

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS
3006 McNiel
Wichita Falls, Texas 76309



The Meadow Lark

A Publication of Rolling Meadows

August 2023

Join Us For
The Rolling Meadows

Fall Fashion Show

A fashion show
like you have never seen!

Friday, August 25
2:00 pm in the Atrium

Enjoy These Sweet Summer Treats!



Watermelon Day
Thursday, August 3
3:30 PM in the Atrium



**Chocolate Chip
Cookie Day**
Friday, August 4
3:30 pm in the Atrium



Popsicle Day
Friday, August 11
3:30 PM in the Atrium

The Gables At A Glance



Summer fun at The Gables!



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

Rip StainbrookExt. 111
Director of Dining Services

Kellye HensleyExt. 112
Director of Accounting

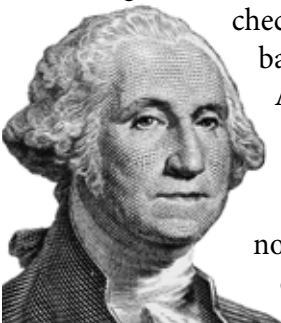
A.J. Mitchell
Director of Maintenance, Grounds,
and Security

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

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

Bank Day

Each Thursday from 10:00 – 11:00 AM we have bank day either at the receptionist desk or in the accounting office. The Thursdays when you see “First Bank” they will be sitting at the receptionist’s desk. First Bank can cash third party checks as well as take a personal check from any bank for cash for most any amount. They cannot deposit checks from any bank but First Bank. The Thursdays you see “Accounting” you can go to our accounting office and cash a personal



check from any bank up to \$100. Accounting will not cash a third party check and will not make any deposits.

HONORING & REMEMBERING

- In Memory of **Tom Murehead** by *Rolling Meadows*
- In Memory of **Doris Cotton** by *Rolling Meadows*
- In Memory of **Fay Underwood** by *Rolling Meadows*
- In Memory of **Betty Cook** by *Rolling Meadows*
- In Memory of **Phillip Brooks** 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!

JOHN HIRSCHI
John is from Wichita Falls. John enjoys gardening, gourmet food, environmental causes and Fox Hill restaurant. Please make John feel welcome by introducing yourselves to him. Welcome to our family here at Rolling Meadows John!

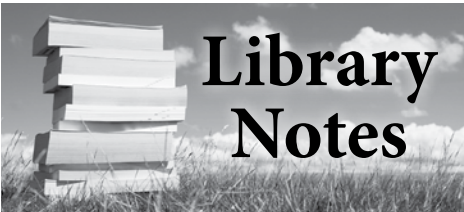
Welcome!

LUNIE HOLTON
Lunie is originally from Georgia. He is retired military and was stationed in several places. Also retired Civil Service. Before moving here he lived in Burkburnett. Lunie enjoys sightseeing and walking his dog. Please make Lunie feel welcome by introducing yourselves to him. Welcome to our family here at Rolling Meadows Lunie!

HAPPY BIRTHDAY to you!

AUGUST BIRTHDAYS

Gladys Sharp	1
Herbert Downes	6
Geraldine Nicholson	8
Patti Burgess.....	10
Bonnie Williams	10
Ailene Pokorny	13
Anne Dohrer	14
Gorman Gamble.....	16
Patricia Leath	17
Bill Watts	19
Jean Whittenton.....	20
Nancy Jenkins.....	31



Library Notes

Greetings Readers,

Is it hot enough for you? May I suggest you pick up a few good books at our library and stay in reading them with a cool beverage of your choice?

I have a copy of our own Roberta Sund’s *Roberta and Rogene: The Intrepid Faulkner Twins from Texas*. She and her sister co-wrote this memoir. Let me know if you would like to read it. You won’t find it on the shelf. I need to keep closer track of this one.

If there are any specific books or authors you want me to look out for, please let me know that too.

