



704-216-7714

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

WWW.RUFTYHOLMES.ORG

## New This Month!

### UGLY CHRISTMAS SWEATER PARTY

**Friday, Dec. 16th  
11:00 am - 12:00 pm**

Celebrate the holiday with us, wear your best "ugly Christmas sweater" to the party!

Hors d'oeuvres will be served, games, and a giveaway for the best ugly Christmas sweater.

Call to sign up.

**Sponsored by  
Home Instead Senior Care  
& TerraBella**

## Don't Miss Out!

### THE JUBILEE COMMUNITY — CHOIR

**Wednesday, Dec. 14th  
10:30 am**

Enjoy sacred Christmas hymns by one of the community's most well known choirs!  
Call to sign up.



## Bring A Friend!

### NATIVE AMERICAN Flute Performance

**Monday, Dec. 19th  
1:00 pm**

Brittany with BNV Flutes will perform the Native American Flute with some discussion mixed in. Music is a key part of life, and this instrument has been known to bring joy and peace.

Donations will be accepted.

Call to sign up.



## HOME ALONE

**Thursday, December 22 / 1:30 pm / Hurley Room**

*Watch this Christmas classic with us! Bring your grandkids!*

**Hot Chocolate - Cookies - Comfy Seating**

**Event is no cost! Call the front desk to register.**

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



# Community Services



## INVEST in Your SENIOR CENTER

**Monetary Donations** continue the good work of serving our County's Older Adults. Donate online at [www.ruftyholmes.org/donate](http://www.ruftyholmes.org/donate) or by check.

**Double your gift** with the help of 'Friends of Rowan', an IRS approved 501(C)3 community organization. Checks must be made to "FOR" and write "Rufty-Holmes Senior Center" in the memo. Envelopes available in the main hall.

**amazon**smile



Choose Rufty-Holmes as your Charity of Choice when you shop on Amazon.com and Amazon donates a % of your purchase! Only purchases at **smile.amazon.com** or through Amazon Smile activated in the Amazon Shopping site will support your selected charity.

**thrivent**®



Make a financial impact by making a personal donation or directing 'Thrivent Choice Dollars' to the causes and non-profits you care about.

Go to your account online, choose 'Thrivent Choice' and select Rufty-Holmes Senior Center as your charity!



## More Ways to Give:

**RHSC Holiday Raffle** - Give a donation to our CARS Transportation program. Funds assist Riders with the cost of a ride to needed appointments.

**Those giving a donation of \$10 or more will be entered to win one of these prizes:** Two tickets to a Salisbury Symphony Concert, Hand Carved Wood Nativity Set, or a \$25 RHSC Gift Card. Stop by the front desk to donate and enter raffle.

# VITA

VOLUNTEER INCOME TAX ASSISTANCE

Offering income tax preparation-  
Appointments Feb. 1 - April 13.

*Reservation line opens Jan. 18 - 704-216-7704*

## 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 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





# On the Go...



Have wanderlust in your blood or just ready to get out of the house and take a day trip? We offer a variety of trips to fun locations, both near and far. Check our website and newsletter each month for details.

*Our trips have limited seating, so be sure to sign up fast!*



**Friday, Dec. 2 / 10:00 am / No cost.**

## ***Patterson Farms: Mt. Ulla, NC***

Discuss the variety of plants, tour the greenhouse, and purchase poinsettias. Darrell Blackwelder will be leading the tour. Registration is now open. Limited spots available. Sign up at the front desk. Meet at Patterson Farms at 9:50 am.

**Tuesday, Dec. 13 / Depart RHSC @ 3:00 pm / \$21 per person**

## ***McAdenville Christmas Town: McAdenville, NC***

Get in the Holiday spirit as we visit the Christmas Town of NC. Eat a late lunch, then travel to McAdenville. Walk through the Christmas Town to see the downtown magic. The walking route is approx. 1.3 miles. Extensive walking will be done (if weather permits). Registration closes Dec. 7.

## Upcoming Events: \_\_\_\_\_

### **SHREDDING: January Date TBD**

Shredding is back! Get rid of unwanted documents. Sponsored by Rowan Vocational Opportunities. This event is for individuals, not small businesses. Details in next month's newsletter.

