

The *Meadow Lark*

A Publication of Rolling Meadows

January 2024

Join Us For The
Rolling Meadows

New Year's Parade!

"Deflating the Old and Raising Up the New Year"

January 2nd at 3:00 pm

Beginning in the Atrium and traveling to The Gables and The Pines

We Have An App For That!

We now have an App for Rolling Meadows!

Now you can keep up with all of our activities, events, menus and special announcements on your phone or tablet.

Please join us **January 11 at 1:00 PM in the Media Center** where we will help you download the app and show you how easy it is to use.

Use one of the links below or scan the QR code now to get a head start!

iOS App Store: <https://apps.apple.com/us/app/rolling-meadows-application/id1664659930>

Google Play Store: <https://play.google.com/store/apps/details?id=com.rolling.meadows>

If you have any questions please see Angel.



Scan the QR code above
to download the
Rolling Meadows app!

ROLLING
MEADOWS

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Kellye HensleyExt. 112
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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

HONORING & REMEMBERING

In Memory of
Dr. Quentin Kramer
by Ralph Buekman

In Memory of
Jim Provenza
by Rolling Meadows

In Memory of
Lynn Bassett
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!

DEBORAH BROWN

Deborah is from Florida and enjoys sewing, gardening, playing Hand & Foot and going to church. Please make Deborah feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows Deborah!

JOE LOE

Joe was born and raised in Ft. Worth but he moved to Seymour in 2007. Joe enjoys music, art and playing the guitar. Please make Joe feel welcome by introducing yourselves to him. Welcome to our Rolling Meadows family Joe!

What should people never eat on New Year's Eve?

Fire crackers.




Joke of the Month



Happy BIRTHDAY to you!

JANUARY BIRTHDAYS

Judith Coss	4
Evelyn Altmiller	4
Bob Goodrich	5
Becky Doley	7
Deanna Bensch	7
Barbara Kleinecke	8
Marianne Jones	10
Brent Seager	10
Clara Kirkland	14
Paula Gibson	15
Thom Reed	15
Marion Harrell	17
Dennis Dohrer	18
Mary Buckley	19
Yvonne Eastman	20
John Pittner	20
Mary Myers	20
Effie Clark	23
Helen McDonald	27
Margie Cruz	29
Bill Knowlton	30



Library Notes

Greetings All,

I have some questions for you all since we are about to start a new year.

Do you set reading goals each year? Examples: how many books you plan to read this year? Do you think about what genres you want to try?

How many female v male authors?

How many fiction v nonfiction?

Do you choose books you relate to or ones completely different from your own life experience? About 1 of every 3 books I read are relatable. I tend to prefer reading about people or places I am unfamiliar with.

How do you choose which books to read? Here are some ways others choose books:

1. Read books by your favorite author(s).
2. Reach for classics or award-winning books (I love the Women's Prize.)
3. Choose a topic about a subject that interests you.
4. Ask for book recommendations (I always have opinions)
5. Read book reviews (Janie Stewart reads 3* reviews. If what bothered the reviewer does not bother her, she will probably like it and vice versa.)
6. Checkout book lists on *Goodreads* or *Book Riot* for inspiration.
7. Participate in a book club (there is always room for one more!)
8. Skim the shelves for your favorite genre. (The books in our library are shelved by genre to make this easier. Look for the color charts posted near the shelves.)
9. Read the first chapter of several books to help you decide if it fits your mood.
10. Randomly pull a book from your own or our shelves.

- Judy



January Events

2

INFLATABLE COSTUME PARADE

This is going to be hilarious! Several of our staff will be "Deflating the Old and Raising Up the New Year" by dressing up in inflatable costumes. We will begin our parade in the Atrium at 3:00 PM and then walk over to the Gables and the Pines.

4

BIRTHDAY PARTY

Join us in the Media Center at 2:00 PM for our monthly birthday party. Everyone is welcome to enjoy cake and ice cream and celebrate with January's birthday residents!

9

HISTORY HOUR

Today at 2:00 PM in the Media Center we are going to Branson, MO. I hope you will bring any information you have to add with my trip.

11

NEW APP SEMINAR

Several of you have been hearing about our new Rolling Meadows APP for over a year now. Well, it is finally completed!!! Today at 1:00 PM in the Media Center we are going to learn how to download the APP and how to use it. This will keep us updated on the changes of activities, events and much more.

11

CORNHOLE GAMES

Calling all cornhole players! Today at 2:00 PM in the Atrium we will begin playing. Please sign up with a team member by your name if you wish to play with a partner.