I’ll be putting out extra/overflow books throughout August. Check often. Once I get the volume of books under control, I plan to pull some favorite books of mine from the shelves and display them on a table to entice you to give them a try. I’ll try to make it clear that these are not give-aways.

Until next month, Happy Reading
– Judy B



Why do seagulls fly over the sea?
If they flew over the bay, they would be bagels.

Joke of the Month

A Note from Kari

A couple of housekeeping notes:
I have switched the days for the Core Strength and Stretch classes. **Core will be on Tuesdays at 11:00 AM and Stretch will be on Thursdays at 11:00 AM.**

I would like for anyone using the pool or spa to please sign in. There are sign in sheets located in each area. While this is not a requirement, I would like to get a feel for how many are using them.

—Kari



Six Exercises to Improve Stability

When we’re young, we take staying upright for granted. But over the years, things change. Did you know that falls are the number-one cause of injuries and death from injuries among older Americans?

It’s never too early to start thinking about improving your balance and preventing falls. Below, are six exercises to help with your balance.

FOOT TAPS

- Strengthens the core muscles that help stabilize your spine. *How to do it:*
1. Stand tall with your feet hip-width apart in front of a step (the bottom step of a staircase will work).
 2. Hold on to something sturdy for balance. As you get stronger, you may not need to hold on.
 3. Slowly raise one foot to tap the step in front of you, and then return it to the floor.
 4. Perform 15 to 20 taps, on each leg.

HEAD ROTATIONS

- This exercise increases the mobility in your neck, which helps with good posture and balance. *How to do it:*
1. Stand tall with your feet hip-width apart.
 2. Hold on to something sturdy for balance. As you get stronger, you may not need to hold on.
 3. Slowly move your head from side to side then up and down while keeping your body as still as possible.
 4. Do this for 30 seconds, and repeat. If you get dizzy, pause and move your head more slowly.
 5. If you’re still dizzy, stop.

STANDING MARCHES

This core-strengthening exercise helps shore up the muscles that support your spine. *How to do it:*

1. Stand tall with your feet hip-width apart.
2. Hold on to something sturdy for balance. As you get stronger, you may not need to hold on.
3. Lift one knee until your thigh is parallel to the floor (or as close as you can go). Keep your torso straight and avoid any leaning.
4. Pause, then slowly return your foot to the floor.
5. Do 20 marches, alternating between legs with each march.

SIT-TO-STANDS

- Strengthen your core muscles, and a good alternative to squats. *How to do it:*
1. Stand tall with your back facing a sturdy chair and your feet hip-width apart.
 2. Hold on to something sturdy for balance. As you get stronger, you may not need to hold on.
 3. Sit back and slowly lower your hips on to the chair as gently as possible.
 4. Pause, and without swinging your torso, push through your heels to stand up.
 5. Perform 10 repetitions.

SINGLE-LEG STANDS

- This is a good exercise to try anytime of the day. *How to do it:*
1. Stand tall with your feet hip-width apart.
 2. Hold on to something sturdy for balance. As you get stronger, you

Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

Pool Walking	Pool
Mon, Wed, 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
Tuesdays 11:00 am	
Wii Bowling	Fitness Center
Mon, Tues, Thurs, Fri 1:00 pm	
Wii Games	Fitness Center
Tues & Fri 1:00 pm	
Stretch	Fitness Center
Thursdays 11:00 am	
Open Fitness	Fitness Center
Wed 2:00 pm	
Trivia/Brain Games.....	Media Center
Wednesdays 1:00 pm	

- may not need to hold on.
3. Lift one foot an inch off the floor while keeping your torso straight and without leaning toward your planted foot.
 4. Hold for 10 to 15 seconds, then slowly return your foot to the floor.
 5. Repeat five stands on each leg.

OVER-THE-SHOULDER WALKS

- Challenge your brain and your body to work together. *How to do it:*
1. Stand tall with your feet hip-width apart at one end of a hallway.
 2. Hold on to something sturdy for balance. As you get stronger, you may not need to hold on.
 3. Look behind you over one shoulder.
 4. Maintaining this gaze, take four to five steps forward.
 5. Then, look over your other shoulder, and take four to five more steps forward.
 6. Do five repetitions on each side.



