

The *Meadow Lark*

A Publication of Rolling Meadows

February 2024



Be My Valentine!

This Valentine's Day, show someone special your love with a balloon and card delivered right here to Rolling Meadows.

A display of the balloons you can choose from will be in the Atrium. Balloons with cards are just \$3 including delivery. See Vickie to fill out an order form so we know who you would like us to deliver your special gift to.

Then, let's get dressed up for a special
Valentine's Day Banquet
at 5:00 PM on
Wednesday, February 14th.

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

HONORING & REMEMBERING

In Memory of
Martin Hale
by Rolling Meadows

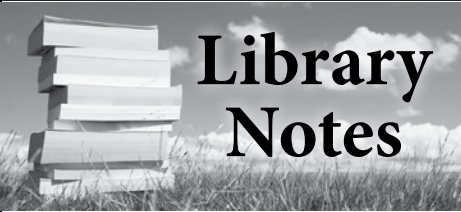
In Memory of
Charlene Williams
by Rolling Meadows

In Memory of
Dr. Quetin Kramer
by William & Laura Egelhoff

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75-1875036. Bequests, transfers, gifts or
contributions are tax-deductible.

Happy
BIRTHDAY
FEBRUARY BIRTHDAYS

Dorothy Omohundro	1
Emily Cox	2
Beth Duke	4
Basail Jeter	5
Yvonne Mesler	5
Dale Dodson	6
Pat Corley.....	7
Jean Barnes.....	11
Mary Ann Watts	13
Dwight McNew	14
Janie Stewart	15
Rachel King	16
Velma Perkins.....	17
Ruthie Weidman.....	18
Ruth Provenza.....	19
Gary Smith	21
Margaret Galloway	23
Wanda Skelton	24
Valentine Walkup	25
Betty Murehead	27
Joan Gowan.....	28
Jerri McClure.....	28
Stephanie Mudge	28
Judy Selke	28



Library
Notes

Greetings Fellow Residents!

Today I want to share the **2024 Rolling Meadows Book Club Reading List**. We meet the last Saturday of each month at 1pm in the library. I hope you will consider joining us for one or more of these books in 2024. There is a cork board to the left in the mailroom where I will post copies of the schedule as well as any other materials for the next meeting. Each person is responsible for obtaining the book. There are usually copies available at the library downtown. If you need help learning how to download apps that allow you to check out library books in ebook or audiobook formats, I am glad to help. Feel free to come to a meeting to check it out whether you have read the book or not.

– Judy

2024 Rolling Meadows
Book Club Reading List

Jan 27	<i>Killers of the Flower Moon</i> by David Grann
Feb 24	<i>An American Marriage</i> by Tayari Jones
Mar 30	<i>The Four Winds</i> by Kristin Hannah
Apr 27	<i>The Alchemist</i> by Paulo Coelho
May 25	<i>The River</i> by Peter Heller
June 29	<i>Eleanor Oliphant is Completely Fine</i> by Gail Honeyman
July 27	<i>Sargent’s Women: Four Lives Behind the Canvas</i> by Donna M. Lucey
Aug 31	<i>The Survivors</i> by Jane Harper
Sept 28	<i>The Last Bookshop in London</i> by Madeline Martin
Oct 26	<i>Lady Tan’s Circle of Friends</i> by Lisa See
Nov 30	<i>Joan</i> by Katherine J Chen
Dec 28	<i>Comfort and Joy</i> by Kristin Hannah

Welcome New Residents!

ESTELLE HEFNER

Estelle is from Wichita Falls and enjoys games like dominoes, Yahtzee, etc. She also enjoys bible study and fellowship. Please make Estelle feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows, Estelle!

LYNDA FENTER

Lynda is from Jacksboro and enjoys travel, reading and flower gardening. Please make Lynda feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows, Lydna!

SUSAN KING

Susan is originally from Estherville, Iowa but has lived in Wichita Falls many years. Susan enjoys playing bridge, attending MSU Texas basketball games and keeping up with grandchildren and other family and friends. Please make Susan feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows, Susan!

Welcome!



February Events

1 GOURMET GETAWAY
At 10:45 we are going to Chili’s Bar & Grill. We will meet in the lobby at 10:30 AM. Please sign up in the mail room. We have 14 seats available.

1 CORNHOLE
Head on over to the Atrium today at 2:00 PM and have some fun playing Cornhole. Bring a friend, enjoy the nice inside weather and have some laughs!

2 GET YOUR RESERVATIONS!
If you want to see *Mary Poppins* at the Wichita Theater on February 17th, your reservations and money for tickets are due today! Tickets are \$28. Please see Vickie to get on the list for this fun outing. For all of us to be able to sit together, I will need to purchase the tickets ASAP.

