



2025

# APRIL

# NEWS

**THE CENTER WILL BE CLOSED FRIDAY, APRIL 18 IN HONOR OF GOOD FRIDAY!**

704-216-7714

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

WWW.RUFTYHOLMES.ORG

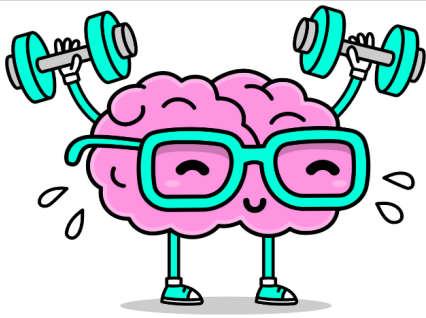


**April is  
Parkinson's Disease  
Awareness Month**

**Tuesday, April 1  
&  
Tuesday, May 6  
12 - 2 pm**

If you or a loved one have been diagnosed with Parkinson's Disease, we invite you to join us to talk with experts and learn more about support groups and resources. No registration required.

Visit Rowan County's Parkinson's Support Group: First Tuesday of Every Month at 12 pm at Rufty-Holmes Senior Center.



**Brain Fitness**  
**Monday, April 7**  
**3:30 - 4:30 pm**

Catawba College's Recreational Therapy students will lead this interactive program about sharpening your brain! Topics include exercises and games to improve executive functioning, problem solving, reminiscing and memory. No cost, call to register.



**Salisbury SYMPHONY**  
est. 1967

**Tunes & Spoons**

**Friday, April 11**  
**11 - 12 pm**



**\$10 pp**



Socialize with friends over lunch and enjoy a performance by a trio of select members of the Salisbury Symphony. Lunch reservations close Friday, April 4. Call to register.



## SHREDDING!

**Tuesday, April 29**  
**9 am - 1 pm (or until bins are full)**

Get rid of unwanted documents and papers. Bring your items and place in locked bins to be shredded by professionals. Donations of \$10 - \$20 are encouraged based on the amount you bring. We will have helpers to unload your items.

This event is for individuals, not small businesses.

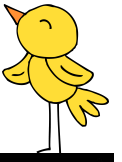
For large quantities, call Rowan Vocational Opportunities directly at 704-633-6223.

**SECURITY**





# Community Resources



## VITA

VOLUNTEER INCOME TAX ASSISTANCE

### FREE INCOME TAX SERVICE

**Rufty-Holmes Senior Center**  
1120 S. MLK Jr. Ave.  
Salisbury, NC 28144

Monday evenings 3:30 - 6:30 pm  
Wednesdays 8:30 am - 3:30 pm  
Saturdays 9 - 11:30 am

### RCCC-NC

**Research Campus**  
399 Biotechnology Lane  
Kannapolis, NC 28081

Thursdays 3-5 pm

Please pick up Tax Prep Packet ahead of Appointment.

For Appointment  
Call 704-216-7719  
or 704-216-7721



NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

Turning 65 or know someone who is?  
Call 704-216-7724 to get set up with one of our SHIIP Counselors in Rowan County and get Medicare health insurance counseling, and assistance with applications. This is a FREE service.



For Assistance,  
Call 704-216-7704

Need assistance with mobility?



Our HOME Program can help with grab bars, ramps and handrails.



## BOX FAN PROGRAM

Currently, RHSC is waiting on funding for the program.  
We are not accepting sign-ups right now.  
Please stay tuned to the May newsletter for updates.

### ELIGIBILITY REQUIREMENTS:

- Must be 60 years of age or older, or disabled.
- Must be a Rowan County resident. (verified by ID)
- Have financial need.
- Have health conditions that are negatively impacted by heat.
- Not eligible for the 2025 program if you received a fan last year.

