



# JANUARY

# NEWS



**THE CENTER WILL BE CLOSED MONDAY, JANUARY 20, IN HONOR OF MLK JR. DAY!**

704-216-7714

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

WWW.RUFTYHOLMES.ORG



## Unblock your Creative Writing

Thursday, January 16  
9:30 - 11 am  
\$20 per person

Help confront and overcome the obstacles that can get in the way of the writing process. This workshop includes both presentation and time for creation/discussion, so please come with your unfinished products, including writing maps, outlines, and even wisps of an idea you'd like to bring to life. Led by Sara Austin Bailey. Call to register.

## SHREDDING!

Tuesday, January 21  
9 am - 1 pm

RHSC is hosting a shredding event in partnership with Rowan Vocational Services.

All paper items are placed in a locked bin and shredded by professionals.

We will have help to unload your paper and place them in the bins. Donations of \$5 - \$10 are encouraged based on the amount you bring. For large quantities call Rowan Vocational Opportunities directly at 704-633-6223.



## Adding Life to your Years: Natural Food for Health

Wednesday, January 29  
10 am

Whole food nutrition isn't as scary and complicated as it sounds. Let's discuss why eating a balanced diet is important as we age and easy ways to incorporate healthy choices into your daily meals. Led by Sharon Beck. No cost, call to register.

## INTRO TO SIGN LANGUAGE

\$25 for 4-Week Session



### Your Choice:

Tuesdays, January 14 - February 4  
OR

Thursdays, January 16 - February 6  
9:30 - 10:30 AM

Deborah Hirst will start with the basics by teaching you the alphabet, fingerspelling, and then some conversation practice and vocabulary development. Explore more about deaf culture and learn tips for remembering signs! Call to register.



# Community Resources



**Q: What is VITA?**

**A: Volunteer led tax assistance program for people in need of tax preparation**

**Q: When are appointments available?**



**A: Tax filing appointments begin on Wednesday, Jan. 29 - April 30, Wednesdays 8:30 am - 3:30 pm / Saturdays 9 - 11:30 am / Monday evenings 3:30 - 6:30 pm.**

**Q: How do I make an appointment?**

**A: The reservation line will open Wednesday, January 15 at 9 am and will be running Monday - Friday until appt. slots are full. To make appt. Call 704-216-7719 OR 704-216-7721. If you get a recorded message, leave your full name and number and your call will be returned within one business day.**

**Q: What information will I need?**

**A: You will be asked to provide your name, phone number and E-mail (if you have one). You will need to pick up a tax preparation packet from the Senior Center (RHSC) and have it filled out prior to your tax filing appointment.**



The Low Income Energy Assistance Program (LIEAP) is a federally-funded program that provides for a one-time vendor payment to help eligible households pay their heating bills.

Contact Rowan County Dept. of Social Services to apply for assistance between January 1 - March 30. Call 704-216-8330



Have a heart for Seniors and some time to spare? Please consider volunteering for our CARS program. Call Sylvia at 704-216-7717.

## 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



# 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!

**Tropical Costa Rica - January 4 - 12, 2025 / This trip is full.**

**Hamilton at the Belk Theater - Charlotte - Tuesday, January 28 / \$119 per person** Arrive to RHSC by 5:15 pm. Hamilton is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. Based on Ron Chernow's acclaimed biography and set to a score that blends hip-hop, jazz, R&B, and Broadway. Must be able to walk 12 stairs to balcony seats. **Registration is open!**

**Danville Casino - Danville, VA - Thursday, February 13 / \$40 per person/ Morning Departure** Danville Casino is New as of 2023 and features over 800 of the newest and most exciting video slot machines, video poker, and electronic table games. You can get in on all the action with the live table games too! Now offering live Craps and 000 Roulette, Danville Casino offers 33 of your favorite table games including Blackjack, Baccarat, Mississippi Stud, and Ultimate Texas Hold 'em. Lunch is available on site for purchase. **Registration opens Thursday, January 2 for Rowan County residents and January 9 for out of county.**

**Greensboro Science Center - Tuesday, February 25 / \$42 per person / Morning Departure** The Greensboro Science Center is a science museum, indoor aquarium, outdoor zoo (optional) - all in one location! The center offers a variety of shows and experiences for everyone. Lunch is available on site for purchase. **Registration opens Thursday, January 2 for Rowan County residents and January 9 for out of county.**

**Pigeon Forge, TN - May 13 - 15 / \$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 the flyer or our website for more details. \$200 deposit required to register. **Registration is open!**

Happy New Year

## Upcoming Programs



**SAVE THE DATE:** 32nd Annual African American History Breakfast / Friday, February 28 / 9 - 10:30 am. We are honored to be the annual host of this celebratory event. Stay tuned for registration information in the February newsletter.



"I love my hearing aids. They have changed my life. The ladies at Hearing Solutions are great, I mean GREAT! They're so ready to help you with any problem. I've had a few minor issues and they were so nice to help me. I recommend them to anyone who needs help hearing."  
~Martha Shue



464 Jake Alexander Blvd.  
Salisbury, NC  
704.212.2376



# PROGRAMS & EVENTS



- **Adult Literacy Tutor Interest Meeting:** Monday, January 6 / 5:30 pm / RHSC is partnering with Rowan County Literacy Council to recruit adult literacy tutors at the center in 2025. Join us for an information session to learn more. No prior teaching experience required. **First Training Session: Wednesday, January 22 at 2:30 pm.** RHSC will host a 2-hour in-person training session with RCLC personnel. Call to register for the free training.
- **Movie with Friends- Gifted:** Thursday, January 9 / 2 pm / No cost / In this wonderfully moving film, a single man (Chris Evans) strives to give his child prodigy niece (Mckenna Grace) a normal life, despite interference from the girl's grandmother. Popcorn & refreshments provided. Call to register. **RHSC is licensed to show motion pictures by Motion Picture Licensing Corporation.**
- **Trivia Night:** Monday, January 13 / 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 "Condiments, Born in Indiana and General Knowledge". **Sponsored by Vanessa Miles with Allen Tate.**
- **Hearing Screenings:** Wednesday, January 15 / 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 your time slot. Sponsored by the Division of Services for the Deaf and Hard of Hearing.
- **Got Plans?:** Thursday, January 30 / 2 pm / Advance Care Planning: Learn to plan for the unexpected. We will navigate you through the Healthcare POA and Living Will forms at no cost with notarization services included. Led by Trellis Supportive Care. Call to register.



## ONCE A MONTH EVENTS

- **AARP Chapter Meeting:** Thursday, January 2 / 1 - 2:30 pm / New members welcome!
- **Parkinson's Support Group:** Tuesday, January 7 / 12:00 - 2 pm / Learning strategies to live our best life with Parkinson's. Created for people with Parkinson's and Caregivers.
- **Curious Book Club:** Wednesday, January 8 / 12:30 - 2:30 pm / **January Selections:** *Royal Holiday* by Jasmine Guillory. **February Selections:** *The Henna Artist* by Alka Joshi.
- **Military Officers Association:** Monday, January 13 / 12 - 1:30 pm. Welcome to all officers of all services (active, reserve, guard, and vets).
- **Ambassadors Volunteer Club:** Tuesday, January 14 / 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 Retired School Personnel:** Wednesday, January 15 / 10 - 11:30 am
- **Rowan Doll Society:** Tuesday, January 21 / 12:30 - 3 pm.
- **Technology for Today:** Wednesday, January 22 / 1:30 - 3:30 pm / Topic: All I Got for Christmas & other items I want to show off or ask about.
- **Trip Advisory Meeting:** Monday, January 27 / 10 am / Vote on Spring & Summer 2025 day trips! 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. Beginners welcome. \$5 per person.

**Tech Clinic:** January 13 & 27 / 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! 30-minute time slots are available to receive FREE assistance. Call to sign up. Drop-ins will be accepted if slots are open.

**Stained Glass:** February 3 - March 24 / 1:30 - 4:30 pm OR 5 - 8 pm. \$55 plus materials for 8-week session paid directly to instructor. Call to register.

## 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:** January 7 & 14 / 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.

**Musical Jam Session:** January 7 & 21 / 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:** January 8, 15 & 29 / 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:** January 8 & 22 / 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.



# Fitness & Wellness



## IMPORTANT:

Contact Angela, RHSC Fitness Manager, before using equipment or joining a class at [fitness@ruffyholmes.org](mailto:fitness@ruffyholmes.org)  
OR  
TEXT 704-216-7701.

