# ${ }^{\text {no }}$ Meadow Lark 

## A Publication of Rolling Meadows



Bring your furry friends for a tail-waggin' good time!

Thursday, April 11 2:00 PM

## Rolling Meadows Dog Park

Treats for everyone! Woof, Woof!
sit the dre Po
We will meet you on the South Lawn
Tuesday, April 23 11:00 AMCindy Noe
Executive Director
Angel Sheets...............Ext. 104
Director of Marketing

Director of Marketing
Jerry Caraway ............Ext. 109

Rip Stainbrook
Director of Dining Services940-691-7511
Rolling MeadowsStaff.Ext. 120 Kellye Hensley
$\qquad$ .Ext. 112 Director of Accounting
A.J. Mitchell

Director of Maintenance, Grounds, and Security
Kim Holley, R.N. .......Ext. 202 Director of Nursing, The Gables

Ext. 111 Debbie Bryan, R.N. ...Ext. 526


## Welcome New Residentst

STEVEN \& DONNA YOUNG Steven and Donna are both from Wichita Falls. Steven enjoys fossils and racing. Donna enjoys history, music and puzzles. Please make Steven and Donna feel welcome by introducing yourselves to them. Welcome to our family here at Rolling Meadows, Steven and Donna

BYRLE \& JO ANN GRAHAM Byrle and Jo Ann are originally from Oklahoma but have lived in Wichita Falls since 1962. Byrle enjoys dominoes and bingo. Jo Ann enjoys dominoes, jigsaw puzzles and arts and crafts. Please make Byrle and Jo Ann feel welcome by introducing yourselves to them. Welcome to our family here at Rolling Meadows, Byrle and Jo Ann!

BIRTHDAY

## APRIL BIRTHDAYS

Bud Love ..................................... 3 Dennis Holobaugh ................................ 3
$\qquad$ Nita Gilis .................................... 10 Kathleen Brown ......................... 10 Gloria Brooks............. 14 Jim Hart $\qquad$ Elsie Hoff Dis Chi................................... 18 Dale 1 ........ 19
(1)............................. 20 Vicki Barnhardt.............................. 23

Myra Blackerby.. $\qquad$ Bill Burgess ................................. 27 Jerome Hoffman | ... 27 |
| :--- |
| 28 |

## 4 Library Notes

Greetings from the Rolling Meadows Library,

The hunt for large print books was very successful. I shopped both the Friends of the Burkburnett Library and the Wichita Falls Adult Literacy book sales in early March. I bought and bartered many new-to-us titles which have been tagged and shelved. There are also new acquisitions in just about every section of the library thanks to book donations from you all. I would like to extend a special thank you to the following cash donors

Lois Kramer
Shirley Foley
Geneva Rodgers
Janie Stewart
Hugh and Betty Halpain
I had a lot of fun spending your money!

A very special shout-out to Pat Moser for generously giving almost every large print book she buys to the library after she reads it.

And, thank you all for reading (and returning) the books.

Until Next Time,
Happy Reading!

What do you call an angry carrot?
Joke of the Month

A steamed veggie!!!


2 GOSPEL SINGING Let's get together and pick your favorite then just come and listen, either way, you will enjoy this time of music. Today in the Media Center at $2: 15$ PM. Come sing along!

4 BIBLE STUDY
4 Floral Heights Methodist Church is hosting a weekly ladies bible study in the Knight Kap at $9: 30$ AM every Thursday. This bible study is lead by Karen Lamberth. Anyone is invited.

4 BIRTHDAY PARTY Today at 2:00 PM in the Media Center is the monthly birthday party to wish all of those having a birthday in April a very happy birthday. Cake and ice cream will be served. Everyone is welcome to attend. Happy Birthday!!!

9 SIT \& CHAT
Join us in the Media Center at 1:30 PM for Sit \& Chat. Just like it says, come and sit and chat about any suggestions or concerns you may have. Bring your neighbor.

11 NATIONAL PET DAY Head on over to the dog park at 2:00 PM for National Pet Day. We hope the day will be beautiful outside we can all enjoy the weather and your pets. We will have treats for your pet and treats for you too. Even if you don't have a pet, please come and enjoy the company.

16 GOURMET GETAWAY The bus will be leaving Rolling Meadows at $10: 30 \mathrm{AM}$ today for our Gourmet Getaway to the jolly Truck Stop. Please sign up in the mail room. There are 14 seats available. Don't forget to bring a big appetite! jours so we will know you don'tneed a glue gun, please bring it.

NATIONAL PICNIC DAY This particular Tuesday is National Picic

- Day so to celebrate, we are having a
picnic on the south lawn at 11:00 AM. More details to follow.

25 FowLer
ELEMENTARY CHOIR

- Join us in the Atrium at 10:00 AM to
hear the sweet voices of the Fowler Elementary Choir. We want to show them how much we appreciate them coming to see us!

MUSIC WITH ICHARD BATES Local gospel and country artist, Richard Bates will be singing for us in the Atrium local talent especially when they want to share their music at no charge!

- 27 BOOK CLUB This month we will be discussing The Alchemist by Paulo Coelho at 1:00 PM in the library. Please join us!
- 



## NATIONAL

 OATMEAL COOKIE DAY You can't beat a day like NationalOatmeal Cookie Day!!! Join us in the Atrium at 2:00 PM for Oatmeal and Atrium at 2:00 PM for watmeal
Raisin cookies. There will also be milk and coffee served. What a great afternoon snack!



A comment was made in the last Sit \& Chat about having a suggestion box. We have placed suggestion forms with an envelope at the front desk. Once you have filled them out please give them to the receptionist.



## A Note from Kari

Welcome Spring! As the calendar flips to April, I'm looking to change things up a bit.....spring cleaning and all of that. I am trying to figure out a way to add Walk and Talk back into the schedule, without giving up any of the current classes and keeping my sanity Walking is such a wonderful way to get exercise and with the weather starting to cooperate I would love to get a group out and moving. If you would be
 interested in walking with a group a couple of times a week, let me know. If there is enough interest I will definitely make it happen.

Please be mindful of the closed doors. During Chair Aerobics I close the door and ask that you not enter at that time to use the Fitness equipment. You are welcome any other time. _Kari

## Health Benefits of Walking

Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and free! Many diseases, conditions, and ailments can be prevented or even healed by participating in regular physical activity. Fortunately, even moderate-intensity aerobic activity such as walking can provide these such a whe heath brove these incredible health benefis. A new study shows that individuals ages 85 and older who walked for at least 1 hour a week had a lower risk of allcause mortality and cardiovascular disease than their peers who did not engage in physical activity.

Physical Health Benefits

- Helps maintain a healthy weight
- Lowers risk of heart
disease \& stroke
- Lowers risk of several
types of cancer
- Regulates
blood pressure \& cholestero
- Helps prevent and
manage type 2 diabetes
- Helps ease arthritis pain \& stiffness
- Strengthens muscles \& bones

Lowers risk of falls

Fun In The Fitness Center

Please note the Fitness Center schedule has changed.
Pool Walking $\qquad$ Mon, Wed, Fri 0 am Monich ................

Mon-Fri Fitness Center Chair Volleyball 1:00 pm Mon-Fri Fitness Center
Mon-Fri $3: 00 \mathrm{pm}$
Core Strength .................Fitness Center Tuesdays 11:00 am

Wii Bowling itness Center
Mon, Tues, Thurs, Fri........Fitness $\quad 1: 00 \mathrm{pm}$
Wii Games ........................Fitness Center
Stretch ...........................Fitness Center
Thursdays $\quad 11: 00 \mathrm{am}$ ...Fitness Center Wed


## Suggestions?

Do you have any ideas or
suggestions for programs
offered by the Fitness Center?
If you do, please share them with Kari so we can work on getting these put in place!

## A Peek At The Pines



官 EQUALHOUSING
OPPORTUNITY

The Gables At A Glance


