

The *Meadow Lark*

A Publication of Rolling Meadows

April 2023

Celebrate Spring

Come join the fun!
Easter Egg Hunt

April 3 - 7

Easter Party

Friday, April 7 • 2:00 pm • Media Center

National Pet Day



Bring your furry friends to the Dog Park and celebrate **National Pet Day!**

Dog treats for them, snacks for you!

Tuesday, April 11, 2:00 pm



Talent Show Rescheduled!

Due to the bad weather in January, we had to cancel our Talent Show. Now that the weather has cleared, come share your special talents and have a whole lot of fun!

Thursday, April 27, 2:00 pm
In the Atrium

**ROLLING
MEADOWS**

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Library Notes

The big news is, we have started a book discussion group! By the time you read this, we will have already met to discuss *The Thursday Murder Club* by Richard Osman. Here is the information for the next two:

Saturday, April 29th at 1 p.m.
The Tea Girl of Hummingbird Lane
by Lisa See

Saturday, May 27th at 1 p.m.
Either *Little Women* or
Wuthering Heights.

We will vote on this on March 25th, so if you are interested in that one, ask me which won the vote.

Any resident is welcome to join at any time.

Thanks to all of you who have returned books recently. I would ask that anyone with library books sitting around read or unread for more than 3 months, please return them and let them sit around here instead. You never know who else might want to read it.

I picked up some large print books at the annual fund raiser for Adult Literacy. If you would like to donate a dollar or two to cover the cost, it would be appreciated.

Until next month,
Happy Reading!
– Judy Brown

Calendar Changes

Due to conflicts and weather, we have a few changes to our regular schedule.

- April 4 Bible Study** moved to Knight Kap at 1:00 pm
- April 14 Quarter Bingo Canceled** Save your quarters and we will see you next month!
- April 20 History Hour** to Finland Rescheduled!
- April 27 Talent Show** - Rescheduled!

Don't forget to check out the new changes for the Fitness Center too!



What do you call a
rabbit with fleas?

Bugs bunny!

Joke of the Month

TODAY IS YOUR BIRTHDAY!

APRIL BIRTHDAYS

Mary Hamrick	2
Bud Love	3
Bob Berrett	4
Peggy Tate	5
Ida Walch	6
Pam Caraway.....	7
Nita Gillis	10
Betty Mitchell.....	10
Jim Hart	15
Randal Hudson	18
Dale Chitwood	19
JoAnn Ostrom	21
Myra Blackerby.....	25
Bill Burgess	27
Jerome Hoffman	27

HONORING & REMEMBERING

In Memory of
Dena McGann
by Rolling Meadows

In Memory of
Patsy Harney
by Rolling Meadows

In Memory of
Patricia Hovastak
by Rolling Meadows

In Memory of
Margaret Lewis
by Rolling Meadows

In Memory of
Marion Donart
by Rolling Meadows

In Memory of
Geraldine Hardin
by Rolling Meadows

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- 4 MOVIE MATINEE**
Showing in the Media Center at 1:00 PM today will be *Peter Rabbit*. Peter Rabbit and his three sisters, Flopsy, Mopsy and Cotton Tail enjoy spending their days in Mr. McGregor's vegetable garden. When one of McGregor's relatives suddenly moves in, he's less than thrilled to discover a family of rabbits in his new home. A battle of wills soon breaks out, Peter a resourceful rabbit proves to be a worthy and wily opponent. (A computer-animated comedy film)

- 4 BIBLE STUDY**
Please note: Today's bible study with David Potter has been moved to the Knight Kap at 1:00 PM.

- 6 BIRTHDAY PARTY**
Today at 2:00 PM in the Media Center we will celebrate our April birthdays. Please come and wish them all a "Happy Birthday" and enjoy some cake and ice cream! Happy birthday to you!

- 7 EASTER PARTY**
Please make plans to come today at 2:00 PM in the Media Center and just have some fun. We will have snacks, games and trivia about Easter. Mark this on your calendar. See you there!!!

EASTER EGG HUNT!

There will be an **Easter Egg Hunt** for the residents starting **April 3- April 7**. Look for the paper Easter eggs with a message saying, "You won candy or a prize". Bring the egg to Vickie to receive your prize.

Eggs will be hidden anywhere – Rivkin, Bradley or Atrium buildings! Good luck and happy hunting! Happy Easter and God bless you all!!!

- 11 GOURMET GETAWAY**
The bus will be leaving at 10:45 AM to drive over to Olive Garden. Please sign up in the mail room so I know who will be riding the bus. Also, please write down your phone number so I can double check with you if you are not in the lobby when we are ready to leave. We have 14 seats available.

- 11 NATIONAL PET DAY**
Bring your dogs to the dog park at 2:00 PM. We will have a treat for them and some snacks for you as well. This is an unofficial holiday that encourages all of us to pay our pets some extra attention. It is also a day to commemorate everything that our pets do for us on a daily basis. So if you have a pet, do something special for them on this day by taking them for a long walk; buying them a special treat or maybe just bring them to the dog park to have a special picture made with you and your furry family member!!! Don't forget to dress your pet up for the party!!!

