

The *Meadow Lark*

A Publication of Rolling Meadows

November 2022



Rolling Meadows Veterans Day Celebration
Friday, November 11 ★ 2:00 PM ★ In The Atrium



Warm up at our
**Evening
Campfire**

**November 19
6:00 PM**
S'mores, Hot Chocolate,
Apple Cider And
Campfire Stories



Come Give Thanks and Count Your Blessings
November 23 at 2:00 PM
in the Media Center

**ROLLING
MEADOWS**

940-691-7511

Rolling Meadows
Staff
rmeadows.com

Cindy NoeExt. 120
Executive Director

Angel Sheets.....Ext. 104
Director of Marketing

Jerry CarawayExt. 109
Director of Resident Services

Mimi BaconExt. 111
Director of Dining Services

Kellye HensleyExt. 112
Director of Accounting

A.J. Mitchell
*Director of Maintenance, Grounds,
and Security*

Kim Holley, R.N.Ext. 202
Director of Nursing, The Gables

Debbie Bryan, R.N.Ext. 291
Director of The Pines, Wellness, Home Care

Megan Walker.....Ext. 524
Healthcare Administrator

Welcome New Residents!

JULIE SABA
Julie is from Cleveland, OH; Fullerton, CA and Wilkes-Barre, PA. Julie likes to read, listen to music, playing Mah Jongg, game playing and keeping up with current events. Please make Julie feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows Julie!

LARRY & JANE MCCOWN
Larry and Jane are both from Wichita Falls. Larry did love to travel, work in the yard and woodwork. Now he is looking for new interests. Jane likes to play cards, games and travel. Please make Larry and Jane feel welcome by introducing yourselves to them. Welcome to our family here at Rolling Meadows Larry and Jane!

BASAIL & JANE JETER
Basail and Jane are both from Wichita Falls. They enjoy reading, watching football games and watching game shows. Please make Basail and Jane feel welcome by introducing yourselves to them. Welcome to our family here at Rolling Meadows Basail and Jane!

GAIL SIMPSON
Gail is from Wichita Falls. She enjoys walking, playing games, reading and cats. Please make Gail feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows Gail!

HONORING REMEMBERING

In Memory of
Martha Lucas
by Rolling Meadows

Wichita Falls Retirement Foundation is a 501 (c) 3 tax-exempt organization of the Internal Revenue Code. EIN 75-1875036. Bequests, transfers, gifts or contributions are tax-deductible.



NOVEMBER BIRTHDAYS	
Edna Edwards	1
Sam Nilasena	1
Marva Walker	3
Elizabeth Hilbers	4
Elsie Vergauwen	5
Ann Barnard	7
Sheryl Lindemann	7
David Jameson	9
Bill Groover	11
Cloris Fuchs	14
Larry McCown	14
Patricia Geurin.....	16
Marie Gilbert	18
Frances Sessions	19
Carolyn Lanman	25
Joe Michki	27
Gary Silverman	30

Joke of the Month



What do you call
two bananas on the floor?

Slippers!!!



Rolling Meadows Quarter Bingo Rules



- There will be 11 regular games and 1 game (the very last game) will be a Blackout game.
- The first game will start promptly at 2:00 PM. Doors will be closed at that time.
- Latecomers are always welcome, however they will not be able to play for money, as the quarters have already been divided for each game.
- If a latecomer wins, the game will continue until someone who has contributed wins.
- Guests are always welcome to play as long as they are accompanied by a resident. However, guests cannot play for money, under any circumstance.
- There are no reserved seats and no reserved cards.
- If your cell phone rings during the game, please kindly step outside to answer the call, or silence the phone.
- Bingo is a great game that brings friends together for fun and fellowship. Enjoy it!