## NEW FITNESS CLASS!

in Spencer

### *Classic Silver Sneakers*

(basic seated or standing resistance exercise)

Oakdale Baptist Church (Spencer)  
Mondays & Wednesdays  
10 - 10:45 AM  
(Level 1-3)

## NEW FITNESS CLASS!

in Woodleaf

### *Mindful Mobility*

(gentle seated or standing movements)

Woodleaf United Methodist Church  
Tuesdays & Thursdays  
11 - 11:45 AM / (Level 1-3)

## NEW POOL CLASS!

### *Aqua Tone*

Tuesdays & Thursdays  
8:15 - 9 AM  
(POOL) (Level 2-3)

## GARS

(Golf Association of Ruffy-Holmes Seniors)

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

1st Monday meeting:  
**January 6 @ 8:30 AM**

For more info, call John Cress:  
704-633-7007



## REMINDER:

Your classes may be paid by your insurance company if you have any of the following: Silver Sneakers, Silver & Fit, Renew Active & One Pass



## OUTDOOR ADVENTURE HIKE!

**Friday, January 17, 2025**

Location: Deep River / Jamestown / 4 Miles  
Hiking club Meets the 3rd Friday each Month  
New hikers should stop by the center to sign a waiver



# Fitness & Wellness



**Fitness Session 1: December 30 - February 7, 2025**

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

**Current Classes with Availability:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:05 - 8:50 AM Zumba Gold (FIT) (2-4)	8:15 - 9 AM Aqua Tone (POOL) (2-3)	8:05 - 8:50 AM Zumba Gold (FIT) (2-4)	8:15 - 9 AM Aqua Tone (POOL) (2-3)	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)	<b>Shaded = POOL</b>
	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. Wheelchair 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 (POOL) Pool 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



### 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

# 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

## LISTEN TO OUR 1-MINUTE TRIVIA INFOMERCIAL MONDAY - FRIDAY

**MORNINGS AT 6:25 AM OR 10:20 AM**  
**(IT'S PLAYED BOTH TIMES)**

**ON AIR**

**101.7 FM**

MONTHLY GAME BOARDS & DETAILS AVAILABLE AT THE SENIOR CENTER AND ON OUR WEBSITE  
(UNDER LEISURE TAB).



# JANUARY Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Join a RHSC Lunch Club! 7 Locations for Rowan County residents 60+ Menu substitutes of equal nutritional value, may occasionally have to be made.		1 <b>Closed</b> <i>Happy New Year</i>	2 BBQ Pork Chops, Brown Rice, Creamed Corn, Apple and Milk	3 Hot Dog, Chips, Chili/Slaw/Onion Fudge Cookie Milk
6 Sweet & Sour Chicken, Stir Fried Rice, Cooked Cabbage, Pineapple Tidbits and Milk	7 Tuna Salad - Cold, 3 Bean Salad, Cottage Cheese, Peaches, Crackers and Milk	8 Salisbury Steak, Mashed Potatoes, Squash Casserole, Wheat Bread, Orange and Milk	9 Roasted Chicken Thighs, Broccoli & Cheese, Buttered Corn, Roll, Banana Pudding and Milk	10 BBQ Riblet, Bun, Oven Potatoes, Coleslaw, Oatmeal Cookie and Milk
13 Chopped Pork BBQ, Red Slaw, Potato Salad, Bun, Peaches and Milk	14 Goulash Beef, Tomato Pasta, Lima Beans, Bread, Chocolate Cake and Milk	15 Baked Ham, Black Eye Peas, Turnip Greens, Cornbread, Cherry Yum and Milk	16 Pimento Cheese, Tomato Soup, Wheat Bread, Crackers, Banana and Milk	17 Fish Filet Sandwich, Oven Potatoes, Coleslaw, Nutty Bars and Milk
20 Ham & Cheese Sandwich, Chicken Noodle Soup, Crackers, Apple and Milk	21 Country Fried Beef Steak in Gravy, White Rice, Sweet Peas, Biscuit, Orange Fluff and Milk	22 Baked Fish, Steamed Vegetables, Cheesy Orzo, Bread, Pears and Milk	23 Stroganoff w/Meatballs in Rotini Pasta, Green Beans, Garlic Toast, Vanilla Mousse and Milk	24 Grilled Chicken Sandwich, Chips, Lettuce/Tomato, Pecan Twirls and Milk
27 Chicken Tenders, Potato Salad, Baked Beans, Banana and Milk	28 Spaghetti - Beef, Seven Layer Salad, Garlic Bread, Chocolate Pudding and Milk	29 Smoked Sausage, Sauerkraut, Pintos, Cornbread, Orange and Milk	30 Pulled Pork Roast in Brown Gravy, Mashed Potatoes, Sweet Carrots, Ice Cream cup and Milk	31 Meatball Sub, Cheese (White), Pasta Salad, Raisin Cream Cookie and Milk