



JULY NEWS ²⁰²⁴

704-216-7714

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

WWW.RUFFYHOLMES.ORG

★ RHSC WILL BE CLOSED JULY 4 & 5, 2024 IN HONOR OF INDEPENDENCE DAY ★

You are Invited to Attend
The Annual Meeting
of the RHSC
Board of Directors

Wednesday, July 24
11 am

This is a time to celebrate the accomplishments of RHSC's past fiscal year and look forward to the future. It is an important meeting, where the annual budget is approved, board members are voted in, officers elected and retiring members recognized. We invite you to join us for lunch and meeting.

Reservations are required.

Register by July 17.



Friday, July 12
11:30 am

Learn how to create a home to
age in place safely!

- *What items should I remove?
- *What should I add to my home?
- *How will technology help me?
- *Should I make lifestyle changes?

No cost, Call to register.



Creative Writing

Tuesday, July 30
10 am - 12 pm

Cost \$12 pp

Words have the magic to shift a mood, awaken a memory and stir a soul. This workshop led by Sara Austin Bailey provides inquiries and inspiration to help you start and sustain a creative writing practice of your own.

All materials provided.

Call to register.

FEEDNC FOOD TRUCK

Friday, July 12
Friday, July 19
Friday, July 26

1:30-3:30 pm
or until food runs out



FeedNC is a nonprofit located in Mooresville, NC dedicated to creating connections to food, education, and resources as a catalyst for change.

In an effort to serve more members in our community, FeedNC will be partnering with Ruffy-Holmes Senior Center to give out groceries from our food truck. To receive groceries, participants will need to fill out a short demographics survey.



Community Services



OUTREACH SERVICES

for Rowan County Older Adults



Rides available for Rowan County Older Adults and individuals with ADA (Americans with Disabilities Act) concerns

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 SHIP Counselors in Rowan County 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- Community Respite as well as In-Home Aide for Rowan County residents who need assistance with Activities of Daily Living (ADLs).

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



Operation Fan Heat Relief



Operación Alivio del Calor con Ventilador

We have received 58 fans this year! Fans are expected to arrive the first week of July.

Please call the front desk to be placed on the fan interest list.

ELIGIBILITY REQUIREMENTS:

- Must be a least 60 years of age, or disabled.
- Must be Rowan County resident.
- Have financial need and do not have air conditioning.
- Have health conditions that are negatively impacted by heat.
- May not be eligible for the 2024 program if you received a fan last year.

704-216-7714



On the Go...

Old Salem - Winston Salem, NC

Thursday, July 11 / \$52 pp/ Arrive to RHSC by 9 am

A self-guided tour of 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, 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 on cobblestone streets. **Registration is open!**

Daniel Stowe Botanical Gardens - Belmont, NC

Tuesday, July 23 / \$35 pp / Arrive to RHSC by 10:15 am

Self-guided stroll through the botanical gardens and along trails through the wooded areas or around the ponds. Daniel Stowe is a garden for all seasons and provides a chance to reconnect with nature. The breathtaking 30 acres of gardens include a conservatory, tropical plants and orchids, a Dry Piedmont Prairie, annual and perennial displays, sparkling fountains, walking trails and more. **Registration is open!**

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

Thursday, August 8/ \$85 pp / Matinee 2 pm

More than 100 million people around the world have experienced the phenomenon of Disney's THE LION KING, and now you can too, when Charlotte's best-loved musical returns to the Belk Theater. Must be able to walk 20 stairs to balcony seats. **Registration opens Friday, June 28 for Rowan County residents and July 12 for out of county.**

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

Tuesday, August 27 / \$30 pp / Arrive to RHSC by 8 am

Ashe County Cheese is Carolina's oldest cheese plant, producing quality cheese since 1930. Watch the cheese making process in the viewing room and visit the gift shop. Stop to view the beautiful Frescoes painted by Ben Long in the 1970s at the historic St. Mary's Episcopal Church and Holy Trinity Episcopal Church. **Registration opens Friday, June 28 for Rowan County residents and July 3 for out of county.**

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.



Programs, Classes, Events



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.