6 GOSPEL SINGING
At 2:15 PM in the Media Center we will be doing a little gospel singing. Round up some friends and let’s have some fun singing together. *Men, we need your voices also!* I promise you will have a great time.

8 BIRTHDAY PARTY
Let’s celebrate in the Media Center at 2:00 PM. Everyone who has a birthday in February please come so we can say “Happy Birthday”!!! Everyone is invited and welcome to enjoy cake and ice cream.

9 NATIONAL PIZZA DAY
Join us in the Media Center at 11:30 AM for a pizza luncheon. You must sign up by February 1 *so we will know how many pizzas to order!* Seating is limited to 35 so hurry and sign up! Thank you for your understanding.

13 SIT & CHAT
Sit & Chat with Cindy today at 1:30 PM in the Media Center. This is your time to voice any concerns or ask questions. Write your questions down and take them with you. Cindy will also let you know if anything is going on in and around the community.

14 VALENTINE BANQUET
The dining staff will be preparing a special meal for Valentine’s Day dinner beginning at 5:00 PM. Dress up and bring your friend, sweetheart or a family member. This is the perfect time to let them know how much you love them. If they can’t be with you call them! My love to you all!!! Vickie

15 MOVIE MATINEE
We will be watching “Journey to the Center of the Earth” today in the Media Center at 1:00 PM. Refreshments will be available. *On a quest to find out what happened to his missing brother, a scientist, his nephew and their mountain guide discover a fantastic and dangerous lost world in the center of the earth. Starring Brendan Fraser, Josh Hutcherson and Anita Briem.*

17 MARY POPPINS
Pop on the bus with us at 1:15 PM to see *Mary Poppins* at the Wichita Theater. Please also note that the snack bar is more expensive, no more \$1.00 menu.

20 GLORY CHOIR
Get your seat by 10:00 AM in the Atrium. We will have the First Baptist Church Wichita Falls Glory Choir. You will want to come early to get the best seat!

20 CRAFT HOUR
This is something new and will be easy and fun to do. We will make a mod podge clip board at 2:00 PM today. Please sign up in the mail room so I will have enough supplies. Anyone can do this. You do not need to be an artist!

22 PRECIOUS MEMORIES BAND
At 2:00 PM in the Atrium we have a new band that has come together and will be here to play for you. They are called “Precious Memories”. They do not charge a fee because the band does this as a ministry. Please come support them. Come early and fill up the front rows.

24 BOOK CLUB
This month we will be discussing *An American Marriage* by Tayari Jones at 1:00 PM in the library.





27 HISTORY HOUR
Today at 2:00 PM in the Media Center we will visit and talk about our neighbor Oklahoma. Please bring anything you want to share.

29 BRAUM’S TRIP
Let’s do some shopping and get some ice cream. The bus leaves at 2:00 PM. Please sign up for one of the 14 seats that are available.

PLEASE NOTE

Our February weather can get ugly so these trips off the Campus will be weather permitting. Thank you for your understanding.