- 5 RANDY PATTON**
Join us in the Atrium today at 2:00 PM to listen to our very own Randy Patton playing some country music. What a great way to enjoy a Saturday afternoon!
- 10 BIRTHDAY PARTY**
Today at 2:00 PM in the Media Center we will celebrate all our November birthdays with ice cream and cake! Everyone is welcome. See you there.
- 11 VETERAN'S DAY CELEBRATION**
We will have a Veteran's Day ceremony/presentation in the Atrium at 2:00 PM today. We would like to say **Thank You** to our Rolling Meadows Veterans. Please make plans to attend to show your respect and thank you to these great people in our retirement community! Refreshments will be served.
- 12 CRAFT HOUR**
At 12:30 PM in the Media Center we will make fall gnome door hangers. They are so cute!!! Bring a glue gun if you have one. Please sign up.
- 12 QUARTER BINGO**
We will begin Quarter Bingo at 2:00 PM in the Media Center. Don't forget to bring \$3 in quarters to play.
- 12 CHAIR VOLLEYBALL**
At 3:00 PM Vickie will be playing chair volleyball in the Fitness Center. Come if you dare!! We have some residents that know how to hit the ball!!!
- 13 MOVIE MATINEE**
At 2:15 PM we will be showing "An Old Fashioned Thanksgiving". Popcorn, candy and sodas will be served.
- 13 WALK WITH VICKIE**
Meet in the Atrium at 4:30 PM and Vickie will take you on a short walk before dinner.
- 17 GOURMET GETAWAY**
The bus will be headed out at 11:00 AM to Ronnie's Burgers. Ronnie's is a favorite so please sign up so we know who will be going. Remember we only have 12 seats available. Unfortunately, the activity bus is not equipped for wheelchairs or scooters.
- 17 HISTORY HOUR**
We are going to see Noah's Ark today at 1:00 PM in the Media Center. We will travel back in time and the present day Noah's Ark in Kentucky.
- 17 CRAFT HOUR**
We will be making toilet paper pumpkins today at 2:00 PM in the Media Center. These are so very easy. Please sign up.
- 18 BACKDOOR THEATRE**
This is a friendly reminder to those who purchased tickets to see The Best Christmas Pageant Ever The Musical. Meet in the Atrium at 6:00 PM and will return after 10:00 PM.
- 19 KIOWA CASINO**
It's time to hit the slots again! The bus will leave at 10:00 AM and we will head back home around 1:00 PM or sooner if you wish. Please sign up – only 12 seats available. Unfortunately the activity bus is not equipped for wheelchairs or scooters.
- 19 CAMPFIRE EVENING**
The fire pit will be going at 6:00 PM out in the front entrance. We will have s'mores, hot chocolate, apple cider and great stories!!! Bring blankets, gloves and hats if it's cold.
- 20 TRIP TO BRAUM'S**
The bus will be leaving at 2:15 PM. If you're to cold to eat ice cream they have great food to eat as well as a few groceries you can pick up. Please sign up!
- 22 SAXOPHONE CONCERT**
The Midwestern State University Sax Quartet will be playing for us in the Atrium at 2:00 PM. Please come grab a chair and enjoy and support our local college.
- 23 THANKSGIVING PARTY**
The place to be at 2:00 PM today is in the Media Center. We will have refreshments, games and share our blessings. Invite your neighbor and head on over.
- 30 CHRISTMAS TREE DECORATING**
Come help us put out the decorations and get ready to trim the tree. We will begin at 10:00 AM in the Atrium. We will have refreshments and Christmas music to help you get in the Christmas Spirit!!!



NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>Daylight Savings Time Ends Sunday, November 6</div> <div>Don't forget to set your clocks back one hour.</div>		9:30 Blood Pressure Clinic, Atr 1 1:00 Wii Games, FitCtr 1:00 Bible Study, MedCtr	1:00 Brain Games/Trivia, MedCtr 2 2:00 Bingo w/Healing Hands, MedCtr 6:30 Bridge, Lib	9:00 Shopping at WalMart Bank Day 3 10:00 "First Bank" till 11:00 1:00 Wii Bowling, FitCtr 6:15 Worship Service, MedCtr	1:00 Mexican Train, KKap 4 1:00 Wii Games, FitCtr 6:00 Dominoes (42), MedCtr	1:00 Puzzles, 3rd Floor 5 2:00 Randy Patton Music, Atr
	6 10:45 Our Lady Queen of Peace, Chapel 1:00 Worship Service, Chapel Daylight Savings Time Ends	7 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr	8 9:30 Blood Pressure Clinic, Atr 1:00 Wii Games, FitCtr 1:00 Bible Study, MedCtr	9 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo w/ Hospice, MedCtr 6:30 Bridge, Lib	10 9:00 Shopping at WalMart Bank Day 10:00 "Accounting" till 11:00 1:00 Wii Bowling, FitCtr 2:00 Birthday Party, MedCtr 5:00 Breakfast for Dinner 6:15 Worship Service, MedCtr	11 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Veteran's Day Ceremony, Atr 6:00 Dominoes (42), MedCtr
13 10:45 Our Lady Queen of Peace, Chapel 1:00 Worship Service, Chapel 2:15 Thanksgiving Movie Matinee, MedCtr Popcorn, candy, sodas 4:30 Walk With Vickie	14 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr	15 9:30 Blood Pressure Clinic, Atr 1:00 Wii Games, FitCtr 1:00 Bible Study, KKap Cottage Filter Change	16 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo w/Healing Hands, MedCtr 6:30 Bridge, Lib	17 9:00 Shopping at WalMart Bank Day 10:00 "First Bank" till 11:00 11:00 Gourmet Getaway 1:00 Wii Bowling, FitCtr 1:00 History Hour, MedCtr 2:00 Craft Hour, MedCtr 6:15 Worship Service, MedCtr	18 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Backdoor Theatre 6:00 Dominoes (42), MedCtr	19 10:00 Kiowa Casino 1:00 Puzzles, 3rd Floor 3:00 Chair Volleyball, FitCtr 6:30 Campfire Night, Front Entrance
20 10:45 Our Lady Queen of Peace, Chapel 1:00 Worship Service, Chapel 2:15 Trip to Braum's 3:30 Chair Volleyball, FitCtr	21 9:30 Devotional w/Vickie, Chapel 10:00 Chair Aerobics, FitCtr 11:00 Chair Aerobics, FitCtr 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	22 9:30 Blood Pressure Clinic, Atr 10:00 Chair Aerobics, FitCtr 11:00 Chair Aerobics, FitCtr 1:00 Wii Games, FitCtr 1:00 Bible Study, KKap 2:00 MSU Sax Quartet, Atr 3:00 Chair Volleyball, FitCtr	23 10:00 Chair Aerobics, FitCtr 11:00 Chair Aerobics, FitCtr 1:00 Brain Games/Trivia, MedCtr 2:00 Thanksgiving Party, MedCtr 3:00 Chair Volleyball, FitCtr 6:30 Bridge, Lib	24 Happy Thanksgiving	25 No Scheduled Activities	26 No Scheduled Activities
27 10:45 Our Lady Queen of Peace, Chapel 1:00 Worship Service, Chapel	28 9:30 Devotional, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr	29 9:30 Blood Pressure Clinic, Atr 1:00 Wii Games, FitCtr 1:00 Bible Study, KKap 4:00 Christmas Carols, MedCtr	30 10:00 Christmas Tree Decorating, Atr 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 6:30 Bridge, Lib	Check your Week In Review for changes and updates!		 <div>Courtesy Van to Dr Offices: Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30 Dry Cleaning Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room</div>

