

The Meadow Lark

A Publication of Rolling Meadows

August 2024

You are cordially invited
to a night of
mystery and magic at the
Rolling Meadows

Masquerade Ball

6:00 PM
In the Atrium
Music by Sean Street
Dancing • Hors d'oeuvres

ROLLING
MEADOWS

940-691-7511

Rolling Meadows
Staff
rmeadows.com

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Executive Director

Angel Sheets.....Ext. 104
Director of Marketing

Jerry CarawayExt. 109
Director of Resident Services

Rip StainbrookExt. 111
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Kellye HensleyExt. 112
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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!



HONORING & REMEMBERING

In Memory of
David Jameson
by Rolling Meadows

In Memory of
Shirley Craft
by Rolling Meadows

In Memory of
John Pittner
by Rolling Meadows

In Memory of
John Pittner
by John W. Pittner &
Patricia Dehaas

In Memory of
Pat Yarmoski
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.



AUGUST BIRTHDAYS

Gladys Sharp	1
Herbert Downes	6
Dr. Talbert	8
Geraldine Nicholson	8
Patti Burgess	10
Bonnie Williams	10
Ailene Pokorny	13
Anne Dohrer	14
Gorman Gamble	16
Patricia Leath	17
Bill Watts	19
Jean Whittenton	20
Wassel Lewis	20
Susan King	25
Bruce Baggott	27
Nancy Jenkins	31
Virginia Turner	31

Rehab Corner

The Weston Group provides Health Talks on various topics to help residents of Rolling Meadows thrive and stay healthy. At the last Health Talks, Regional Director, Toni Calicut, shared tips on staying active and preventing falls. Reach out to Rachel Clayton in the Rehab gym located at The Gables or call 940-691-7511 ext. 204 if you have any suggestions on the health topics you want to hear from The Weston Group. Watch for the next scheduled Health Talk in the Week in Review or your Meadowlark. See you there!

In Memory of John B. Pittner

To all the residents who made him feel welcome and to all the staff of Rolling Meadows who provided such excellent service, we express our sincerest appreciation.

The Pittner Family



Joke of the Month

You know you're getting old when you stoop to tie your shoe laces and wonder what else you could do while you're down there.

August Events



1 CORNHOLE GAMES
Walk on over to the Atrium today at 2:00 PM and sign up, grab a partner and let's have some fun!!!

2 NATIONAL WATERMELON DAY
Cool off this afternoon in the Atrium at 3:45 PM with some cold, juicy watermelon!

3 MOVIE MATINEE
"Something's Gotta Give" will be showing at 1:00 PM today in the Media Center. Staring Jack Nicholson, Amanda Peet and Diane Keaton. Bring your own snacks and drinks.

6 GOURMET GETAWAY
The bus will be leaving at 10:45 AM for Ronnie's Burgers. Don't forget to sign up in the mail room if you wish to go.

6 GOSPEL SINGING
Bring a friend and come sing along or just listen as we sing your favorite hymns today at 2:15 PM in the Media Center. We will enjoy this music together and you can pick your favorite hymn.

8 SAM'S CLUB OPTICAL
At 2:00 PM today in the Atrium, Josh with Sam's Club Optical will be here to help residents with eyeglass repairs. This will be free of charge so make your way to the Atrium. Thank you Josh.

15 CRAFT HOUR
In the Media Center at 2:00 PM you can make your mask for the Masquerade Ball or finish the one you had started. The ball is just 8 days away!!

17 MOVIE MATINEE
Today's movie will be "When Harry Met Sally" in the Media Center at 1:00 PM. A comedy starring Billy Crystal and Meg Ryan. Bring your own snacks and drinks.

20 ICE CREAM DAY
Bring your neighbors to the Media Center at 2:15 PM today. Come enjoy different flavors of fruit popsicles. It's a great way to cool off on an August afternoon with your friends.

22 BIRTHDAY PARTY
Come to the Media Center at 2:00 PM and wish "Happy Birthday" to all of the August birthdays. There will be cake and ice cream and lots of fun. See you there! Happy Birthday!!!

23 MASQUERADE BALL
Who is behind that mask? Come find out at our Masquerade Ball! Wear your masks and dress to impress for our event of the year. We will have music by Sean Street, dancing, and hors d'oeuvres will be served. The evening begins at 6:00 PM in the Atrium. It will be magical!

27 FAMILY FEUD
Family Feud will be played in the Media Center at 1:00 PM today. This is always fun so bring your neighbors and enjoy lots of laughs.

27 BRAUM'S TRIP
You scream, I scream, we all scream for ice cream! Enjoy your favorite ice cream treat or do some light shopping this afternoon. The bus will be leaving at 2:15 PM. Please sign up in the mail room. We have 14 seats available.

30 MOVIE MATINEE
Join us at 1:00 PM today in the Media Center for the movie, "Divine Secrets of the Ya-Ya Sisterhood". Starring Ellen Burstyn, Ashley Judd, Sandra Bullock, James Garner and Maggie Smith. Bring your favorite snacks and drinks.

31 BOOK CLUB
Head on over to the library at 1:00 PM today to discuss "The Survivors" by Jane Harper. *A family's dark secrets resurface when a body washes ashore in a small coastal town, unraveling a mystery tied to a sunken wreck and a missing girl.*

National Watermelon Day!



August 2nd at 3:45 in the Atrium
Come join us!

Welcome New Residents!




KATHERINE DONNELL Kathy is from Iowa Park but has resided in Wichita Falls since 1962. Kathy enjoys shopping, reading and watching TV. Please make Kathy feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Kathy!

Strike Up The Band!

Do you play an instrument? One of our residents plays the guitar and would like to know if any others would like to get together and have some fun playing music. Let Angel know if you are interested and let's strike up the **Rolling Meadows Band!**



AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Check your Week In Review for changes & updates!</i></p> <p><i>Filter changes in the Cottages this month</i></p> 	 <p>Scan To Download the Rolling Meadows App!</p>	 <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>9:00 Shopping at WalMart 1</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 Cornhole Games, Atr</p> <p>3:15 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>1:00 Mexican Train, KKap 2</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:45 National Watermelon Day, Atr</p>	<p>1:00 Puzzles, 3rd Floor 3</p> <p>1:00 Movie Matinee, MedCtr "Somethings Gotta Give"</p>
<p>4</p> <p>1:00 Worship Service, Chapel</p>	<p>5</p> <p>9:30 Devotional, Chapel</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>6</p> <p>9:30 Blood Pressure Clinic, Atr</p> <p>10:45 Gourmet Getaway</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, KKap</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>6:00 Wahoo, Lib</p>	<p>7</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>8</p> <p>9:00 Shopping at WalMart</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 Sam's Club Optical, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>5:00 Breakfast for Dinner</p> <p>6:15 Worship Service, MedCtr</p>	<p>9</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>10</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>11</p> <p>1:00 Worship Service, Chapel</p>	<p>12</p> <p>9:30 Devotional, Chapel</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>13</p> <p>9:30 Blood Pressure Clinic, Atr</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, KKap</p> <p>1:30 Sit & Chat, 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>14</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>15</p> <p>9:00 Shopping at WalMart</p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Bank Day "Accounting" till 11:00 am</p> <p>10:30 Thrift Shopping</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>16</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>17</p> <p>1:00 Puzzles, 3rd Floor</p> <p>1:00 Movie Matinee, MedCtr "When Harry Met Sally"</p>
<p>18</p> <p>1:00 Worship Service, Chapel</p>	<p>19</p> <p>9:30 Devotional, Chapel</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>20</p> <p>9:30 Blood Pressure Clinic, Atr</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, KKap</p> <p>1:45 Our Lady Q. of Peace, Chapel</p> <p>2:15 Ice Cream Day, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>21</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Bingo w/Hospice, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>22</p> <p>9:00 Shopping at WalMart</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 Birthday Party, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>23</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Quarter Bingo, Canceled</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Masquerade Ball, Atr</p>	<p>24</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>25</p> <p>1:00 Worship Service, Chapel,</p>	<p>26</p> <p>9:30 Devotional, Chapel</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>27</p> <p>9:30 Blood Pressure Clinic, Atr</p> <p>1:00 Family Feud, MedCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, KKap</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>2:15 Braum's Trip</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>28</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>29</p> <p>9:00 Shopping at WalMart</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>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>30</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>1:00 Movie Matinee, MedCtr "Divine Secrets of the Ya-Ya Sisterhood"</p> <p>2:00 Bingo, Canceled</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>31</p> <p>1:00 Puzzles, 3rd Floor</p> <p>1:00 Book Club, Lib</p>



Good Times

A Note from Kari



Just a quick note this month. I am putting Walk and Talk on hiatus until the summer temperatures recede. Once temperatures are back under 90 we will start up again.

—Kari

Functional Fitness: What is it and why is it important?

Functional fitness exercises are designed to train and develop your muscles to make it easier and safer to perform everyday activities, such as carrying groceries, climbing the stairs, or getting out of a chair without help. These exercises mimic the movements of daily activities such as walking, squatting, bending, pushing, and pulling.

The goal of functional fitness is to **improve balance, mobility, and strength** for daily activities.

Three of the Best Functional Exercises for Older Adults

Sit-to-Stand: This exercise is as simple as it sounds and supports our ability to sit down and stand back up in any situation with ease.

How to perform this exercise: Stand in front of a sturdy chair with your feet between hip-width apart and your back facing the seat of the chair. Make sure that your heels are no further than six inches from the seat of the chair. Stretch your arms out straight in front of you, so that they are parallel to the floor.

Consciously tighten your core muscles and slowly bend your knees, pushing your hips back, and lowering yourself onto the chair. Pause for a second or two, then press through your heels to stand back up. As you complete the movement, keep your torso as stable as possible and keep your hands out in front of you so that you are not tempted to use your hands to push yourself back up into a

standing position.

Tandem Stance: The tandem stance is an exercise that's often used as a clinical assessment of standing balance. But it's also a beneficial exercise to perform on a regular, daily basis because it improves balance and can decrease the risk of falling.

How to perform this exercise: Stand up straight with your feet together. Consciously tighten your core muscles. Step one foot in front of the other so that the front of one heel is directly in front of the other foot's toes, as if you were walking a tightrope. Hold the position for at least 30 seconds, and up to 2 minutes, and then switch the position of your feet and repeat. Even if you feel stable while performing this exercise, it's a good idea to have a sturdy surface within arm's reach. It's not uncommon to lose balance unexpectedly, and it's important to be able to steady yourself if necessary.

Single-Leg Stand: When you think about it, there are a lot of things we do every day that require us to be able to support ourselves on one leg at a time – walking, climbing stairs, getting into a car, or stepping out of the shower are just a few examples. The following exercise strengthens our ability to remain stable during tasks that require using one leg at a time. If performed regularly, it will also help resolve any muscular imbalances between the left and right side of the body that can increase our

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
Postponed until cooler temperatures!	
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	

risk of falling.

How to perform this exercise: Stand upright, with both feet together. Consciously tighten your core muscles. Lift one foot off of the floor, holding it as much as 6 inches from the ground. Hold this position for at least 30 seconds. As you do, imagine that there is a string going up through your spine, exiting the top of your head and pulling up toward the sky. Lower your foot and repeat with the other leg. Even if you feel stable while performing this exercise, it's a good idea to have a sturdy surface within arm's reach. It's not uncommon to lose balance unexpectedly, and it's important to be able to steady yourself if necessary.

A Peek At The Pines

It was a Happy Independence Day in The Pines!



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS

3006 McNiel
Wichita Falls, Texas 76309



The Gables At A Glance



Summer fun in The Gables.