- 13 CRAFT HOUR**
Join us in the Media Center at 1:00 PM. We are going to make fabric eggs on a canvas. This should be easy and fun for you to do. Please sign up in the mail room so I will have enough craft supplies for everyone.

- 13 EXERCISE DRUMMING**
Yes! We will be drumming again so if you missed it last month, you can come today at 2:00 PM in the Media Center. See you there!

- 13 BREAKFAST FOR DINNER**
Who doesn't love breakfast for dinner??? This is a great time in the Renaissance Room at 5:00 PM. It is so good!!!

- 14 QUARTER BINGO CANCELED**
Due to the All Staff Meeting today at 1:30 PM I have canceled Quarter Bingo. See you next time!!!

- 18 GOSPEL SINGING**
Bring your vocal chords to the Media Center at 2:15 PM today and make a joyful noise! The last time we had a great crowd and beautiful singing. If you would please put this on your calendar as a reminder. It was such a blessing!!!

- 20 HISTORY HOUR**
Since we weren't able to make the trip to Finland last month, we are trying it again. Join us in the Media Center at 1:00 PM to learn all we can on Finland. And as always, if you have traveled in Finland, we would welcome your stories.







- 20 DARRELL RYAN CONCERT**
Today in the Atrium at 2:00 PM, Darrell Ryan will be entertaining us with 70s songs. His group, Western Praise, is no longer together so he is entertaining on his own. Come support a local artist.

- 25 EXERCISE DRUMMING**
A different day but the same fun of exercise drumming today in the Media Center at 2:00 PM. This will change the location of the Bible Study down to the Knight Kap for today.

- 27 TALENT SHOW**
Because of the weather in January we had to cancel our last talent show. So, now that you have had time to practice, let's try again today at 2:00 PM in the Atrium! Please sign up in the mail room with your talent by your name so I will know who is participating. Maybe just for fun we may have judges like "America's Got Talent". Don't let this stop you from participating. This is just for fun and there will be a golden buzzer only!!!

APRIL 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 2 1:00 Worship Service , Chapel	 3 9:30 Devotional w/Vickie , Chapel 1:00 Tiki , Lib 1:00 Wii Bowling , FitCtr 1:45 Our Lady Queen of Peace , Chapel 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 4:00 Yoga w/Geneva , FitCtr	 4 9:30 Blood Pressure Clinic , Atr 1:00 Bible Study , KKap 1:00 Movie Matinee , MedCtr 1:00 42 Dominoes , Lib	 5 1:00 Brain Games/Trivia , MedCtr 2:00 Bingo w/Hospice , MedCtr 4:00 Yoga w/Geneva , FitCtr	 6 9:00 Shopping at WalMart 10:00 Bank Day "First Bank" till 11:00 1:00 Wii Bowling , FitCtr 2:00 Birthday Party , MedCtr 6:15 Worship Service , MedCtr	7 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 2:00 Easter Party , MedCtr 4:00 Yoga w/Geneva , FitCtr	1 1:00 Puzzles , 3rd Floor
9 1:00 Worship Service , Chapel	10 9:30 Devotional w/Vickie , Chapel 1:00 Tiki , Lib 1:00 Wii Bowling , FitCtr 1:00 Dale's Bible Study , MedCtr 1:45 Our Lady Queen of Peace , Chapel 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 4:00 Yoga w/Geneva , FitCtr	11 9:30 Blood Pressure Clinic , Atr 10:45 Gourmet Getaway - Olive Garden 1:00 Wii Games , FitCtr 1:00 Bible Study , MedCtr 1:00 42 Dominoes , Lib 2:00 National Pet Day , Dog Park	12 1:00 Brain Games/Trivia , MedCtr 2:00 Bingo w/Hospice , MedCtr 4:00 Yoga w/Geneva , FitCtr	13 9:00 Shopping at WalMart 10:00 Bank Day "Accounting" till 11:00 1:00 Wii Bowling , FitCtr 1:00 Craft Hour , MedCtr 2:00 Exercise Drumming , MedCtr 5:00 Breakfast for Dinner 6:15 Worship Service , MedCtr 6:30 Bridge , Lib	14 1:00 Mexican Train , KKap 1:30 All Staff Meeting , MedCtr 2:00 Quarter Bingo , CANCELLED 4:00 Yoga w/Geneva , FitCtr <i>Apartment Filter Change</i>	15 1:00 Puzzles , 3rd Floor
16 1:00 Worship Service , Chapel	17 9:30 Devotional w/Vickie , Chapel 1:00 Tiki , Lib 1:00 Wii Bowling , FitCtr 1:45 Our Lady Queen of Peace , Chapel 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 4:00 Yoga w/Geneva , FitCtr	18 9:30 Blood Pressure Clinic , Atr 1:00 Wii Games , FitCtr 1:00 Bible Study , MedCtr 1:00 42 Dominoes , Lib 2:15 Gospel Singing , MedCtr	19 1:00 Brain Games/Trivia , MedCtr 2:00 Bingo , MedCtr 4:00 Yoga w/Geneva , FitCtr	20 9:00 Shopping at WalMart 10:00 Bank Day "First Bank" till 11:00 1:00 Wii Bowling , FitCtr 1:00 History Hour , MedCtr 2:00 Darrell Ryan Music , Atr 6:15 Worship Service , MedCtr 6:30 Bridge , Lib	21 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 2:00 Quarter Bingo , MedCtr 4:00 Yoga w/Geneva , FitCtr	22 1:00 Puzzles , 3rd Floor
23 1:00 Worship Service , Chapel	24 9:30 Devotional w/Vickie , Chapel 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 1:00 Dale's Bible Study , MedCtr 1:45 Our Lady Queen of Peace , Chapel 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 4:00 Yoga w/Geneva , FitCtr	25 9:30 Blood Pressure Clinic , Atr 1:00 Wii Games , FitCtr 1:00 Bible Study , KKap 1:00 42 Dominoes , Lib 2:00 Exercise Drumming , MedCtr	26 1:00 Brain Games/Trivia , MedCtr 2:00 Bingo , MedCtr 4:00 Yoga w/Geneva , FitCtr	27 9:00 Shopping at WalMart 10:00 Bank Day "Accounting" till 11:00 1:00 Wii Bowling , FitCtr 2:00 Talent Show , Atr 6:15 Worship Service , MedCtr 6:30 Bridge , Lib	28 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 2:00 Quarter Bingo , MedCtr 4:00 Yoga w/Geneva , FitCtr	29 1:00 Puzzles , 3rd Floor 1:00 Book Club , Lib
 30 1:00 Worship Service , Chapel						



