

The *Meadow Lark*

A Publication of Rolling Meadows

May 2024

Joins us for a Rolling Meadows

Mother's Day Celebration

Friday, May 10

2:00 PM

In the Media Center

Refreshments will be served

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

GET THE RM APP!



Rehab Corner

Rolling Meadows is pleased to announce the availability of skilled Physical, Occupational and Speech Therapy services through our on-site therapy partner The Weston Group.

The Weston Group (TWG) is nationally recognized for their advanced therapy techniques and interventions. They have been providing skilled therapy services in skilled nursing, independent living, assisted living and memory care facilities since 1992 and are well-recognized for the outcomes they help seniors attain. Come visit our on-site TWG Therapy Clinic and look for Rachel Clayton for any inquiry or questions on therapy services. Contact Regional Director of Operations Toni Calicut at (832) 596-7958 or email at acalicut@westongroupinc.com for concerns.

HONORING & REMEMBERING

In Memory of **Jerry Ashmore** by *Rolling Meadows*

In Memory of **Kenneth Lemons** by *Rolling Meadows*

In Memory of **Janelle Martin** by *Jean Whittenton*

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!

WANDA HALL

Wanda is from Wichita Falls. She enjoys puzzles and music. Please make Wanda feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows, Wanda!

RICHARD & LINDA HEARN

Richard and Linda are from Pismo, CA. Linda enjoys sewing and they enjoy painting and gardening. Please make Richard and Linda feel welcome by introducing yourselves to them. Welcome to our family here at Rolling Meadows, Richard and Linda!



HAPPY BIRTHDAY to you!

MAY BIRTHDAYS

Judy Brown	2
Bill Moyer.....	8
Bill Leidemann	9
Patsy Ashmore.....	11
Hattie Starnes	16
Wade Geurin.....	22
Steve Young	22
Jeanne Daniels	25
Ski Cichowski	26
Sally Perkins.....	26
Joe Loe.....	27

Library Notes

This month I would like to discuss the color dot system in our library and ask for your help. There are charts posted on the walls to tell you what the colored dots mean. However, many books might be cataloged by more than one genre. If you are looking for a specific book or author, look where you think the books will be, but if you do not find it there, try another genre, especially "general" fiction which is my catchall for any book I am unsure about. As you walk into the library from the beauty shop hall, the first shelves to the left are the large print books (green dot). Beyond that is a nonfiction bookcase (black dot). If you have not browsed it recently, take a look. I have tried to add more types of nonfiction. Continuing around the room, the mystery/thriller section (red dot) takes up the wall opposite. Debbie Macomber books are on the top shelf on the left (blue or pink dots). They are not mysteries, but she needed her own shelf. Continuing clockwise is a shelf with classics (purple dot), Christian (white dot) and fantasy/horror (yellow dot) books. Last, but not least is general fiction (blue dot), romance (pink dot) and historical fiction (orange dot).

I have not read all these books, so if you identify a book with the wrong color dot, please let me know. I have a pad of small sticky notes in the returns drawer.

If there are specific books or authors you are interested in reading let me know.

Weekend movies will be shown at 1 p.m. the first and third Saturdays of each month. Check the chalk board in the atrium and the cork board in the mail room and your RM app for movie titles. Recommendations will be considered.

Until next month, Happy Reading!
- Judy



Special Announcement

As many of you know, Connie Brasher has retired from the salon. Rolling Meadows wants to welcome Amanda Nelson as Connie's replacement. Please come by the salon on May 2 at 4:00 PM to meet Amanda and welcome her to our family! Refreshments will be served.

2 CORN HOLE GAMES
Bring your A game to the Atrium at 2:00 PM today to play some corn hole. Please sign up to let Vickie know who your partner is and if you don't have one we will get one for you!

3 FOWLER ELEMENTARY CHOIR
Please join us for a wonderful concert from our local elementary school at 10:15 AM in the Atrium. Let's show these beautiful children how much we enjoy them entertaining us!

7 GOSPEL SINGING
Come and pick your favorite hymn in the Media Center at 2:15 PM. Sing along or just listen and enjoy some music with your friends.

9 BIRTHDAY PARTY
Today at 2:00 PM in the Media Center is our birthday party. Everyone is welcome to help celebrate all of the May birthdays. Cake and ice cream will be served.

10 MOTHER'S DAY CELEBRATION
Join us in the Media Center at 2:00 pm to celebrate all of our mothers. Even if you are not a mother we know you had a part in raising someone's child. Refreshments will be served.

16 GOURMET GETAWAY
The bus will be leaving at 10:00 AM for our Gourmet Getaway to Snookie's Craft Kitchen in Scotland, TX. Please sign up we have 14 seats available. They have a lot of good food to choose from: burgers, sandwiches, chicken fried steak, catfish, tacos and meatloaf just to name a few. There is something for everyone!!!

16 GOLF GAMES
Come play or watch as we play golf games in the Atrium at 2:00 PM. We always have fun and it can be individual or partners.

17 AUTHOR MARJORIE HODGSON PARKER
Today in the Media Center at 2:00 PM, author Marjorie Hodgson Parker will be talking about her new book, "Beyond the Banks of Frog Creek". Before her breast cancer diagnosis, she wrote a book called, "Shaken to the Core" (finding God's strength). She shares parts of her journey in the book, "Beyond the Banks of Frog Creek".

18 RED RIVER VALLEY OPRY HOUSE
We will be leaving Rolling Meadows at 5:45 PM to go to Byers, TX to see "Prairie Moon" play some cowboy country music. Tickets at the door are \$10.00. They will have refreshments for \$1-\$2.00. Please sign up.

23 CRAFT HOUR
In the Media Center at 2:00 PM we will be making an easy rag wreath for your door. This is very easy to do. You just need to be able to tie a knot. Please sign up in the Mail Room so we will have enough supplies.

25 BOOK CLUB
This month we will be discussing *The River* by Peter Heller at 1:00 PM in the library. Please join us!

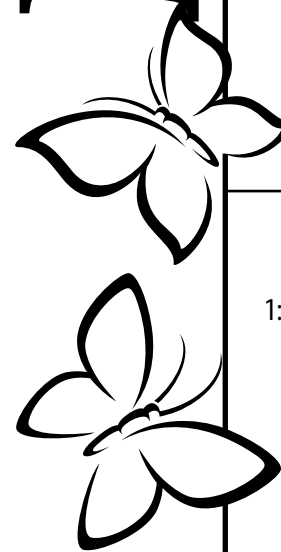
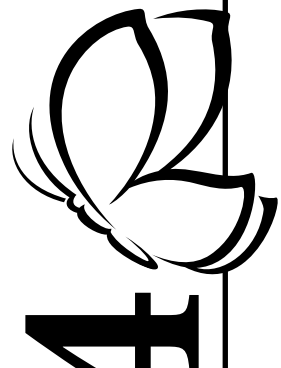
28 BRAUM'S TRIP
Sign up in the mail room and be ready to leave by 2:15 PM. The days are getting warmer and a nice cold cup of ice cream is just what we need to cool off!!!

30 MOVIE MATINEE
Today at 1:00 PM in the Media Center we will be watching the movie "Matilda". As a six-year old genius, Matilda Wormwood is neglected by her father, mother and brother. Smart and independent, she finds solace in the fictional worlds of books at the library. Refreshments will be served.



Everyone please be mindful of many possible scams. One resident recently received a notice from HomeSafe which is a home warranty division demanding immediate response. If you aren't 100% sure of anything in the mail or over the phone DO NOT give out your personal information.

MAY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Courtesy Van to Dr Offices: Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30</p> <p>Dry Cleaning</p> <p>Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room</p> <p>Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room</p>		<p>Check your Week In Review for changes & updates!</p> <p><i>Filter changes in the Cottages this month</i></p>	<p>1:00 Brain Games/Trivia, MedCtr 1</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>9:00 Shopping at WalMart 2</p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Bank Day "First Bank" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dale's Bible Study, Chapel</p> <p>2:00 Corn Hole Games, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>10:15 Fowler Elem. Choir, Atr 3</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>4:00 Walk & Talk, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor 4</p> <p>1:00 Movie, Lib</p>
<p>5</p> <p>1:00 Worship Service, Chapel</p>	<p>9:30 Devotional, Chapel 6</p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Grocery Shopping</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>4:00 Walk & Talk, FitCtr</p>	<p>9:30 Blood Pressure Clinic, Atr 7</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, MedCtr</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>2:15 Gospel Singing, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:30 Wahoo, Lib</p>	<p>1:00 Brain Games/Trivia, MedCtr 8</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>9:00 Shopping at WalMart 9</p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Bank Day "Accounting" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dale's Bible Study, Chapel</p> <p>2:00 Birthday Party, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>5:00 Breakfast For Dinner</p> <p>6:15 Worship Service, MedCtr</p>	<p>1:00 Mexican Train, KKap 10</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, Cancelled</p> <p>2:00 Celebrate Mother's Day, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>4:00 Walk & Talk, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor 11</p>
<p>12</p> <p>1:00 Worship Service, Chapel</p> <p><i>Happy Mother's Day!</i></p>	<p>9:30 Devotional, Chapel 13</p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Grocery Shopping</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>4:00 Walk & Talk, FitCtr</p>	<p>9:30 Blood Pressure Clinic, Atr 14</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, MedCtr</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>1:00 Brain Games/Trivia, MedCtr 15</p> <p>2:00 Bingo w/Hospice, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>9:00 Shopping at WalMart 16</p> <p>9:30 Ladies Bible Study, MedCtr</p> <p>10:00 Bank Day "First Bank" till 11:00 am</p> <p>10:00 Gourmet Getaway</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dale's Bible Study, Chapel</p> <p>2:00 Golf Games, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>1:00 Mexican Train, KKap 17</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Quarter Bingo, Cancelled</p> <p>2:00 Marjorie Parker, Author, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>4:00 Walk & Talk, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor 18</p> <p>1:00 Movie, Lib</p> <p>5:45 To the Red River Valley Opry House</p>
<p>19</p> <p>1:00 Worship Service, Chapel</p>	<p>9:30 Devotional, Chapel 20</p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Grocery Shopping</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>4:00 Walk & Talk, FitCtr</p>	<p>9:30 Blood Pressure Clinic, Atr 21</p> <p>1:00 Wii Bowling, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, MedCtr</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>1:00 Brain Games/Trivia, MedCtr 22</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>9:00 Shopping at WalMart 23</p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Bank Day "Accounting" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dale's Bible Study, Chapel</p> <p>2:00 Craft Hour, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>1:00 Mexican Train, KKap 24</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>4:00 Walk & Talk, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor 25</p> <p>1:00 Book Club, Lib</p>
<p>26</p> <p>1:00 Worship Service, Chapel,</p>	<p>27</p> <p>Happy Memorial Day!</p>	<p>9:30 Blood Pressure Clinic, Atr 28</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, MedCtr</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>2:15 Trip to Braum's</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>1:00 Brain Games/Trivia, MedCtr 29</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>9:00 Shopping at WalMart 30</p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Bank Day "First Bank" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dale's Bible Study, Chapel</p> <p>1:00 Movie Matinee, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>1:00 Mexican Train, KKap 31</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>4:00 Walk & Talk, FitCtr</p>	<p>Scan To Download the Rolling Meadows App!</p>



Good Times



A Note from Kari



I often hear and see residents getting frustrated with themselves because of what their bodies can no longer do and what I want to remind them and all of you is to be thankful for what your body CAN do. Do the best you can and remember that everyone's best is going to look different.

Friday May 3rd I am going to start **Walk and Talk** for anyone wanting to take a walk outside with me. Walk and Talk will run every Monday and Friday starting at 4:00. If you are interested please meet me in the Fitness Center.

—Kari

Fitness Tips for Older Adults

Be Kind to Yourself

Be patient with yourself. It takes a little time to get your balance and coordination.

Don't Let Minor Soreness Scare You

You may feel some aches and pains after the first few times, but you'll be surprised how soon you have more flexibility, strength and endurance.

But Do Listen to Your Body

Modify the range of movement when it hurts. Pain is not gain.

Remember, It Is Not a Competition

Don't compare yourself to others in the class. Go at your own pace.

Build a Healthy Habit

Make exercise a part of your routine: brushing your teeth, taking a shower, coffee, going to class.

Keep Challenging Yourself

Try to work up to heavier weights. Muscle weakness is a huge problem as we age.

Hop Into the Pool

It's lots of fun and excellent exercise if you have arthritis!

Think of Fitness as an Investment

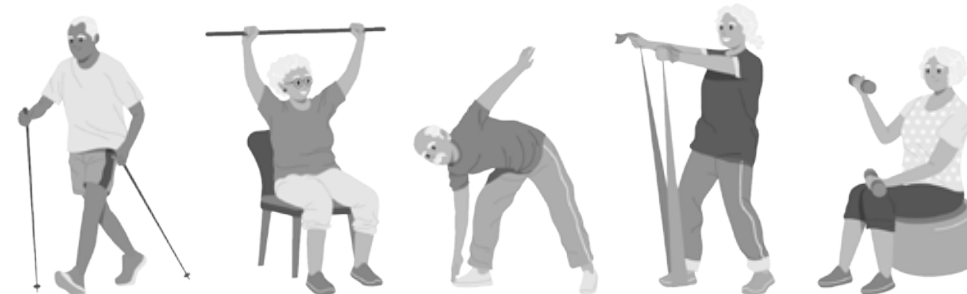
Every exercise session is an investment in a healthy, functional future for yourself.

Figure Out What Motivates You

Do you want to stay in the upright position or be able to get out of your chair?

Turn Your Bad Days Around

Realize that the days when you really don't feel like going are the ones when it's most important to go and the ones when you will feel so much better if you do.



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
Walk & Talk	Fitness Center
Mon & Fri	4:00 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



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!

Thank you!

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS
3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance

