

The Meadow Lark

A Publication of Rolling Meadows

September 2024

September is
WESTERN MONTH!

Join us as we
kick up our heels
with a month full
of special events,
food and fun!

See page 3 for details



**ROLLING
MEADOWS**

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HONORING & REMEMBERING

In Memory of **Velma Perkins**
by *Rolling Meadows*

In Memory of **Daisy Mullins**
by *Rolling Meadows*

In Memory of **Darrell Walker**
by *Rolling Meadows*

In Memory of **Ellen Richards**
by *Rolling Meadows*

In Memory of **Pat Yarmoski**
by *JoAnn Plaxco*

In Memory of **Bobby Hollaway**
by *Rolling Meadows*

In Memory of **Sandra 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*

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!

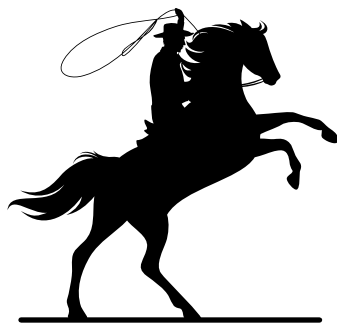
GLYNDA CESSNA Glynda is from Nacogdoches. Glynda enjoys reading, card playing and movies. Please make Glynda feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Glynda!

PHYLLIS COLYER Phyllis is from Oklahoma. Phyllis enjoys stitching, reading and family. Please make Phyllis feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Phyllis!

LYNN HOGGARD Lynn is from Wichita Falls but was born in Gonzales, LA. Lynn enjoys poetry, literature and fitness. Please make Lynn feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Lynn!

DON LEWIS Don is from Wichita Falls. Don enjoys walking, swimming and feeding birds. Please make Don feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Don!

GLENN ASKEW Glenn is from Wichita Falls since 1974. Glenn enjoys church at First Presbyterian, singing, opera and history. Please make Glenn feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Glenn!



TODAY IS YOUR

BIRTHDAY!

SEPTEMBER BIRTHDAYS

Karen McNew	3
Carol Ann Riddle	5
Alice Hund	6
Ida Hoff	8
Phyllis Hance	11
Ruby Byrne	13
Berma Cox	14
Phyllis Colyer	17
Calvin Underwood	17
Joyce King	18
Janice Hise	19
Kay Glasgow	21
Tom Walling	22
Sandy Thurmer	29
Judy Knowlton	30
Winona Sanders	30



Joke of the Month

I only catch cold on Wednesdays.

Probably because I have a weekend immune system!!!

September Events

3 GOSPEL SINGING
Join us in the Media Center at 2:15 PM and pick out your favorite hymn and sing along with us. Bring your neighbor and let's make a joyful noise!!!

5 BIRTHDAY PARTY
Our monthly birthday party is in the Media Center at 2:00 PM today. Everyone is invited to come celebrate our September birthdays. Since it is Western Month, we can kick up our heels and enjoy cake and ice cream! Happy birthday to you!

6 RED RIVER QUILT SHOW
The bus will be leaving at 9:15 AM. This year's featured quilter is our very own Lela Hadrava!!! She will have a big display of her quilting and will be there for the "bed turning" at 10:00 AM to reveal her larger quilts! Let's all go and support Lela.

7 MOVIE MATINEE
Join us in the Media Center today at 1:00 PM to watch "Out of Africa". This movie stars Meryl Streep, Klaus Maria Brandauer and Robert Redford. Bring your own snacks and drinks.

10 GOURMET GETAWAY
The bus will leave at 10:45 AM heading to the Pioneer Restaurant. Please sign up in the mail room if you are planning to go and ride the bus.

12 HISTORY HOUR
In the Media Center at 2:00 PM today we will learn more about the Wild West. Try your hand at calf roping and let's see if you can do it. Fun and laughs await.

17 THE WATERING HOLE
Starting at 3:30 PM head to the Atrium for drinks and snacks at the Watering Hole. There will be root beer, coke, diet coke, sprite, lemonade and buffalo chips!

19 MOVIE MATINEE
The movie today in the Media Center at 1:00 PM is "The Longest Ride". Luke (Scott Eastwood), a former champion bull rider attempting a comeback, meets Sophia (Britt Robertson) a college student preparing for a dream job in New York City. They embark on an extraordinary-yet uncertain romantic journey.

