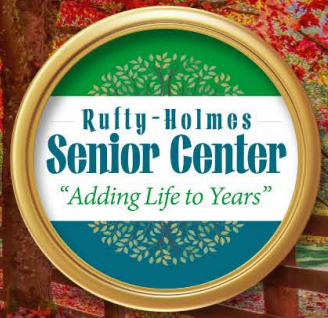


2024

# NOVEMBER NEWS



704-216-7714

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

WWW.RUFTYHOLMES.ORG



## VACCINE CLINIC

10 am - 2 pm

Thursday, November 7

Update your vaccines in one stop! Offering Shingles, RSV, Flu, Pneumonia, Tetanus, Diphtheria, Pertussis (Tdap), Hepatitis B, and Covid (recommended booster for 65+). Bring your insurance card. Call to register.



In partnership with Walgreens Pharmacy.

## The Scoop on Being a Senior

### What to Expect as We Age

Monday, November 18  
2 pm

Our bodies begin to grow and age from the moment we are born. This workshop examines the natural transformation process in adulthood, from age 18 to 90. Some of the topics addressed include appetite, weight, hair, skin, hearing, vision, cognitive function, and more. No Cost, call to register.



## Holiday Bazaar

Friday, November 22  
10 am - 2 pm

Open to the Public for Shopping!

Bring your friends, Invite your neighbors! Christmas Gift Items, Specialty Crafts, Custom Artwork, Homemade Baked Goods, \$5 Hot Dog Plate Lunch (Sold by RHSC Ambassadors to benefit RHSC)

Interested in being a vendor?

Call to reserve your table.

6ft Tables: \$12 / 8 ft Tables: \$14

\*The sale of used or yard sale items is not permitted.

# Friendsgiving

Tuesday, November 26 / 11 am - 1 pm / \$7 per person

Enjoy a nice Thanksgiving meal, catered during the Lunch Club hours at RHSC. Socialize and spend time with new and old friends! To register, call 704-216-7702 (by Friday, November 22 @ 10 am).

No cost for Lunch Club members.





# Community Resources



## Medicare

**Open Enrollment  
October 15 - December 6**

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. Two generous donors have covered the cost for the first 235 orders.

The importance of 911 reflective address markers is that 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, Detach and take to Rufty-Holmes Senior Center.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone #: \_\_\_\_\_

Address Number Requested:

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

Mounting Preference:  
(Circle Choice)

VERTICAL

Horizontal

# VITA

VOLUNTEER INCOME TAX ASSISTANCE

## VOLUNTEERS NEEDED

*(\*Preparers and Support)*

Training begins in December  
 Call Nancy to learn more: 704-216-7703

## Volunteer Drivers Needed

- ✓ Mileage reimbursement provided.
- ✓ Drive when it's convenient for you.

Call 704-216-7717 for details.

# PROGRAMS, CLASSES & EVENTS

- **Grief Support Workshop:** Tuesday, November 5 / 10 am / This is a workshop, led by Trellis Supportive Grief Counseling Team, open to adults who are grieving the death of a loved one. Call to register. Next Date: December 3.
- **Trivia Night:** Monday, November 11 / 5:30 - 7 pm / \$2 pp / Test your knowledge for a chance to win! Call to register your team of 2-6 people or join a team as a single. Have your team name ready. Refreshments provided. Topics include: Flavor of the Week, Lucky #7 and General Knowledge. **Sponsored by Allen Tate.**
- **Movie with Friends- Twisters:** Wednesday, November 13 / 2 pm / The 2024 blockbuster disaster epic returns with whirlwind thrills as Kate and Tyler, rival storm chasers with distinct styles, race to survive a tornado season like no other. Popcorn & refreshments provided. No cost, call to register.
- **Mobile Mammograms:** Thursday, November 14 / 9 am - 4 pm / Novant Breast Health Mobile Unit will be on-site to provide screenings. Papers must be filled out before your appointment and can be picked up at the front desk. Schedule your 15-minute appointment by calling the front desk.
- **Hearing Screenings:** Wednesday, November 20 / 10 am - 12 pm / Test to see if you have hearing loss. Hearing screenings are for those not previously diagnosed with hearing loss. These are not diagnostic. Call the front desk to sign up for a time slot. Sponsored by the Division of Services for the Deaf and Hard of Hearing.

## Upcoming Programs

**Rufty-Holmes Senior Center and Rowan County Literacy Council** are partnering together to make some positive changes in Rowan County. Will you help? We are seeking volunteers who are interested in making a difference in someones life. 61 adults (some are seniors) have requested assistance learning how to read. All materials will be provided, no teaching experience needed. Please help impact Rowan County in one of the most positive ways imaginable! Call Nancy for more details 704-216-7703.

**Salisbury Swing Band Holiday Show:** Saturday, December 14 / 2 - 4 pm / Celebrate the holidays with us and enjoy this concert full of festive music! Donations appreciated. Call to register.



## ONCE A MONTH EVENTS

- **Military Officers Association:** Monday, November 4 / 12 - 1:30 pm / Welcome to all services officers (active, reserve, guard and vets).
- **Parkinson's Support Group:** Tuesday, November 5 / 12:30 - 2 pm / Learning strategies to live our best life with Parkinson's. Created for people with Parkinson's and Caregivers.
- **Curious Book Club:** Wednesday, November 6 / 12:30 - 2:30 pm / **November Selections:** *The Plot* by Jean Hanff Korelitz and *Being Henry* by Henry Winkler. **December Selections:** *All the Wicked Girls* by Chris Whitaker and *The Remarkably Bright Creatures* by Shelby Van Pelt.
- **AARP Chapter Meeting:** Thursday, November 7 / 1 - 2:30 pm / New members welcome!
- **Ambassadors Volunteer Club:** Tuesday, November 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!
- **National Active and Retired Federal Employees:** Monday, November 18 / 1-3 pm
- **Rowan Doll Society:** Tuesday, November 19 / 12:30 - 3 pm.
- **Rowan Retired School Personnel:** Wednesday, November 20 / 10 - 11:30 am / This month's speaker: Bonnie Jones, Rufty-Holmes Senior Center, "Senior Resources in Rowan County".
- **Technology for Today:** Wednesday, November 20 / 1:30 - 3:30 pm / This month's topic is: "Moving" pictures to PC, USB and Christmas suggestions. All are welcome.



# WEEKLY PROGRAMS



## 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.

**The Realm of Art:** 2 - 4 pm / \$10 per class - Explore oils, acrylics, charcoal or pastels with the help of Art Instructor, Robert Toth.

## MONDAY EVENING PROGRAMS:

**Round Dance:** 5 - 6:30 pm. *NEW* group starts *November 18!* Beginners welcome. \$5 per person.

**Tech Clinic:** November 11 & 25 / 5 - 7:30 pm / Need help with phones, tablets, computers, or smart devices like Roku or Fire Stick? Would you like to check out a tablet from RHSC? Tony will help! 30-minute time slots are available to receive FREE assistance. 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 5 & 12 / 1 - 4 pm / \$15 per class-pay instructor. Max of 6 people per class. You may only sign up for one card craft class per month. Call to register.

**Music Jam Session:** November 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 / \$5 pp / Bring a partner to play with or we will find one for you by calling 502-714-9409.

**Tech Clinic:** November 6 & 13 / 1:30 - 4:30 pm / Need help with phones, tablets, computers, or smart devices like Roku or Fire Stick? 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 13 & 27 / 11 am - 12:30 pm / No cost for catered lunch. Call to register.

## THURSDAYS:

**Salisbury Rowan Quilters:** 9:30 am - 12 pm / Contact Shelley for membership questions 704-636-5897.

**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.



"I was having difficulty hearing in group situations and often not understanding what a soft spoken person was saying. A friend at church and my physician recommended Hearing Solutions, and I am so glad they did! The entire staff is friendly, professional, and caring. The hearing evaluation is extremely thorough, and much care is taken to find the best hearing aids for each patient. I highly recommend Hearing Solutions of North Carolina."

~Patsy Lyerly





# On the Go...

Life begins  
AT THE END  
of your  
Comfort Zone.

Our trips have limited seating and fill up fast so don't wait too long to sign up!