Good Times



A Note from Kari



First off I want to say thank you for letting me release my frustrations last month, thankfully we have had mostly beautiful weather since then. Of course living in north Texas we know that the weather can change in a heartbeat. I'm waiting patiently for mid April and then I can start complaining about the heat. Secondly, some changes to the Fitness schedule this month. Water Walking will be moving from 8:30 AM to 8:00 AM starting April 3rd (or whenever the pool is open for business), in addition I will be adding another Chair Aerobics class (on a trial basis) starting April 3rd at 9:00 AM. If you have any questions about either of these classes, please stop by the Fitness Center for a visit. —Kari

5 Ways Water Aerobics Keeps Seniors Happy and Healthy

It's no doubt regular exercise maintains healthiness and happiness in people of all ages. For seniors, some methods of exercise, such as heavy weightlifting and running, can be too harsh on joints and cause strain or injury. Water aerobics, however, is a fantastic method of exercise for seniors because of the safety the water provides and the many benefits of water exercise for seniors. Water exercises look much like any aerobic exercise you would perform on land, but the buoyancy and resistance of the water provide both support and a challenge for your muscles and joints.

The 5 Major Benefits of Water Exercise for Seniors

1. Improve your cardiovascular health, respiratory capacity and circulation. Aerobic exercise raises your heart rate. At least 30 minutes of daily cardiovascular exercise is recommended to keep the heart healthy — that could be a half-hour water aerobics class. Your lungs will be challenged to keep up with your increased heart rate, training them to be healthier. Getting your blood pumping throughout your entire

body will improve your overall circulation.

2. Improve your balance and coordination while increasing your flexibility. Water exercises are great for fall prevention, since the pressure of water moves both with and against you as you perform exercises, which constantly challenges your body's reactive muscles to keep you upright and stable. Triggering your body's reactive muscles will improve your coordination, as your mind-to-muscle connection strengthens. Simultaneously, you'll safely test the limits of your flexibility; since there are no hard surfaces, you won't be able to push your tendons too far and risk injury.
3. Relieve your joint pain and recover from injury. The movement from the water exercises is just what your joints need to lubricate and be worked enough to relieve pain from joint aches, arthritis and osteoporosis, and recover from injuries. Exercising in a heated pool can relieve joint pain even more while you recover.

Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

Pool Walking	Pool
Mon - Fri	8:00 am
Chair Aerobics	Fitness Center
Mon - Fri 9:00, 10:00, & 11:30 am	
Open Fitness	Fitness Center
Mon-Fri 1:00 pm	
Chair Volleyball	Fitness Center
Mon-Fri 3:00 pm	
Core Strength	Fitness Center
Mon, Wed, Fri	11:00 am
Wii Bowling	Fitness Center
Mon, Tues, Thurs, Fri	1:00 pm
Core Strength	Fitness Center
Mon & Fri 11:00 am	
Wii Games	Fitness Center
Tues & Fri 1:00 pm	
Stretch	Fitness Center
Wed 11:00 am	
Open Fitness	Fitness Center
Wed 2:00 pm	
Trivia/Brain Games	Media Center
Wednesdays 1:00 pm	

4. Build muscle mass while you lose weight. Exercising in water will build muscle more quickly than doing bodyweight exercises on land will, because the resistance of the water provides extra weight. As you build muscle, you'll see your body tone up if you pair a regular routine with a healthy diet.
5. Make friends and boost your mood. Group exercise classes are a great way to befriend your fellow senior residents and bond over a common interest, which is an instant mood booster. Aquatic therapy can help you attain a sense of well-being and accomplishment.

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS
3006 McNiel
Wichita Falls, Texas 76309



The Gables At A Glance