12

WINTER AFTERNOON TEA

Head over to the Media Center at 2:00 PM to celebrate National Hot Tea Day. Please sign up in the mail room so we will know how many to prepare for. Yes, gentlemen you are invited as well!

16

GOURMET GETAWAY

The bus will be leaving today at 10:45 AM to head over to On The Border! Angel says if you like guacamole, you must try the Guacamole Live, made fresh right at your table. Yummy! Don't forget to sign up in the mail room. We only have 14 available seats.

16

GOSPEL SINGING

We love our monthly gospel singing in the Media Center at 2:00 PM. Please take time to come – you can sing with us or just listen. Either way, you will be blessed!

18

MOVIE MATINEE

Join us in the Media Center at 1:00 PM. as we watch the movie, "Last Holiday". Upon learning of a terminal illness, a shy woman decides to sell all her possessions and live it up at a posh central European hotel. Actors are Queen Latifah, LL Cool J and Timothy Hutton. Refreshments will be served.

19

PIANO MUSIC

Come find a seat in the Atrium today at 1:00 PM to listen to Sean Street and his student, Clea Goodwin, as they entertain us with piano music.

23

VA BENEFIT SEMINAR

Mason Mott will be educating us on VA benefits that are available for our Veterans and their spouses. Join us in the Media Center at 2:00 PM. This will be the perfect time to ask questions!

25

GOLF TOURNAMENT

Our next golf tournament will tee off at 2:00 PM today in the Atrium. Please sign up early in the mail room if you would like to be a part of the tournament.

26

COFFEE & CONVERSATION

Come to the Knight Kap at 9:00 AM for Coffee and Conversation. We will be celebrating National Blueberry Pancake Day with blueberry pancakes, bacon and sausage! Please sign up early so we will have enough pancakes!!!!

27

BOOK CLUB

This month we will be discussing *Killers of the Flower Moon* by David Grann at 1:00 PM in the Library. (This book is also a recent major motion picture directed by Martin Scorsese.)

The book club meets the last Saturday of each month and Librarian, Judy Brown, has a list of the books they will be reading and discussing each month. If you would like to be a part of the club, please come to the meeting or reach out to Judy.

29

FIRST BAPTIST CHURCH ORCHESTRA CONCERT

Today at 6:00 PM in the Atrium, the First Baptist Church Wichita Falls Orchestra will be performing. We always enjoy watching their performance so come early for a good seat!

30

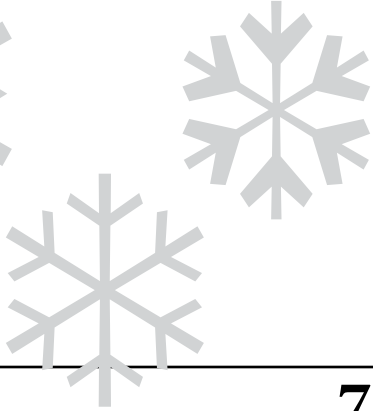


CRAFT HOUR

Vickie has a crafty surprise in store for you this month! Come see what it is today at 2:00 pm in the Media Center. Please sign up early so she will have enough supplies.

Happy January!



JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>Happy New Year!</div> <div>No Scheduled Activities</div>	<div>2</div> <div>9:30 Blood Pressure Clinic, Atr</div> <div>1:00 Wii Games, FitCtr</div> <div>1:00 Dominoes (42), Lib</div> <div>1:00 Bible Study, MedCtr</div> <div>1:45 Our Lady Queen of Peace, Chapel</div> <div>3:00 Chair Volleyball, FitCtr</div> <div>3:00 Inflatable Costume Parade, Atr</div>	<div>3</div> <div>1:00 Brain Games/Trivia, MedCtr</div> <div>2:00 Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>4</div> <div>9:00 Shopping at WalMart</div> <div>10:00 Bank Day</div> <div>"Accounting" till 11:00 am</div> <div>1:00 Wii Bowling, FitCtr</div> <div>2:00 Birthday Party, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div> <div>6:15 Worship Service, MedCtr</div> <div>6:30 Bridge, Lib</div>	<div>5</div> <div>1:00 Mexican Train, KKap</div> <div>1:00 Wii Games, FitCtr</div> <div>2:00 Quarter Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>6</div> <div>1:00 Puzzles, 3rd Floor</div>
<div>7</div> <div>1:00 Worship Service, Chapel</div>	<div>8</div> <div>9:30 Devotional, Chapel</div> <div>1:00 Tiki, Lib</div> <div>1:00 Wii Bowling, FitCtr</div> <div>2:00 Grocery Shopping</div> <div>2:00 Quarter Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>9</div> <div>9:30 Blood Pressure Clinic, Atr</div> <div>1:00 Wii Games, FitCtr</div> <div>1:00 Bible Study, KKap</div> <div>1:45 Our Lady Queen of Peace, Chapel</div> <div>2:00 History Hour, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>10</div> <div>1:00 Brain Games/Trivia, MedCtr</div> <div>2:00 Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>11</div> <div>9:00 Shopping at WalMart</div> <div>10:00 Bank Day</div> <div>"First Bank" till 11:00 am</div> <div>1:00 Wii Bowling, FitCtr</div> <div>1:00 Seminar: RM App, MedCtr</div> <div>1:00 Dale's Bible Study, Chapel</div> <div>2:00 Cornhole Games, Atr</div> <div>3:00 Chair Volleyball, FitCtr</div> <div>5:00 Breakfast for Dinner</div> <div>6:15 Worship Service, MedCtr</div> <div>6:30 Bridge, Lib</div>	<div>12</div> <div>1:00 Mexican Train, KKap</div> <div>1:00 Wii Games, FitCtr</div> <div>2:00 Bingo, Canceled</div> <div>2:00 Afternoon Tea, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>13</div> <div>1:00 Puzzles, 3rd Floor</div>
<div>14</div> <div>1:00 Worship Service, Chapel</div>	<div>15</div> <div>9:30 Devotional, Chapel</div> <div>1:00 Tiki, KKap</div> <div>1:00 Wii Bowling, FitCtr</div> <div>2:00 Grocery Shopping</div> <div>2:00 Quarter Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div> <div>Filter Change: Cottages</div>	<div>16</div> <div>9:30 Blood Pressure Clinic, Atr</div> <div>10:45 Gourmet Getaway</div> <div>1:00 Wii Bowling, FitCtr</div> <div>1:00 Dominoes (42), Lib</div> <div>1:00 Bible Study, KKap</div> <div>1:45 Our Lady Queen of Peace, Chapel</div> <div>2:00 Gospel Singing, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>17</div> <div>1:00 Brain Games/Trivia, MedCtr</div> <div>2:00 Bingo w/Hospice, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>18</div> <div>9:00 Shopping at WalMart</div> <div>10:00 Bank Day</div> <div>"Accounting" till 11:00 am</div> <div>1:00 Wii Bowling, FitCtr</div> <div>1:00 Movie Matinee, MedCtr</div> <div>1:00 Dale's Bible Study, Chapel</div> <div>3:00 Chair Volleyball, FitCtr</div> <div>6:15 Worship Service, MedCtr</div> <div>6:30 Bridge, Lib</div>	<div>19</div> <div>1:00 Mexican Train, KKap</div> <div>1:00 Wii Bowling, FitCtr</div> <div>1:00 Sean Street & Clea Goodwin Piano Music, Atr</div> <div>2:00 Quarter Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>20</div> <div>1:00 Puzzles, 3rd Floor</div>
<div>21</div> <div>1:00 Worship Service, Chapel</div>	<div>22</div> <div>9:30 Devotional, Chapel</div> <div>1:00 Tiki, KKap</div> <div>1:00 Wii Bowling, FitCtr</div> <div>2:00 Grocery Shopping</div> <div>2:00 Quarter Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>23</div> <div>9:30 Blood Pressure Clinic, Atr</div> <div>1:00 Wii Bowling, FitCtr</div> <div>1:00 Dominoes (42), Lib</div> <div>1:00 Bible Study, KKap</div> <div>1:45 Our Lady Queen of Peace, Chapel</div> <div>2:00 VA Benefit Seminar, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>24</div> <div>1:00 Brain Games/Trivia, MedCtr</div> <div>2:00 Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>25</div> <div>9:00 Shopping at WalMart</div> <div>10:00 Bank Day</div> <div>"First Bank" till 11:00 am</div> <div>1:00 Wii Bowling, FitCtr</div> <div>1:00 Dale's Bible Study, Chapel</div> <div>2:00 Golf Game & Putting, Atr</div> <div>3:00 Chair Volleyball, FitCtr</div> <div>6:15 Worship Service, MedCtr</div> <div>6:30 Bridge, Lib</div>	<div>26</div> <div>9:00 Coffee & Conversation, KKap</div> <div>1:00 Mexican Train, KKap</div> <div>1:00 Wii Bowling, FitCtr</div> <div>2:00 Quarter Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>27</div> <div>1:00 Puzzles, 3rd Floor</div> <div>1:00 Book Club, Lib</div>
<div>28</div> <div>1:00 Worship Service, Chapel</div>	<div>29</div> <div>9:30 Devotional, Chapel</div> <div>1:00 Tiki, FitCtr</div> <div>1:00 Wii Bowling, FitCtr</div> <div>2:00 Grocery Shopping</div> <div>2:00 Quarter Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div> <div>6:00 WFBC Orchestra, Atr</div>	<div>30</div> <div>9:30 Blood Pressure Clinic, Atr</div> <div>1:00 Wii Bowling, FitCtr</div> <div>1:00 Dominoes (42), Lib</div> <div>1:00 Bible Study, KKap</div> <div>1:45 Our Lady Queen of Peace, Chapel</div> <div>2:00 Craft Hour, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div>31</div> <div>1:00 Brain Games/Trivia, MedCtr</div> <div>2:00 Bingo, MedCtr</div> <div>3:00 Chair Volleyball, FitCtr</div>	<div></div> <div>Courtesy Van to Dr Offices: Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30</div> <div>Dry Cleaning</div> <div>Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room</div> <div>Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room</div>		<div>Check your Week In Review for changes & updates!</div> <div></div>

