



Together We CAN End Hunger

Rufty Holmes Senior Center
partners with
Second Harvest Food Bank
of Metrolina

Food Pantry Distribution is
available at the lunch club sites
for eligible applicants

Please call 704-216-7702
for details and eligibility

Rufty-Holmes is Your Information Source for Community Services

Assistance with:

Daily telephone reassurance checks

Choosing Medicare Supplemental
Insurance and Part D Plans

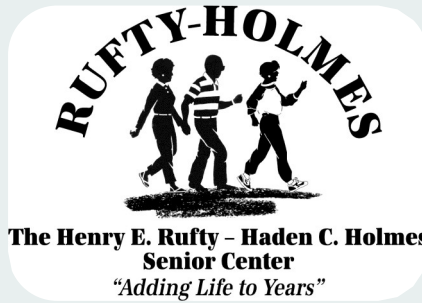
Legal services

Annual income
tax filing

And many
other
services . . .



Call 704-216-7704 for details



1120 S. MLK Jr Ave.
Salisbury, NC 28144

Main Phone:
704-216-7714

E-mail:
nutrition@ruftyholmes.org

Check our website for a
full schedule of Programs:
Fitness Classes, Clubs,
Social Events, Travel,
Learning Opportunities

Website:
www.ruftyholmes.org



Rufty-Holmes Senior Center is a member
agency of the Rowan County United Way,
and is accredited by the National Institute of
Senior Centers, a constituent unit of the
National Council on Aging.

LUNCH CLUBS

For Rowan County
Older Adults



A Program of
**Rufty-Holmes
Senior Center**
"Adding Life to Years"

704 - 216 - 7702



Staff & Volunteers serving lunch at a Lunch Club

DETAILS

The Monthly Menu is available on the Ruffy-Holmes website and at the Lunch Clubs. The meal is prepared off-site in a licensed facility by an approved caterer.

Meals provide 1/3 of the daily nutritional requirements. We are unable to accommodate special diets.

Reservations are required by late morning the day before and can be made at the Lunch Club or by calling the location's phone number.

Transportation to the Lunch Clubs is available, on a limited basis, through Rowan County Transit.

Please call 704-216-7702 for availability

Lunch Clubs are a great place to enjoy a good meal and visit with friends and new people!

WHO: Rowan County residents age 60 and older are welcome for lunch

WHEN: Lunch Clubs are open Monday thru Friday.

Lunch is served at 12:00 Noon, with programs starting at 11:15 am

WHERE: Choose from six locations around Rowan County, making it "close to home" for everyone.

COST: Guests are asked to give a donation towards the posted meal price, according to their ability to pay.

Donations are private and all older adults are served regardless of their ability to make a contribution.

Meals costs are supplemented with funding from HCCBG/USDA federal funds, state and local funding.

SIGN UP: Contact our Nutrition Manager who will help you sign up for your first lunch.

Call 704-216-7702

LUNCH CLUB LOCATIONS

NORTH ROWAN (Spencer)
Calvary Lutheran Church
303 5TH Street, Spencer
(704-636-2152)

SOUTH ROWAN (China Grove)
Mt Zion United Church of Christ
1415 S. Main St., China Grove
(704-798-3038)

EAST ROWAN (East Rowan County)
Christiana Lutheran Church
6190 US Hwy 52, Salisbury
(704-798-3058)

WEST ROWAN (West Rowan County)
Lions Club Building
106 Cemetery St., Cleveland
(704-798-3100)

EAST SALISBURY (Lafayette)
LAFAYETTE COMMUNITY CENTER
617 Lafayette Circle, Salisbury
(704-636-7758)

WEST SALISBURY
JOHN CALVIN PRESBYTERIAN
1620 Brenner Avenue, Salisbury
(704-798-3093)



Lunch Clubs are
ADA Accessible