- **Trivia Night:** Monday, July 8 / 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: Leading Ladies of the 80's, Early 2024 and General Knowledge.
- **Flower Arranging:** Monday, July 15 / 2 pm / Want to have some fun making your own flower bouquet? Learn step-by-step from an amazing florist how to make your own! Materials provided. Led by Chelish Moore Flowers. No Cost, but donations encouraged. Call to register.
- **Movie with Friends- The Fall Guy:** Wednesday, July 17 / 2 - 4 pm / Rated PG-13. Enjoy this 2024 action, comedy, and drama film about a stuntman who must solve a mystery and find a missing movie star while also re-evaluating his life after an injury. Starring Ryan Gosling and Emily Blunt. Popcorn & Drinks provided. No cost, call to register. RHSC is licensed to show motion pictures by Motion Picture Licensing Corporation.
- **Downsizing 101:** Thursday, July 18 / 10:30 am / Learn tips and tricks proven to help you successfully let go and lighten your load. Our guest speaker is Lori Fike English, a Professional Organizer, Senior Move Manager, and the founder and owner of Chaos2Calm. No cost, call to register.
- **Bracelet Making:** Friday, July 19 / 10 am / \$15 pp / Get crafty and learn how to make your own bracelet! Color and charm choices available. All materials provided. Led by Pretty Little Things. Pay instructor directly. Call to register.
- **Fight the Fall Balance Seminar:** Thursday, July 25 / 10 am / Knowledge is power when it comes to balance and falls. Fyzical Therapy will be teaching you why falls occur and how to prevent them. Q & A to follow. No cost, call to register.
- **Passport Fair:** Wednesday, July 31 / 9 am - 12 pm / Renew your passport or start a new application all in one stop! Call the front desk to register your 15-minute time slot. Paperwork must be filled out ahead of time and can be picked up at the front desk. In partnership with Rowan County Register of Deeds.



ONCE A MONTH EVENTS:

- **Parkinson's Support Group:** Tuesday, July 2 / 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, July 3 / 12:30 - 2:30 pm. **July Selections:** *The Last House on the Street* by Diane Chamberlin. **August Selections:** *Mad Honey* by Jodi Picoult and *The Maid* by Nita Prose.
- **Military Officers Association:** Monday, July 8 / 12 - 1:30 pm. Welcome to all services officers (active, reserve, guard and vets).
- **Ambassadors Volunteer Club:** Tuesday, July 9 / 11:30 am - 1 pm. Visit with officers about upcoming events and sign up to volunteer. Meeting begins at 12 pm. Come learn about volunteering at RHSC!
- **Trip Advisory:** Monday, July 8 / 10 am. Vote on fall 2024 day trips! All welcome.
- **National Active and Retired Federal Employees:** Monday, July 15 / 1 - 3 pm.
- **Rowan Doll Society:** Tuesday, July 16 / 12 - 3 pm.
- **Technology for Today:** Wednesday, July 24 / 1:30 - 3:30 pm. This month's topic is: Creating Flyers, social media posts, PowerPoints and other media on Canva. 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.

Tech Clinic: July 8 & 22 / 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.

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: July 2 & 9 / 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: July 2 & 16 / 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: July 3, 10 & 17 / 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: July 10 & 24 / 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:

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

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.



Support is Always within Reach





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 5: July 1 - August 9

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)	
11 - 11:45 Stretch & Balance (FIT) (1-3) Water Walk (POOL) (1-4)	11 - 11:55 Walk, Noodle, or Swim (POOL) (1-4)	12 - 12:45 Chair Volleyball (FIT) (1-4)	11 - 11:55 Walk, Noodle, or Swim (POOL) (1-4)	
12 - 12:45 Chair Volleyball (FIT) (1-4)	12 - 1 Chair Volleyball (FIT) (1-4)	12 - 12:55 Walk, Noodle or Swim (POOL) (1-4)		
12 - 12:55 Walk, Noodle or Swim (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)	Equipment Orientations: Call or Text 704-216-7701 to schedule
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)	
1:15 - 2 Silver Sneakers Circuit (FIT) (3-4)		2:15 - 3 Zumba Toning (FIT) (3-4)		
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)	

