

2025

JUNE NEWS

704-216-7714

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

WWW.RUFFYHOLMES.ORG

Flower Arranging



Image does not reflect what is being made

Wednesday, June 11
2:30 pm

Cost: \$37 pp

Florist Chelish Moore, will guide you step-by-step in making your own summer flower arrangement. Give it as a gift or add it to your own decor. All Materials Provided. Call to register.



Monday, June 23

2 pm



Summer has arrived along with heat, humidity and plant pests. Learn how to control summer pests, including the correct use of pesticides, irrigation, mowing techniques, and mulching. Learn how to care for spring blooming bulbs and tree and shrub propagation from cuttings.

Led by Master Gardener,
Darrell Blackwelder
No cost, call to register.



Mobile Banking

Tuesday, June 24
10 - 11 am

Explore various ways to use mobile banking services in a safe and secure manner. Learn the pros and cons of mobile banking vs. branch banking. No cost, call to register.

Led by:

**FIRST
BANK**

Medicare Fraud: Are Your Benefits Protected?



Monday, June 30
10:30 - 11:30 am

Are you aware that \$60 billion dollars was lost last year to Medicare fraud? Join us for a conversation regarding how to ensure your benefits remain safe. No cost, call to register.

Stephanie Bias is the NC Senior Medicare Patrol (NCSMP) Program Coordinator for the Seniors' Health Insurance Information Program (SHIIP). Stephanie has 38 years experience with Medicare Fraud and serves on several committees that surround these issues.



Community Resources



Medicare Fraud: Are Your Benefits Protected?



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10:30 - 11:30 am**

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No cost, call to register.**



Stephanie Bias is the NC Senior Medicare Patrol (NCSMP) Program Coordinator for the Seniors' Health Insurance Information Program (SHIIP). Stephanie has 38 years experience with Medicare Fraud and now serves as Co-Chair of the NC Senior Consumer Fraud Task Force, SAFE Task Force and serves as Co-Chair on the NC Partnership to address Adult Abuse Awareness Committee.



"Be a champion for seniors"

Become a volunteer driver for Rufty-Holmes Senior Center (RHSC) CARS Program and find a fulfilling way to help aging adults in Rowan County maintain their health and independence. As a volunteer driver, you will use your own vehicle to take older adults to medical and social 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



BOX FAN PROGRAM

Beginning Tuesday, May 27, 2025
you may call to have your name added to the interest list.

We will contact everyone on the list once the fans are here.

ELIGIBILITY REQUIREMENTS:

- Must be 60 years of age or older, or disabled.
- Must be a Rowan County resident. (verified by ID)
- Have financial need.
- Have health conditions that are negatively impacted by heat.
- Not eligible for the 2025 program if you received a fan last year.

Medicare 101

**Monday, June 23
5:30 - 7 pm**

SHIIP Counselor Carol Hamm (SMP) will share about Medicare, Parts A,B,C, and D and what they all mean. Come and learn about Medicare and have your questions answered. Light refreshments provided. No cost, call to register





PROGRAMS & EVENTS



- **Your Choice, Your Decision: A Toolkit for Advance Care Planning:** Thursday, June 12 / 8:30 am - 1 pm / An informative session on Guardianship, Veterans Services and Advanced Planning to help you understand the legal tools to plan for the future. Led by Centralina. No cost, call to register.
- **Hands only CPR:** Wednesday, June 18 / 10 - 11 am / More than 350,000 cardiac arrests occur outside a hospital each year. Be prepared by learning how to deliver lifesaving CPR care without rescue breaths. You can increase the chance of someone surviving a cardiac emergency by taking a FREE American Red Cross 30-minute class. Not a CPR certification course. No cost, call to register.
- **Fused Glass Workshop:** Thursday, June 19 / 10 am - 12 pm / \$25 pp / In this workshop, you will have the opportunity to make a 4th of July plate. These pieces will be fired and returned to the student the Tuesday after the class with twine and simple, easy assembly instructions. Please pay instructor directly. Call to register and if your plans change, please call and cancel. There are always people on the waiting list.
- **Medicare 101:** Monday, June 23 / 5:30 - 7 pm / Do you have questions about Medicare? Parts A, B, C, and D? What do they all mean? Come and learn more about what plan might be right for you. Light refreshments provided. Led by Carol Hamm with Senior's Health Insurance Information Program (SHIIP). No cost, call to register.
- **Movie with Friends - Unstoppable:** Wednesday, June 25 / 2 pm / Unstoppable is the inspiring true story of Anthony Robles who was born with one leg but whose indomitable spirit and unbreakable resolve empowered him to defy the odds and pursue his dreams. Popcorn & refreshments provided. No cost, call to register. **RHSC is licensed to show motion pictures by Motion Picture Licensing Corporation.**



