

The Meadow Lark

A Publication of Rolling Meadows

May 2023



CINCO DE MAYO CELEBRATION

A *fiesta* of great
food, music and fun!

May 5th at 5:00 PM

In The Renaissance Room

Come Celebrate

Mother's Day Brunch

May 12 at 10:30 AM
In The Media Center

Special Menu
Trivia • Party Gifts

Limited Seating Available
Please Sign Up Early



ROLLING
MEADOWS

940-691-7511

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

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Mimi BaconExt. 111
Director of Dining Services

Kellye HensleyExt. 112
Director of Accounting

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Director of Maintenance, Grounds,
and Security

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

Debbie Bryan, R.N.Ext. 526
Director of The Pines, Wellness, Home Care

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



Let's Go to the Show!

Vickie has purchased 10 tickets for the Backdoor Theatre's show *The Lightning Thief* on July 14th. Residents need to sign up and pay for their ticket the day of signing up. She knows it is early but to get the seats we wanted she had to purchase them early so we can sit together. Tickets are \$20.

HONORING & REMEMBERING

In Memory of
Martha Snowden
by Rolling Meadows

In Memory of
Alice Stevens
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.

Welcome New Residents!


JANELLE CREMEENS
Janelle is from Burkburnett, Texas. Janelle enjoys reading, playing 42, trivia and socializing. Please make Janelle feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows Janelle!

BILL & JOAN GOWAN
Bill and Joan are from Wichita Falls, Texas. Bill enjoys golf, sports, church and family. Joan enjoys reading and people as well as church and family. Please make Bill and Joan feel welcome by introducing yourselves to them. Welcome to our family here at Rolling Meadows Bill and Joan!

Get Cookin'

Vickie is requesting that everyone including staff submit recipes for our Rolling Meadows Cookbook. She is looking for soups, main dishes, pasta, vegetable dishes and also salads. This is dedicated to our residents and it would be a great gift for our friends and families.

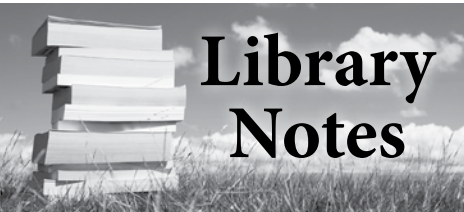




HAPPY BIRTHDAY

MAY BIRTHDAYS

Judy Brown	2
Raymond Vinson.....	2
Billy Moyer	8
Bill Brockriede	8
Bill Leidemann	9
Wade Geurin.....	22
Jeanne Daniels	25
Sally Perkins.....	26



Library Notes

Greetings from your library,


Book Club Schedule:
May 27th at 1pm in the Library, we will meet to discuss *Wuthering Heights* by Emily Bronte. If there is sufficient interest, we may add another date and time to discuss *Little Women* by Louisa May Alcott.

I want to thank all of you who have donated books to the Rolling Meadows Library. I will have to make some tough decisions about which books to keep and which to trade. If you have strong opinions on authors or titles, please share those with me.

You may notice some changes to the organization of the books in the near future. As you enter the library from the hall, the first 3 book cases will be Large Print. The next will be Non-fiction. The rest will be separated by genre making it easier to browse the shelves (I hope). This may or may not be completed by publication.

Until next month, Happy Reading!

– Judy Brown



*My uncle named his dogs
Timex and Rolex.*

They are his watch dogs!!!

Joke of the Month



MAY EVENTS

- 4 BIRTHDAY PARTY**
Join us in the Media Center at 2:00 PM for our monthly Birthday Party. It's a birthday party for everyone to enjoy and for us to wish those having a birthday a very special day. We will have cake and ice cream too, YUM!!!

5 CINCO DE MAYO
The kitchen staff are planning a special meal. We will have a taco/nacho bar with all the toppings. It's a festive evening for great food and music!

9 EXERCISE DRUMMING
Come on over to the Media Center at 2:00 PM. This has turned out to be such a fun activity as well as great exercise. The music is fun and there are lots of smiles. If you haven't joined us yet try it out!!! We will also meet on May 11, 23, 25 at the same time in the same place.

11 SHOPPING AT THE LEGACY RESALE SHOP
We will leave Rolling Meadows at 10:00 AM and return by 11:45 AM. Please sign up. There are 14 seats available. Also this evening is Breakfast for Dinner, everyone's favorite at 5:00 PM.

11 BREAKFAST FOR DINNER
Join us for everyone's favorite meal at 5:00 PM in the Renaissance Room.

12 BRUNCH FOR MOTHER'S DAY
Meet in the Media Center at 10:30 AM as we celebrate all mothers and those who have helped raise a child. We will have Mother's Day trivia, party gifts, and a special menu just for you. Please sign up. We have 40 seats available. Your husband is welcome to come with you. Happy Mother's Day to all of you. May God bless you always.
- 16 GOURMET GETAWAY**
Meet in the lobby at 10:45 AM for our Gourmet Getaway to Hunan's Chinese Restaurant. Please sign up – only 14 seats available. We should be back by 1:00 PM.

16 CRAFT HOUR
Enjoy the breezes of Spring with your hand painted wind chimes! Grab a friend and come to the Media Center at 2:15 PM for this easy and fun craft. Our limit is 20 so please sign up early.

18 RIVER BEND NATURE CENTER PROGRAM
River Bend Nature Center will be in the Media Center from 2:00-3:30 PM with a program called "The Creature Feature". For this program, they will bring certain animals and discuss their habitat to this area. They will present a lot of information on these creatures and the River Bend Nature Center. They have grants to be able to bring this program to us and surrounding areas.
- 19 TRIP TO BRAUM'S**
We are leaving Rolling Meadows at 2:00 PM. I have 14 seats available for those who want a special treat on a hot afternoon or need to do some shopping. Please sign up.

25 HISTORY HOUR
Join us in the Media Center at 1:00 PM today. This hour will be hosted by Geneva Rodgers. She will tell us of her experiences on an African Safari. Please come and support our residents when they share their adventures. It is always so much fun!!! Thank you Geneva.

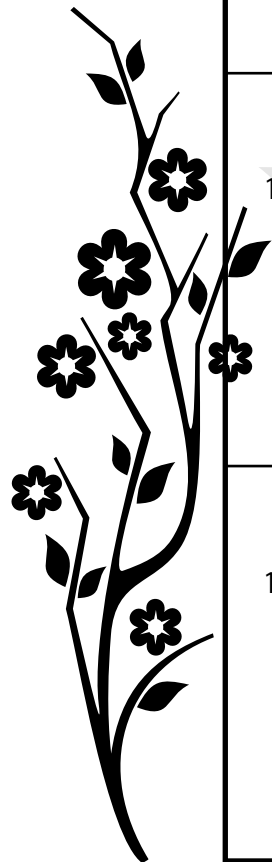
27 BOOK CLUB
Join us in the Library at 1:00 PM today for a discussion on Emily Bronte's *Wuthering Heights*.



30 GOSPEL SINGING
We enjoyed this so much before with all the great singing we wanted to do it again today at 2:15 PM in the Media Center. If you don't want to sing just come and listen. You will receive a blessing!!!
- ## History Hour: African Safari

Hosted by Geneva Rodgers
1:00 PM May 25 in the Media Center



MAY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Check your Week In Review for changes and updates!</i>	9:30 Devotional, Chapel 1:00 Tiki, KKap 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	9:30 Blood Pressure Clinic, Atr 1:00 42 Dominoes, Lib 1:00 Wii Games, FitCtr 1:00 Bible Study, KKap 3:30 New Resident Orientation, MedCtr	1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Yoga w/Geneva, FitCtr	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 6:30 Bridge, Lib	1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, MedCtr 4:00 Yoga w/Geneva, FitCtr 5:00 Cinco de Mayo Dinner	1:00 Puzzles, 3rd Floor
7 1:00 Worship Service, Chapel	8 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	9 9:30 Blood Pressure Clinic, Atr 1:00 42 Dominoes, Lib 1:00 Wii Games, FitCtr 1:00 Bible Study, KKap 2:00 Exercise Drumming, MedCtr	10 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo w/Hospice, MedCtr 4:00 Yoga w/Geneva, FitCtr	11 9:00 Shopping at WalMart 10:00 Bank Day "Accounting" till 11:00 10:00 Shopping at Legacy Resale 1:00 Wii Bowling, FitCtr 2:00 Exercise Drumming, MedCtr 5:00 Breakfast for Dinner 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	12 10:30 Mother's Day Brunch, MedCtr 1:00 Wii Bowling, FitCtr 1:00 Mexican Train, KKap 2:00 Quarter Bingo, MedCtr 4:00 Yoga w/Geneva, FitCtr	13 1:00 Puzzles, 3rd Floor
14 1:00 Worship Service, Chapel	15 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 Cottage Filter Change	16 9:30 Blood Pressure Clinic, Atr 10:45 Gourmet Getaway 1:00 42 Dominoes, Lib 1:00 Wii Games, FitCtr 1:00 Bible Study, MedCtr 2:15 Craft Hour, MedCtr	17 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Yoga w/Geneva, FitCtr	18 9:00 Shopping at WalMart 10:00 Bank Day "First Bank" till 11:00 1:00 Wii Bowling, FitCtr 2:00 River Bend Nature Center, MedCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	19 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:00 Quarter Bingo, MedCtr 2:00 Braum's Trip 4:00 Yoga w/Geneva, FitCtr	20 1:00 Puzzles, 3rd Floor
21 1:00 Worship Service, Chapel	22 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	23 9:30 Blood Pressure Clinic, Atr 1:00 42 Dominoes, Lib 1:00 Bible Study, KKap 2:00 Exercise Drumming, MedCtr	24 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Yoga w/Geneva, FitCtr	25 9:00 Shopping at WalMart 10:00 Bank Day "Accounting" till 11:00 1:00 Wii Games, FitCtr 1:00 History Hour, MedCtr 2:00 Exercise Drumming, MedCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	26 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 4:00 Yoga w/Geneva, FitCtr	27 1:00 Puzzles, 3rd Floor 1:00 Book Club Meeting, Lib
28 1:00 Worship Service, Chapel	29 Happy Memorial Day	30 9:30 Blood Pressure Clinic, Atr 1:00 42 Dominoes, Lib 1:00 Wii Games, FitCtr 1:00 Bible Study, KKap 2:15 Gospel Singing, MedCtr	31 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Yoga w/Geneva, FitCtr	  <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

