

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." ~Mark Twain



### MEDICARE 101

Thursday, June 10th  
1:30pm

This seminar is open to anyone new to Medicare or interested in learning more about Medicare. Q&A Session. To register, call 704-216-7704.

### TABLET TALK

Wednesdays,  
May 12th & 26th  
2pm - 3:30pm



Learn to use a computer tablet. Class instructed by Tony Meese. Bring your own or we will provide. No cost.

### SPRING FLING MIXER

Wednesday, May 19th  
2pm - 4:30pm

Celebrate spring with your senior center friends and staff and celebrate Older Americans Month. Light hors d'oeuvres and music by special guest *Old Rockers Band*. Spaces are limited. Call to register at 704-216-7714. No cost.



### AMBASSADORS CLUB WELCOME BACK LUNCH

Monday, May 10th  
12pm noon - 1:30pm  
Food provided by RHSC

### MORROW MOUNTAIN STATE PARK TRIP

Wednesday, June 9th  
8:30am

Check-In at RHSC at 8am  
Depart 8:30am Return 3pm

It's our first day trip of 2021. Visit Morrow Mountain State Park and eat lunch at the Rosebriar Restaurant in Albemarle. Trip cost is \$15 and due at time of registration; lunch is not included. Limited seating with a max of 10 participants. Masks are mandatory on the vans.

- o For the week of May 3rd-7th, registration is for Rowan County Older Adults aged 55 and up only
- o No assigned seating
- o Special needs must be stated at time of registration

### END OF SPRING BAZAAR

Friday, June 11th  
9am - 1pm

It's time to clean out those closets, polish off those antiques, and bring in those crafts. Sign up now for your table space by calling 704-216-7714.

- Inside- \$15 for a 6 ft. table w/ 2 chairs
- Outside- \$10 for a 8 ft. table w/ 2 chairs
- \* Clothes are for outside tables only
- \* Table placement to be determined

Calling Bakers:  
"Bake sale fundraiser for Alzheimer's will also be on-site."

COMMUNITIES OF STRENGTH INCLUDE INDIVIDUALS WHO UNDERSTAND AND ACCEPT ALL OLDER ADULTS.





## TABLETS FOR LOAN

If you would like to participate in any of our virtual programs from the comfort of your home and do not have internet service, we are pleased to offer tablets on short-term loans, at no cost. Tablets are limited and are first come, first serve.

*Contact RHSC for additional details and assistance at 704-216-7714.*

### ~~Genetic~~ **MAY PROGRAM DESCRIPTIONS—Registration Required at 704-216-7714**

**Billiards**- Billiards available M, W, F from 9am-11am and 1pm-3pm.  
Max of 4 people allowed in each time slot.



**\*Black History Program**- Friday, May 14 from 10:30am-11:30am. With Special Guests: Speaker Michael Connor and Soloist Teresa Moore-Mitchell. No cost. Limited seating.



**Computer Clinic**- 1st & 3rd Wednesdays (May 5 & 19) from 2pm-4:30pm. 30-minute time slots available to receive free assistance from tech guru, Tony Meece.



**Creative Needs**- Wednesdays from 9:30am-12:30pm.  
Bring your favorite project to work on.



**Curious Book Club**- 1st Wednesday (May 5) from 12:30pm-2:30pm. Book selections for May are The Stationery Shop by Marjan Kamali & A Minute To Midnight by David Baldacci.



**CARS Golf**- Senior Games at Warrior CC (May 3); Corbin Hills CC (May 10); Lexington CC (May 17); Rolling Hills CC (May 24); No Golf on Memorial Day (May 31). CARS Board Meeting on Monday, May 3 from 8am-9:30am.



**\*Genetic Genealogy**- Wednesday, May 12 from 1pm-2:30pm. Explore the basics of Genetic Genealogy. Discover unknown family members and solve old family mysteries. Instructed by Bob Bruce. No cost.

\* denotes new program

## MAY PROGRAM DESCRIPTIONS— *Registration Required at 704-216-7774*



**\*Guitar Class**— (8-week session on Mondays from May 3 - June 28) Beginner class from 1pm-2pm; Intermediate class from 2:30pm-3:30pm. \$40 per session and \$10 workbook. Instructed by Bob Wingate.

**Jam Session**— 1st & 3rd Tuesdays (May 4 & 18) from 2pm-4pm.



**Line Dancing**— Fridays (May 7 & 14) from 2pm-4pm.  
Fridays (May 21 & 28) from 10am-12pm noon. No cost.



**\*Mind Aerobics**— Mondays from 2pm-4pm. Introduction to mass drawing, pastels and sculpture, explained and demonstrated by artist Robert Toth. \$10 per session.



