



August

2025
News

704-216-7714

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

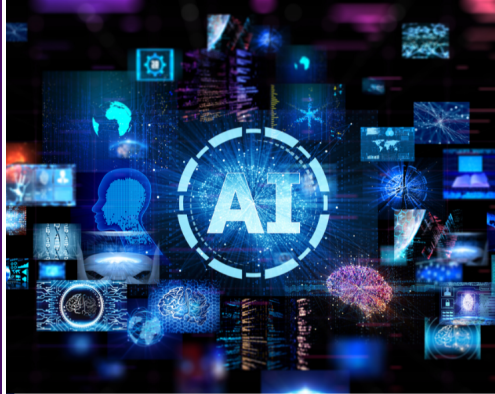
www.RUFTYHOLMES.ORG



Understanding Alzheimer's and Dementia

**Thursday, August 14
2 pm**

Learn the difference between Alzheimer's and Dementia, causes, risk factors, stages and treatments. Led by Alzheimer's Association. No cost, call to register.



Intro to A.I.

**Monday, August 18
10:30 am**

Curious about AI? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence, how AI is being used today, its current limitations and how it will shape the future! No cost, call to register.



SENIOR PLANET

Aging with Attitude



Passport Fair

**Thursday, August 21
9 am - 4 pm**

Renew your passport or start a new application all in one stop! Call the front desk to register for your 15-minute time slot. Paperwork must be filled out ahead of time and can be picked up at the front desk.



**Wed., August 27
2:30 pm**

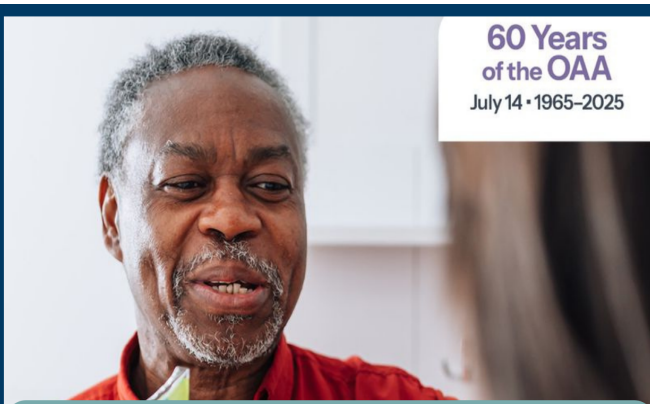
Community Health Needs Assessment Results Dissemination:



Rowan Co. Health Dept. will share key findings from the most recent Community Health Needs Assessment, highlighting the top health priorities. Attendees will gain an understanding of the current health status of the local community and how the results will inform strategic planning, funding and programming. A call to action will be issued to encourage collaboration in addressing the priority areas. No cost, call to register.



Community Resources



**60 Years
of the OAA**
July 14 • 1965–2025

Older Americans Act

60 years ago, the Older Americans Act changed everything.

Today, it still provides Nutrition, Transportation, Senior Center Programming, as well as protection from fraud and abuse. It helps older Americans stay connected to their communities and remain independent in their homes.

To learn more about this act visit:

<https://acl.gov/about-acl/authorizing-statutes/older-americans-act>

and for information on aging in general, please check out the

National Council on Aging at:

<https://www.ncoa.org/>



BOX FAN PROGRAM

REGISTRATION IS CLOSED

We provided more than 80 fans to participants in need this year!

CIP (Crisis Intervention Program)

Households must be experiencing a heating or cooling-related crisis, such as a disconnection notice or lack of a heating or cooling source.

You can apply in person at the Rowan Co. Dept. of Social Services, 1813 E. Innes St., Salisbury, NC or through a phone interview, by calling 704-216-8330. Program begins July 1 and ends once funds are exhausted.



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



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.