As of this writing the pool is still not open and I am unsure when that might happen. Be assured that it will at some time resume operations, hopefully sooner rather than later. Possibly by the time this hits your mailbox.

The 9:00 AM Chair Aerobics class has started and as I expected it is a small group, although I have high hopes that it will grow just as the 11:30 class did. I was worried it would be too much and even had people tell me I was a bit crazy for adding yet another thing to do, but I'm honestly enjoying this small group. We have also started playing Corn Hole on a limited basis, only when there isn't a conflicting 2PM activity, so watch your Week In Review and come give it a try or just come watch and have some laughs. —Kari



The Incredible Benefits of Laughter

Laughter Is Great For The Heart: Just like exercise, laughter can increase blood flow to the heart and improve vascular health, is linked to the healthy function of blood vessels and dramatically helps with cardiovascular health.

Laughter Is A Great Mood Regulator: Studies have found that laughter in groups triggers the release of endorphins in brain regions responsible for emotion. Social laughter supports the formation, reinforcement, and maintenance of social bonds between humans.

Laughter triggers the production of dopamine, which produces calming benefits as well as providing us pleasure and reward.

Laughter Is A Natural Form Of Pain Relief: As well as pleasure, endorphins can perform the role of pain relief too. The endorphins released when we laugh block pain transmitters from signaling to the brain. We feel less pain and fewer adverse effects of stress as a result.

Laughter Reduces Stress: The stress hormone, cortisol, plays a role not only in depression, anxiety, and stress but also chronic pain. Laughter reduces cortisol production in studies on spontaneous laughter which

examined the stress hormones levels before and after laughter. This positive impact can exist even when laughter is forced.

Laughter Works the Core: Laughter is excellent for improving lung capacity, which makes your respiratory system all the more efficient. It works the trunk muscles, stomach, back and muscles surrounding the ribs as well as muscles in the neck and face.

If you laugh hard for lengthy periods, you can even feel an ache in your stomach due to the rapid movement of the diaphragm as it forces out the air that is in the bottom of the lungs, which is why laughter is such an excellent aerobic exercise.

Though it might not be much, laughter can burn as much as ten to forty calories in 10-15 minutes, as it raises energy expenditure and increases heart rate.

Laughter Is Good For The Immune System: People who laugh more often also have higher numbers of T-cells, or white blood cells, in their blood, which is excellent for the immune system and fending off diseases.

What is even more interesting is that lymphocyte cells are produced in

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

greater quantities reducing the risk of infection.

Laughter Is Great For Longevity: People who laugh a lot more often also tend to have a better outlook. Those with positive attitudes tend to live longer and fight off diseases more effectively. Researchers identified several factors centenarians (100-year-olds) had in common. A love of laughter was one. They considered laughter an essential part of living a longer life.

Laughter is as vital to our health as we grow up. For that reason, physical activities that get those smile lines showing are much more useful than others that don't.

Whether you believe all of this to be true or not, laughter is always a good thing.

A Peek At The Pines



*Springtime at
The Pines*



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS

3006 McNiel
Wichita Falls, Texas 76309



The Gables At A Glance



*Dying eggs to help out the
Easter Bunny at The Gables.*

