

The Meadow Lark

A Publication of Rolling Meadows

October 2024

ACTIVE AGING WEEK

Special Events September 30 through October 4



A fun-filled week of exercise, friends and laughter

Awards Ceremony
in the Atrium
October 4 at 4:00 PM

Outdoor Picnic

October 2 at 11:30 AM
at the Dog Park

Tacos, nachos, desserts and more!



Have A
Spooktacular
Good Time at Our Early
Halloween Party
October 24 At 2:00 PM
In the Media Center

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!



Vaccinations Available

Flu/Covid vaccinations for independent living will be given by Fikes Pharmacy on October 17 from 9:00-11:00 AM in the Media Center. Please complete the Immunization Consent Form found in the Mail Room, **return the completed form to the receptionist BEFORE October 3rd!**



If you have any questions, please call Debbie Bryan, RN/Wellness Nurse at 940-691-7511.



HAPPY BIRTHDAY
to you!

OCTOBER BIRTHDAYS

Cheryl Beaty.....	3
Susan Smith.....	3
Glenn Askew.....	4
Harold Apple.....	12
Renee Brockriede.....	13
Ron Johnson.....	14
Janelle Cremeens.....	17
Dorothy Jones.....	17
Elaine Paden.....	17
Robert Doley.....	21
Royce Smith.....	21
Don Holder.....	23
LaQuita Hearn.....	25
Shirley Foley.....	27
Joyce Corpening.....	27
Doris Crenshaw.....	28
Kenneth Carr.....	29
Marge Sheppard.....	31
Mary Chapman.....	31

Welcome New Residents!

LYNN & SANDY SHAW

Lynn and Sandy are from Wichita Falls. Lynn enjoys golf, fly fishing and his grandkids. Sandy enjoys knitting, music and her grandkids and family. Welcome to our family here at Rolling Meadows, Lynn and Sandy!

enjoys reading and playing cards. Welcome to our family here at Rolling Meadows, Kathy!

SALLY SIMPKINS

Sally is from Gatesville, Texas and enjoys watching sports on TV and shopping. Welcome to our family here at Rolling Meadows, Sally!

KATHY LAMB

Kathy is from Wichita Falls and enjoys travel, card games, movies, reading and day trips. Welcome to our family here at Rolling Meadows, Kathy!

JOHN PAPAC

John is from League City, Texas and he enjoys ballroom dancing and watching college softball and football. Welcome to our family here at Rolling Meadows, John!

Please take time to welcome all of our new residents and introduce yourselves!

JOHN & KAREN WALL

John and Karen are from Enterprise, AL. John enjoys building and flying airplanes. Karen enjoys gardening, playing games and cards. Welcome to our family here at Rolling Meadows, John and Karen!

TRUDIE DENNEY

Trudie is from Petrolia, Texas and enjoys reading, crossword, jigsaw puzzles, PC solitaire and visiting neighbors. Welcome to our family here at Rolling Meadows, Trudie!

KATHY (KAT) WILLIAMS-TURK

Kathy is from California and

I would make a skeleton joke, but you wouldn't find it very humerus!

Joke of the Month



HONORING & REMEMBERING

- In Memory of **Bobby Hollaway** by Rolling Meadows
- In Memory of **Sandy Connell** by Rolling Meadows
- In Memory of **Frances Jenne** by Rolling Meadows
- In Memory of **Betty Dunn** by Rolling Meadows
- In Memory of **Jimmie Bruce** by Rolling Meadows
- In Memory of **Richard Cox** by Rolling Meadows
- In Memory of **Betty Lay** by Rolling Meadows
- In Memory of **Susan King** by Rolling Meadows
- In Memory of **Kenneth Carr** 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.

October Events

ACTIVE AGING WEEK IS SEPTEMBER 30 THRU OCTOBER 4

1 SIKES LAKE

The bus will leave at 9:30 AM to head to Sikes Lake for a morning walk. This is a new area to enjoy! Please sign up in the mail room if you want to go. We will return by 11:00 AM.

1 FAMILY FEUD

Join us in the Media Center at 2:00 PM to play Family Feud. Bring a friend, your neighbor or someone new to Rolling Meadows so they can join in the fun!

2 OUTDOOR PICNIC

Join us at the dog park at 11:30 AM for a picnic in the park. The menu includes walking tacos, nachos/queso, assorted desserts along with tea, water and coffee. Please sign up in the mail room.

2 TWO TRUTHS AND A LIE

Let's play a new game in the Media Center at 1:00 PM called 2 Truths and a Lie. See if you can guess who is telling a lie or a truth. See you there!

3 CONSENT FORMS Completed Immunization Consent Form for the Flu/Covid vaccinations must be turned in by today.

3 CHAIR YOGA

Today in the Fitness Center at 10:00 AM will be a little different chair yoga than you are used to. Come and try it out during Active Aging Week.

3 FAITH MISSION SEMINAR

Join us in the Media Center at 2:00 PM for a seminar from Faith Mission re: "Warmth for the homeless".

4 CORNHOLE TOURNAMENT

In the Atrium at 9:30 AM join us for our doubles Cornhole Tournament. Please sign up in the mail room and put your partner's name under yours. If you don't have a partner we will find one for you.

4 CYBER SECURITY SEMINAR

At 1:00 PM in the Media Center we will have a seminar on the important topic of Cyber Security. Come learn how to stay safe on your computer and phones!

4 ACTIVE AGING WEEK ENDING PARTY

Join us today in the Atrium at 4:00 PM to end our Active Aging Week. There will be snacks, door prizes and awards for the Cornhole Tournament.

5 MOVIE MATINEE

Today's matinee is "Harold and Maude" starring Bud Cort and Vivian Pickles. Join us at 1:00 PM in the Media Center. Bring your own snacks and drinks.

8 SIT & CHAT

Come Sit & Chat with us at 1:30 PM in the Media Center. This is a time for residents to bring attention to certain concerns or issues they may have here at Rolling Meadows.

10 BIRTHDAY PARTY

A party for all October birthdays today in the Media Center at 2:00 PM. Everyone is invited to celebrate with cake and ice cream. Please bring your neighbor.

15 PIZZA LUNCHEON

Today at 11:30 AM will be a pizza luncheon in the Media Center. To give us time to order the pizzas, **you MUST sign up in the mail room by October 11 to attend this luncheon!**

15 BRAUMS TRIP

We will be leaving Rolling Meadows at 2:15 PM for a trip to Braums. Please sign up in the mail room if you want to go for ice cream or a little shopping.

17 FLU/COVID VACCINATIONS

For residents who turned in their consent forms by October 3rd, Fikes Pharmacy will be in the Media Center today from 9:00-11:00 AM for Flu/Covid vaccinations.

17 GOURMET GETAWAY

We are headed to Freddy's today at 10:45 AM. Seating is limited. Please sign up in the mail room.

17 CRAFT HOUR

Today at 2:00 PM, we will be working on a wall or door hanger for fall. Please sign up in the mail room as seating is limited to 12 residents!

18 BACKDOOR THEATRE

The bus will leave at 6:45 PM to see the musical, "Fun Home". This musical is about a woman who grew up above a funeral home and realizes she is a lesbian. She is also trying to unlock the mysteries surrounding her closeted, gay father. Please sign up in the mail room. As always we need at least 5 sign up for an evening outing. Tickets are \$23.

19 MOVIE MATINEE

Get in the Halloween spirit with, "Frankenweenie" an animated movie about a boy and his dog. Join us in the Media Center at 1:00 PM. Bring your own snacks and drinks.

21 CHRISTIAN MUSIC

Please come and enjoy the musical talent of Alicia Meza and Brian Reilly tonight at 6:00 PM in the Atrium.

22 GOSPEL SINGING

Join us in the Media Center today at 2:15 PM for some good old fashioned hymns. Sing along or just come and listen.

24 EARLY HALLOWEEN PARTY

Let's celebrate Halloween today in the Media Center at 2:00 PM. You don't have to dress up but you can wear black and orange!!! We will have games, food, prizes and fun!

26 BOOK CLUB

Today's we will be discussing "Lady Tan's Circle of Friends" by Lisa See. Join us in the library at 1:00 PM.

OCTOBER 2024



SUNDAY

Courtesy Van to Dr Offices:
Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30

Dry Cleaning

Drop-Off: 10:00 Tuesday
2nd Floor Atrium Laundry Room

Pickup: 2:00 Thursday
2nd Floor Atrium Laundry Room

TUESDAY 1

9:30 **Blood Pressure Clinic**, Atr
9:30 **Sikes Lake Walk**, Atr
1:00 **Dominoes (42)**, Lib
1:00 **Bible Study**, KKap
1:45 **Our Lady Queen of Peace**, Chapel
2:00 **Family Feud**, MedCtr
3:00 **Chair Volleyball**, FitCtr
6:00 **Wahoo**, Lib

WEDNESDAY 2

11:30 **Outdoor Picnic**, Dog Park
1:00 **2 Truths & A Lie**, MedCtr
2:00 **Bingo**, MedCtr
3:00 **Chair Volleyball**, FitCtr
3:00 **Bridge**, Lib

THURSDAY 3

9:00 **Shopping at WalMart**
9:30 **Ladies Bible Study**, KKap
10:00 **Chair Yoga**, FitCtr
10:00 **Bank Day**
"First Bank" till 11:00 am
1:00 **Dale's Bible Study**, Chapel
2:00 **Faith Mission Seminar**, MedCtr
3:00 **Chair Volleyball**, FitCtr
6:15 **Worship Service**, MedCtr

FRIDAY 4

9:30 **Cornhole Doubles Tournament**, Atr
1:00 **Mexican Train**, KKap
1:00 **Cyber Security**, MedCtr
3:00 **Chair Volleyball**, FitCtr
4:00 **End of Active Aging Party**, Atr

SATURDAY 5

1:00 **Puzzles**, 3rd Floor
1:00 **Movie Matinee**, MedCtr
"Harold & Maude"

***** ACTIVE AGING WEEK *****

6

1:00 **Worship Service**, Chapel

7

9:30 **Devotional**, Chapel
1:00 **Tiki**, KKap
1:00 **Wii Bowling**, FitCtr
2:00 **Grocery Shopping**
Quarter Bingo, MedCtr
2:00 **Chair Volleyball**, FitCtr
3:00 **Chair Volleyball**, FitCtr
4:00 **Walk & Talk**, FitCtr

8

9:30 **Blood Pressure Clinic**, Atr
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
3:00 **Chair Volleyball**, FitCtr
6:00 **Wahoo**, Lib

9

1:00 **Brain Games/Trivia**, MedCtr
2:00 **Bingo**, MedCtr
3:00 **Chair Volleyball**, FitCtr
3:00 **Bridge**, Lib

10

9:00 **Shopping at WalMart**
9:30 **Ladies Bible Study**, KKap
10:00 **Bank Day**
"Accounting" 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

11

1:00 **Mexican Train**, KKap
1:00 **Wii Games**, FitCtr
2:00 **Quarter Bingo**, MedCtr
3:00 **Chair Volleyball**, FitCtr
4:00 **Walk & Talk**, FitCtr

12

1:00 **Puzzles**, 3rd Floor

13

1:00 **Worship Service**, Chapel

14

9:30 **Devotional**, Chapel
1:00 **Tiki**, KKap
1:00 **Wii Bowling**, FitCtr
2:00 **Grocery Shopping**
Quarter Bingo, MedCtr
2:00 **Chair Volleyball**, FitCtr
3:00 **Chair Volleyball**, FitCtr
4:00 **Walk & Talk**, FitCtr

15

9:30 **Blood Pressure Clinic**, Atr
11:30 **Pizza Luncheon**, MedCtr
1:00 **Wii Games**, FitCtr
1:00 **Dominoes (42)**, Lib
1:00 **Bible Study**, KKap
1:45 **Our Lady Queen of Peace**, Chapel
2:15 **Braums Trip**
3:00 **Chair Volleyball**, FitCtr
6:00 **Wahoo**, Lib

16

1:00 **Brain Games/Trivia**, MedCtr
2:00 **Bingo w/Hospice**, MedCtr
3:00 **Chair Volleyball**, FitCtr
3:00 **Bridge**, Lib

17

9:00 **Shopping at WalMart**
9:00 **Flu/Covid Shots**, MedCtr
9:30 **Ladies Bible Study**, KKap
10:00 **Bank Day**
"First Bank" till 11:00 am
10:45 **Gourmet Getaway**
1:00 **Wii Games**, FitCtr
1:00 **Dale's Bible Study**, Chapel
2:00 **Craft Hour**, MedCtr
3:00 **Chair Volleyball**, FitCtr
6:15 **Worship Service**, MedCtr

18

1:00 **Mexican Train**, KKap
1:00 **Wii Bowling**, FitCtr
1:30 **All Staff Meeting**, MedCtr
2:00 **Quarter Bingo**, Canceled
3:00 **Chair Volleyball**, FitCtr
4:00 **Walk & Talk**, FitCtr
6:45 **Backdoor Theatre**

19

1:00 **Puzzles**, 3rd Floor
1:00 **Movie Matinee**, MedCtr
"Frankenweenie"

20

1:00 **Worship Service**, Chapel

21

9:30 **Devotional**, Chapel
1:00 **Tiki**, KKap
1:00 **Wii Bowling**, FitCtr
2:00 **Grocery Shopping**
Quarter Bingo, MedCtr
2:00 **Chair Volleyball**, FitCtr
3:00 **Chair Volleyball**, FitCtr
4:00 **Walk & Talk**, FitCtr
6:00 **Christian Music**, Atr

22

9:30 **Blood Pressure Clinic**, Atr
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
3:00 **Chair Volleyball**, FitCtr
6:00 **Wahoo**, Lib

23

1:00 **Brain Games/Trivia**, MedCtr
2:00 **Bingo**, MedCtr
3:00 **Chair Volleyball**, FitCtr
3:00 **Bridge**, Lib

24

9:00 **Shopping at WalMart**
9:30 **Ladies Bible Study**, KKap
10:00 **Bank Day**
"Accounting" till 11:00 am
1:00 **Wii Games**, FitCtr
2:00 **Halloween Party**, MedCtr
3:00 **Chair Volleyball**, FitCtr
6:15 **Worship Service**, MedCtr

25

1:00 **Mexican Train**, KKap
1:00 **Wii Bowling**, FitCtr
2:00 **Quarter Bingo w/Kari**, MedCtr
3:00 **Chair Volleyball**, FitCtr
4:00 **Walk & Talk**, FitCtr

26

1:00 **Puzzles**, 3rd Floor
1:00 **Book Club**, Lib

27

1:00 **Worship Service**, Chapel,

28

9:30 **Devotional**, Chapel
1:00 **Tiki**, KKap
1:00 **Wii Bowling**, FitCtr
2:00 **Grocery Shopping**
Quarter Bingo, MedCtr
2:00 **Chair Volleyball**, FitCtr
3:00 **Chair Volleyball**, FitCtr
4:00 **Walk & Talk**, FitCtr

29

9:30 **Blood Pressure Clinic**, Atr
1:00 **Wii Bowling**, FitCtr
1:00 **Dominoes (42)**, Lib
1:00 **Bible Study**, MedCtr
1:45 **Our Lady Queen of Peace**, Chapel
3:00 **Chair Volleyball**, FitCtr
6:00 **Wahoo**, Lib

30

1:00 **Brain Games/Trivia**, MedCtr
2:00 **Bingo w/Kari**, MedCtr
3:00 **Chair Volleyball**, FitCtr
3:00 **Bridge**, Lib

31

9:00 **Shopping at WalMart**
9:30 **Ladies Bible Study**, KKap
10:00 **Bank Day**
"First Bank" till 11:00 am
1:00 **Wii Games**, FitCtr
3:00 **Chair Volleyball**, FitCtr
6:15 **Worship Service**, MedCtr

Happy Halloween!



Scan To Download the Rolling Meadows App!

Check your Week In Review for changes & updates!





Good Times...



A Note from Kari



It's October which can only mean one thing, Active Aging Week is upon us. Last year we went all out and had a great time, but this year we decided to keep things low key. Vickie and I hope you will take time out of your week (Sept 30- Oct 4) and join us for some of the activities. Walk and Talk will begin again starting Monday October 7th. We will meet in the Atrium every Monday and Friday at 4:00PM.

—Kari

Active Aging Adds Life to Your Years

You're never too old for a challenge. Physically and mentally demanding activities do wonders for the health of people of all ages.

Research shows active lifestyles—keeping up strength, endurance, balance, and agility (mental and physical)—can lessen challenges associated with increased age. This movement (pun intended) to improve quality of life for older adults can also help change our collective negative perception of aging.

Active aging—a concept adopted by the World Health Organization and others—is the best way to grow old. Active aging allows the individual to connect with their physical health and thus lets patients be more intuitive to what they want to achieve.

Active aging tips

Active aging is not about forcing exercise or exercising excessively. The only rule for active aging is to stay active in body and mind as much as possible, to the best of your ability. And don't compare yourself to anyone else: What's easy for one person may be demanding for another.

Review daily habits and find ways to increase time outdoors

An analysis of more than 100 studies found that greenspace is beneficial for mental and physical health, whether you're exercising or simply enjoying the outdoors.

A simple walk provides sunlight,

fresh air, and opportunities to promote social skills that are good for your mental health and brain function.

Increase physical activity

No need to run a marathon; research shows even a slight increase in physicality has both mental and physical health benefits.

Socialize

Every conversation counts. Living longer can mean outliving friends and family. Studies show social interaction is essential to good health. Talking to someone instead of sitting with your thoughts at home is wonderful for every aspect of health.

Active aging is the best way to age

Aging should not be a negative experience. There will be physical and financial limitations, but there are easy ways to make the most of it and be happy.

Life is not over when you reach a milestone birthday. Active aging is a strategy to keep you feeling good year after year by filling your days with activities for your brain and body.

- Physical activity is the movement of the body that requires muscle use and uses more energy than resting.

- Mental activity is anything that keeps the mind active: reading, puzzles, following a new recipe, knitting, volunteering, learning a new skill, and so forth help brain health.

Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

Pool WalkingPool
Mon, Wed, Fri8:00 am

Chair AerobicsFitness Center
Mon - Fri 9:00, 10:00, & 11:30 am

Open FitnessFitness Center
Mon-Fri 1:00 pm

Chair VolleyballFitness Center
Mon-Fri 3:00 pm

Walk & TalkFitness Center
Mon & Fri 4:00 pm

Core StrengthFitness Center
Tuesdays 11:00 am

Wii BowlingFitness Center
Mon, Tues, Thurs, Fri 1:00 pm

Wii GamesFitness Center
Tues & Fri 1:00 pm

StretchFitness Center
Thursdays 11:00 am

Open FitnessFitness Center
Wed 2:00 pm

Trivia/Brain GamesMedia Center
Wednesdays 1:00 pm

Walk & Talk

Now that the weather has cooled down, grab a friend and invite your neighbors to Walk and Talk on Monday and Friday afternoons at 4:00 PM.



A Peek At The Pines



*Puppies and punch at
The Pines*



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS

3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance



*Friends, food and
fun at the Gables*