Cost is \$55 plus materials for 8-week session. Payment made to Instructor. Call to register.

TUESDAYS:

Paint, Piddle & Draw Open Studio: 9 - 11 a.m. Bring your own supplies and favorite project to work on.

BINGO: 1 - 3 p.m./ \$3 to play, fees pay for prizes. Led by participants. Exact change required.

Handmade Card Craft: April 2 & 9 / 1 - 4 p.m. / \$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: April 2 & 16 / 2 - 4 p.m./ Bring your instrument and jam out

WEDNESDAYS:

Creative Needles: 9:30 a.m. - 12:30 p.m./ No cost / Bring your favorite project and learn new tips.

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

Tech Clinic: April 3, 10 & 17 / 1:30 - 4:30 p.m./ No cost / 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: April 10 & 24 / 11 a.m.-12:30 p.m. No cost for catered lunch. Call to register.

THURSDAYS:

Salisbury Rowan Quilters: 9:30a.m. - 12 p.m. Contact Shelley for membership questions 704-636-5897.

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

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

FRIDAYS:

Spanglish: 10:30 - 11:30 a.m./ Meet conversation partners wanting to learn Spanish or English. All adults welcome! In partnership with Rowan Literacy Council.

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




Fitness & Wellness



Schedule for Session 3: April 1 - May 10, 2024

*In-Person Fitness Classes (FIT) / *Virtual Fitness Classes (VIRT) / *Pool & Water Classes (POOL)
 *Work out on our fitness equipment Mondays - Fridays 9a.m. - 3p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00-8:45 Zumba Gold (FIT) (3-4)</p> <p>9:15-10:15 Aqua Zumba (POOL) (3-4)</p> <p>9:00-9:45 Silver Sneakers (FIT) (1-3)</p> <p>10:00-10:30 Good Morning Stretch (VIRT) (1-4)</p> <p>10:00-10:45 Stretch & Balance (FIT) (1-3)</p> <p>11:00-11:45 Stretch & Balance (FIT) (1-3)</p> <p>11:00-11:45 Water Walk (POOL) (1-4)</p> <p>12:00-12:45 Chair Volleyball (FIT) (1-4)</p> <p>12:00-12:55 Walk, Noodle or Swim (POOL) (1-4)</p> <p>1:00 - 1:45 Water Aerobics (POOL) (2-4)</p> <p>1:15-2:00 Silver Sneakers Circuit (FIT) (3-4)</p> <p>2:15 - 3:00 Zumba Toning (FIT) (3-4)</p>	<p>9:00-9:45 Silver Gym (FIT) (3-4)</p> <p>9:00-9:45 Core Strength & Stretch (POOL) (2-3)</p> <p>10:00-10:45 Cardio Mix (VIRT) / (FIT) (3-4)</p> <p>11:00-11:45 Sit N' Fit (FIT) (1-2) (WAIT LIST)</p> <p>11:00-11:55 Walk, Noodle or Swim (POOL) (1-4)</p> <p>12:00-1:00 Chair Volleyball (FIT) (1-4)</p> <p>12:00-12:45 Splash Circuit (POOL) (3-4)</p> <p>1:00-1:45 Aqua Fit (POOL) (1-3)</p> <p>Reminder: Verify that your classes are paid by your insurance company. We participate with Silver Sneakers, Silver & Fit, ReNewActive, & One Pass.</p>	<p>9:00-9:45 Silver Sneakers (FIT) (1-3)</p> <p>10:00-10:45 Stretch & Balance (FIT) (1-3)</p> <p>11:00-11:45 Stretch & Balance (FIT) (1-3)</p> <p>Water Walk (POOL) (1-4)</p> <p>12:00-12:45 Chair Volleyball (FIT) (1-4)</p> <p>12:00-12:55 Walk, Noodle or Swim (POOL) (1-4)</p> <p>1:00 -1:45 Aqua Boxing (POOL) (2-4)</p> <p>1:15-2:00 Silver Sneakers Circuit (FIT) (VIRT) (3-4)</p> <p>2:15 - 3:00 Zumba Toning (FIT) (3-4)</p>	<p>9:00-9:45 Silver Gym (FIT) (3-4)</p> <p>10:00-10:45 Cardio Dance (FIT) (3-4)</p> <p>11:00-11:45 Sit N' Fit (VIRT) / (FIT) (1-2)</p> <p>11:00-11:55 Walk, Noodle or Swim (POOL) (1-4)</p> <p>12:00-12:45 Splash Circuit (POOL) (3-4)</p> <p>1:00-1:45 Aqua Fit (POOL) (1-3)</p> <p>1:00 - 1:45 Improve-ability (FIT) (1-3)</p>	<p>8:00-8:45 Zumba Gold (FIT) (3-4)</p> <p>9:15-10:15 Aqua Zumba (POOL) (3-4)</p> <p>*****</p> <p>*YOU MUST SIGN UP FOR CLASSES DUE TO SPACE LIMITS.</p> 
<p>Key for Class Levels:</p> <ul style="list-style-type: none"> 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



Fees for On-Going Fitness Classes

Contact the Fitness Manager to sign up for a class or use the equipment.