**Military Officers Association of America**— Tuesday, May 18 Board Meeting from 8:30am-10am.



**National Association of Retired Federal Employees**— Monday, May 17 from 1pm-3pm.



**Paint, Riddle, Draw**— Tuesdays from 9am-11am.



**Parkinson's Support Group**— 1st Tuesday (May 4) from 1pm-2pm.



**Rowan Doll Society**— Tuesday, May 18 from 12pm-3pm.

**Rowan Retired School Personnel**— Wednesdays (May 12 & 19) from 10am-11:30am.



**Salisbury Rowan Quilters**— Thursdays from 9:30am-12pm noon.

**\*Shuffleboard**— Senior Games Shuffleboard on Friday, May 7 from 8:30am-11:30am.



**Stained Glass**— (8-week session on Mondays from April 5 - May 24) from 1:30pm-4:30pm. New 8-week session begins June 7 and is \$55. (June 7, 14, 21, 28, July 12, 19, 26, Aug. 2).

**TOPS (Taking Off Pounds Sensibly)**— Mondays from 9:30am-11:30am.



**Watercolor Jam**— Mondays from 9:30am-12:30pm.

Bring your own project to work on.



**Woodcarving**— Thursdays from 1pm-3:30pm.

**TIPS & TRIVIA ANSWER KEY FOR APRIL** will be available online at [www.rufthyholmes.org](http://www.rufthyholmes.org) starting Monday, May 10th. Winner for April's Trivia will receive a \$10 Gift Certificate to Cracker Barrel. Thank you for playing!



## MAY 2021 TIPS & TRIVIA

Sponsored by Cannon Pharmacy



Tune into Memories 103.3 FM Monday-Friday at 6:25am OR  
98.3 FM at 10:20am to hear the question of the day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*MAY TIPS &amp; TRIVIA</b> runs from Mon., May 3rd – Fri., May 28th.*</p> <p>Circle correct answer.</p>	<p><b>May's Prize is \$25 in Cannon Cash to Cannon Pharmacy.</b></p>	<p><b>Answer at least 50% correct to enter the drawing to win May's prize.</b></p>	<p>Return answer sheet to <b>Rufthy-Holmes Senior Center</b> by <b>June 4, 2021</b> to enter May's drawing.</p>	<p>Address: <b>1120 S. MLK Jr. Ave., Salisbury, NC 28144</b></p> <p>Phone: <b>704-216-7714</b></p>
3	4	5	6	7
<p><b>First Day of May Trivia</b></p> <p>a. Two Pair b. Full House c. Four of a Kind d. Straight Flush</p>	<p>a. Philip Marlowe b. Sam Spade c. Hercule Poirot d. Nero Wolfe</p>	<p>a. MasterCard b. Diners Club c. VISA d. American Express</p>	<p>a. Ceraunophobia b. Theophobia c. Ligyrophobia d. Potophobia</p>	<p>a. Cambrian Era b. Cenozoic Era c. Mesozoic Era d. Paleozoic Era</p>
10	11	12	13	14
<p>a. Courage b. Hope c. Independence d. Unity</p>	<p>a. Sofia Johnson b. Miss Millie c. Celie Harris d. Nettle Harris</p>	<p>a. Durability b. Color c. Mass d. Cut</p>	<p>a. Willie Keeler b. Joe DiMaggio c. Pete Rose d. Ty Cobb</p>	<p>a. 2002 b. 2006 c. 2008 d. 2004</p>
17	18	19	20	21
<p>a. Peabody Opera House b. Sydney Opera House c. Royal Opera House d. Metropolitan Opera House</p>	<p>a. Napoleon Bonaparte b. Alexander the Great c. Georgy Zhukov d. Ulysses S. Grant</p>	<p>a. William McKinley b. Theodore Roosevelt c. Warren G. Harding d. Woodrow Wilson</p>	<p>a. Hydrochloric b. Citric c. Sulfuric d. Nitric</p>	<p>a. Oranges b. Cherries c. Bananas d. Apples</p>
24	25	26	27	28
<p>a. Grizzly Bear b. Panda Bear c. Black Bear d. Polar Bear</p>	<p>a. Roy Orbison b. Carl Perkins c. Bobby Darin d. The Everly Brothers</p>	<p>a. Connecticut b. Georgia c. Delaware d. Florida</p>	<p>a. Sporadic b. Erratic c. Comic d. Tragic</p>	<p><b>Last Day of May Trivia</b></p> <p>a. The Miller b. The Prioress c. The Squire d. The Reeve</p>

# FITNESS & WELLNESS HIGHLIGHTS

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

RHSC offers Safe and Clean Fitness Areas to Exercise **OR** Stay-at-Home Interactive Video Fitness

**TO REGISTER: CALL 704-216-7701**

## In-Person Classes & Equipment

## Video Fitness & Health Education Classes

*Mask must be worn during indoor exercise*

*Exercise from home with Computer with Camera or Tablet*

**COST:** \* Silver Sneakers, Renew Active, or Silver & Fit active Membership  
**OR** \$16 per month each class; Includes equipment use.