Good Times



A Note from Kari

Going forward into the new year, I'm going to use this space to occasionally focus on classes that are offered in the Fitness Center and why they are important to us. This month is stretching, something most don't think about or realize how important it is. I offer a short 10-15 minute stretch class once a week that is ideal for almost any of you. —Kari



Why Stretching is Important

As we age, muscles become shorter and less elastic, joints weaken, and our range of motion narrows. But age-related muscle loss can be minimized by resistance training, as can the effects of osteoarthritis and osteoporosis. One of the best ways to maximize the effectiveness of a resistance-exercise program is to supplement it with functional training exercises.

Functional training exercises are intended to enhance the various ways we move throughout the day. These movements train muscle groups to work together in ways that improve our ability to perform normal tasks. It should be noted that "normal" tasks are different for everyone.

Regardless of the intensity of any functional training program, stretching is an important component supporting muscle strength, improving flexibility and range of motion, and increasing circulation and blood flow. When combined with resistance training, stretching can help keep joints flexible.

Here's how stretching can support and improve the effectiveness of functional training:

Reducing the symptoms of arthritis and relieving lower back pain: Lower back pain in older adults is often the result of osteoarthritis and spinal stenosis. Caused by the degeneration of cartilage between the joints, osteoarthritis can cause pain and stiffness in the lower back that comes and goes. Osteoarthritis can also cause sciatica, pain that radiates along the sciatic nerve causing leg pain and sometimes tingling, numbness or

weakness. Spinal stenosis, a narrowing of the spinal canal, can put pressure on the spinal cord and the nerves within the spine, also causing sciatica. Osteoarthritis and spinal stenosis are caused by age-related wear and tear. Stretching cannot reverse the core condition, but it can help relieve the pain. Regular stretching can improve flexibility and range of motion, and relieve stiffness in the afflicted joints.

Stretching can reduce the risk of falling: Along with balance and strength training, research shows that flexibility and a wide range of motion is critical to creating stability and preventing falls. It's particularly important to improve and retain flexibility in the quadriceps and hamstrings as well as mobility of the hip joints. These muscles and joints, along with strength in the lumbar spine, directly affect static balance, our ability to balance when standing still, and dynamic balance, our ability to balance while moving. In addition, stretching boosts circulation which is important for remaining aware of the environment and alert to any dangers and impediments that might cause a fall.

Stretching can support good posture: As we age, we lose elasticity and flexibility. This inevitable part of aging happens because the water content in our connective tissue decreases over time and can contribute to poor posture causing pain and discomfort in the lower back and between the shoulder blades. Consistent stretching can significantly improve

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	

flexibility. When stretching is combined with focused strength training, dramatic improvements in posture and range of motion are not only possible, but likely.

Stretching improves energy and blood flow: Dynamic stretching – low-intensity stretching that uses movement to improve the stretch – has been shown to increase circulation and nutrient flow throughout the body naturally increasing the body's energy levels.

Functional training, stretching, and strength training work better together: Regular stretching is especially useful when it's part of a holistic training plan that also involves additional balance training, strength training, and cardio exercises. From the day we are born, our bodies need to move. As we age, remaining active is more important than ever.

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING
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3006 McNiel
Wichita Falls, Texas 76309



The Gables At A Glance



Thank you to our Veterans!