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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></div>	<div></div>	9:00 Shopping at WalMart 1 10:00 Bank Day "Accounting" till 11:00 am 10:45 Gourmet Getaway 1:00 Wii Games, FitCtr 1:00 Dale's Bible Study, Chapel 2:00 Cornhole Games, Atr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	1:00 Mexican Train, KKap 2 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr Happy Groundhog Day!	1:00 Puzzles, 3rd Floor 3
4 1:00 Worship Service, Chapel	9:30 Devotional, Chapel 5 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:30 Blood Pressure Clinic, Atr 6 1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 1:45 Our Lady Queen of Peace, Chapel 2:15 Gospel Singing, MedCtr 2:30 Employee Bible Study, Chapel 3:00 Chair Volleyball, FitCtr	1:00 Brain Games/Trivia, MedCtr 7 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:00 Shopping at WalMart 8 10:00 Bank Day "First Bank" till 11:00 am 1:00 Wii Games, FitCtr 1:00 Dale's Bible Study, Chapel 2:00 Birthday Party, MedCtr 3:00 Chair Volleyball, FitCtr 5:00 Breakfast for Dinner 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	11:30 Pizza Luncheon, MedCtr 9 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Puzzles, 3rd Floor 10
11 1:00 Worship Service, Chapel	9:30 Devotional, Chapel 12 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:30 Blood Pressure Clinic, Atr 13 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 1:30 Sit & Chat, MedCtr 1:45 Our Lady Queen of Peace, Chapel 2:30 Employee Bible Study, Chapel 3:00 Chair Volleyball, FitCtr	1:00 Brain Games/Trivia, MedCtr 14 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 5:00 Valentine's Day Banquet	9:00 Shopping at WalMart 15 10:00 Bank Day "Accounting" till 11:00 am 1:00 Wii Games, FitCtr 1:00 Movie Matinee, MedCtr 1:00 Dale's Bible Study, Chapel 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib Filter Change: Apartments	1:00 Mexican Train, KKap 16 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Puzzles, 3rd Floor 17 1:15 To The Wichita Theatre for Mary Poppins
18 1:00 Worship Service, Chapel	9:30 Devotional, Chapel 19 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:30 Blood Pressure Clinic, Atr 20 10:00 FBC Glory Choir, Atr 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 1:45 Our Lady Queen of Peace, Chapel 2:00 Craft Hour, MedCtr 2:30 Employee Bible Study, Chapel 3:00 Chair Volleyball, FitCtr	1:00 Brain Games/Trivia, MedCtr 21 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:00 Shopping at WalMart 22 10:00 Bank Day "First Bank" till 11:00 am 1:00 Wii Games, FitCtr 1:00 Dale's Bible Study, Chapel 2:00 Precious Memories Band, Atr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	1:00 Mexican Train, KKap 23 1:00 Wii Games, FitCtr 2:00 Bingo, Cancelled 3:00 Chair Volleyball, FitCtr	1:00 Puzzles, 3rd Floor 24 1:00 Book Club, Lib
25 1:00 Worship Service, Chapel	9:30 Devotional, Chapel 26 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:30 Blood Pressure Clinic, Atr 27 1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 1:45 Our Lady Queen of Peace, Chapel 2:00 History Hour, MedCtr 2:30 Employee Bible Study, Chapel 3:00 Chair Volleyball, FitCtr	1:00 Brain Games/Trivia, MedCtr 28 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:00 Shopping at WalMart 29 10:00 Bank Day "Accounting" till 11:00 am 1:00 Wii Games, FitCtr 1:00 Dale's Bible Study, Chapel 2:00 Braum's Trip 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	<div></div> <div>Check your Week In Review for changes and updates!</div>	

Good Times



A Note from Kari



February is National Heart Month and National Senior Independence Month. At a glance they appear to have nothing in common, yet on closer inspection exercise plays a big role in both. It is important no matter your age to do some sort of physical and mental activity every day. In addition to the classes offered in the Fitness Center, we have an assortment of exercise equipment and a wonderful heated pool. If you are new to Rolling Meadows or have never tried out the Fitness Center, come by and see what we have to offer. —Kari

5 Benefits of Exercise for Seniors and Aging Adults

You've heard it time and again: physical activity and exercise are good for you, and you should aim to make them part of your routine. There are countless studies that prove the important health benefits associated with exercise, and it becomes more important as we age. Regular physical activity and exercise for seniors helps improve mental and physical health, both of which will help you maintain your independence as you age. Below are five benefits of exercise for seniors and aging adults.

Prevent Disease

Studies have shown that maintaining regular physical activity can help prevent many common diseases, such as heart disease and diabetes. Exercise improves overall immune function, which is important for seniors as their immune systems are often compromised. Even light exercise, such as walking, can be a powerful tool for preventable disease management.

Improved Mental Health

The mental health benefits of exercise are nearly endless. Exercise produces endorphins (the "feel good" hormone), which act as a stress reliever and leaves you feeling happy

and satisfied. In addition, exercise has been linked to improving sleep, which is especially important for older adults who often suffer from insomnia and disrupted sleep patterns.

Decreased Risks of Falls

Older adults are at a higher risk of falls, which can prove to be potentially disastrous for maintaining independence. Exercise improves strength and flexibility, which also helps improve balance and coordination, reducing the risk of falls. Seniors take much longer to recover from falls, so anything that helps avoid them in the first place is critical.

Social Engagement

Whether you join a walking group, go to group fitness classes or visit a gardening club, exercise can be made into a fun social event. Maintaining strong social ties is important for aging adults to feel a sense of purpose and avoid feelings of loneliness or depression. Above all, the key is to find a form of exercise you love, and it will never feel like a chore again.

Improved Cognitive Function

Regular physical activity and fine-tuned motor skills benefit cognitive

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

function. Countless studies suggest a lower risk of dementia for physically active individuals, regardless of when you begin a routine.

*Please join me
in wearing RED on
Friday, February 2nd
as we support
Womens Heart Health
and
Go Red for Women.*

A Peek At The Pines



New Year Cheer!



THE
PINES
AT ROLLING MEADOWS

ROLLING MEADOWS

3006 McNiel
Wichita Falls, Texas 76309



The Gables At A Glance