ONCE A MONTH EVENTS

- **Parkinson's Support Group:** Tuesday, June 3 / 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, June 4 / 12:30 - 2:30 pm / **June Selections:** *The Water is Wide* by Pat Conroy and *A Home for Goddesses & Dogs* by Leslie Bonner. **July Selections:** *West With Giraffes* by Lynda Rutledge and *Paris Daughter* by Kristin Harmel.
- **AARP Chapter Meeting:** Thursday, June 5 / 1 - 2:30 pm / New members welcome!
- **Trivia Night:** Monday, June 9 / 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 "How Do You Say..., General Knowledge and Sports- But Not THOSE Sports". **Sponsored by Vanessa Miles from Allen Tate Realty.**
- **Ambassadors Volunteers Club:** Tuesday, June 10 / 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!
- **Rowan Doll Society:** Tuesday, June 17 / 12:30 - 3 pm.
- **Technology for Today:** Wednesday, June 25 / 1:30 - 3:30 pm / Topic: If the INTERNET says it, it MUST be true! When to trust the web. All are welcome. No cost and no need to register.



This clinic is outstanding/ I went there 2 months ago to evaluate mild to moderate hearing loss. Lorin Odin did a comprehensive evaluation going way beyond an audiogram. I opted for state of the art hearing aids that helps me a lot. The clinic has fine tuned these devices several times. I highly recommend Hearing Solutions of North Carolina.

~George Monroe



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 3pm / \$6 per class.

MONDAY EVENING PROGRAMS:

Stained Glass: Classes finish June 16 / 1:30 - 4:30 pm & 5 - 8 pm / \$55 plus materials for 8-week session paid directly to instructor. Next class will begin in September, stay tuned for registration details.

Tech Clinic: June 9 & 23 / 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.

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: June 3 & 10 / 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: June 3 & 17 / 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 / \$5 pp / Bring a partner to play with or we will find one for you by calling 502-714-9409.

Tech Clinic: June 4, 11 & 18 / 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: June 11 & 25 / 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:

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.



On the Go...

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

Zootastic Park - Troutman - Wednesday, June 4 / REDUCED PRICE! \$30 per person / Arrive to RHSC at 9:30 am / Enjoy a large variety of exotic animals including lions, tigers, kangaroos, monkeys, giraffes, sloths, a petting zoo and so much more! Walking is involved, call to register. **Registration is open!**

Concord Mills Shopping & SeaLife Aquarium: Tuesday, June 17 / **REDUCED PRICE!** \$30 per person / Experience thousands of tropical fish, stingrays, sharks, sea turtles and so much more. Then enjoy free time to shop at Concord Mills and lunch on your own at the food court. Admission to the Aquarium is included. Call to register. **Registration is open!**

Kannapolis Cannon Ballers Baseball Game: Wednesday, July 9 / \$12 per person / Arrive to RHSC by 11 am. Take me out to the ball game! Enjoy a daytime baseball game with new and old friends. Concessions available for purchase. Call to register. **Registration opens June 3 for Rowan County residents and June 10 for out of county.**

Korner's Folly Home Tour - Kernersville: Wednesday, July 30 / \$25 per person / This mansion is an architectural dream. Take a guided tour through all 22 rooms of the house, learning information about the history, renovations, and furnishings that make Korner's Folly so unique. In 1878, Jule Gilmer Korner began construction on what would ultimately become the landmark we know today. Jule planned to use his new home, dubbed Korner's Folly, to showcase his design work to his clients. He filled Korner's Folly with his interior and furniture designs as a "catalogue" for his clients to view his work firsthand. There's no other home like it. There will be a lot of walking and stairs. Call to register. **Registration opens June 3 for Rowan County residents and June 10 for out of county.**

Amelia Island, St Augustine & Jacksonville, FL - November 3-7, 2025 / Trip is Full

Portugal - January 25 - February 3, 2026 / Trip is Full



3rd Annual GARS Friends & Family Golf Tournament Supporting Ruffy-Holmes Senior Center Friday, September 26, 2025

Rain Date: Monday, September 29, 2025

Schedule:

Registration	Starts at 10:30 am
Putting Contest	11:30 am
Lunch	12 pm
Silent Auction	11 am- Awards & Reception
Tee Time	1 pm
Awards	After Golf (in Clubhouse)

\$ 95 /person

Captain's Choice/3 Flights

Sapona Golf Club
439 Beaver Creek Rd.
Lexington, NC 27295

★ At least 1 GARS Member per Team Required

Interested in playing in the Tournament?
email: rareearth4999@att.net or JCarolina72@gmail.com
or contact John Cress 980-234-3080



Fitness & Wellness



Session 4:

May 12 - June 20

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
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**

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
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**

