

# The *Meadow Lark*

A Publication of Rolling Meadows

December 2024



*You and Your Family  
are Cordially Invited*

*to the*

## *Annual Christmas Luncheon*

*10:45 AM to 2:00 PM*

*Friday, December 13 in the Atrium*

*With a special appearance from  
Santa & Mrs Claus!*

*Employee presentations begin at 1:00 PM*

**ROLLING  
MEADOWS**

**940-691-7511**

Rolling Meadows  
**Staff**  
rmeadows.com

**Cindy Noe** .....Ext. 120  
*Executive Director*

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

**Jerry Caraway** .....Ext. 109  
*Director of Resident Services*

**Rip Stainbrook** .....Ext. 111  
*Director of Dining Services*

**Kellye Hensley** .....Ext. 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!**



# Welcome New Residents!

## BONNIE & LARRY FIELDSON

Larry was born in Minnesota and served in the Air Force and was stationed at Sheppard Air Force Base. He also owned a dental lab for 15 years. Larry enjoys NASCAR and country music. Together, Larry and Bonnie sold real estate from 1982 and started a property management company.

Bonnie was born right here in Wichita Falls and she owns and manages the property management company. She belonged to the Wichita Falls dance club until COVID closed it and she is on the Kell House Committee, and volunteers for Santa House.

The Fieldsons adore their son, daughter in law and grandson. Please make them feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Larry & Bonnie!



## Joke of the Month

How do Christmas trees get ready for a party?

They get spruced up!

## HONORING & REMEMBERING

In Memory of  
**Mary Tittsworth**  
by Rolling Meadows

In Memory of  
**Dr. Frank Rubane**  
by Rolling Meadows

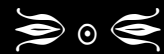
In Memory of  
**Steve Young**  
by Rolling Meadows

In Memory of  
**Wanda Ewalt**  
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.

## A Friendly Reminder

Christmas Day there will be a Box Sandwich Dinner available for the evening meal. Please order by 10:30 AM and pick them up no later than 2:00 PM or ask for delivery.



Book Club meets in the Library, Saturday, December 28th at 1:00  
December Discussion: *Comfort & Joy* by Kristin Hannah

## Watch Your Calendar!

This month is FULL of activities you won't want to miss so please be sure to watch all of the schedules posted this month for any important last minute updates and changes to the schedules.

Happy Holidays!

# Happy BIRTHDAY to YOU!

## DECEMBER BIRTHDAYS

Sue Oldfield.....	2
Joe Przybylski.....	3
Charlie Daniels.....	4
Gail Simpson.....	6
Hope Parks.....	7
Sandra Shaw.....	9
Audra Walker.....	12
Jerry Gibson.....	13
Margie Frazier.....	16
Dottie Morrison.....	17
Ruth Hooper.....	20
Virginia Catlin.....	22
Dannie Shawver.....	23
Larry Weidman.....	25
George Taylor.....	26
Jane Jaco.....	31

## Attention!




There will be no cottage trash pickups on December 25 and January 1.