### **MOVIE *with* FRIENDS - ELVIS: Thursday, January 26 / 1:30 pm**

Mark your calendar to enjoy this newly released movie and bring a friend! Popcorn & drinks provided.

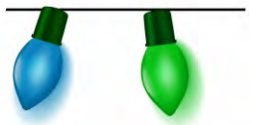
### **AMERICAN SIGN LANGUAGE 1: Beginning in February 2023!**

If you're interested in learning sign language, this beginners class is for you! More details to come. Sign up at the front desk.



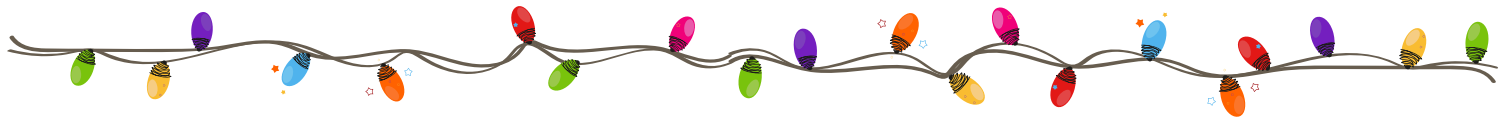


# Programs, Classes, Events



Registrations Required: Call 704-216-7714 or email: [frontdesk@ruftyholmes.org](mailto:frontdesk@ruftyholmes.org)

- **Sugar Scrub Jar:** Friday, Dec. 2 / 1:30 pm. Learn to make your own sugar scrub in a jar, perfect for a Christmas gift! Class is instructed by Toi Degree. Limited seats, call to register.
- **Living Wreath Class:** Thursday, Dec. 8 / 10 am. \$50 per person. Create your own living holiday wreath with guidance from Jessica Long. All materials are provided. Must register and pay at the front desk. Limited seats.
- **Ugly Christmas Sweater Decorating:** Friday, Dec. 9 / 10:30 am. It's time to thrift a sweater! Create and decorate your very own "ugly Christmas sweater". Decorations provided. Wear your creation to our Ugly Christmas Sweater Party on December 16!



**Every Day: Billiards / Drop-in Mon-Fri 9:00 am - 4:30 pm / No Cost.**

## 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 Bob 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.

\*All class fees can be made weekly or monthly, speak to Bob or Gary for more info.

The Realm of Art - 2:00 pm - 4:00 pm - 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.

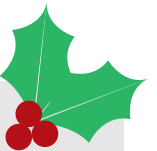
Musical Jam Session- 1st & 3rd (Dec. 6 & 20) 2pm - 4pm. Bring your instrument and jam out!

## WEDNESDAYS:

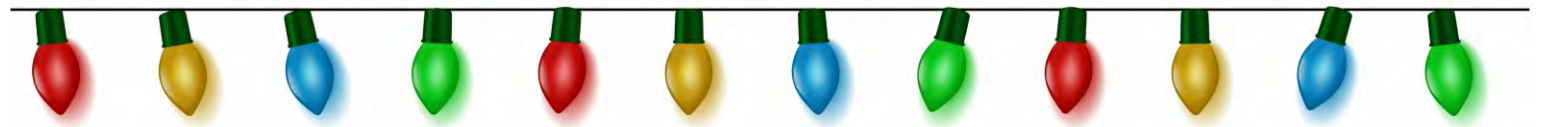
Creative Needles- 9:30 am - 12:30 pm / Bring your favorite project and learn new tips! No cost.

Duplicate Bridge- 1:00 pm - 5:00 pm / Bring a partner to play with.

Caring With Cards- December 14 / 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.







## WEDNESDAYS:

Computer Clinic- 1st, 2nd & 3rd (Dec. 7, 14, & 21) 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 are available to receive free assistance. Call 704-216-7714 to sign up. Drop-ins will be accepted if appointment slots are open.



