

The *Meadow Lark*

A Publication of Rolling Meadows

February 2025

Be Mine!

A Celebration of
Love

*Rolling Meadows
Valentine Banquet
Friday, February 14
5:00 PM*



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. 525
Director of Accounting &
Gables Administrator

A.J. Mitchell
Director of Maintenance,
Grounds, and Security

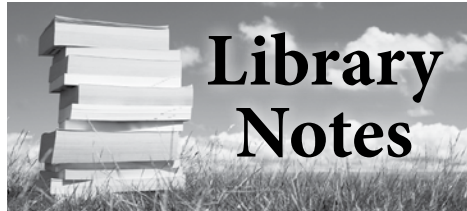
Kim Holley, R.N.Ext. 202
Director of Nursing, The Gables

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



Rehab Corner

We want to welcome LIFE by Select Rehabilitation as our new therapy provider. They are providing outpatient therapy either in the rehab room or in your apartment or cottage. They accept most insurance options, including Medicare. Their goal is to keep or return you to independence and safely prolong your stay in your current residence. As a valued client, you are free to choose any or all of their services that may be available in your community – from their professional therapists to help you heal and live a healthy and balanced lifestyle. Contact Keely Howard at 940-691-7511 ext. 204.



Library Notes

A friendly reminder to please finish your Christmas library books and return them to the library so someone else can read it next year.

Thank you,
Judy

Welcome New Residents!

RAY & MAUREEN TALBOT

Ray is from Ohio and Maureen is from New Jersey. They are long term Air Force so have lived in lots of places in between. Ray enjoys bowling, golf and reading. Maureen enjoys bridge, baking and reading. They both enjoy travel, pinocle and their grandson. Please make them feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Ray and Maureen!

HONORING & REMEMBERING

In Memory of
Patricia Williams
by *Rolling Meadows*

In Memory of
Patricia Leath
by *Rolling Meadows*

In Memory of
Elsie Hoff
by *Rolling Meadows*

In Memory of
Linda Sosebee
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.

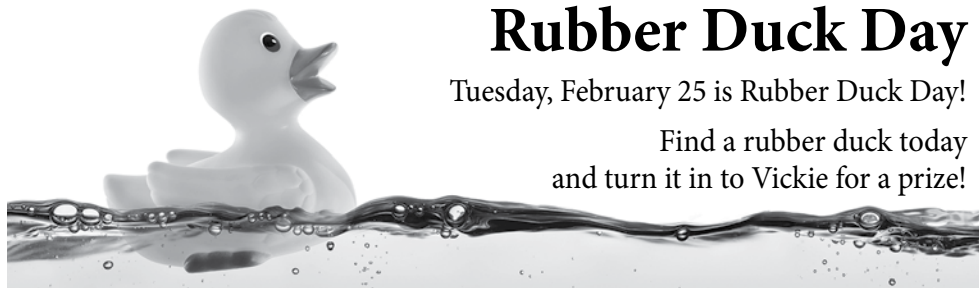


FRIDAY,
FEBRUARY 7

Rubber Duck Day

Tuesday, February 25 is Rubber Duck Day!

Find a rubber duck today and turn it in to Vickie for a prize!



BIRTHDAY

FEBRUARY BIRTHDAYS

Dorothy Omohundro	1
Emily Cox	2
Terry Baggott	3
Beth Duke	4
Larry Fieldsend	4
Byrle Graham	4
Janell Sterling	4
Jeter Basail	5
Yvonne Mesler	5
Sally Simpkins	5
Dale Dodson	6
Pat Corley	7
Jean Barnes	11
Mary Ann Watts	13
Dwight McNew	14
Janie Stewart	15
Rachel King	16
Ruthie Weidman	18
Ruth Provenza	19
Gary Smith	21
Margaret Galloway	23
Wanda Skelton	24
Valentine Walkup	25
Betty Murehead	27
Joan Gowan	28
Jerri McClure	28
Stephanie Mudge	28
Judy Selke	28

Joke of the Month



I made a huge to do list for today.

I just can't figure out who's going to do it.



1 SAT

WICHITA FALLS SYMPHONY ORCHESTRA
We will be leaving Rolling Meadows at 6:45 PM to attend the Wichita Falls Symphony Orchestra. Please sign up in the mail room only if you are riding the bus. You are responsible for getting your ticket at Akin Auditorium at MSUTexas. Also, we will need at least 5 residents riding the bus to make this trip. Thank you for your understanding.

4 TUE

GOSPEL SINGING
Come, enjoy, and sing along with old favorites of gospel music. We will be in the Media Center at 2:15 PM.

6 THU

BIRTHDAY PARTY
Today at 2:00 PM in the Media Center join us in celebrating all of our February birthdays! Everyone is welcome to come and celebrate with cake and ice cream. Happy Birthday!!!

7 FRI

NATIONAL WEAR RED DAY
Please wear red today to show your support for the awareness of women's heart health. Together we can Go Red to help save more lives!!!