21 MOVIE MATINEE
Today's movie will be "Spencer's Mountain". The cast includes Henry Ford, Maureen O'Hara, Wally Cox, James MacArthur and Mimsy Farmer. The movie starts at 1:00 PM in the Media Center. Bring your own snacks and drinks.

24 BRAUM'S TRIP
Enjoy some yummy ice cream, a little grocery shopping and fun friends as we travel to Braum's today at 2:00 PM. Please sign up in the mail room!

25 THE WATERING HOLE
Howdy pardner! Come enjoy drinks, hay bales and horse feed in the Atrium this afternoon at 3:30 PM.

26 HOSPICE INFORMATION
Join us in the Media Center to learn about hospice care and ask questions if you have any. Example: what is hospice? Alicia Preston will be the speaker.

26 HORSE SHOES
Come and try your luck at indoor horse shoes in the Atrium at 2:00 PM. How big a cowboy are ya?

27 WESTERN PARTY
The Rusty Nail Band will be playing in the Atrium at 1:00 PM. Refreshments will be available.

28 BOOK CLUB
Today at 1:00 PM in the Library we will be discussing "The Last Bookshop in London" by Madeline Martin. Inspired by the true World War II history of the few bookshops to survive the Blitz, "The Last Bookshop in London" is a timeless story of wartime loss, love and the enduring power of literature.

28 RED RIVER VALLEY OPRY HOUSE
We will be leaving for Byers at 5:45 PM to hear "Missy and Gaylon" playing classic country music. The tickets are \$10.00 per person at the door. A great end to Western Month! Please sign up in the mail room if you are riding the bus.

Join Us
September 30 – October 6

ACTIVE AGING WEEK

Be prepared for a week of exercise, fun and laughs!!!!!!






Library Notes

Greetings from the Rolling Meadows Library! We have just a few reminders or new information for new residents... Take books from the library you want to read – no paperwork involved. Return them to the small cabinet beside the general fiction section. Please do not re-shelve. I keep track of how many times they are being read. The top shelf on the left in the back room is for donations.

Book Club schedule for 2024.
Changes to the original schedule are in Bold. Meetings are the last Saturday of each month at 1pm in the library.
Sept 28 **The Last Bookshop in London** by Madeline Martin
Oct 26 **Lady Tan's Circle of Women** by Lisa See
Nov 23 (note this is not the last Sat in Nov) **The Frozen River** by Ariel Lawhon (this is not the book on the original schedule)
Dec 28 **Comfort & Joy** by Kristin Hannah
Until Next Time, Happy Reading
– Judy B

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:00 Worship Service , Chapel	2 Happy Labor Day! No Scheduled Activities	3 9:30 Blood Pressure Clinic , Atr 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , Canceled 1:45 Our Lady Queen of Peace , Chapel 2:15 Gospel Singing , MedCtr 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	4 1:00 Brain Games/Trivia , MedCtr 2:00 Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	5 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 1:00 Dale's Bible Study , Chapel 2:00 Birthday Party , MedCtr 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , MedCtr	6 9:15 Red River Quilt Show 1:00 Mexican Train , KKap 1:00 Wii Bowling , FitCtr 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	7 1:00 Puzzles , 3rd Floor 1:00 Movie Matinee , MedCtr "Out of Africa"
8 1:00 Worship Service , Chapel <i>Happy Grandparents Day!</i>	9 9:30 Devotional , Chapel 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	10 9:30 Blood Pressure Clinic , Atr 10:45 Gourmet Getaway 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , Canceled 1:45 Our Lady Queen of Peace , Chapel 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	11 1:00 Brain Games/Trivia , MedCtr 2:00 Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	12 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 History Hour , MedCtr 3:00 Chair Volleyball , FitCtr 5:00 Breakfast for Dinner 6:15 Worship Service , MedCtr	13 1:00 Mexican Train , KKap 1:00 Wii Bowling , FitCtr 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	14 1:00 Puzzles , 3rd Floor
15 1:00 Worship Service , Chapel	16 9:30 Devotional , Chapel 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	17 9:30 Blood Pressure Clinic , Atr 1:00 Wii Bowling , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , Canceled 1:45 Our Lady Queen of Peace , Chapel 3:00 Chair Volleyball , FitCtr 3:30 Watering Hole , Atr 6:00 Wahoo , Lib	18 1:00 Brain Games/Trivia , MedCtr 2:00 Bingo w/Hospice , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	19 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 1:00 Dale's Bible Study , Chapel 1:00 Movie Matinee , MedCtr "The Longest Ride" 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , MedCtr	20 1:00 Mexican Train , KKap 1:00 Wii Bowling , FitCtr 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	21 1:00 Puzzles , 3rd Floor 1:00 Movie Matinee , MedCtr "Spencer's Mountain"
22 1:00 Worship Service , Chapel	23 9:30 Devotional , Chapel 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 4:00 Walk & Talk , FitCtr	24 9:30 Blood Pressure Clinic , Atr 1:00 Wii Bowling , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , Canceled 1:45 Our Lady Queen of Peace , Chapel 2:15 Trip to Braum's 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	25 1:00 Brain Games/Trivia , MedCtr 2:00 Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib 3:30 Watering Hole , Atr	26 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 1:00 Hospice Seminar , MedCtr 2:00 Horseshoes , Atr 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , MedCtr	27 1:00 Mexican Train , KKap 1:00 Wii Bowling , FitCtr 1:00 Rusty Nail Band , Atr 2:00 Western Party , Atr 2:00 Quarter Bingo , Canceled 3:00 Chair Volleyball , FitCtr	28 1:00 Puzzles , 3rd Floor 1:00 Book Club , Lib 5:45 Red River Valley Opry Byers, Texas Missy & Gaylon, Classic Country
29 1:00 Worship Service , Chapel,	30 ACTIVE AGING WEEK BEGINS 9:30 Devotional , Chapel 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	 <p>Check your Week In Review for changes and updates!</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 Dry Cleaning Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room</p>	