Good Times



3 BIRTHDAY PARTY

Join us in the Media Center today at 2:00 PM for our August Birthday Celebration! If your birthday is in August, please come so everyone can wish you a very Happy Birthday. You can also enjoy some cake and ice cream. Happy Birthday to all!!!

3 WATERMELON DAY

Today at 3:30 PM in the Atrium please come cool off with some watermelon and celebrate the day. They didn't have this holiday when I was little!!!

4 NATIONAL CHOCOLATE CHIP COOKIE DAY

Join us in the Atrium today at 3:30 PM and enjoy a delicious chocolate chip cookie with milk or coffee. What a great afternoon snack and fun holiday!

8 GOURMET GETAWAY

The bus will be leaving Rolling Meadows at 10:45 AM and head over to the Jolly Truck Stop. Residents had voiced they wanted to try it. Make sure you bring an appetite because these aren't small portions! Please sign up in the mail room. They do have some good food!!!

8 SIT & CHAT

Make plans to come Sit & Chat with us at 1:30 PM in the Media Center. This a great time for you to let Cindy know how things are going, what problems need to be addressed or any suggestions you may have. Rolling Meadows is your home and we want to continue to be a happy family!

10 CRAFT HOUR

Today at 2:00 PM in the Media Center we will be painting rocks for a lawn decoration for Rolling Meadows! We will be making a snake and the more people that help, the longer our snake will be! We hope that all of our residents will participate! After the snake is complete, we will decide on a name for him.

11 POPSICLE DAY

Come to the Atrium at 3:30 PM and enjoy some yummy fruit popsicles! We will have grape, strawberry, coconut or whatever flavors I can find to celebrate this holiday!

12 COWBOY COUNTRY MUSIC

We will be leaving Rolling Meadows at 6:00 PM to go to the Red River Valley Venue/Opry House in Byers to hear cowboy country music by "The Mayos & Post Oak". Please sign up with your phone number. We have 13 seats available. The cost is \$10 per ticket and they have \$1.00 sodas and snacks.

15 NATIONAL THRIFT SHOP DAY

We are taking the bus to Faith Mission Thrift Store to do some treasure shopping. Please sign up if you would like to go. We will leave at 10:00 AM. Please meet in the lobby.

17 EXERCISE DRUMMING

Join us in the Media Center at 1:00 PM for exercise drumming. Come get some exercise and have some fun. I look forward to seeing you there.

17 MAGICIAN SHOW

Meet up with your friends in the Atrium at 2:00 PM today for the magic of Monte Holder! Please mark this on your calendar so you will not miss this special event.

22 HISTORY HOUR

Today at 2:15 PM in the Media Center we are talking about Arizona. If you have lived there or been there on vacation, please come and share your experiences. We will try to touch on all of the states in the U.S. If you would like to host a state please let Vickie know.

25 FALL FASHION SHOW

Come to the Atrium at 2:00 PM today for a Fall Fashion Show like you have never seen! The models are out of this world and the fashions I know you will want to get for your closet. Please put this date on your calendar. It is a one of a kind event that you will remember for years to come! Bring your camera.

29 BRAUM'S TRIP

It's hot and you need ice cream! Please sign up for this tasty trip and meet us in the lobby. We have 14 seats available.



31 MOVIE MATINEE

Today in the Media Center at 1:00 PM we will be watching "Iron Will". This movie is based on a true story. A brave young man is thrust into adulthood as he and his courageous team of sled dogs embark on a grueling and treacherous cross country marathon. Refreshments will be served - cokes, candy and popcorn.