## 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 / Invite your friends to play chess, card games, & more!



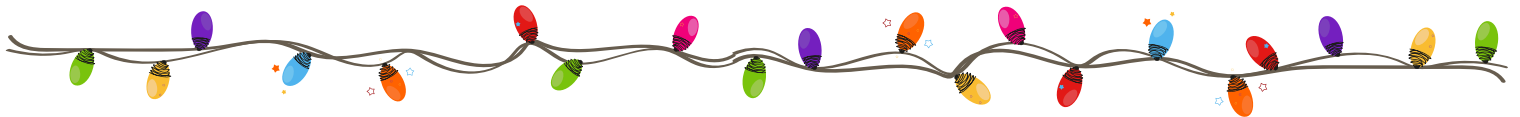
## FRIDAYS:

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- Friday, Dec. 9 / 2pm - 3:30pm. Square Dancing! \$5/dance.

\* Space is available on Fridays if you or a group would like to meet! Call Allison for more info: 704-216-7705



## ONCE A MONTH EVENTS:

- AARP Chapter Meeting- Thursday, Dec. 1; 1:00 - 2:30 pm / Holiday covered dish; program TBA.
- Parkinson's Support Group- Tue., Dec. 6 / 12:30 pm - 2:00 pm / Learning strategies to live our best life with Parkinson's. Created for people with Parkinson's and caregivers.
- Handmade Card Craft- Tue., Dec. 6 / 1 pm - 4:00 pm - \$12 per class, pay instructor.
- Curious Book Club- Wed., Dec. 7 / 12:30 - 2:30 pm / December Selections: Christmas in Peachtree Bluff by Kristy Woodson Harvey and Christmas Promise by Richard Paul Evers. January Selections: Any book by Mary Higgins Clark, The Girl in the Stilt House by Kelly Mustain.
- Trip Advisory Meeting- Monday, Dec. 12 / 10 am - 11 am
- Ambassadors Club- Tue., Dec. 13 / Lunch: 11:45 am, meeting following at 12:15.
- National Association of Retired Federal Employees- Monday, Dec. 19 / 1 pm - 3 pm





# Fitness & Wellness



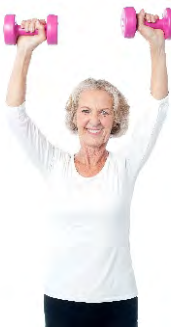



**Now more than ever, Older Adults need to Exercise & Be Active to Stay Healthy!**

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

## SCHEDULE FOR SESSION 8: NOV. 14th - DEC. 23rd

\*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 Open Pool (POOL) (1-4)	Water Walk (POOL) (1-4)	11:00-11:55 Open Pool (POOL) (1-4)	<b>*YOU MUST SIGN UP FOR CLASSES DUE TO SPACE LIMITS.</b>
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)	<b>*Please refrain from using the fitness equipment without an orientation on proper use. Please call Angela to set up appointment.</b>
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 Open Pool (POOL) (1-4)	1:00-1:45 Aqua Fit (POOL) (1-3)	
12:00-12:45 Chair Volleyball (FIT) (1-4)	1:00-1:45 Aqua Fit (POOL) (1-3)		1:00 - 1:45 Improve-ability (FIT) (1-3)	
12:00-12:55 Open Pool (POOL) (1-4)				

### 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 & Wellness



## Golfers at RHSC (GARS)

Weekly Golf Games Every Monday.

Call or visit website for schedule & location.

1st Monday meeting: Dec. 5th / 8:00 am

For more info, call John Cress: 704-633-7007.

## Outdoor Adventure Hike!

Meets the 4th Friday of each month.

Next Hike: Friday, December 16 (3rd Friday)

Location: Dan Nicholas Park / Lunch at Blue Bay



## 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**

## More Ways to Give:

**Health Insurance Benefits** - Did you know your Health Insurance Supplement will reimburse RHSC for any fitness activity you do through the Center? This includes our Golfers, Hikers, Square Dancers, & Pool Players too. Stop by the front desk with your insurance card to get your activity counted.



## This Season Add RHSC Gift Cards To Your Christmas List.

RHSC offers Gift Cards  
you can redeem for  
Classes & Events, The Café,  
CARS rides and Travel.