**\*FITNESS UPDATES- By appointment only Monday - Thursday from 9am - 1pm.\***

- Call 704-216-7701 to sign up. 3 appointments may be scheduled each week.
- We will no longer check temperatures for everyone attending fitness activities.
- We DO reserve the right to check your temperature if you appear flushed or sick.



**FITNESS EQUIPMENT USE— Appts Required:**  
**Monday – Thursday:** 9 am, 10 am, 11 am, 12 noon, 1pm  
 3 appts. per person weekly. Training Provided on Equip. Use.  
**Personal Training** Appointments Available. Call for Details.



## VIRTUAL FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 Jazzercise				8:00-8:45 Jazzercise
10:00 – 10:45 Sit N Fit	10:00-10:45 Forever Young	10:00-10:45 Gentle Morning Stretch	10:00-10:45 Dance Fit	

## IN-PERSON FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00 9:45 Silver Sneakers w/Donnie	9:00 9:45 Silver Gym w/Susan	9:00 9:45 Silver Sneakers w/Donnie	9:00 9:45 Silver Gym w/Angela
10:00 10:45 Chair Yoga w/S andra	<b>Not Ready for In-Person Class?</b>  <b>Try Virtual Fitness Classes</b> Taught by RHSC Staff	10:00 10:45 Chair Yoga w/S andra	Use the Automatic BP Machine and Digital Scales in Fitness Annex  Sponsor: Novant Health
11:00 11:45 Chair Yoga w/S andra		11:00 11:45 Chair Yoga w/S andra	
12:00 12:45 Chair Yoga w/S andra		12:00 12:45 Chair Yoga w/S andra	
1:00 2:00 Chair Volleyball	12:00 12:45pm Sit N Fit w/Traci	1:00 2:00 Chair Volleyball	

# FITNESS & WELLNESS HIGHLIGHTS

**\*\*Specialty Classes are not covered by insurance plans. Scholarship assistance is available by contacting RHSC Office Admin at 704-216-7716.\*\***

Beginning the week of July 5, 2021 we will be switching ALL fitness classes to a 6-week session schedule. You will be required to sign up for classes during the registration week, which will be the week before a new session starts. We will offer (2) 6-week sessions back to back, then we will have a week long break without classes with 4 breaks per year.

## COMING SOON IN JUNE...

### INDOOR WALKING WITH TRACI



Low impact stationary walking patterns to beat the heat outside.

**Thursdays at 11am  
June 3 - June 24**

### Drum It Up! with Traci

**June 1 - June 29**



**Tuesday Mornings 11am-11:40am**  
\$13 for 5 weeks - max 10  
Call Angela at  
704-216-7701 to register

### Ballet Barre with Sylvia

Outside under Pavillion



**June 2 - June 23**

**Wednesday Mornings**  
8:30am-9:15am  
\$10 for 4 weeks

## POOL & WATER CLASSES

*Call 704-216-7701 for Availability*

**Splash Circuit**—Mon & Weds 1:15pm-1:55pm (Toning)

**Gentle Aqua**—Mon & Weds 10:45am-11:25am (Easy)

**Water Aerobics**—Tues Only 9:30am-10:10am (Cardio)

**Gentle Aqua**—Tue & Wed 12:00pm-12:40pm (Easy)

**Splash Circuit**—Tue & Thu 10:45am-11:25am (Toning)

\$11/month for 1 class/week  
\$21/month for 2 classes/week

## OUTDOOR ADVENTURE CLUB

**Friday, May 28th**

**Lake James**

Call for Start  
Time &  
Directions



## OUTDOOR TAI CHI FOR ARTHRITIS



**with Donnie  
May 3 - June 9**

Mondays and Wednesdays  
10:00am-10:50am

# SERVICES TO THE COMMUNITY



## Aging Transitions Services

Call 704-216-7704 for appointments

**Legal Aid**- Get assistance with wills, power of attorney, and advance directives at no cost to you. Call 877-579-7562 to schedule your appointment.

## Family Caregiver Support Program (FCSP)

Receive temporary respite for caregivers or assistance with supplement supplies and medical equipment.

Call for meeting times of Parkinson's and Alzheimer's Support groups.