August History Hour:
Arizona
August 22 at 2:15
in the Media Center



AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div><u>Courtesy Van to Dr Offices:</u> Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30</div> <div><u>Dry Cleaning</u></div> <div>Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room</div> <div>Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room</div>		9:30 Blood Pressure Clinic , Atr 1 1:00 Wii Games , FitCtr 1:00 Bible Study , KKap 1:00 Dominoes (42) , Lib 3:00 Chair Volleyball , FitCtr	1:00 Brain Games/Trivia , MedCtr 2 2:00 Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	9:00 Shopping at WalMart Bank Day 3 10:00 “Accounting” till 11:00 1:00 Wii Bowling , FitCtr 2:00 Birthday Party , MedCtr 3:00 Chair Volleyball , FitCtr 3:30 Watermelon Day , Atr 6:15 Worship Service , MedCtr 6:30 Bridge , Lib	1:00 Mexican Train , KKap 4 1:00 Wii Bowling , FitCtr 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:30 National Chocolate Chip Cookie Day , Atr	1:00 Puzzles , 3rd Floor 5
6 1:00 Worship Service , Chapel	9:30 Devotional , Chapel 7 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 3:00 Chair Volleyball , FitCtr	9:30 Blood Pressure Clinic , Atr 8 10:45 Gourmet Getaway 1:00 Wii Games , FitCtr 1:00 Bible Study , KKap 1:00 Dominoes (42) , Lib 1:30 Sit & Chat , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Brain Games/Trivia , MedCtr 9 2:00 Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	9:00 Shopping at WalMart Bank Day 10 10:00 “First Bank” till 11:00 1:00 Wii Games , FitCtr 2:00 Craft Hour , MedCtr 3:00 Chair Volleyball , FitCtr 5:00 Breakfast for Dinner 6:15 Worship Service , MedCtr 6:30 Bridge , Lib	1:00 Mexican Train , KKap 11 1:00 Wii Games , FitCtr 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:30 Popsicle Day , Atr	1:00 Puzzles , 3rd Floor 12 6:00 Bus Trip to the Red River Valley Opry House for Cowboy Country Music
13 1:00 Worship Service , Chapel	9:30 Devotional , Chapel 14 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 3:00 Chair Volleyball , FitCtr	9:30 Blood Pressure Clinic , Atr 15 10:00 Shopping - National Thrift Shop Day 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , MedCtr 3:00 Chair Volleyball , FitCtr <i>Apartment Filter Change</i>	1:00 Brain Games/Trivia , MedCtr 16 2:00 Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	9:00 Shopping at WalMart Bank Day 17 10:00 “Accounting” till 11:00 1:00 Wii Games , FitCtr 1:00 Exercise Drumming , MedCtr 2:00 Monte Holder Magician , Atr 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , MedCtr 6:30 Bridge , Lib	1:00 Mexican Train , KKap 18 1:00 Wii Games , FitCtr 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Puzzles , 3rd Floor 19
20 1:00 Worship Service , Chapel	9:30 Devotional , Chapel 21 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 3:00 Chair Volleyball , FitCtr	9:30 Blood Pressure Clinic , Atr 22 1:00 Bible Study , MedCtr 1:00 Dominoes (42) , Lib 2:15 History Hour , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Brain Games/Trivia , MedCtr 23 2:00 Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	9:00 Shopping at WalMart Bank Day 24 10:00 “First Bank” till 11:00 1:00 Wii Bowling , FitCtr 2:00 Fall Fashion Show , Atr 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , MedCtr	1:00 Mexican Train , KKap 25 1:00 Wii Games , FitCtr 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Puzzles , 3rd Floor 26
27 1:00 Worship Service , Chapel	9:30 Devotional , Chapel 28 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 3:00 Chair Volleyball , FitCtr	9:30 Blood Pressure Clinic , Atr 29 1:00 Bible Study , MedCtr 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 2:00 Braum's Trip 3:00 Chair Volleyball , FitCtr	1:00 Brain Games/Trivia , MedCtr 30 2:00 Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	9:00 Shopping at WalMart Bank Day 31 10:00 “Accounting” till 11:00 1:00 Wii Games , FitCtr 1:00 Movie Matinee , MedCtr 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , MedCtr	 <div>Check your Week In Review for changes and updates!</div>	