11 TUE

SIT & CHAT
Join us in the Media Center at 1:30 PM to hear what is going on at Rolling Meadows as well as bringing your suggestions or concerns to discuss with our department directors.

13 THU

CRAFT HOUR
If you like to paint, this is for you! We are rock painting today at 2:00 PM in the Media Center. Bring your ideas and have some fun!

14 FRI

VALENTINE BANQUET
Please join us for a special dinner and a great time to share with family and friends beginning at 5:00 PM. Happy Valentine's Day!

18 TUE

HISTORY HOUR
Today is National Travel Africa Day, so today, we will "travel" to Africa at 2:15 PM in the Media Center. We always learn something new.

20 THU

BRAUM'S TRIP
Jump on the bus by 2:00 PM today and head over to Braum's. This is always a great time to either enjoy an ice cream treat or do some light shopping. Don't forget to sign up in the mail room if you want to go.

21 THU

NATIONAL CAREGIVER'S DAY
Let's remember to thank those who work hard in helping others to maintain their independence at home or where their job takes them. Thank you!!!

22 TUE

BOOK CLUB
Please join us at 1:00 in the Library as we discuss "West With Giraffes" by Lynda Rutledge. The Great Depression lingers. Hitler is threatening Europe, and world-weary Americans long for wonder. They find it in two giraffes who miraculously survive a hurricane while crossing the Atlantic. What follows is a twelve-day road trip in a custom truck to become Southern California's first giraffes.

25 TUE

GOURMET GETAWAY
The bus will be leaving at 10:45 AM for Mazzi's Pizza. Please sign up in the mail room if you want to go.

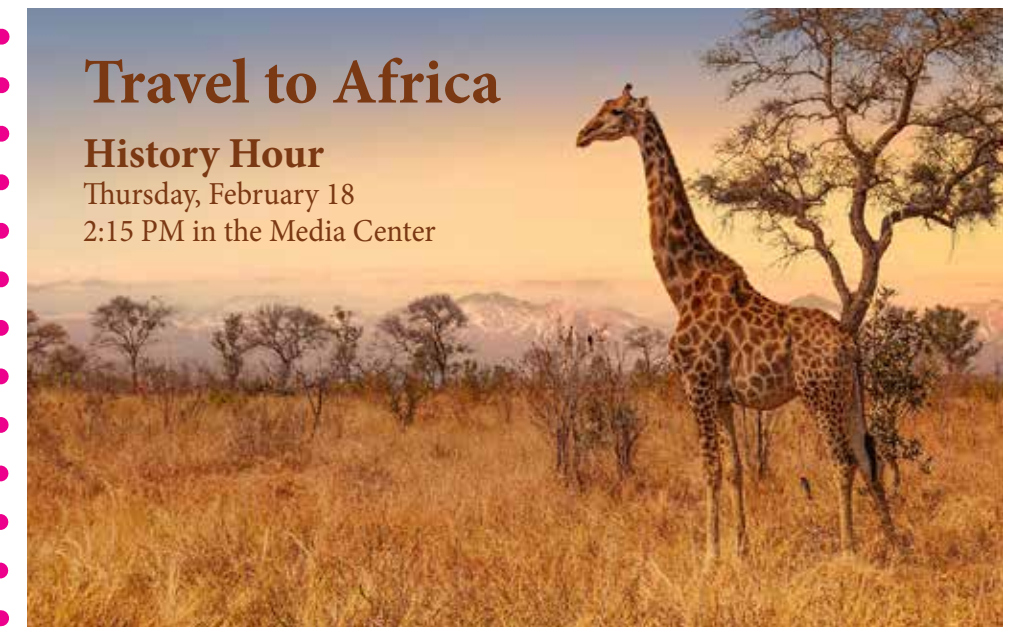
25 TUE

RUBBER DUCK DAY
Today is Rubber Duck Day! Look around and you might find one!!! The duck may not be yellow but it should have something written on it. Bring it to Vickie to receive your prize!