**Millstone Creek Orchard - Ramseur, NC** - Wednesday, November 6 / This trip is full. Call to be added to waitlist.

**Southern Christmas Show - Charlotte** - Tuesday, November 19 / This trip is full. Call to be added to waitlist.

**Tanglewood Festival of Lights - Clemmons** - Wednesday, December 4 / \$35 pp / Late afternoon departure. Get in the holiday spirit with us! Ride through the Christmas lights at Tanglewood Park and stop at the red barn gift shop. Bring money for an early dinner beforehand. Registration opens for Rowan County residents Monday, November 4th and Friday, November 8th for out of county.

**The Nutcracker Ft. Salisbury Symphony** - Sunday, December 22 / \$77 pp / Great seats for matinee showing of the full-length ballet with live music performed by the Salisbury Symphony! Meet at Catawba College's Keppel Auditorium by 2 pm. Registration opens for Rowan County residents Monday, November 4th and Friday, November 8th for out of county.

**Tropical Costa Rica** - January 4 - 12, 2025 / This trip is full. Call to be added to waitlist.

**Pigeon Forge, TN** - May 13 - 15, 2025 / \$662 per person, double rate

Spend 3 days, 2 nights in the Great Smoky Mountains! Enjoy the Array Variety Show, Titanic Museum, shopping at the Island and a day at Dollywood. Dollywood offers high-energy entertainment & shows, award-winning dining and the friendliest theme park atmosphere in the world! See flyer or our website for more details. \$200 deposit required to register. **Registration is open!**



Serving Rowan and surrounding counties.

Please call 704-797-2993,

Available 24 hours a day, 7 days a week.



**GIVE \$5 to RHSC by purchasing a Ticket to the Belk Charity Sale  
GET \$5 off anything Charity Sale weekend. NO brand exclusions.**

**PLUS GET an EXTRA 25% off your total bill (inc. rarely discounted designer brands)**



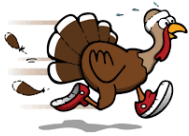
To Purchase tickets, stop by Ruffy-Holmes Senior Center (RHSC)(front desk)

**Proceeds benefit RHSC / Tickets can be redeemed at any BELK on November 7 - 10, 2024**



# Fitness & Wellness





# Fitness & Wellness



**Fitness Session 8: November 11 - December 20**

**Fitness Equipment Open: M-F / 9 AM - 3 PM**

**Current Class Availability:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:05 - 8:50 AM Zumba Gold (FIT) (2-4)		8:05 - 8:50 AM Zumba Gold (FIT) (2-4)		9 - 9:45 AM PiYo (FIT) (3-4)
10 - 10:30 AM Good Morning Stretch (VIRT) (1-4)	10 - 10:45 AM Cardio Mix (VIRT)/(FIT) (3-4)		11 - 11:45 AM Sit N' Fit (VIRT) (1-2)	10 - 11 AM YOGA for Every Body (FIT) (2-4)
12 - 12:45 PM Chair Volleyball (FIT) (1-4)	11 - 11:55 AM Open Pool (max 8)	12 - 12:45 PM Chair Volleyball (FIT) (1-4)	11 - 11:55 AM Open Pool (max 8)	
12 - 12:55 PM Open Pool (max 8)	12 - 12:45 PM Splash Circuit (POOL) (3-4)	12 - 12:55 PM Open Pool (max 8)	12 - 12:45 PM Splash Circuit (POOL) (3-4)	
	12 - 12:45 PM Chair Volleyball (FIT) (1-4)		12 - 12:45 PM Chair Active (FIT) (1-3)	Shaded = POOL
	1:15 - 2 PM EnerChi/Stability (FIT) (1-3)		1:15 - 2 PM EnerChi/Stability (FIT) (1-3)	
2:15 - 3 PM Zumba Toning (FIT) (2-4)		2:15 - 3 PM Zumba Toning (FIT) (3-4)		

**KEY for Class Levels:**

1. Wheel chair bound or unable to stand w/o assistance
  2. Can stand, but have mobility or balance issues
  3. Beginner or participants who have not been exercising regularly
  4. Active older adult
- (FIT) In-Person Classes (VIRT) Virtual Classes

## Fitness Class Fees

If you have any of the following: Silver Sneakers, Silver & Fit, ReNew Active or One Pass your classes may be paid by your insurance.

**\*Fitness Classes:**

\$12 for 6 weeks - 1 day per week  
\$24 for 6 weeks - 2 days per week



**\*Equipment Usage:**

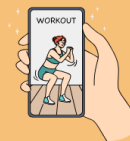
\$24 for 6 weeks  
(FREE if taking a 2-day week class)



**\*Multiple Classes:**  
(includes 1 Aquatic Class 2 x week)  
\$40 for 6 weeks - max for multiple

**\*Aquatic Classes:**

\$16 for 6 weeks - 1 day per week  
\$32 for 6 weeks - 2 days per week



**\*Virtual/Online Classes:**

FREE

## 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



### Ruffy-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

# 8 Lunch Clubs

Rowan County Residents Age 60+

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

Monday - Friday / 10:30 am - 1:30 pm

Meals at No Cost - Donations 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
Latino Lunch Club (2nd & 4th Wed.)	(704) 216-7702

T H A N K F U L

Thanksgiving



T H A N K F U L

RHSC will close at 1 pm on Wednesday, November 27 and will be closed for Thanksgiving (28) and Friday (29). We hope you and your family have a Very Happy Thanksgiving!



# NOVEMBER Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join a RHSC Lunch Club! 8 Locations for Rowan County residents 60+ Menu substitutes of equal nutritional value, may occasionally have to be made.</p>		<p>Enjoy a meal at no cost, play games, meet new friends! Donations welcome, call to register 704-216-7702</p>		<p>1 Chicken Fillet, Bun, Lettuce/Tomato, Baked Fries, Oatmeal Cookie &amp; Milk</p>
<p>4 BBQ Pulled Pork, Bun, Potato Salad, Red Slaw, Apple Crisp w/ Oat, Milk</p>	<p>5 Hamburger Steak w/ Onions &amp; Gravy, Pintos, Turnip Greens, Biscuit, Jello Fruit Cup &amp; Milk</p>	<p>6 Scrambled Eggs, Sausage Link, Biscuits &amp; Gravy, OJ &amp; Milk</p>	<p>7 Beef Taco, Lettuce/Tomato, Cheese &amp; Soft Shell, Corn, Peanut Nutty Bars, Milk</p>	<p>8 Fish Filet, Bun, Oven Potatoes, Coleslaw, Fudge Cookie and Milk</p>
<p>11 Baked Herb Chicken, Whipped Sw. Potato, Green Beans, Roll, Oranges w/Bananas and Milk</p>	<p>12 Pan Roasted Chicken Thighs w/gravy, Broccoli &amp; Cheese, Corn, Roll, Cherry Yum and Milk</p>	<p>13 Lasagna, Tossed Salad, Dressing, Garlic Bread, Peaches and Milk</p>	<p>14 Baked Ham, Black Eyed Peas, Cooked Cabbage, Biscuit, Pears &amp; Milk</p>	<p>15 Riblet in BBQ Sauce, Bun, Potato Wedges, Coleslaw, Butterscotch Delite and Milk</p>
<p>18 BBQ Pork Chops, Mashed Potatoes, Green Peas, Roll, Cinnamon Apples and Milk</p>	<p>19 Baked Fish, Rice Pilaf, Steamed Veggies, Roll, Pineapple Dump Cake and Milk</p>	<p>20 Vegetable Beef Soup, Crackers, Turkey/Cheese Sandwich, Wheat Bread, Chocolate Pudding and Milk</p>	<p>21 Chicken &amp; Dumplings, Sweet Peas, Seasoned Cauliflower, Roll, Mixed Fruit Salad and Milk</p>	<p>22 Hamburger, Bun, Lettuce/Tomato/Onion, Tater Tots, Oatmeal Cookie and Milk</p>
<p>25 Meatballs over Pasta, Tossed Salad (Dressings), Garlic Toast, Vanilla Mousse and Milk</p>	<p>26  Friendsgiving</p>	<p>27 Grilled Chicken Sand., Bun, Diced Hashbrowns, Carrots, Oatmeal Cookies and Milk</p>	<p>28  Closed Happy Thanksgiving!</p>	<p>29 Closed</p>