*Equipment Usage:

\$24 for 6 weeks

(FREE if taking a 2-day week class)

*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



*Aquatic Classes:

\$16 for 6 weeks - 1 day per week

\$32 for 6 weeks - 2 days per week



*Virtual/Online Classes:

FREE

Wellness Wednesdays:



Join our Fab Fitness instructors on Wednesday mornings in April for BONUS DROP-IN classes outside in the Picnic Pavilion at NO extra charge!

10 - 10:45 a.m.

- April 3 Cardio Dance (Angela)
- April 10 Strength on the Mat - bring your own mat (Donnie)
- April 17 Circuit Walk @ park across the street (Traci)
- April 24 Zumba Gold (Nayda)

Living Healthy with Chronic Conditions:

Wednesdays, May 1 - June 5, 2024

9 - 11:30 a.m.

Set weekly goals, manage meds, nutrition, and exercise

Call 704-216-7714 to sign up



Line Dancing:

6 Classes - \$36

10 - 11:30 a.m.

May 1

June 5

July 3

May 15

June 19

July 17

Call 704-216-7714 to sign up

MAX. 30 Participants

RHSC Pickleball



Interested in playing non-competitive & beginner pickleball? Call/Text 704-216-7701 to receive update notifications.

Golfers at RHSC (GARS)

1st Monday Meeting:

April 1, 2024

Golf games every Monday.

Call or visit website for schedule & location.

For more information, call John Cress: 980-234-3080.

Outdoor Adventure Club

Meets 3rd Friday of each month

Friday, April 19



Location: Ashley Ladd in Yadkinville (4 miles)

Center Hours

Mondays: 8 a.m. - 8 p.m.

Tuesday - Friday: 8 a.m. - 5 p.m.

Cafe Open Daily: 10 a.m. - 2 p.m.

Soda, Snacks & Sandwiches available for purchase

Coffee is always FREE,

Thanks to



Serving Rowan County Older Adults 55+

No fee to join.

NC Senior Center of Excellence

Nationally accredited by the National Council on Aging.

Ruffy-Holmes Senior Center (RHSC)

Mission Statement

RHSC is a non-profit organization that provides aging resources and opportunities to extend independent living and enrich the quality of life for Rowan County older adults.

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



Play ‘Radio Tips & Trivia’

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 center
and on our website (under Leisure tab).



WIN a \$10 Gift Card to a local business!



April 2024 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Chicken. Rice. Stewed Tomatoes. Roll. Baked Apples. Milk.	2 Pancakes w/syrup. Scrambled Eggs. Sausage Links. Tater Tots. Orange Juice and Milk.	3 BBQ Boneless Pork Rib. Coleslaw. Corn. Bun. Cookie and Milk.	4 Chopped Steak w/Brown Gravy. Steamed Rice. Green Beans. Roll. Chilled Fruit Cup. Milk.	5 Baked Ham. Pinto beans. Turnip Greens. Cornbread. Pudding and Milk.
8 Chopped Steak w/Brown Gravy. Green Beans and Carrots. Wheat Roll. Cran-Apple Juice and Milk.	9 Fried Fish and Bun. Okra & Tomatoes. Coleslaw. Peaches. Milk	10 Roast Turkey w/Gravy. Cornbread Stuffing. Pickled Beets. Baked Apples. Grape Juice and Milk.	11 Baked Chicken. Creamed Potatoes. Green Peas and Roll. Pudding. Grape Juice and Milk.	12 Lasagna. Tossed Salad w/Green Peppers & Tomatoes. Garlic Bread. Mixed Fruit. Milk.
15 Cheeseburger and Bun. Lettuce & Tomato. Tater Tots. Pudding. Milk.	16 Spaghetti & Meat Sauce. Corn. Garlic Bread. Pineapple Tidbits. Milk.	17 Chicken & Dumplings. Carrots. Coleslaw. Roll. Peaches. Milk.	18 Meatloaf. Mac & Cheese. Lima Beans. Roll. Pineapple-Orange Juice. Milk.	19 Chicken Patty w/Gravy. Mashed Potatoes. Broccoli & Cheese Casserole. Wheat Roll. Cookie. Milk.
22 Chicken Pie. Steamed Rice. Okra & Tomatoes. Roll. Oatmeal Cookie. Milk.	23 Salisbury Steak. Navy Beans. Broccoli. Roll. Fresh Apple Slices. Milk.	24 Pinto Beans. Collard Greens. Stewed Potatoes. Cornbread. Cookie. Milk.	25 Pepper Steak Supreme. Mashed Potatoes. Peas & Carrots. Wheat Roll. Pineapple Tidbits. Milk.	26 Sweet & Sour Chicken. Mac & Cheese. Broccoli. Roll. Baked Apples. Milk.
29 Sloppy Joe. Bun. Tater Tots. Coleslaw. Fruit Cup. Milk.	30 Baked Chicken w/Gravy. Mashed Potatoes. Crowder Peas. Roll. Fresh Orange. Milk.	<p>Join a RHSC Lunch Club! 6 Locations in Rowan County. Lunch provided at no cost to Rowan County residents, 60+ years. Donations appreciated. Sites Open Monday - Friday 9:30 a.m. - 1:30 p.m. *CALL 704-216-7702 TO REGISTER.</p>		

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 North 704-636-7758
Rowan - Spencer Comm. Bldg 704-431-7720
South Rowan - VFW Kannapolis 704-798-3038
Hispanic Lunch Club (2nd & 4th Wed.) 704-216-7702