

# The *Meadow Lark*

A Publication of Rolling Meadows

July 2024



## *Happy Birthday America!*

Everyone is invited to celebrate  
our nation's birthday AND our July birthdays!

Cake , ice cream and fun!

In the Media Center ★ July 4th at 2:00 pm

ROLLING  
MEADOWS

940-691-7511

Rolling Meadows  
Staff  
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Cindy Noe .....Ext. 120  
*Executive Director*

Angel Sheets.....Ext. 104  
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Jerry Caraway .....Ext. 109  
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Rip Stainbrook .....Ext. 111  
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*Director of Accounting*

A.J. Mitchell  
*Director of Maintenance,  
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Kim Holley, R.N. ....Ext. 202  
*Director of Nursing, The Gables*

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



## Rehab Corner

The Weston Group is a full service rehabilitation company that provides services in your home or in a clinic right here in this community. Aside from the convenient access to their therapists, they:

- Offer comprehensive therapy programming and the development of a full continuum of services designed to meet the unique needs of seniors.
- Use an interdisciplinary team of experts who are dedicated to improving areas of like that are important for your well-being and in maintaining the highest level of independence possible.
- Provide skilled Physical, Occupational and Speech therapy services to meet your needs. Most insurance plans are accepted.
- Assist seniors in understanding benefits and coverage by contacting your insurance company prior to starting any therapy service.
- Work closely with your physician, home health providers and family members to quickly identify any problems or risks that you may have.
- Provide specialized testing and creates a therapy program that is not only focused on improving your health and independence but is also fun.



## Joke of the Month

Which rock group has four guys who can't sing or play instruments?  
*Mount Rushmore.*

## Library Notes

Greetings Fellow Residents,  
A few housekeeping notes.... please watch for signage regarding where to put returns (and yes, all books borrowed are meant to be returned) versus books you are donating. Because we have always put them in the same place some, if not many, are removed before they are even tagged as library books. I fear some of us forget where we got these books and never bring them back. By the time you read this, the change will have been made. There will be a place in the back room designated for donations. I will also be glad to pick up donations directly from you. Back in May or June two bags of donated books were taken before I could receive them. If you took some or all those books, please return them so I can tag them.

I have received a lot of western novels in recent months. I have set a few of them out near the Large Print section. I have designated the summer months as Summer on the Range. Why not give one of these books a try. There are more of them to come.

Last, but not least, The Wichita Falls Public Library is getting a van to bring books to the people. Details to follow next month. I will place a sign-up sheet in the library on the round table in the center for those who do not already have a library card. That will be step one in taking advantage of all our local library has to offer. More information to come.

Happy Reading, Judy

## HONORING & REMEMBERING

In Memory of  
**Kay Glasgow**  
by *Rolling Meadows*

In Memory of  
**Catherine Dumas**  
by *Rolling Meadows*

In Memory of  
**Ima "Mickey" Woolsey**  
by *Rolling Meadows*

In Memory of  
**Catherine Dumas**  
by *Shirley Foley*

*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!

### WILMA BLACKLOCK

Wilma was born and raised in Wichita Falls. She enjoys the Texas Rangers, casinos, Dallas Cowboys, Dallas Stars, shopping, *Wheel of Fortune* and all of the FBI shows. Please make Wilma feel welcome and introduce yourselves. Welcome to our family here at Rolling Meadows, Wilma!

### ELLEN MCMURRAY

Ellen is from Nocona. She enjoys current events, civic and political history, gardening, quilting, cooking and music, especially country. Please make Ellen feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Ellen!



### 2 GOSPEL SINGING

At 2:15 PM in the Media Center there will be gospel singing. Please take time out of your day to come listen or pick out your favorite hymns and sing along with us. This is always such a fun time and it is very uplifting if you need a little cheer.

### 4 BIRTHDAY PARTY

Join us in the Media Center today at 2:00 PM to celebrate our July birthdays. Everyone is invited to come and enjoy cake and ice cream. Don't forget to bring your neighbors and remind the other residents as well. Happy Birthday to you!!!

### 6 MOVIE MATINEE

If you haven't seen a movie since we received new equipment, the picture quality is much improved! Today we will be showing "A League of Their Own" at 1:00 PM in the Media Center.

As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Bring your own drinks and snacks.

### 9 HISTORY HOUR

History Hour will begin at 2:15 PM in the Media Center. Since the Summer Olympics will be in Paris, we are talking about Paris, France. If you have been there and would like to share your experiences please let Vickie know.

### 10 GOURMET GETAWAY

The bus will be leaving at 10:45 AM and heading over to the mall to eat at Bricktown. Please sign up in the mail room if you wish to go. There are 14 seats available.

### 18 CRAFT HOUR

Come on over to the Media Center today at 2:00 PM. We are making masks for our Masquerade Ball in August. We will have all the supplies needed to make a one-of-a-kind mask. Please sign up in the mail room so we will know how many supplies are needed.

### 20 MOVIE MATINEE

Today at 1:00 PM in the Media Center we will be showing "The Best Exotic Marigold Hotel" where some British retirees (Judi Dench, Maggie Smith, and Bill Nighy) decide to outsource their retirement to exotic -- and less expensive -- India. Bring your own drinks and snacks.

### 20 RED RIVER VALLEY OPRY HOUSE

The bus will be leaving at 5:45 PM for the Red River Valley Opry House in Byers. Tickets are \$10.00 at the door and the band, "Gray Matters" will be performing. Please sign up if you wish to go. We have 13 seats available.

### 23 CORNHOLE GAMES

Head over to the Atrium at 2:15 PM to play some cornhole. If you would like to play, please find a partner and if you can't find one, we will find one for you. Everyone always has so much fun. Come and watch if you don't want to play but you will have more fun if you play!!!

### 27 BOOK CLUB

Today in the library at 1:00 PM we will be discussing *Sergeant's Women: Four Lives Behind the Canvas* by Donna M. Lucey. Nonfiction stories of four extraordinary women painted by the iconic high-society portraitist, John Singer Sargent. The discussion will be lead by JoAnn Plaxco.

### Attention:




Residents if you are sick and it is your day for housekeeping, please let the receptionist know as soon as possible. They will then let Jerry know so we can keep our staff safe from illness. They will gladly reschedule. Thank you for your consideration.

## JULY BIRTHDAYS

|                  |    |
|------------------|----|
| Regina Kennedy   | 1  |
| Charles Lanman   | 1  |
| JoAnn Plaxco     | 4  |
| James Galloway   | 6  |
| Wilma Fulton     | 7  |
| Kenneth Mitchell | 8  |
| Mary Hale        | 9  |
| Roberta Sund     | 13 |
| Jackie Brosch    | 14 |
| Lois Kramer      | 15 |
| Sue Peterson     | 15 |
| Mary Branton     | 17 |
| Steve Burleson   | 19 |
| Bill Riddle      | 22 |
| Billie Woodard   | 22 |
| Betty Groover    | 26 |
| Mary Horton      | 26 |
| Pat Moser        | 27 |
| Estelle Hefner   | 28 |
| Wanda Ewalt      | 29 |
| Deborah Brown    | 30 |
| Kay Weber        | 30 |
| Donna Young      | 30 |
| Sydney Ogle      | 30 |
| Margaret Ford    | 31 |

# JULY 2024



| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|---|---|--|--|--|---|
| <br>Scan To Download the Rolling Meadows App! | <b>1</b><br>9:30 Devotional, Chapel<br>1:00 Tiki, KKap<br>1:00 Wii Bowling, FitCtr<br>2:00 Grocery Shopping<br>2:00 Quarter Bingo, MedCtr<br>3:00 Chair Volleyball, FitCtr<br>4:00 Walk & Talk, FitCtr    | <b>2</b><br>9:30 Blood Pressure Clinic, Atr<br>1:00 Wii Games, FitCtr<br>1:00 Dominoes (42), Lib<br>1:00 Bible Study, KKap<br>1:45 Our Lady Queen of Peace, Chapel<br>2:15 Gospel Singing, MedCtr<br>3:00 Chair Volleyball, FitCtr<br>6:30 Wahoo, Lib | <b>3</b><br>1:00 Brain Games/Trivia, MedCtr<br>2:00 Bingo, MedCtr<br>3:00 Chair Volleyball, FitCtr<br>3:00 Bridge, Lib   | <b>4</b><br>9:00 Chair Aerobics, FitCtr<br>10:00 Chair Aerobics, FitCtr<br>11:30 Chair Aerobics, FitCtr<br>1:00 Wii Games, FitCtr<br>2:00 Birthday Party, MedCtr<br>3:00 Chair Volleyball, FitCtr<br>6:15 Worship Service, MedCtr (Canceled)<br><br><i>Happy Independence Day!</i>   | <b>5</b><br>No Scheduled Activities  | <b>6</b><br>1:00 Puzzles, 3rd Floor<br>1:00 Movie Matinee, MedCtr "A League Of Their Own"   |
| <b>7</b><br>1:00 Worship Service, Chapel   | <b>8</b><br>9:30 Devotional, Chapel<br>1:00 Tiki, KKap<br>1:00 Wii Bowling, FitCtr<br>2:00 Grocery Shopping<br>2:00 Quarter Bingo, MedCtr<br>3:00 Chair Volleyball, FitCtr<br>4:00 Walk & Talk, FitCtr    | <b>9</b><br>9:30 Blood Pressure Clinic, Atr<br>1:00 Wii Games, FitCtr<br>1:00 Dominoes (42), Lib<br>1:00 Bible Study, KKap<br>1:45 Our Lady Queen of Peace, Chapel<br>2:15 History Hour, MedCtr<br>3:00 Chair Volleyball, FitCtr<br>6:30 Wahoo, Lib   | <b>10</b><br>10:45 Gourmet Getaway, To Bricktown<br>1:00 Brain Games/Trivia, MedCtr<br>2:00 Bingo, MedCtr<br>3:00 Chair Volleyball, FitCtr<br>3:00 Bridge, Lib | <b>11</b><br>9:00 Shopping at WalMart<br>9:30 Ladies Bible Study, KKap<br>10:00 Bank Day "First Bank" till 11:00 am<br>1:00 Wii Bowling, FitCtr<br>1:00 Dale's Bible Study, Chapel<br>3:00 Chair Volleyball, FitCtr<br>6:15 Worship Service, MedCtr  | <b>12</b><br>1:00 Mexican Train, KKap<br>1:30 All Staff Meeting, MedCtr<br>2:00 Quarter Bingo, Canceled<br>3:00 Chair Volleyball, FitCtr   | <b>13</b><br>1:00 Puzzles, 3rd Floor  |
| <b>14</b><br>1:00 Worship Service, Chapel  | <b>15</b><br>9:30 Devotional, Chapel<br>1:00 Tiki, KKap<br>2:00 Grocery Shopping<br>2:00 Quarter Bingo, MedCtr<br>3:15 Chair Volleyball, FitCtr   | <b>16</b><br>9:30 Blood Pressure Clinic, Atr<br>1:00 Wii Bowling, FitCtr<br>1:00 Dominoes (42), Lib<br>1:00 Bible Study, MedCtr<br>1:45 Our Lady Queen of Peace, Chapel<br>3:00 Chair Volleyball, FitCtr<br>6:00 Wahoo, Lib                           | <b>17</b><br>1:00 Brain Games/Trivia, MedCtr<br>2:00 Bingo w/Hospice, MedCtr<br>3:00 Chair Volleyball, FitCtr<br>3:00 Bridge, Lib                              | <b>18</b><br>9:00 Shopping at WalMart<br>9:30 Ladies Bible Study, KKap<br>10:00 Bank Day "Accounting" till 11:00 am<br>1:00 Wii Bowling, FitCtr<br>1:00 Dale's Bible Study, Chapel<br>2:00 Craft Hour, MedCtr<br>3:15 Chair Volleyball, FitCtr<br>6:15 Worship Service, MedCtr   | <b>19</b><br>1:00 Mexican Train, KKap<br>2:00 Quarter Bingo, MedCtr<br>3:15 Chair Volleyball, FitCtr   | <b>20</b><br>1:00 Puzzles, 3rd Floor<br>1:00 Movie Matinee, MedCtr "The Best Exotic Marigold Hotel"<br>5:45 Red River Valley Opry House, "Gray Matters" |
| <b>21</b><br>1:00 Worship Service, Chapel  | <b>22</b><br>9:30 Devotional, Chapel<br>1:00 Tiki, KKap<br>2:00 Grocery Shopping<br>2:00 Quarter Bingo, MedCtr<br>3:15 Chair Volleyball, FitCtr   | <b>23</b><br>9:30 Blood Pressure Clinic, Atr<br>1:00 Wii Bowling, FitCtr<br>1:00 Dominoes (42), Lib<br>1:00 Bible Study, MedCtr<br>1:45 Our Lady Q. of Peace, Chapel<br>2:15 Cornhole Games, Atr<br>3:15 Chair Volleyball, FitCtr<br>6:00 Wahoo, Lib  | <b>24</b><br>1:00 Brain Games/Trivia, MedCtr<br>2:00 Bingo, MedCtr<br>3:00 Chair Volleyball, FitCtr<br>3:00 Bridge, Lib  | <b>25</b><br>9:00 Shopping at WalMart<br>9:30 Ladies Bible Study, KKap<br>10:00 Bank Day "First Bank" till 11:00 am<br>1:00 Wii Bowling, FitCtr<br>1:00 Dale's Bible Study, Chapel<br>3:00 Chair Volleyball, FitCtr<br>6:15 Worship Service, MedCtr  | <b>26</b><br>1:00 Mexican Train, KKap<br>2:00 Quarter Bingo, MedCtr<br>3:00 Chair Volleyball, FitCtr   | <b>27</b><br>1:00 Puzzles, 3rd Floor<br>1:00 Book Club, Lib   |
| <b>28</b><br>1:00 Worship Service, Chapel,   | <b>29</b><br>9:30 Devotional, Canceled<br>1:00 Tiki, KKap<br>1:00 Wii Bowling, FitCtr<br>2:00 Grocery Shopping<br>2:00 Quarter Bingo, MedCtr<br>3:15 Chair Volleyball, FitCtr<br>4:00 Walk & Talk, FitCtr | <b>30</b><br>9:30 Blood Pressure Clinic, Atr<br>1:00 Wii Games, FitCtr<br>1:00 Dominoes (42), Lib<br>1:00 Bible Study, MedCtr<br>1:45 Our Lady Queen of Peace, Chapel<br>3:00 Chair Volleyball, FitCtr<br>6:00 Wahoo, Lib                             | <b>31</b><br>1:00 Brain Games/Trivia, MedCtr<br>2:00 Bingo, MedCtr<br>3:00 Chair Volleyball, FitCtr<br>3:00 Bridge, Lib  |  <p><b>Courtesy Van to Dr Offices:</b><br/>           Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30</p> <p><b>Dry Cleaning</b></p> <p><b>Drop-Off:</b> 10:00 Tuesday<br/>           2nd Floor Atrium Laundry Room</p> <p><b>Pickup:</b> 2:00 Thursday<br/>           2nd Floor Atrium Laundry Room</p> | <p><b>Check your Week In Review for changes &amp; updates!</b></p> <p><i>Filter changes in the Cottages this month</i></p>  |   |



# Good Times



## A Note from Kari

I will be out from July 11th-July 26th. Vickie will be in charge of some of the classes and others will be canceled. Angel will have an updated schedule for that time, so you will know what is happening. The Fitness Center will be open for individual use as always.

—Kari



## Exercises You Can Do At Home

At-home exercises are a great way for older adults to stay active, improve their health, and maintain their independence. Here are some effective and safe exercises that can be done at home:

**Toe Raises:** Stand next to a chair or counter top for support. Raise your toes and forefoot and bend at your ankle. Lower your foot and repeat 10-15 times.

**Chair Stands:** Sit in a sturdy chair. With your feet flat on the floor, push through your heels to stand up, then slowly sit back down. This exercise strengthens the legs and helps improve balance and stability. Aim for 10-15.

**Standing Hip Flexion:** Stand next to a chair or counter top for support. Lift one leg forward and off the ground with a straight knee. Return to the starting position and repeat 10-15 times.

**Heel Raises:** Stand behind a chair for support. Slowly rise onto your toes, then lower your heels back to the floor. This exercise strengthens the calves and improves balance. Repeat 10-15 times.

**Toe Taps:** Sit in a chair with your feet flat on the floor. Lift your toes while keeping your heels on the floor, then lower them back down. Toe taps help strengthen the lower legs and improve circulation.

**Shoulder Rolls:** Sit or stand with your

arms relaxed at your sides. Slowly roll your shoulders forward in a circular motion, then reverse the direction. Shoulder rolls help relieve tension and improve shoulder mobility.

**Arm Raises:** Sit or stand with your arms at your sides. Slowly lift your arms out to the side to shoulder height, then lower them back down. This exercise strengthens the shoulders and upper back.

**Standing Marching:** Stand next to a chair or counter top for support and march in place by lifting your knee up as you allow it to bend, Lower it back down and perform on the other side. Repeat 10-15 times alternating movements.

**Hip Abduction:** Stand next to a chair or counter top for support and rise your leg out to the side. Keep your knee straight and toes pointed forward as best you can. Lower your leg back down and repeat 10-15 times.

**Hip Extensions:** Stand behind a chair on one leg. Move your other leg in a backward movement, do not swing the leg. Perform smooth and controlled movements. Repeat 10-15 times each leg.

**Standing Hamstring Curls:** Stand next to a chair or counter top for support. Bend your knee so that your heel moves towards your buttock. Lower back down and then repeat with your other leg. Repeat 10-15 times.

## Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

|                                 |                         |
|---------------------------------|-------------------------|
| <b>Pool Walking</b> .....       | Pool                    |
| Mon, Wed, Fri .....             | 8:00 am                 |
| <b>Chair Aerobics</b> .....     | Fitness Center          |
| Mon - Fri                       | 9:00, 10:00, & 11:30 am |
| <b>Open Fitness</b> .....       | Fitness Center          |
| Mon-Fri                         | 1:00 pm                 |
| <b>Chair Volleyball</b> .....   | Fitness Center          |
| Mon-Fri                         | 3:00 pm                 |
| <b>Walk &amp; Talk</b> .....    | Fitness Center          |
| Mon & Fri                       | 4:00 pm                 |
| <b>Core Strength</b> .....      | Fitness Center          |
| Tuesdays                        | 11:00 am                |
| <b>Wii Bowling</b> .....        | Fitness Center          |
| Mon, Tues, Thurs, Fri           | 1:00 pm                 |
| <b>Wii Games</b> .....          | Fitness Center          |
| Tues & Fri                      | 1:00 pm                 |
| <b>Stretch</b> .....            | Fitness Center          |
| Thursdays                       | 11:00 am                |
| <b>Open Fitness</b> .....       | Fitness Center          |
| Wed                             | 2:00 pm                 |
| <b>Trivia/Brain Games</b> ..... | 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!



~

# ROLLING MEADOWS

3006 McNeil  
Wichita Falls, Texas 76309

**The Pines at Rolling Meadows** is a licensed assisted living community designed to accommodate residents with memory challenges.

This secure facility creates a home-like environment and allows residents to furnish the spacious private rooms with their own familiar treasures.

**The Pines** encourages socialization with multiple community rooms, and offers relaxation in the beautifully landscaped meditation garden.

Based upon the ability of each resident, days are structured to resemble their usual home environment. Residents are encouraged to participate in making choices of activities to promote physical and emotional

well-being while maintaining a sense of purpose and satisfaction.

**Call to schedule a tour or for more information.**



## The Gables At A Glance

