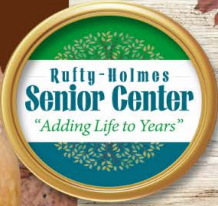


2025

NEWS



NOVEMBER

704-216-7714

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

www.RUFFYHOLMES.ORG



RHSC closes at 1 pm on Nov. 26 and will remain closed Thursday & Friday, Nov. 27 & 28 for Thanksgiving



AARP DRIVER SAFETY PROGRAM



**Thursday, November 13
12:30 - 4:30 pm**



\$20 AARP Members / \$25 Non-AARP Members

Sharpen your driving skills with this nationally recognized course, designed for adults 50+ but open to all licensed drivers.

Learn defensive driving techniques, how to adjust for age-related changes in vision, hearing, and reaction time, and ways to reduce distractions and stay safe behind the wheel.

The class also covers medication effects, vehicle safety features, and blind spot awareness. Participants receive a course guidebook, practical safety tips, and may even qualify for an insurance discount (check with your provider). Pay the instructor directly. Call to register.

SHREDDING!

**Tuesday, November 18
9 am - 1 pm**
or until bins are full

Get rid of unwanted documents and papers. Drop off your items in a locked bin to be shredded by professionals. Helpers will be there to unload. Donations of \$10 - \$20 are encouraged based on the amount you bring. Please remember this event is for individuals, not businesses. For large quantities, call Rowan Vocational Opportunities directly at 704-633-6223.



No need to register for this event.



Holiday Bazaar

**Friday, November 21
10 am - 2 pm**

Christmas Gift Items, Specialty Crafts, Custom Artwork,
Homemade Baked Goods, Raffles,
\$5 Hot Dog Plate Lunch (Sold by RHSC Ambassadors)

All Vendor spots are taken!
Get ready for the BEST Bazaar yet!

Time to do your
Christmas
shopping!





Community Resources



VITA

VOLUNTEER INCOME TAX ASSISTANCE

Become a VITA Volunteer at Rufty-Holmes Senior Center!

Rufty-Holmes Senior Center (RHSC) is seeking volunteers to assist with our free tax preparation program (VITA).

NO EXPERIENCE REQUIRED!

Our volunteers come from all backgrounds — business, education, medical, faith communities, and more.

If you have a heart for helping others, we'd love to have you on our team! Make a difference by helping community members file their 2025 taxes.

Training begins in December, and the program runs through mid-April 2026. All training and mentoring take place at RHSC.

To learn more or get involved, please contact David Post, Site Coordinator, at 704-267-4650 or VITA@ruftyholmes.org.



Medicare
Open Enrollment
October 15 - December 7



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



Your health needs can change from year to year, so do Medicare plan costs and coverage. Use the annual Medicare Open Enrollment period to compare Medicare Advantage Plans (Part C) and Medicare prescription drug coverage (Part D) offerings to find what's best for you.

Call 704-216-7724 to connect with a SHIP Counselor!
There is no cost for this service.

911 Reflective Address Sign



Rufty-Holmes Senior Center and Rockwell Rural Fire Department Partnership

RHSC is taking orders for Rowan County residents 55+ who do not currently have a reflective address marker. These are available at no cost to the first 60 registrants. You can turn this form in or additional forms will be available at RHSC to register.

The importance of 911 reflective address markers is they allow emergency personnel to quickly locate a person's address in a crisis. Seconds count during medical emergencies or fires where rapid response is crucial. The reflective material ensures visibility even in darkness, enabling first responders to find the right house without delay.

Please complete the following information, and return to Rufty-Holmes Senior Center.

Name: _____
Address: _____
City, State, Zip: _____
Phone #: _____

Address Number Requested:

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Note: If your address has fewer than 5 digits, please X those boxes not used.

Mounting Preference:
(Circle Choice)

VERTICAL

Horizontal



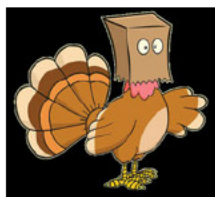
PROGRAMS & EVENTS



- **Grief Support Workshop:** Tuesday, November 4 / 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. *Save the Date: Dec. 2.*
- **Lunch & Learn - The Importance of Hearing:** Friday, November 7 / 11 am - 1 pm / Join us for a meaningful afternoon of learning, conversation, and community! This Lunch & Learn will highlight the importance of hearing health and how we can build stronger, more trusting connections between our healthcare providers and the community. Hearing Life will speak about: The impact of hearing and overall well-being, the importance of yearly hearing screenings and how trust plays a key role in quality care. Enjoy a complimentary lunch, followed by free on-site hearing screenings for all attendees. Led by Hearing Life. No cost, call to register.
- **American Mah Jongg Lessons:** Fridays, November 7 & 14, Dec. 5 & 12 / 1-3 pm / Join us for an engaging 4-week series designed for beginners who want to learn the game. Whether you're completely new or just need a refresher, this hands-on class will walk you through the basics of learning the tiles and understanding the National Mah Jongg League card, strategies and gameplay. Tiles and game materials provided. Weekly games start January 9. No cost, call to register.
- **Hand-Built Pottery Tray Workshop:** Monday, November 10 / 2-4 pm / \$45 pp / Curious about pottery? Here's your chance to get creative and make your own one-of-a-kind ceramic tray! In this fun, hands-on workshop, you'll learn the basics of hand-building with clay. Starting with a 5" x 10" slab, you'll shape, design, and decorate your tray using forms, cutters, and transfers. No experience needed—just bring your imagination and enjoy the process! Led by Joyce Darling of Darling Arts Studio in Landis. Call to register.
- **Intro to Genealogy Research:** Wednesday, November 12 / 2:30 pm / Explore the fascinating world of family history in this beginner-friendly genealogy class! Learn how to navigate key records and discover where to find them—both online and in local archives. The Rowan Public Library will highlight top websites and databases for tracing your ancestry and introduce the valuable resources available in the History Room. You'll also pick up practical tips for organizing and preserving your research for future generations. No cost, call to register.
- **Novant Health MyChart Training:** Thursday, November 13 / 10:30 am / If you have a doctor in the Novant Health System than you need this class! Get the most out of this powerful online tool! Join us for a hands-on training session to learn how to use Novant Health MyChart—an easy way for adults to confidently access, manage, and stay in control of their personal health records online. No cost, call to register.
- **Watercolor with Marietta Smith:** Monday, November 17 / 9 am - 1 pm / \$65 pp / Enjoy a relaxed, supportive atmosphere as you paint the warm glow of Scuppernongs in Sunlight. With step-by-step instruction, you'll explore watercolor techniques like wet-in-wet and wet-on-dry to create soft and hard edges, build layered washes for a rich background, and practice letting the paint flow naturally while you enjoy the creative process from start to finish. Suggested material list will be provided upon registration. If you don't have watercolor supplies, discuss options upon registration. **Call to register by November 10.**
- **Got Plans:** Thursday, November 20 / 10 am / Advance Care Planning: Prepare for the unexpected with this free session led by Trellis Supportive Care. We'll guide you through completing Healthcare Power of Attorney and Living Will forms, with complimentary notarization included. Call to register.
- **A.I. & Disinformation:** Monday, November 24 / 10:30 am / Discover how artificial intelligence is used to create realistic deepfakes and cloned voices that blur the line between real and fake. Learn best practices for evaluating online information and explore tools that can help you identify AI-generated content. Led by Senior Planet. No cost, call to register.
- **Movie with Friends - Nonnas:** Monday, November 24 / 2 pm / This heartwarming 2025 comedy-drama is sure to capture your heart! After losing his beloved mother, a man sets out to honor her memory by opening an Italian restaurant—staffed by real Nonnas (grandmothers) as the chefs. Enjoy popcorn and refreshments during the show. No cost, call to register.

Upcoming Programs

- **Holiday Tunes & Spoons with Ricky Howsare:** Friday, December 5 / 11:30 am / \$12 pp / Enjoy a delicious catered meal followed by a musical performance by Ricky, a talented vocalist known for his smooth renditions of hits from the '50s and '60s. His one-man holiday show features timeless favorites made popular by Frank Sinatra, Andy Williams, and other classic artists—capturing the nostalgic sound of Christmas. Call to register. **Registration opens Wednesday, November 5.**
- **Salisbury Swing Band Holiday Show:** Saturday, December 13 / 2-4 pm / Celebrate the holidays with us and enjoy a concert filled with festive music and cheer! A donation of \$5–\$15 is appreciated. Call to register. **Registration opens Wednesday, November 5.**



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 either 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. No cost, registration required.

MONDAY EVENING PROGRAMS:

Tech Clinic: November 10 & 24 / 5 - 7:30 pm / Need help with your phone, tablet, computer or smart devices like Roku or Fire Stick? 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.

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: November 4 & 11 / 1 - 4 pm / \$15 per class / Max of 6 people per class, please pay instructor directly. Only one class per person per month. Call to register.

Musical Jam Session: November 4 & 18 / 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: November 5 & 12 / 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 November 12 & 26 / 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.