*Available in any amount at the front desk.*

## SHORT-TERM Fitness Classes:

2023 Session 1 Registration: Dec. 12 -20

### Session 1: Jan. 2 - Feb. 10

- **Beginner Strength for the Deaf and Hard of Hearing** - Tuesdays @ 11 - 11:45 am  
Amendola Conference Room  
Maximum of 8 participants
- **Want to learn to play Pickle Ball?** - RHCS is partnering with Salisbury Parks & Rec to get you started. If interested, call 704-216-7701 to schedule training sessions.



# 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

## Play 'Radio Tips & Trivia'!

— WEEKDAY MORNINGS —

**Tune in to Memories 103.3 FM at 6:25am  
& 10:17am for the Question of the Day**

Monthly Game Boards & details available at the Center and on our website (under the Leisure tab)!

Win a \$25 Gift Card to a local business!

# December 2022 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JOIN A RHSC LUNCH CLUB! SIX LOCATIONS IN ROWAN COUNTY.</b> <b>Lunch provided at no cost to Rowan County residents, 60+. Donations accepted.</b> <b>Sites Open Monday - Friday 9:30 am - 1:30 pm</b> <b>*CALL 704-216-7702 TO REGISTER.</b>			<b>1</b> Cube Steak w/Gravy Broccoli & Cheese Mashed Potatoes Fruit Cocktail. Dinner Roll. Assorted Cookie Milk	<b>2</b> Baked Chicken Patty Broccoli & Cauliflower Medley. Blackeye Peas Apple Juice. Wheat Roll Assorted Cookie Milk
<b>5</b> Pancakes w/Syrup Scrambled Eggs. Sausage Links. Tater Tots. Fresh Orange. Milk	<b>6</b> Chicken & Dumplings Buttered Carrots Dinner Roll. Orange Juice. Apple Cobbler. Milk	<b>7</b> Baked Ham w/ Pineapple Juice, Broccoli Rice Casserole. Sweet Potatoes. Dinner Roll. Pineapple Slices, Milk	<b>8</b> Barbecue Boneless Pork Rib. Squash & On- ions, Green Peas. Apple Juice, Wheat Roll. Assorted Cookie. Milk	<b>9</b> Hot Dog w/Chili. Corn, Barbecue Slaw. Bun, Peas. Pudding Milk
<b>12</b> Baked Chicken w/ Gravy. Green Beans. Corn, Dinner Roll. Cran- berry Juice. Chocolate Peanut Butter Bar. Milk	<b>13</b> Cheeseburger w/Chili Baked Beans. Lettuce & Tomato. Bun. Peaches Milk	<b>14</b> Chicken Pie. Collard Greens. Baked Apples. Dinner Roll. Assorted Cookie. Milk	<b>15</b> Baked Ham. Broccoli w/Cheese Sauce. Mashed Potatoes. Or- ange Juice. Cornbread- Pudding. Milk	<b>16</b> Chili Con Carne. Rice Coleslaw. Cornbread Fruit Cocktail Milk
<b>19</b> Barbecue Chicken. Green Peas, Glazed Car- rots. Fresh Apple Slices. Dinner Roll. Puddin, Milk	<b>20</b> Hamburger Steak w/ Gravy, Mashed Pota- toes. Broccoli Casserole. Applesauce. Dinner Roll. Orange Juice. Milk	<b>21</b> Smoked Sausage w/ Cabbage. Crowder Peas. Dinner Roll. Peaches. Milk	<b>22</b> Breaded Chicken Filet. Baked Beans. Let- tuce & Tomato. Slices. Bun. Fruited Gelatin. Milk	<b>23</b> <b>CLOSED</b>
<b>26</b> <b>CLOSED</b>	<b>27</b> <b>CLOSED</b>	<b>28</b> <b>CLOSED</b>	<b>29</b> <b>CLOSED</b>	<b>30</b> <b>CLOSED</b>

## RUFTY-HOLMES LUNCH CLUB SITES

Call Front Desk Staff for General Questions 704-216-7714

West Rowan - Lions Club	704-798-3100
East Rowan - Shiloh UMC	704-798-3058
John Calvin Presbyterian Church	704-798-3093

Lafayette Community Center	704-636-7758
South Rowan - VFW Kannapolis	704-798-3038
Hispanic Lunch Club (twice a month)	704-216-7702