Good Times



A Note from Kari



It's hard to believe that November is already upon us. November starts the beginning of my two favorite holidays, Thanksgiving and Christmas. I love the sights, scents and sounds that come with these two holidays, but most importantly I love the gentle reminder to look at all the wonderful things I have to be thankful for in my life. It's easy on a day to day basis to look solely on the negatives, so I hope you will join me in taking some time in the coming months to sit and be intentional in your thoughts and remember all the things that are good in your life.

Starting in November the Gentle Fitness class that is currently held on Monday's and Friday's at 4PM will be canceled and replaced with Seated Cardio Kickboxing. This class requires no standing, but is definitely not a walk in the park. If you are looking for something a little different than Chair Aerobics I hope you will come give this a try.

—Kari

Give Thanks All Year-Round

Although it's nice to count your blessings on Thanksgiving, being thankful throughout the year could have tremendous benefits on your quality of life.

Cultivating gratitude doesn't cost any money and it certainly doesn't take much time, but the benefits are enormous. Research reveals gratitude can have these seven benefits:

Gratitude opens the door to more relationships. Saying "thank you" not only constitutes good manners, but showing appreciation can help you win new friends. So whether you thank a stranger for holding the door or you send a quick thank-you note to someone who helped you with a project, acknowledging other people's contributions can lead to new opportunities.

Gratitude improves physical health. Grateful people experience fewer aches and pains and they report feeling healthier than other people. Not surprisingly, grateful people are also more likely to take care of their health, exercise more and get regular check-ups with their doctors.

Gratitude improves psychological

health. Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Studies confirm that gratitude effectively increases happiness and reduces depression.

Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a pro-social manner, even when others behave less kind. Grateful people were also less likely to retaliate against others, experienced more sensitivity and empathy and had a decreased desire to seek revenge.

Grateful people sleep better. Writing in a gratitude journal improves sleep. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.

Gratitude improves self-esteem. Gratitude can also increase self-esteem. Studies have shown that gratitude reduces social comparison making grateful people able to appreciate other people's accomplishments.

Gratitude increases mental strength. For years, research has

Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

Pool Walking	Pool
Mon - Fri.....	8:30 am
Chair Aerobics	Fitness Center
Mon - Fri	10:00 am & 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 & Thurs	1:00 pm

Seated	
Cardio Kickboxing	Fitness Center
Mondays & Fridays	4:00 pm
Core Strength	Fitness Center
Tues & Thurs	11:00 am
Wii Games	Fitness Center
Tues & Fri	1:00 pm
Open Fitness	Fitness Center
Wed	2:00 pm
Trivia/Brain Games	Media Center
Wednesdays	1:00 pm

shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. Studies have found that Vietnam War Veterans with higher levels of gratitude experienced lower rates of Post-Traumatic Stress Disorder. Another study found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all you have to be thankful for – even during the worst times of your life – fosters resilience.

We all have the ability and opportunity to cultivate gratitude. Simply take a few moments to focus on all that you have – rather than complain about all the things you think you deserve.

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS

3006 McNiel
Wichita Falls, Texas 76309



The Gables At A Glance