## PLANNING FOR ROUGH WATERS AHEAD:

*Advance Healthcare*

*Directive*



Hospice &  
Palliative Care  
of Iredell County

*Educational Opportunity*

Give your loved ones the greatest gift of all...peace of mind. Join us for a 30-minute presentation **May 11th at 2pm** followed by a Q&A. There will be time to complete the documents including notary services. Advance care packets will also be available. Call RHSC to register at 704-216-7704.



## May is Better Hearing Month

Hear a discussion on the journey to better hearing **Wednesday, May 26th at 11am**. Not all hearing issues result in the need for hearing aids so choosing the right hearing healthcare provider is critical to creating a positive outcome. Learn who to contact, when, and how services differ. Call RHSC to register at 704-216-7704.

## VOLUNTEER Weekly or Once a Month

Call Melody to get involved, no need to be bored!  
We would love your help! 704-216-7703

- **Drive Seniors to Appts for CARS Program**  
Holding interest meeting soon about driving our Seniors. Mileage reimbursement available.
- **Water flowerbed in front of the center**

Connecting Across Rowan for Seniors (CARS), is a transportation program offered by RHSC.

Rides are for non-emergency medical-related appointments for Rowan County residents. Reservations can be made by calling between 9am-12pm noon Monday-Friday. Call 704-216-7717 to learn details and register for CARS.



## Lunch Clubs in Rowan County

Call 704-216-7702 for details

**Lunch.** Programs and more available close to home  
Rowan County Residents, 60+. **Donations accepted.**

Call at least one day in advance for meal reservations.

## HOT GRAB & GO MEALS

Monday - Friday 10:30am - 11:30am

- ◊ **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
- ◊ **North Rowan- at Lafayette Community Ctr**
- ◊ **South Rowan- VFW Kannapolis** 704-798-3038

Get latest updates by visiting [www.ruffyholmes.org](http://www.ruffyholmes.org) or follow us on Facebook

NEWSLETTER AVAILABLE UNDER CARPORT AT THE CENTER



# RUFTY-HOLMES SENIOR CENTER HOURS

Open Monday thru Friday from 8:00 am –5:00 pm



## Ruffy Holmes Senior Center Lunch Clubs



### May 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hawaiian Chicken Over Yellow Rice, Collard Greens, Carrots, Fruit Juice and Milk	4 Baked Spaghetti, Corn, Wheat Roll, Fruit Juice and Milk	5 Salisbury Steak w/ Gravy, Oven Browned Potatoes, Spinach, Roll, Fruit Juice and Milk	6 BBQ Chicken Over Rice, Green Peas, Carrots, Fruit Juice and Milk	7 Cheesy Beef & Mac Casserole, Green Beans, Cabbage, Roll, Fruit Juice and Milk
10 Meatloaf w/Gravy Mashed Potatoes, Stewed Tomatoes, Roll, Fruit Juice and Milk	11 Teriyaki Chicken, Diced Potatoes, Corn, Roll, Fruit Juice and Milk	12 Mac & Cheese w/ Ham, Cabbage, Broccoli, Roll, Fruit Juice and Milk	13 Pulled Pork, Lima Beans, Collard Greens, Bun, Fruit Juice and Milk	14 Chicken & Rice Casserole, Broccoli, Baked Apples, Fruit Juice and Milk
17 Beef & Macaroni Casserole, Carrots, Green Beans, Fruit Juice and Milk	18 Hamburger w/ Gravy, Baked Beans, Diced Potatoes, Roll, Fruit Juice and Milk	19 Carved Turkey w/ Gravy, Cabbage, Broccoli, Roll, Fruit Juice and Milk	20 Chicken & Biscuit Pan Pie, Collard Greens, Corn, Roll, Fruit Juice and Milk	21 Mac & Cheese, Sauteed Mushrooms, Cherry Crisp, Roll, Fruit Juice and Milk
24 Smothered Hamburger Patty, Turnip Greens, Mashed Potatoes, Roll, Fruit Juice and Milk	25 Sloppy Joe On Bun, Lima Beans, Parsley Potatoes, Fruit Juice and Milk	26 Chicken Parmesan, Corn, Spinach, Roll, Fruit Juice and Milk	27 Beef Stroganoff Over Noodles, Lima Beans, Baked Apples w/Raisins, Roll, Fruit Juice and Milk	28 Baked Spaghetti, Baked Beans, Hot Apple Crisp, Roll, Fruit Juice and Milk
31 <b>CLOSED</b> 	All Lunch clubs are open for Hot Grab and Go	Kannapolis Lunch Site now open 704-798-3038	Call <b>704-216-7702</b> to register as a new client, ask for Michele Sweett	