\$ New Fitness Fees begin July 1, 2025 

Session Break: June 23 - 27

Session 5: June 30 - August 8, 2025



Fitness & Wellness



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

ALZHEIMER'S ASSOCIATION PURPLE DAY AT RHSC

 TUESDAY, JULY 1
9 AM - 12 PM

**Wear your purple attire!
Stop by and sign up to join
RHSC's Team, "Angela's Active Agers"**

**We will walk to End Alzheimer's on Saturday,
October 4 / 9 AM
Cannonballer's Stadium in Kannapolis
(limited transportation available)
or
Register or Donate today:
<http://act.alz.org/goto/rhsc>**

SELF-DEFENSE CLASS

3-Day Series

Tuesdays - July 15, 22 and 29
10 - 11 am



\$15 for all 3 classes

Learn basic
self-defense techniques

Call to register
704-216-7714

GAMES!

INDOOR-OUTDOOR

FRIDAY, JUNE 6
10 AM - 12 PM



**Come and learn how to play Shuffle
board, cornhole or both!
No cost, call to register before June 2.
704-216-7701**



GARS

(Golf Association of Rufty-Holmes Seniors)

Join us for golf every Monday
(alternate between 10 courses)

1st Monday meeting:
June 2 @ 8:30 AM

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

OUTDOOR ADVENTURE HIKE!

Friday, June 20, 2025

**Location:
Badin Lake Loop - 5.5-6 Miles**

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

PICKLEBALL MINI-CLINIC

**Friday, June 13
9 - 11:30 am**

**Location: Ellis Park
Pickleball courts**

Call/Text: 704-216-7701
to register before 6/10

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

Contact *Staff* directly, use 704-216 and ext. #

Fitness & Wellness	7701	Marketing	7709
Nutrition	7702	Executive Director	7715
Volunteers	7703	Finance	7716
Community Resources	7704	CARS/Transportation	7717
Programs	7705	Facilities	7720

7 Lunch Clubs

Rowan County Residents Age 60+

Enjoy a meal, meet new friends, play games, win prizes!

Monday - Friday / 10:30 am - 1 pm

Meals at No Cost - Donations for RHSC welcome

Call for details and to register for lunch: 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



- Wheelchairs, Transport Chairs, Scooters, Walkers
- Other Mobility Aids
- Lift Chair Recliners
- Hospital Beds
- Respirators
- Home Dialysis Systems
- Diabetic Shoes & Supplies



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

JUNE Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet & Sour Chicken, Yellow Rice, Honey Carrots, Mandarin Cup and Milk	3 Baked Ziti, Tossed Salad, Garlic Bread, Mixed Fruit Cup and Milk	4 Sliced Turkey w/Gravy, Oven Potato (Chunky), Green Peas, Roll, Apple and Milk	5 Baked Fish, Stewed Okra & Tomato, Cole Slaw, Bread, Apple and Milk	6 Cheeseburger w/Bun, Let/Tom/Onion, Baked Beans, Chips, Cookie and Milk
9 Spaghetti Casserole, Mixed Veggies, Garlic Bread, Orange and Milk	10 Shredded Pork Tacos, Purple Cabbage Slaw, Black Beans, Cookie Delight (Choc), and Milk	11 Hamburger Steak, Seven Layer Salad, Bread, Corn, Banana and Milk	12 Baked Ham, Green Beans, Mac-n-Cheese, Bread, Strawberry Yum and Milk	13 BBQ Riblet, Bun, Chips, Coleslaw, Cookie and Milk
16 Meatloaf Monday, Lima Beans, Sweet Potato Mash, Roll, Ice Cream Cup and Milk	17 Lemon Herb Pork Loin, Mashed Potatoes, Stew Squash & Onions, Bread, Oreo Pudding and Milk	18 Chicken Salad, Wheat Bread, 3 Bean Salad, Jello Cup w/Peaches and Milk	19 Pulled Pork in Gravy, Mashed Potato, Peppers & Onions, Roll, Applesauce and Milk	20 Hot Dog w/Bun, Chili/Slaw/Onion, Rosemary Fries, Dessert Cookie and Milk
23 Grilled Chicken Sandwich w/Bun, Lettuce/Tomato/Pickle, Potato Salad, Cookie and Milk	24 Chopped Pork BBQ, Red Slaw, Baked Beans Bun, Orange and Milk	25 Roasted Chicken Thigh, Green Beans, Squash Casserole, Roll, Peaches and Milk	26 Sloppy Joe, Bun, Slaw, Oven Fries w/ Cheese, Banana and Milk	27 Fish Sandwich w/Bun, Chips, Coleslaw, Pineapple Delite and Milk
30 Chicken Alfredo in Rotini, Mixed Veggies, Garlic Bread, Applesauce and Milk			Join a RHSC Lunch Club! It's free! 7 Locations for Rowan County residents 60+ Menu substitutes of equal nutritional value, may occasionally have to be made .	