- 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



PROGRAMS & EVENTS



- **Canasta:** Every Monday, beginning August 4 / 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, no registration required.
- **Beginner Macrame:** Monday, August 11 / 1:30 - 3:30 pm / \$7 pp / Learn to create a macrame owl key chain! Limited seats available, call to register.
- **Identity Theft 101:** Thursday, August 14 / 10:30 am / Learn about signs to identify theft and fraud, and learn strategies to better protect yourself. Led by First Bank. No cost, call to register.
- **Movie - Straw:** Monday, August 18 / 2 pm / Rated R / Popular New 2025 Movie! A single mother navigates a series of unfortunate events, leading her down an unforeseen path where she becomes embroiled in a situation she never envisioned, finding herself at the center of suspicion in an indifferent world. Popcorn and refreshments provided. No cost, call to register. **RHSC is licensed to show motion pictures by Motion Picture Licensing Corporation.**
- **Paint Party:** Friday, August 22 / 10 am - 12 pm / \$32 per person / Create an 11 x 14 hummingbird on canvas during this fun painting class! Led by Lori Peterson. Call to register.
- **Reducing Stress in the Golden Years:** Tuesday, August 26 / 10 am / Oftentimes when we think about the Golden Years, we think of happy retirement days spent doing all the things we always said we would do. Sometimes, this is the case, but sometimes the Golden Years present new stresses that we were not prepared for or warned about. We will go over practical ways to manage those feelings of stress. Led by Ashley Marcolivio, Central Regional Director of NCBAM. No cost, call to register.
- **Vaccine Clinic:** Wednesday, August 27 / 9 am - 2 pm / Update your vaccines in one stop! Walgreens Pharmacy will be offering Shingles, RSV, Flu, Pneumonia, Tetanus, Diphtheria, Pertussis (Tdap) and Hepatitis B vaccines here at the center. Bring your insurance card. Call to register for a time slot.

UPCOMING EVENTS

- **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.
- **Willette "Gufu" Johnson Gospel Comedy:** Wednesday, September 10 / 2:30 pm / \$10 per person / Willette Johnson believes humor led by God is good for all emotions. A joyful heart is good medicine. Giggling with Gufu will tickle your joy bone and bring a smile to your soul! Call to register. **Registration opens Monday, August 4.**



ONCE A MONTH EVENTS



- **Parkinson's Support Group:** Tuesday, August 5 / 12 - 1:30 pm / Learning strategies to live our best life with Parkinson's. Created for people with Parkinson's and their caregivers.
- **Curious Book Club:** Wednesday, August 6 / 12:30 - 2:30 pm / **August Selections:** *James* by Percival Everett and *Praisesong for the Kitchen Ghosts* by Crystal Wilkinson. **September Selections:** *Fool Me once* by Harlan Coben and *Churchill's Secret Messenger* by Alan Hlad.
- **AARP Chapter Meeting:** Thursday, August 7 / 1 - 2:30 pm. New members welcome!
- **Trivia Night:** Monday, August 11 / 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 "Twentieth-Century Presidents, James Bond and General Knowledge." Sponsored by Vanessa Miles from Allen Tate Realty.
- **Ambassadors Volunteers Club:** Tuesday, August 12 / 12 - 1 pm / Come at 11:30 am to visit with officers about upcoming events and sign up to volunteer for future events. Meeting begins at 12 pm. Come learn about volunteering at RHSC!
- **Technology for Today:** Wednesday, August 27 / 1:30 - 3:30 pm / Topic: How to meet with Google's "Meet." All are welcome.



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 per 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, no registration required.

MONDAY EVENING PROGRAMS:

Tech Clinic: August 11 & 25 / 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: August 5 & 12 / 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: August 5 & 19 / 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: August 6, 13 & 20 / 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 August 13 & 27 / 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: 10 am - 12 pm / Open play every Friday in August.

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.



On the Go...

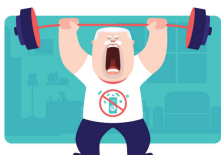
"The world is a book
and those who do not
travel read only one
page." - St. Augustine

Billy Graham Library - Charlotte: Wednesday, August 13 / Arrive to RHSC by 9 am. Trip is full. Call to be added to waitlist.

Mayberry Trolley Tour - Mt. Airy: Thursday, August 28 / Arrive to RHSC by 9:15 am. Trip is full. Call to be added to waitlist.

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Perry Lowe Apple Orchard: Friday, Sept. 19 / \$28 pp / Arrive to RHSC by 7:45 am / Take a tractor ride though the family owned and operated apple orchard located in the beautiful foothills of North Carolina. You will receive a bag of apples and get to learn from the staff about the care of the orchard. Self-picking of apples may be available dependent on condition of trees. The Orchard has been growing apples for six generations, starting way back in the mid 1800s when (Ty) Perry Lowe, III's great-grandfather, William Tilford Lowe, started growing apples for sale. **Registration opens to Rowan County residents at 8 am on Friday, August 1 and out of county Friday, August 8.**



Fitness & Wellness



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)

*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



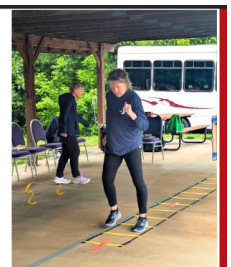
Senior Strike Force Boxing & Agility

2nd & 4th Thursday (beginning August 14th)

10 - 11:15 am

\$9 (for 6-week session)

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. Call/Text Angela at 704-216-7701 to sign up.