Good Times...

...And Fond Memories!



Remembering all the FUN we had at the 2023 Active Aging Week



Active Aging Week 2024 starts September 30!

Please join us!



A Note from Kari



A warm welcome to all of our new residents, I'm excited to see so many new faces. If you have any questions about the Fitness program please stop by my office. —Kari

Modifying an Exercise: When and How

Exercise is a celebration of what your body can do. It's also a way to help it continue growing throughout your recovery process. So, how do you know how far to push yourself so that you can accomplish both? You want to improve, but the last thing you want is to overextend yourself and get less out of your workout, or worse, cause an injury. Here are a few signs to let you know that your body needs a modified version of an exercise and how to modify that exercise to fit your body's needs.

You Should Modify an Exercise

- If you feel pain. If you feel pain at any time during a movement, it's crucial that you stop immediately, ensure that you're doing that exercise correctly, and consider finding a modified version that doesn't make you feel strained.
- If you are testing the waters with a new movement. When you try an exercise for the first time, and you aren't comfortable with it yet, it could be safer to start with a modified version of that exercise.
- When the area you're working on has been previously injured. As we mentioned previously, if a movement makes you unsure in any way, it's best to start with a modified exercise. This is especially true if that area has been previously injured, as it's more likely to cause another injury if you overextend yourself.

How to Modify Exercises To Fit Your Body's Needs

There are several ways to modify an exercise to prevent injury and to ensure that you get the most out of your movement.

Slow Down

You might feel pressure to move faster to keep up with everyone else or to finish your workout more quickly; however, it's more important to ensure that you're creating a strong foundation for the exercise and building from there. Moving slower allows you more time to think about how that exercise makes you feel, if you need further modifications, or if you're doing the movement correctly.

Reduce the Weight

Reducing the weight during an exercise reduces the amount of tension. So, consider using a smaller weight or even using only your body weight when you're starting out. Remember that form is the most important to prevent injury. Therefore, you should never sacrifice your form to take on more weight.

Give Yourself Time to Rest

If your body isn't used to doing a particular exercise, it may need more time to recover. You might consider leaving yourself more time in between repetitions or before you move on to the next movement.

Reduce the Impact

Reducing the impact of an exercise

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	

allows you to be more gentle on your joints. If a movement includes jumping, for example, you may modify it without the jump or make the jump smaller.

Need Guidance In Exercise Modification?

In any workout routine, it's vital that you always protect yourself first. Watch for cues from your body that it needs a break and give yourself time for gradual improvements rather than running full steam ahead. You know your body best, and with these modification tips, you can change any workout to fit your body's needs.

A Peek At The Pines



Out and about



THE
PINES
AT ROLLING MEADOWS

ROLLING MEADOWS

3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance



*Summer fun at
The Gables*