

Our Lunch Clubs are funded by donations and grants. USDA Food Box Assistance available in partnership with Second Harvest Food Bank of Metrolina.

**Seasonally fresh produce available through the Farmers Market Produce Program (Summer program).*

— Rufty-Holmes —
Senior Center
“Adding Life to Years”

Please visit the Services page of our website:

www.ruftyholmes.org

**1120 S. MLK Jr. Avenue
Salisbury, NC 28144**

704-216-7702

**Find our daily menu on our website and in our monthly newsletter!*

For information on additional community outreach services, please call:
704-216-7714

Accredited by 
National Institute of Senior Centers

Lunch Clubs

For Rowan County Older Adults





Lunch Clubs

WHO: Rowan County residents age 60 and older are welcome.

WHEN: Lunch Clubs are open Monday thru Friday, 10 am - 1 pm. Programs begin at 10:30 am. Lunch is served between 11:30 am - 12:15 pm.

WHAT: Enjoy a Healthy Meal, participate in daily activities, make new friends, and learn about services offered.

COST: Guests are asked to give a donation towards the meal, according to their ability to pay. Donations are private and all older adults are served regardless of their ability to make a contribution.

SIGN -UP: Contact our Nutrition Manager at Nutrition@ruffyholmes.org, to register and sign up for your first lunch. Once you are registered, you can let the Site Coordinator (for the site you wish to attend) know which days that week you would like to attend. You can also reserve your meal day by day on the sign up sheet at your Lunch Club or by calling your Lunch site's number (see last page-Lunch Club locations).

PLEASE NOTE!

If you are running late to Lunch Club, make sure to call your site by 10 AM that morning to let us know or your meal may be given to someone else. If you are sick or do not plan on attending on a day you have signed up for, PLEASE call to let us know so the food doesn't go to waste. We appreciate the help in minimizing wasted food and donor dollars.



Lunch Club Locations

- **North Rowan:** 704-431-7720
First Community Building of Spencer
215 Fifth Street, Spencer
- **South Rowan:** 704-798-3038
VFW Post 8989 Poston-Perkins
2500 N. Cannon Blvd., Kannapolis
- **East Rowan:** 704-798-3058
Shiloh United Methodist Church
234 S. Main Street, Granite Quarry
- **West Rowan:** 704-798-3100
Third Creek AME Zion Church
Cleveland
- **East Salisbury:** 704-636-7758
Lafayette Community Center
617 Lafayette Circle, Salisbury
- **West Salisbury:** 704-798-3093
John Calvin Presbyterian Church
1620 Brenner Avenue, Salisbury
- **Latino Lunch Club:** 704-216-7702
Meets the 2nd & 4th Wednesday @ RHSC
1120 S. MLK Jr. Ave, Salisbury
- **Tuesday Lunch Club:** 704-216-7702
Meets every Tuesday @ RHSC
1120 S. MLK Jr. Ave, Salisbury

Enjoy a hot meal with your friends & neighbors!

The **Monthly Menu** is available on our website, newsletter, and at the Lunch Clubs. The meal is prepared by caterer, Heather's Simply Homemade, Salisbury, NC.

We are unable to accommodate special diets. However, if you don't like what is being offered on the calendar for that day, you may substitute a chef salad as your meal, provided you give us 24-hours notice.

Transportation to Lunch Clubs is available, on a limited basis, through Rowan County Transit System or Salisbury City Busline. Please call for availability at 704-216-7702.