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



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
Stretch & Balance	10 - 10:45 am	(FIT) Gym	(1-3)	Sandra
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
Stretch & Balance	10 - 10:45 am	(FIT) Gym	(1-3)	Sandra
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 or Text/Call 704-216-7701
for Aquatic Class Availability**



Fitness & Wellness



September is STEPTEMBER!

Register to track your weekly steps in September as RHSC joins senior centers across NC in a Fall Prevention Month movement challenge. Text/Call 704-216-7701 or email fitness@ruftyholmes.org to sign up and to report your weekly step count(Friday).

3RD ANNUAL SENIOR FITNESS CHALLENGE!

Wednesday, September 24
9 am - 12:30 pm



Complete all 6 (30-minute) classes
back-to-back

\$10 Registration
must sign up by 8/27 to get
"Special" T-shirt (Max - 30 Participants)

Text/Call 704-216-7701 or email
fitness@ruftyholmes.org to register



GARS

(Golf Association of Rufty-Holmes Seniors)

Join us for golf every Monday
(alternate between 12 courses)

1st Monday meeting:
August 4 @ 8:30 AM

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

OR

Call or Text 704-216-7701

OUTDOOR ADVENTURE HIKE!

Friday, July 18, 2025

Location:

**Moses Cone - Flat Rock Trail
(5 Miles)**

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

LINE DANCE

Aug 6 & 20
Sept. 3 & 17
Oct. 1 & 15

10 - 10:45 am (Beginner)
10:45 - 11:30 am (Intermediate)
Attend one or both classes.
Call 704-216-7714 to sign up.

\$36 for all 6 classes

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 nd & 4 th Wednesday)	(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).



AUGUST Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Call to register for Lunch Club today 704-216-7702. If you are currently a Lunch Club member, reservations for Lunch Club Members are required by 1 pm the day before and can be made at the Lunch Club site or by calling the location's phone number. Menu substitutes of equal nutritional value, may occasionally have to be made.				¹ Pimento Cheese, Wheat Bread, Pasta Salad, Chips, Choc Pudding and Milk
⁴ Chicken Thighs, Mashed Potatoes, Gravy, Peas, Roll, Orange and Milk	⁵ Cheeseburger w/ Bun Lettuce, Tomato Mayo Baked Beans, Mixed Fruit and Milk	⁶ Smoked Sausage, Collard Greens, Pinto Beans, Bread, Apple and Milk	⁷ Chicken Tenders, Rosemary Fries, Italian Tossed Salad, Roll, Jello Cup and Milk	⁸ Riblet, Bun, Potato Salad, Coleslaw, Cookie and Milk
¹¹ Fish Sticks (4), Tartar Sauce, Diced Potatoes, Corn, Nutty Bar and Milk	¹² Chopped BBQ, w/ Bun, BBQ Slaw, Potato Salad Strawberry Yum and Milk	¹³ Meatball Marinara Pasta, 7 Layer Salad, Garlic Bread, Peaches and Milk	¹⁴ Chicken Tacos, Flour Shells, Lettuce/ Tomato, Cheese, Sour Cream, Black Beans, Banana and Milk	¹⁵ Grilled Chicken Filet w/Bun, Lettuce/Tomato, Macaroni Salad, Cookie and Milk
²¹ Sliced Turkey w/Gravy, Stuffing, Beets, Bread, Ice Cream Cup and Milk	²² Breakfast Wrap: Turkey Sausage, Egg & Cheese, Home Fries, Pepper & Onion, Stewed Apples and Milk	²³ Sloppy Joe, Bun, Slaw, Tater Tots w/Cheese, Oreo Delite and Milk	²⁴ Chicken Casserole, Lima Beans, Corn, Bread, Pears and Milk	²⁵ Fish Filet w/Bun, Tartar Sauce, Slaw, Oven Fries, Cookies and Milk
²⁸ Baked Ham, Mashed Potato, Broccoli Cheese, Roll, Applesauce and Milk	²⁹ BBQ Chicken, Squash Casserole, Mac N Cheese, Bread, Banana and Milk	³⁰ Salisbury Steak, Brown Gravy, Rice, Green Beans, Pineapple Bread and Milk	³¹ Lasagna, Italian Tossed Salad, Garlic Bread, Mixed Fruit and Milk	²⁹ Beef Hot Dog, Chili/ BBQ Slaw, Potato Chips, Dessert Cookie and Milk