Vietnam Vet Support: 10 am - 12 pm / Vet Center's highly trained professionals are dedicated to seeing you through challenges that come with life after the military. To join, please contact Chandra Cummings at 704-423-4800 ext. 34803 or chandra.cummings@va.gov.

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: November 14 / Open play from 10 am - 12 pm.

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.



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We understand how this can affect your life.

Hearing Solutions of North Carolina offers
comprehensive hearing evaluations and tinnitus
treatments for individuals of all ages.

Call to schedule your consultation today!



Once a Month Events



Parkinson's Support Group: Tuesday, November 4 / 12 pm-1:30 pm. Learning strategies to live our best life with Parkinson's. Created for people with Parkinson's and caregivers.

Curious Book Club: Wednesday, November 5 / 12:30 - 2:30 pm / **November Selections:** *Murder with Peacocks* or Any "Birds Series" book by Donna Andrews and *Inheritance* by Nora Roberts. **December Selections:** Any Christmas Story.

AARP Chapter Meeting: Thursday, November 6 / 1-2:30 pm. New members welcome!

Trivia Night: Monday, November 10 / 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 "Monk-y Business, Sitcom Men and General Knowledge." **Sponsored by Vanessa Miles from Howard Hanna Allen Tate.**

Ambassadors Volunteers Club: Tuesday, November 11 / 12-1 pm. Visit with officers about upcoming events and sign up to volunteer starting at 11:30 am. Meeting begins at 12 pm. Come learn about volunteering at RHSC!

Mental Health Matters-Navigating Depression: Friday, November 14 / 10 - 11 am / Depression is common among older adults and is often overlooked or misdiagnosed. This session explores risk factors, symptoms, and treatment options, while offering practical tips for care providers on supporting those experiencing depression. Led by Vaya Health. December 12 Topic: Communication 101: The Basics

Rowan Retired School Personnel: Wednesday, November 19 / 10 - 11:30 am

Diabetes Support Group: Wednesday, November 19 / 2-3 pm / Living with Diabetes can be a challenge. You don't have to do it alone! This support group plans to meet once a month on the 3rd Wednesday of the month.

Technology for Today: Wednesday, November 19 / 1:30 -3:30 pm. This month's topic is Christmas Ideas. No cost, all welcome.



On the Go...

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

- St. Augustine

To Sign up for a trip: Call or come in person to the Senior Center to register for the trip on the date listed.

You may sign up for yourself and one other individual.

PAYMENT for trips must be made within 1 week of registration to secure your spot

 **Amelia Island, St. Augustine & Jacksonville, FL:** November 3-7, 2025 / Trip is full. Call to be added to the waitlist.

 **National Gingerbread House Competition at Omni Grove Park Inn - Asheville:** Wednesday, Nov. 19 OR Wednesday, Dec. 3 / Arrive to RHSC by 7:30 am / Trips are both full. Call to be added to waitlist.

 **Light the Knights Festival - Charlotte:** Thursday, December 11 / \$30 admission only or \$58 admission + activities (ice skating and snow tubing) / Arrive to RHSC by 3:45 pm / A magical holiday event that transforms Truist Field into a festive, glowing celebration of the season! Stroll through light displays, shop for unique gifts at the holiday market, savor warm treats and festive drinks or snap a photo with Santa himself! Optional tickets for snow tubing and ice skating are an additional cost upon registration. **Registration opens Monday, November 3 for Rowan County residents and November 7 for out of county.**

 **Cape Cod & Martha's Vineyard:** Sunday, June 14 - Saturday, June 20, 2026: \$946 double room / Discover the charm of New England on this 7-day Cape Cod adventure! Enjoy guided tours of Historic Hyannis, Sandwich, and Plymouth, including visits to the JFK Museum, Zion Union Heritage Museum and Plymouth Rock. Cruise over to Martha's Vineyard for a relaxing day of sightseeing and leisure. Explore the stunning Outer Cape with stops in Provincetown and Chatham. Wrap up the trip with a visit to Foxwoods Resort & Casino! Price includes transportation, gratuities, lodging, 10 meals and all included activities. Pick up a flyer at the center or find it on our website. Payment made by check only written to Diamond Tours. Deposit of \$75 required with registration. **Registration is IN PERSON ONLY and opens Monday, November 10 for Rowan County residents and November 17 for out of county.**



Let us help you with all of your medical supply needs:

- Wheelchairs, Transport Chairs, Scooters, Walkers
- Lift Chair Recliners
- Hospital Beds
- Diabetic Shoes & Supplies

1620 S. MLK Jr. Ave.
Ste #104
Salisbury, NC 28144
704-645-7251





Fitness & Wellness



Session 8:

November 10 - December 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
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
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**

Cardio Dance	10 - 10:45 am	(FIT) Gym	(3-4)	Angela
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 to register.