- 2 MON** **CELLO X3**  
Join us in the Atrium at 6:00 PM to listen to this recently formed cello trio. They will present a unique program with special arrangements of Christmas carols and a sing-a-long.
- 3 TUES** **GOSPEL SINGING**  
Today at 2:15 PM in the Media Center, bring a friend and come sing Christmas hymns with us.
- 6 FRI** **FOWLER ELEMENTARY**  
Don't miss the Fowler Elementary School Choir performing their Christmas program in the Atrium at 1:00 PM.
- 9 MON** **FAITH SINGERS CHOIR**  
The Faith Baptist Church, Faith Singers Choir, will present their Christmas Program at 11:00 AM in the Atrium.
- 10 TUE** **WICHITA FALLS YOUTH SYMPHONY ORCHESTRA**  
Come early to the Atrium to hear a few members of the Wichita Falls Youth Symphony Orchestra entertain us this evening beginning at 6:00 PM.
- 13 FRI** **ANNUAL CHRISTMAS LUNCHEON**  
Join us from 10:45 AM to 2:00 PM for our annual Christmas luncheon. Residents and employees can bring their families and enjoy a wonderful meal. This yearly tradition is where the entire Rolling Meadows family comes together to celebrate the season. Remember Santa and Mrs. Claus will be here! Employee presentations begin at 1:00 PM.
- 13 FRI** **WINTER RECITAL**  
Sharon Neufeld with the Suzuki Talent Education Academy will bring her students to perform their Winter Recital. Please join them and their parents in the Atrium at 6:00 PM.
- 14 SAT** **MOVIE MATINEE**  
Today at 1:00 PM in the Media Center we will be showing the classic film, "Casablanca" starring Humphrey Bogart, Ingrid Bergman and Paul Henreid. Bring your own snacks and drinks.
- 14 SAT** **WICHITA FALLS SYMPHONY ORCHESTRA**  
The bus will be leaving at 6:45 PM to head over to the First United Methodist Church to see the Wichita Falls Symphony Orchestra, "Home for the Holidays". Gather your friends and family for an unforgettable celebration of holiday spirit. Please sign up in the mail room if you wish to ride the bus.
- 16 MON** **PHONE TECH : SHUTTERFLY PROGRAM**  
Have you heard of Shutterfly? It is a unique app to help you put pictures together in an album along with many other things. Phone tech, Amanda, will join us again to show us how to download apps such as Shutterfly. If you have questions please come to this activity in the Media Center at 1:00 PM. Amanda will help you become friends with your phone!!!
- 16 MON** **CHRISTMAS LIGHTS BUS RIDE**  
Today at 6:00 PM sit and relax while the bus takes you on a joy ride to see beautiful Christmas decorations and lights. Please sign up in the mail room if you want to go.
- 17 TUE** **GOURMET GETAWAY**  
The bus will be leaving at 10:45 AM for lunch at McBride's Downtown. Please sign up in the mail room if you plan to ride the bus.
- 17 TUE** **CRAFT HOUR**  
Come to the Media Center at 2:15 PM for a craft that is so cute and easy to do – your choice of a Santa, reindeer or snowman made out of clay pots! Please sign up so we will have enough supplies.
- 19 THU** **BIRTHDAY PARTY**  
Today in the Media Center at 2:00 PM please come celebrate our December birthdays. Everyone is welcome to come and enjoy cake and ice cream. Happy Birthday!!!
- 20 FRI** **CHRISTMAS PARTY**  
The party begins at 2:00 PM in the Media Center. We will play some games, have refreshments, and sing Christmas carols. Come and enjoy the holiday.
- 21 SAT** **MOVIE MATINEE**  
Showing today at 1:00 PM in the Media Center is "Miracle on 34th Street". A Christmas classic starring Maureen O'Hara, John Payne and Edmund Gwenn. Bring your own snacks and drinks.
- 26 THU** **CORN HOLE GAMES**  
It will be a great time to work off some of that Christmas candy by playing or cheering someone on. So, get out and meet us in the Atrium at 2:00 PM.
- 28 SAT** **BOOK CLUB**  
Join us in the Library at 1:00 PM to discuss "Comfort and Joy" by Kristin Hannah.
- 31 TUE** **NEW YEAR'S EVE PARTY**  
Come ring in the Rolling Meadows New Year at 6:00 PM in the Atrium. There will be singing, laughs, refreshments and don't forget the resolutions!!!



# DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 1:00 <b>Worship Service</b> , Chapel	<b>2</b> 9:30 <b>Devotional</b> , Chapel 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> <b>Quarter Bingo</b> , MedCtr 2:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Walk &amp; Talk</b> , FitCtr 4:00 <b>Cello X 3</b> , Atr 6:00	<b>3</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bible Study</b> , KKap 1:45 <b>Our Lady Queen of Peace</b> , Chapel 2:15 <b>Gospel Singing</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:00 <b>Wahoo</b> , Lib	<b>4</b> 1:00 <b>Brain Games/Trivia</b> , MedCtr 2:00 <b>Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib	<b>5</b> 9:00 <b>Shopping at WalMart</b> 9:30 <b>Ladies Bible Study</b> , KKap 10:00 <b>Bank Day</b> "Accountin" till 11:00 am 1:00 <b>Wii Games</b> , FitCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:15 <b>Worship Service</b> , MedCtr	<b>6</b> 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Fowler Elementary Choir</b> , Atr 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 4:00 <b>Walk &amp; Talk</b> , FitCtr	<b>7</b> 1:00 <b>Puzzles</b> , 3rd Floor
<b>8</b> 1:00 <b>Worship Service</b> , Chapel	<b>9</b> 9:30 <b>Devotional</b> , Chapel 11:00 <b>Faith Singers</b> , Atr 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 4:00 <b>Walk &amp; Talk</b> , FitCtr	<b>10</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bible Study</b> , KKap 1:45 <b>Our Lady Queen of Peace</b> , Chapel 3:00 <b>Chair Volleyball</b> , FitCtr 6:00 <b>Wahoo</b> , Lib 6:00 <b>WF Youth Symphony</b> , Atr	<b>11</b> 1:00 <b>Brain Games/Trivia</b> , MedCtr 2:00 <b>Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib	<b>12</b> 9:00 <b>Shopping at WalMart</b> 9:30 <b>Ladies Bible Study</b> , KKap 10:00 <b>Bank Day</b> "First Bank" till 11:00 am 1:00 <b>Wii Games</b> , FitCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:15 <b>Worship Service</b> , MedCtr	<b>13</b> 10:15 <b>Annual Christmas Luncheon</b> No Scheduled Activities 6:00 <b>Winter Recital</b> , Atr	<b>14</b> 1:00 <b>Puzzles</b> , 3rd Floor 1:00 <b>Movie Matinee</b> , MedCtr "Casablanca" 6:45 <b>Wichita Falls</b> <b>Symphony Orchestra</b>
<b>15</b> 1:00 <b>Worship Service</b> , Chapel	<b>16</b> 9:30 <b>Devotional</b> , Chapel 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 1:00 <b>Shutterfly Phone Tech</b> , MedCtr 2:00 <b>Grocery Shopping</b> <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 4:00 <b>Walk &amp; Talk</b> , FitCtr 6:15 <b>Christmas Bus Ride</b>	<b>17</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 10:45 <b>Gourmet Getaway</b> 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bible Study</b> , KKap 1:45 <b>Our Lady Queen of Peace</b> , Chapel 2:15 <b>Craft Hour</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:00 <b>Wahoo</b> , Lib	<b>18</b> 1:00 <b>Brain Games/Trivia</b> , MedCtr 2:00 <b>Bingo w/ Hospice</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib	<b>19</b> 9:00 <b>Shopping at WalMart</b> 9:30 <b>Ladies Bible Study</b> , KKap 10:00 <b>Bank Day</b> "Accounting" till 11:00 am 2:00 <b>Birthday Party</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:15 <b>Worship Service</b> , MedCtr	<b>20</b> 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Christmas Party</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 4:00 <b>Walk &amp; Talk</b> , FitCtr	<b>21</b> 1:00 <b>Puzzles</b> , 3rd Floor 1:00 <b>Movie Matinee</b> , MedCtr "Miracle on 34th Street"
<b>22</b> 1:00 <b>Worship Service</b> , Chapel	<b>23</b> 9:30 <b>Devotional</b> , Chapel 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 4:00 <b>Walk &amp; Talk</b> , FitCtr	<b>24</b> <b>25</b>  <i>No Scheduled Activities</i>		<b>26</b> 9:00 <b>Shopping at WalMart</b> 9:30 <b>Ladies Bible Study</b> , KKap 10:00 <b>Bank Day</b> "First Bank" till 11:00 am 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Cornhole Games</b> , Atr 3:00 <b>Chair Volleyball</b> , FitCtr 6:15 <b>Worship Service</b> , MedCtr	<b>27</b> 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 4:00 <b>Walk &amp; Talk</b> , FitCtr	<b>28</b> 1:00 <b>Puzzles</b> , 3rd Floor 1:00 <b>Book Club</b> , Lib
<b>29</b> 1:00 <b>Worship Service</b> , Chapel,	<b>30</b> 9:30 <b>Devotional</b> , Chapel 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 4:00 <b>Walk &amp; Talk</b> , FitCtr	<b>31</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 1:00 <b>Wii Bowling</b> , FitCtr 1:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bible Study</b> , MedCtr 1:45 <b>Our Lady Queen of Peace</b> , Chapel 3:00 <b>Chair Volleyball</b> , FitCtr 6:00 <b>Wahoo</b> , Lib 6:00 <b>New Year's Eve Party</b> , Atr	 Scan To Download the Rolling Meadows App!	 <p><b>Courtesy Van to Dr Offices:</b>            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            2nd Floor Atrium Laundry Room</p> <p><b>Pickup:</b> 2:00 Thursday            2nd Floor Atrium Laundry Room</p>	<p><i>Check your Week In Review for changes &amp; updates!</i></p> 	





# Good Times...



## A Note from Kari



I have a lot of thoughts in my head leading into the month of December. Some I can't share, but many that are a part of the Fitness program.

First off, the schedule for December may change periodically and sometimes without much advance notice. Please watch all of the places that the schedule is posted for any updates. I will also try to let you know of any changes that may occur. If you are unsure about classes come check with me.

Secondly, starting in January I am going to try a strength training class for anyone that might be interested. This class will require you to stand the whole 20-30 minutes and lift some heavier weights than you might be used to. As of now the class will be held on Monday and Fridays at 2PM. I will have more information in the January Meadowlark.

And finally, I just want to say thank you for another wonderful year. —Kari

## Weight Training for Seniors

Weight training is crucial for seniors over 70 because it helps combat age-related muscle loss (sarcopenia), significantly improving mobility, balance, and overall independence by preserving muscle mass and bone density, which are vital for performing daily activities and reducing the risk of falls and fractures; it also contributes to better mental health and quality of life.

### Key benefits of weight training for seniors over 70:

- **Muscle preservation:** Counteracts the natural decline in muscle mass with age, allowing seniors to maintain strength for daily tasks like getting up from a chair or carrying groceries.
- **Improved mobility:** Stronger muscles lead to better balance and coordination, reducing the risk of falls.
- **Bone health:** Strength training stimulates bone growth, helping to prevent osteoporosis and related fractures.

- **Metabolic health:** Can help manage blood sugar levels and improve insulin sensitivity.
- **Mental well-being:** Feeling physically strong can boost self-esteem and reduce symptoms of depression.
- **Improved cardiovascular health:** May contribute to better heart health by regulating blood pressure.

### Important points to remember...

**Start slow and gradually progress**  
Seniors should begin with light weights and low repetitions, gradually increasing intensity as their strength builds.

**Consult a healthcare professional**  
Before starting any new exercise program, it's essential to consult with a doctor to ensure it is safe and appropriate for individual needs.

**Focus on proper form** Using correct technique is crucial to prevent injuries.

**Variety of exercises** Include exercises that target different muscle groups for a well-rounded workout.

## 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



Coming in  
January 2025

## Weight Training Class

Watch for more information in the January 2025 Meadowlark.



# A Peek At The Pines



THE  
**PINES**  
AT ROLLING MEADOWS

ROLLING  
MEADOWS

3006 McNeil  
Wichita Falls, Texas 76309



# The Gables At A Glance



*Celebrating  
Veterans Day  
at The Gables*