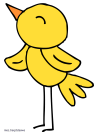


## New Employee Spotlight!

Please welcome our New  
Facility Manager, Jason Berube

You may have seen him around the center. Jason came to us from the City of Salisbury with 20+ years experience in his field. We are fortunate to have him as a valued member of our team. Jason will oversee building operations and the day to day set up and take down in preparation for programs and events, ensuring a safe and functional place for participants and staff. When Jason isn't diligently overseeing operations to guarantee everything runs like clockwork, he can be found indulging in his daydreams of NASCAR racing, or exploring the outdoors where he might be hunting or fishing. Jason has been married 24 years to Randee and has 3 children, 2 grandchildren, 3 dogs and 4 cats.

## PROGRAMS & EVENTS



- **Plant 101:** Monday, April 14 / 2 pm / Information will be presented on planting spring and summer annuals, vegetables, planting trees and shrubs, insect control for certain plants, and moving indoor plants outdoors. Plants may have been damaged during winter, learn how to determine winter damage and then prepare plants for the summer. Led by Master Gardener, Darrell Blackwelder. No cost, call to register.
- **Grief Support Workshop:** Tuesday, April 15 / 10 - 11:30 am / A support system open to adults who are grieving the death of a loved one. Led by Trellis Supportive Grief Counseling Team. Call to register.
- **Be Red Cross Ready - Thunderstorms:** Thursday, April 17 / 10 am / Thunderstorms can be devastating to us, our homes and communities. Build confidence by learning simple steps you can take now to help prepare and protect you and your family. It's easy to learn through one of our free disaster preparedness trainings! Hosted by the American Red Cross. No cost, call to register.
- **Fused Glass Workshop:** Thursday, April 24 / 10 - 12 pm / \$25 pp / Create a fused glass nightlight on clear or transparent colored glass with frit, stringers, confetti and cut glass pieces. Your work will be fired and returned completed to RHSC for pick up on April 28. Suggested themes are: sunsets, garden flowers and free form designs. A second nightlight can be made for an additional \$5 each. Limited seating, call to register. Pay instructor directly.
- **Volunteer Appreciation Month:** RHSC appreciates and celebrates our volunteers. Invitations are being mailed out next week to our volunteers to invite you to a brunch in your honor on Friday, April 25 at 10:30 am. Please RSVP by April 17 at front desk or by calling 704-216-7714. Contact Nancy Krapf if you volunteer at RHSC but haven't received an invitation by April 11.

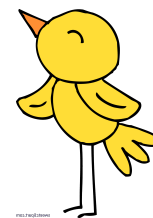


## ONCE A MONTH EVENTS

- **Parkinson's Support Group:** Tuesday, April 1 / 12 - 1:30 pm / Learning strategies to live our best life with Parkinson's. Created for people with Parkinson's and caregivers.
- **Curious Book Club:** Wednesday, April 2 / 12:30 - 2:30 pm / **April Selections:** *All The Wicked Girls* by Chris Witaker and *Mr. Penumbra's 24 hour Bookstore* by Robin Sloan. **May Selections:** *The Returned* by Jason Mott and *Any Book* by P.D. James.
- **AARP Chapter Meeting:** Thursday, April 3 / 1 - 2:30 pm / Monthly Chapter meeting with presentation by John Tucker, narrator for the "Ghosts Walk: Legends and Ghosts in Salisbury". New members welcome!
- **Trivia Night:** Monday, April 14 / 5:30 - 7 pm / \$2 per person. Test your knowledge for a chance to win! Call to register your team of 2-6 people or join a team as a single. Topics include "General Knowledge, The Wild Life, and Music thru the Decades-Worldwide Hits". **Sponsored by Vanessa Miles from Allen Tate Realty.**
- **Ambassadors Volunteers Club:** Tuesday, April 8 / 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 Doll Society:** Tuesday, April 15 / 12:30 - 3 pm.
- **National Active and Retired Federal Employees:** Monday, April 21 / 1 - 3 pm.
- **Technology for Today:** Wednesday, April 23 / 1:30 - 3:30 pm / Topic: "Video Chat and Conference Apps (Ex. Google Meet, Zoom, Teams, Etc.)." All are welcome.
- **Travel Advisory Meeting:** In preparation for the meeting which is TBA, please complete the survey online (under Leisure Tab / Travel with RHSC) or pick up a hard copy at the center and turn in by April 30.



# WEEKLY PROGRAMS



**Billiards available during RHSC center hours**

Schedule a time slot or drop in. No cost, see the front desk to reserve.

**\*RHSC is closed Friday, April 18, In Honor of Good Friday.**

## 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:

**Stained Glass:** April 21 - June 16 / 1:30 - 4:30 pm & 5 - 8 pm / \$55 plus materials for 8-week session paid directly to instructor. Call to register.

**Tech Clinic:** April 14 & 28 / 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! Free assistance is available in 30-minute time slots. 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:** April 1 & 8 / 1 - 4 pm / \$15 per class / Max of six people per class, please pay instructor directly. Only one class per person per month. Call to register.

**Musical Jam Session:** April 1 & 15 / 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:** April 2, 9 & 16 / 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:** April 9 & 23 / 11 am - 12:30 pm / No cost for catered lunch. Call to register.

## THURSDAYS:

**Salisbury Rowan Quilters:** 9:30 am - 12 pm / For additional information and membership, please email SalRoQuilters2021@gmail.com or check out our website at Salisburyrowanquilters.net.

**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.



# On the Go...

Life begins  
AT THE END  
of your  
Comfort Zone.

**State Capitol Building & NC Museum of Natural Sciences - Raleigh - Wednesday, April 16** / \$65 per person / Arrive at RHSC by 6:45 am / Participate in a guided tour of the NC State Capitol building and then enjoy free time to explore the NC Museum of Natural Sciences. This place is unbelievable, you don't want to miss out. Lunch will be available for purchase at the science museum. Call to register. **Registration is open.**

**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 which showcases the region's most talented singers and dancers, delivering hit songs across multiple genres and decades. Prepare to be dazzled by hilarious comedy that will have you laughing until your sides ache and be amazed by specialty acts that defy expectation. On day two, spend the day at Dollywood, with high-energy entertainment, shows and award-winning dining and the friendliest theme park atmosphere in the world! On day three, step aboard the Titanic. You'll receive a boarding pass that connects you with the story of an actual Titanic passenger or crew member, adding a personal touch to your journey through history. Then enjoy some shopping at the Island before heading back. This trip will be full of activity you don't want to miss! **Registration is open.**

**Amelia Island, St Augustine & Jacksonville, FL - November 3-7, 2025** / \$640 per person, double rate / Registration opens Tuesday, April 1. A \$75 deposit is required to register. Pick up a flyer for more information at the front desk or on our website. Pay by check only, written out to Diamond Tours. Experience a guided Tour of Amelia Island, FL, a visit to Fernandina Beach Historical District, with stroll along beach, a guided Tour of St. Augustine FL, America's First City, a visit to the Fountain of Youth & Historic St. George Street, a guided Tour of Jacksonville, FL and a narrated cruise on the St. John's River.

**Portugal, Spain - January 25 - February 3, 2026** / Trip is Full



## Upcoming Programs



**AARP Car Fit & Wellness Screenings:** Monday, May 5 / 9 am - 12 pm / Occupational Therapy Assistant Students from RCCC will assist to custom fit you in your car for safer driving. Free wellness screenings include blood pressure & oxygen checks, sleep, memory, strength, visual perception, dexterity, and balance screenings. No cost, call to schedule your appointment.

**Spencer Senior Luncheon:** Tuesday, May 6 / 12 pm / At Oakdale Baptist Church in Spencer. This event is for Spencer residents or those that attend church in Spencer, age 55+. Enjoy catered lunch, raffle prizes and music! No cost, call to **register by April 29. Sponsored by the Town of Spencer.**

**Treasures in Your Trunk:** Friday, May 23 / 9 am - 2 pm / If you enjoying thrifting and yard sales, this event is for you! It will be held in our back parking lot. Reserve your parking spot for \$10 to sell items from the trunk of your car. Each person will receive a table and chair. Call for your reservation, space is limited. Hot Dog plates will be available to purchase. **Registration opens April 1.**



"I saw the ad for an Ear Spa and decided to try it because the inside of my right ear had been bothering me. The treatment felt wonderful and they removed a small piece of hardened blood that had been on my eardrum for a long time. I couldn't believe how much better I could hear. I highly recommend this place!! You won't be sorry.

~Bonnie Jones





# Fitness & Wellness



Session 3:

March 31 - May 9, 2025

**Daily Classes:**

**Gym Schedule: (FIT)**

## Monday

**\*Only Available Classes are Shown**

Class	Time	Location	Fit Level	Instructor
Zumba Gold	8:05 - 8:50 am	(FIT) Gym	(3-4)	Nayda
Latin Infused Cardio Dance				
Zumba Toning	2:15 - 3 pm	(FIT) Gym	(3-4)	Nayda
Latin Infused Dance Choreographed to Music-Toning Exercises				

## Tuesday

**\*Only Available Classes are Shown**

Cardio Mix	10 - 10:45 am	(VIRT) & (FIT) Gym	(2-4)	Susan
Old School Aerobic Style Workout				
EnerChi/Stability	1:15 - 2 pm	(FIT) Gym	(1-4)	Stacy
Gentle Movement that can be done Standing or Seated				

## Wednesday

**\*Only Available Classes are Shown**

Zumba Gold	8:05 - 8:50 am	(FIT) Gym	(3-4)	Nayda
Zumba Toning	2:15 - 3 pm	(FIT) Gym	(3-4)	Nayda

## Thursday

**\*Only Available Classes are Shown**

Cardio Dance	10 - 10:45 am	(FIT) Gym	(3-4)	Angela
Dance Fitness to a Variety of Music				
Chair Active	12 - 12:45 pm	(FIT) Gym	(1-3)	Traci
Seated Chair Exercises				
EnerChi/Stability	1:15 - 2 pm	(FIT) Gym	(1-4)	Stacy

## Friday

**\*Only Available Classes are Shown**

PIYo	9 - 9:45 am	(FIT) Gym	(3-4)	Angela
Bodyweight Strength Meets Cardio and Flexibility with Yoga and Pilates Inspired Moves				
YOGA for Every Body	10 - 11 am	(FIT) Gym	(3-4)	Vanessa
Mat Based Yoga (Bring Your Own Mat)				

**Email [fitness@ruftyholmes.org](mailto:fitness@ruftyholmes.org) or Text/Call 704-216-7701  
for Aquatic Class Availability**

## Fitness Class Fees

If you have any of the following: Silver Sneakers, Silver & Fit, ReNew Active, One Pass  
or FitOn Health 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**



# Fitness & Wellness



**IMPORTANT:** Contact Angela, Fitness Manager, for fees and before using equipment or joining a class at [fitness@ruftyholmes.org](mailto:fitness@ruftyholmes.org) OR Call or Text 704-216-7701

## LINE DANCE

Wednesdays  
(May 7, 21, June 4, 18, July 2, 16)

Beginner  
10 - 10:45 am

Intermediate  
10:45 - 11:30 am

\*Attend one or both options  
**\$36 for 6 Classes**

## BASIC PICKLEBALL

Wednesdays and Fridays

9 - 11 am

Begins **Wednesday, April 2**

Enjoy non-competitive play, learn as you go

**Location:**

Granite Civic Park  
202 W. Peeler St.  
Granite Quarry

## WALK WITH EASE PROGRAM

Wednesdays  
May 7 - June 11  
11 am - 12:30 pm

- Can you walk for 10 minutes?
- This program is designed to get the inactive up and moving
- 6-week Self-Guided Program
- Begin By Stretching
- Borrow a guidebook or purchase your own for \$12

"When I started the program, I was afraid to walk very far because of my knee pain. Walk with Ease helped me start slow and build up gradually. Now I'm confident in my ability to walk easily without making my arthritis worse."

Betty A.



Text/Call 704-216-7701 to sign up today!

## OUTDOOR ADVENTURE HIKE!

Friday, April 11, 2025  
(\*Second Friday instead of Third)

**Location:**

**Stone Mtn. Loop Trail - 4.5 Miles**

\*Option to do lower trail to waterfall and back  
4.6 miles

Hike locations subject to change.  
New hikers should stop by the center  
to sign a waiver



## GARS



(Golf Association of Rufty-Holmes Seniors)

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

1st Monday meeting:  
**April 7 @ 8:30 AM**

For more info,  
call John Cress: 980-234-3080

## 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

# 7 Lunch Clubs

Rowan County Residents Age 60+

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

Monday - Friday / 10:30 am - 1 pm

Meals at No Cost - Donations for RHSC 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

## RHSC BOARD OF DIRECTORS MEETING

Meetings are open to the general public

**Next Meeting:**  
Wednesday, April 23, 2025  
11 am

All meetings are held at:  
Ruffy-Holmes Senior Center  
1120 S. Martin Luther King, Jr. Avenue  
Salisbury, North Carolina 28144



# APRIL Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3/31 Turkey & Cheese Sandwich, Wheat Bread, Tomato Soup, Crackers, Orange and Milk	1 Sloppy Joe, Bun, Slaw, Oven Tots w/ Cheese, Strawberries/Grapes, and Milk	2 BBQ Chicken, Green Beans, Mac-n-Cheese, Bread, Bananas and Milk	3 Ham Salad, Wheat Bread, 3 Bean Salad, Fruit Cup and Milk	4 Hamburger w/Bun, Let/Tom/Onion, Baked Beans, Pickle, Chips & Cookie and Milk
7 Spaghetti Casserole, Steamed Summer Veggies, Garlic Bread, Jello Fruit Cup and Milk	8 Roasted Chicken Thigh, Black Eye Peas, Honey Carrots, Roll, Orange Dreamsicle and Milk	9 Pulled Pork in Gravy, Sweet Potato Mash, Roasted Peppers & Onions, Roll, Cherry Yum and Milk	10 Hamburger Steak w/ Sautéed Onions, Potato Salad, Seven Layer Salad, Bread, Fresh Fruit and Milk	11 BBQ Riblet, Bun, Chips, Coleslaw, Cookie and Milk
14 Baked Ham, Green Beans, Mac-n-Cheese, Bread, Strawberry Yum and Milk	15 Lemon Pepper Pork Loin, Orzo, Stew Squash & Onions, Bread, Grapes & Cantaloupe and Milk	16 Salisbury Steak, Oven Potato (Chunky), Green Peas, Roll, Apple and Milk	17 Fish Sandwich w/Bun, Chips, Coleslaw, Pineapple Delite and Milk	18 Good Friday <b>CLOSED</b>
21 Grilled Chicken Sandwich w/Bun, Lettuce/Tomato, Oven Potato, Fruit and Milk	22 Chopped Pork BBQ, Red Slaw, Potato Salad, Bun, Orange and Milk	23 Sweet & Sour Chicken, Fried Rice, Honey Carrots, Fresh Fruit Blend and Milk	24 Baked Fish, Stewed Okra & Tomato, Orzo, Bread, Peach Fruit Cup and Milk	25 Turkey & Cheese Sub, Cheese (White), Let/Tom/Pickles, Pasta Salad, Chips, Cookie and Milk
28 Hot Dog w/Bun, Chili/Slaw/Onion, Rosemary Fries, Strawberries & Blueberries and Milk	29 Chicken Alfredo in Rotini, Mixed Veggies, Garlic Bread, Applesauce and Milk	30 Sloppy Joe, Bun, Slaw, Oven Tots w/ Cheese, Strawberries/Grapes, and Milk	Join a RHSC Lunch Club! It's free! 7 Locations for Rowan County residents 60+ Menu substitutes of equal nutritional value, may occasionally have to be made.	