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



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

Line Dancing 10 - 11:30 am

8 Classes - \$48

Registration opens:
July 1st

Class Dates:

August 7 & 21

September 4 & 18

October 2 & 16

November 6 & 20

WELLNESS WEDNESDAYS

Picnic Pavilion 10 - 10:45 am

July 3 Zumba Gold (Instructor: Nayda)

July 10 Standing Drumming (Traci)

July 17 Walking (Donnie)

July 24 Standing Piyo (Angela)

July 31 Oldies Cardio Dance (Angela)

Join us Wednesday mornings in JULY for
BONUS drop-in classes outside in the
Picnic Pavilion, NO EXTRA charge!

OUTDOOR ADVENTURE HIKE!

Friday, July 19

Location: Elk Knob Summit Trail
(3.9 miles)

Meets 3rd Friday each Month
All are Welcome!

GARS

(Golfers at Rufty-Holmes Senior Center)

Golf every Monday.

Call or visit website for
schedule & location.

Next Meeting:

July 1 @ 8 am

Location: RHSC

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



We are an NC Senior Center of Excellence

— Ruffy-Holmes —
Senior Center
"Adding Life to Years"

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



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).**



Introducing our **NEW**
 Lunch Site Caterer!
 Heather's Simply Homemades

July Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Lasagna, Tossed Salad, Garlic Bread, Chocolate Mousse Milk	2 Chicken Salad, Honey Wheat Bread, Lettuce & Tomato, Potato Salad, Banana Pudding, Milk	3 Hamburger, Bun, Lettuce, Tomato, Onion Oven French Fries, Baked Beans, Peach Cobbler and Milk	4 Closed for Holiday 	5 Closed for Holiday 
8 Pinto Beans, Turnip Greens, Coleslaw, Cornbread, Iced Spice Cake and Milk	9 Chicken Fried Steak in Gravy, Mashed Potatoes, Green Beans, Biscuit, Oreo Cookie Delite & Milk	10 Chili Beans, Baked Potatoes w/butter & sour cream, 7 Layer Salad w/crackers, Choc. Chip Delite and Milk	11 BBQ Chicken Breast, Green Beans, Mac-n-Cheese, Roll, Peaches and Milk	12 Hamburger Steak w/Gravy, Brown Rice, Vegetable Medley, Roll, Pineapple Dream and Milk
15 Scrambled Eggs, Link Sausage, Milk Gravy, Biscuits, Cinnamon Apples, OJ & Milk	16 Sloppy Joe w/ Bun, Tater Tots, Coleslaw, Fruit Salad w/Apples & Bananas, Milk	17 Baked Chicken, Rice, Broccoli Casserole, Roll, Orange Dreamsicle & Milk	18 Ham/Turkey Sub, Lettuce & Tomato, Loaded Potato Soup and Crackers, Peaches & Milk	19 Meatloaf, Mashed Potatoes, Green Peas, Roll, Apple Cobbler & Milk
22 Hot Dog w/ Bun, Chips, Chili & Cole Slaw, Baked Beans, Cherry Yum Yum and Milk	23 Breaded Pork Chop in White Gravy, Mashed Potatoes, Lima Beans, Roll, Iced Carrot Cake & Milk	24 Chicken Casserole, Mac-n-cheese, Green Peas, Roll, Mixed Fruit Salad, Milk	25 Beef Steak w/ Mushroom Gravy, Brown Rice, Cabbage, Roll, Red Velvet Cake & Milk	26 Chicken Tacos, Flour Tortillas, Lettuce, Tomato, Cheese, Sour Cream, Rice, Refried Beans, Cupcakes & Milk
29 Sweet & Sour Chicken, Fried Rice, Honey Carrots, Mandarin Oranges, Milk	30 Spaghetti & Meat Sauce, Corn, Garlic Bread, Pineapple Tidbits, Pudding, Milk	31 Scrambled Eggs, Bacon, Hash Browns, Pancake & Syrup, Apple Compote, OJ & Milk		