



Together We CAN End Hunger

Rufty Holmes Senior Center partners with Second Harvest Food Bank of Metrolina

Monthly USDA Food Boxes available at lunch club sites for eligible applicants

Please call 704-216-7702 for details and eligibility

### RHSC is Your Information Source for Community Services

#### Assistance with:

Daily telephone reassurance checks

Choosing Medicare Supplemental Insurance and Part D Plans

Family Caregiver Support

Legal services

Annual income tax filing

And many other services . . .



**Call 704-216-7704 for details**

RUFTY-HOLMES  
SENIOR CENTER



1120 S. MLK Jr Ave.  
Salisbury, NC 28144

Main Phone:  
704-216-7714

E-mail:  
nutrition@ruftyholmes.org

Check our website for a full schedule of Programs:  
Fitness Classes, Clubs,  
Social Events, Travel,  
Learning Opportunities

Website:  
www.ruftyholmes.org



Accredited by  
National Institute of  
Senior Centers



Accredited by:

**National Institute of Senior Centers**  
of the National Council on Aging

**Center of Excellence**  
by NC Dept of Aging and Adult Services

# LUNCH CLUBS

For Rowan County  
Older Adults



A Program of

**Rufty-Holmes  
Senior Center**

*"Adding Life to Years"*

704 - 216 - 7702



Staff & Volunteers serving lunch at a Lunch Club

## DETAILS

**The Monthly Menu** is available on the Rufty-Holmes website and at the Lunch Clubs. The meal is prepared off-site in a licensed facility by an approved provider

Meals provide 1/3 of the daily nutritional requirements. We are unable to accommodate special diets.

**Reservations** are required by late morning the day before and can be made at the Lunch Club or by calling the location's phone number.

**Transportation** to the Lunch Clubs is available, on a limited basis, through Rowan County Transit.

Please call 704-216-7702 for availability

Lunch Clubs are a great place to enjoy a good meal and visit with friends and new people!

**WHO:** Rowan County residents age 60 and older are welcome for lunch

**WHEN:** Lunch Clubs are open Monday thru Friday, 9:30 - 1:30 pm  
Lunch is served between 11:30 - 12:15 pm. Programs offered daily.

**WHERE:** Choose from six locations around Rowan County, making it "close to home" for everyone.

**COST:** Guests are asked to give a donation towards the posted meal price, according to their ability to pay.

Donations are private and all older adults are served regardless of their ability to make a contribution.

*Meals costs are supplemented with funding from HCCBG/USDA federal funds, state and local funding.*

**SIGN UP:** Contact our Nutrition Manager who will help you sign up for your first lunch.

**Call 704-216-7702**

## LUNCH CLUB LOCATIONS

### NORTH ROWAN COUNTY

**Shady Grove Baptist Church**  
600 S. Long Street, East Spencer  
(704-431-7720)

### SOUTH ROWAN COUNTY

**VFW Post 8989 Poston-Perkins**  
2500 N. Cannon Blvd., Kannapolis  
(704-798-3038)

### EAST ROWAN COUNTY

**Shiloh United Methodist Church**  
234 S. Main St., Granite Quarry  
(704-798-3058)

### WEST ROWAN COUNTY

**Lions Club Building**  
106 Cemetery St., Cleveland  
(704-798-3100)

### EAST SALISBURY

**LAFAYETTE COMMUNITY CENTER**  
617 Lafayette Circle, Salisbury  
(704-636-7758)

### WEST SALISBURY

**JOHN CALVIN PRESBYTERIAN**  
1620 Brenner Avenue, Salisbury  
(704-798-3093)

Lunch Clubs are  
ADA Accessible