Fitness Equipment = M - F / 8 am - 3 pm (once you have gone through orientation)



Fitness & Wellness



NEW Aquatic Schedule (POOL) beginning Session 1 of 2026

(Current aquatic class participants will be able to register Dec. 1-9 for the new year. All other participants will be able to register beginning Dec. 10 until all spaces are filled.)

Mon/Wed	Time	Fit Level	Instructor
Aqua Zumba	9 am	(3-4)	Nayda
Aqua Ease	10 am	(2)	Christa
Pool Party Fitness	11 am	(3)	Christa
Water Aerobics	12 pm	(3-4)	Nayda

Tues/Thurs	Open Pool Time = To Be Determined		
Aqua Power Fit	9 am	(3-4)	Betsy
Aqua Cardio Strength	10 am	(2-3)	Susan
Splish Splash	11 am	(3)	Betsy
Aqua Core Strength	12 pm	(2-3)	Betsy

Friday

Open Pool	10 - 11:30 am	Max 8 in the pool at a time
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Fit Levels:

- 1 - Wheelchair bound, uses mobility devices, requires seated exercise
- 2 - Beginner, new to exercise, timid in the water
- 3 - Healthy but does not exercise regularly
- 4 - Active older adult

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

SENIOR STRIKE FORCE BOXING & AGILITY

Thursday, Nov. 13 / Dec. 11

10 - 11:15 am / \$12 thru end of year

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.

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



NATURE WALK

Friday, November 7
10 am - Dunn's Mtn.

Email fitness@ruftyholmes.org OR
Call or Text 704-216-7701

WALKING GROUP INTEREST MEETING

Thursday, November 6
11 am - RHSC Classroom

OUTDOOR ADVENTURE HIKE!

Friday, November 21

Location: Riverbend Park
5 mile - Green Trail, Conover, NC

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



(Golf Association of Rufty Seniors)

Monday, November 3
8:30 am

For more info,
call John Cress: 980-234-3080

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



Rufy-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 - First Community Center, 215 5 th Street, Spencer	(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 - 617 Lafayette Cir., Salisbury	(704) 636-7758
South Rowan - VFW, 2500 N Cannon Blvd, 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

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Kannapolis Connection Center



November Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken, Mac N Cheese, Greens, Bread, Banana Pudding and Milk	4 Beef Steak w/onions, Brown Gravy, Mashed Potatoes, Carrots, Pineapple Bread and Milk	5 Chili Bean, Tossed Salad, Cornbread, Cookie and Milk	6 Lemon Pepper Chicken Thighs, Baked Potato w/ Marg & Sour Cream, Peas, Roll, Orange and Milk	7 Baked Ham, Sweet Potatoes, Steamed Cabbage, Roll, Peach Cobbler and Milk
10 Beef Hot Dog White Slaw, Chili, Baked Beans, Cookie and Milk	11 Baked Spaghetti, Tossed Salad, Garlic Bread, Ice Cream and Milk	12 Grilled Chicken w/Bun, Lettuce/Tomato, Mayo, Macaroni Salad, Cookie and Milk	13 Pulled Pork, Rice w/gravy, Broccoli, Roll, Apple Crisp and Milk	14 Chicken Tenders, Rosemary Fries, Pickle Beets, Roll, Jello Cup and Milk
17 Beef Stew, Biscuit, Tossed Salad, Peaches and Milk	18 Chicken Salad Sandwich, Wheat Bread, Lettuce/Tomato, Pasta Salad, Cookie and Milk	19 Cheeseburger w/ Bun Lettuce, Tomato, Mayo Oven Fried Diced Potatoes, Fruit and Milk	20 Chopped BBQ, w/ Bun, BBQ Slaw, Potato Salad Pears and Milk	21 Meat Loaf, Mashed Potatoes & Gravy, Corn, Roll, Nutty Bar and Milk
24 Sloppy Joe, Bun, Tater Tots, Tossed Salad, Oreo Delite and Milk	25 FRIENDSGIVING Sliced Turkey w/Gravy, Stuffing, Green Bean Casserole, Cranberry Sauce, Pumpkin Square and Milk	26 Fish Filet w/Bun, Slaw, Tartar Sauce, Home Fries, Applesauce and Milk	27 HAPPY THANKSGIVING CLOSED 	28 CLOSED 

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.