Travel to Africa

History Hour

Thursday, February 18
2:15 PM in the Media Center



FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p style="text-align: center;">Here Comes Cupid!</p>	 <p style="text-align: center;"><i>Check your Week In Review for changes and updates!</i></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>1:00 Puzzles, 3rd Floor 1</p> <p>6:45 WF Symphony Orchestra</p>
<p style="text-align: right;">2</p> <p>1:00 Worship Service, Chapel</p>	<p style="text-align: right;">3</p> <p>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>	<p style="text-align: right;">4</p> <p>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 2:15 Gospel Singing, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p style="text-align: right;">5</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p style="text-align: right;">6</p> <p>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</p>	<p style="text-align: right;">7</p> <p>1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr</p> <p style="text-align: center;"><i>National Wear Red Day</i></p>	<p>1:00 Puzzles, 3rd Floor 8</p>
<p style="text-align: right;">9</p> <p>1:00 Worship Service, Chapel</p>	<p style="text-align: right;">10</p> <p>9:30 Devotional, Chapel 1:00 Tiki, KKap 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr</p>	<p style="text-align: right;">11</p> <p>9:30 Blood Pressure Clinic, Atr 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</p>	<p style="text-align: right;">12</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p style="text-align: right;">13</p> <p>9:00 Shopping at WalMart 9:30 Ladies Bible Study, KKap 10:00 Bank Day "Accounting" till 11:00 am 1:00 Dale's Bible Study, Chapel 2:00 Craft Hour, MedCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p style="text-align: right;">14</p> <p>1:00 Mexican Train, KKap 2:00 Bingo, Cancelled 3:00 Chair Volleyball, Cancelled 5:00 Valentine Banquet</p> <p style="text-align: center;"><i>Happy Valentine's Day!</i></p>	<p>1:00 Puzzles, 3rd Floor 15</p>
<p style="text-align: right;">16</p> <p>1:00 Worship Service, Chapel</p>	<p style="text-align: right;">17</p> <p>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>	<p style="text-align: right;">18</p> <p>9:30 Blood Pressure Clinic, Atr 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 History Hour, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p style="text-align: right;">19</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo w/Hospice, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p style="text-align: right;">20</p> <p>9:00 Shopping at WalMart 9:30 Ladies Bible Study, KKap 10:00 Bank Day "First Bank" till 11:00 am 1:00 Dale's Bible Study, Chapel 2:00 Trip to Braum's 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p style="text-align: right;">21</p> <p>1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr</p> <p style="text-align: center;"><i>National Caregiver's Day</i></p>	<p>1:00 Puzzles, 3rd Floor 22</p> <p>1:00 Book Club, Lib</p>
<p style="text-align: right;">23</p> <p>1:00 Worship Service, Chapel,</p>	<p style="text-align: right;">24</p> <p>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>	<p style="text-align: right;">25</p> <p>9:30 Blood Pressure Clinic, Atr 10:45 Gourmet Getaway 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 1:45 Our Lady Queen of Peace, Chapel 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib <i>Rubber Duck Day</i></p>	<p style="text-align: right;">26</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p style="text-align: right;">27</p> <p>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 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p style="text-align: right;">28</p> <p>1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr</p>	 <p style="text-align: center;"><i>Scan To Download the Rolling Meadows App!</i></p>



Good Times...

A Note from Kari



As I write this, the temperatures have dropped significantly and snow is in the forecast. It is the perfect excuse (as if we need another) to not exercise. So the question I have is, what's your excuse? How many excuses do you have to NOT exercise? Most seniors don't have to look very far or hard for excuses to avoid exercise, in fact they have better reasons since they aren't as fast, strong or limber. It is because of these physical conditions that exercise on a schedule, even mild exercise, is critically important.

—Kari

What's YOUR Excuse?

Exercise Excuse #1: "I'm too tired." Skipping exercise because you're tired can become a self-fulfilling prophecy. The more you rest, the lazier you can feel. Being sedentary all day can lead to sleep problems at night, which also ups the risk of daytime sleepiness. This can become a vicious cycle: You don't work out because you feel tired, but you feel tired because you're skipping workouts. One way to break this habit is with a small promise to yourself. One day at a time.

Exercise Excuse #2: "My arthritis or lower back pain is flaring up." Just like being tired, using discomfort as an excuse not to exercise can sabotage your sleep and energy levels too. But in addition to that, skipping exercise may worsen chronic pain. The truth is that exercise is a recommended treatment for people with a variety of pain conditions, finds a review in *The Journal of Physiology*. That doesn't mean you need to ignore the pain and push through it—please don't—but it may help bring you some relief if you add some gentle stretching and strengthening into your movement mix.

Exercise Excuse #3: "I'm too busy." Many of us have a lot going on. But

appointments, outings, and family commitments don't need to sabotage your exercise routine. Even having company in town doesn't need to be an excuse to stay on the couch. Remember, there will always be a "but" ready to keep you on the exercise sidelines. Life happens, and you can still fit in healthy movement anyway. It's helpful to remember why you're active in the first place. Exercise is so important for our health and pretty much every component of daily living. Have patience with yourself and remember that exercise is so much more than working out. That can help keep you motivated.

Exercise Excuse #4: "I am too old" We are all probably aware of the saying "age is nothing but a number", and I believe this is also true with exercise. You are never too old to exercise. Depending on age, mobility and health you may have to get some advice from a doctor or expert. But you can still do something to keep active. These could vary from low impact exercises to mobility or even strength training. There are so many great benefits to keep exercising such as it can help with muscle loss, decreases the risk of falls and improves mental health.

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
Mon & Fri	4:00 pm
Strength Training	Fitness Center
Mon & Fri	2:00 pm
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

Exercise Excuse #5: "I am too inactive / embarrassed to exercise" When something is uncomfortable or not what we are used to we tend to avoid it. If you are inactive, you could be very self-conscious and maybe even compare yourself to others. A lot of us can relate and may have felt this way before. Don't forget we have all started from somewhere and started small.

A reminder that February is American Heart Month and more importantly February 7th is National Wear Red Day, so please consider wearing red in support of women's heart health.

A Peek At The Pines



ROLLING
MEADOWS
3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance

