

The Meadow Lark

A Publication of Rolling Meadows

January 2025



Spa Day!

Prepare to be pampered with a
Massage, Pedicure or Manicure
You must sign up early in the Mail Room

Friday, January 17 • Media Center
9:00 AM - 4:30 PM

Warm Up At Our

WINTER TEA

Join us for hot tea, coffee and tasty treats!

Friday, January 24 • 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. 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

GET THE RM APP!





JANUARY BIRTHDAYS

Judith Coss	4
John Papac	6
Stephen Reeves	6
Deanna Bensch	7
Wanda Hall	7
Barbara Kleinecke	8
John Wall	9
Marianne Jones	10
Brent Seager	10
Bonnie Fieldsend	12
Clara Kirkland	14
Lynda Fenter	15
Paula Gibson	15
Thom Reed	15
Marion Harrell	17
Dennis Dohrer	18
Mary Buckley	19
Yvonne Eastman	20
Kathy Lamb	20
Mary Myers	20
Ellen McMurray	24
Nancy Robertson	24
Helen McDonald	27
Bill Knowlton	30



Joke of the Month

What did the football coach say to the broken vending machine?

Give me my quarterback!!!

HONORING & REMEMBERING

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

In Memory of **Betty Groover** by Rolling Meadows

In Memory of **Dr. Frank Rubane** by James & Margaret Galloway


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!

FRED & KATHY TINNEY

Fred and Kathy are from Springtown, Texas. They enjoy movies, country music, travel, flea market shopping and reading.

Please make them feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Fred and Kathy!

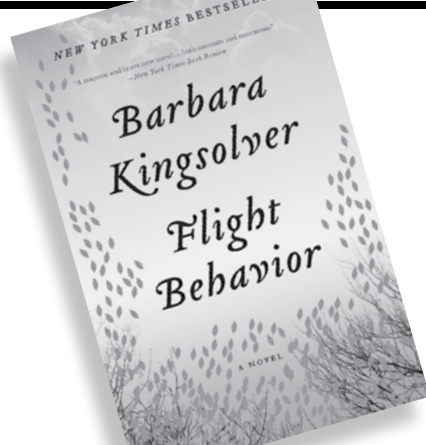


Brian Reilly Jazz
January 16 at 2:00 pm in the Atrium

Gospel Singing
January 23 at 2:00 pm in the Atrium

Sean Street on Piano
January 30 at 2:00 pm in the Atrium

Join Us For A Joyous January!



Our January Book Club Selection is "Flight Behavior" by Barbara Kingsolver.

Join us in the Library, Saturday, January 25 at 1:00 pm for a lively discussion of this novel.



January Events

- 9 THU BIRTHDAY PARTY**
Start the year off happy and come celebrate with everyone having a birthday in January in the Media Center at 2:00 PM and enjoy cake and ice cream. Happy Birthday to all of you!
- 14 TUE GOURMET GETAWAY**
The bus is leaving Rolling Meadows at 10:30 AM and headed to the big town of Jolly and the Jolly Truck Stop. Bring an appetite and don't forget to sign up in the Mail Room.
- 14 TUE CRAFT HOUR**
Today we will be "shaking things up" and making salt shaker snowmen in the Media Center at 2:00 PM. These are easy to make and they are absolutely the cutest! Please sign up in the Mail Room. Thank you and hope to see you there!
- 16 THU BRIAN REILLY JAZZ**
Want to have a jazzy January? Join us in the Atrium at 2:00 PM to hear Brian Reilly, a jazz singer and trumpet player. He will perform some of Frank Sinatra's best hits. Come early and get a good seat.
- 17 FRI SPA DAY**
Prepare to be pampered! Spa Day is today from 9:00 AM to 4:30 PM in the Media Center. Please sign up in the Mail Room by signing your name on the line for the service you wish to receive - massage, pedicure or manicure. (Remember there isn't a licensed employee providing this service.) If you have a special lotion or nail polish you would like to bring, you are welcome to do so. If you have any questions please email Vickie at vpickens@rmeadows.com.
- 21 TUES SHOPPING AT ALDI**
We will leave Rolling Meadows for a shopping trip to Aldi at 10:00 AM. We have several seats available but we need at least 5 residents signed up to ride. Thank you.
- 23 THU GOSPEL SINGING**
Join us in the Media Center today at 2:00 PM for our hour of Gospel Singing. We would like to have a volunteer to play the piano for us. Please let Vickie know if you would like to play that afternoon.
- 24 FRI WINTER TEA**
Please come enjoy this time together and try different teas in the Media Center at 2:00 PM. We will have coffee served as well. Gentlemen are also welcome to come! We will have some tasty treats to go with our tea and coffee. Please sign up in the Mail Room if you are coming. Happy winter!
- 25 SAT BOOK CLUB**
Join us today in the library at 1:00 PM to discuss the book, "Flight Behavior" by Barbara Kingsolver. "Flight Behavior" is a brilliant and suspenseful novel set in present day Appalachia; a breathtaking parable of catastrophe and denial that explores how the complexities we inevitably encounter in life lead us to believe in our particular chosen truths.
- 30 THU SEAN STREET, PIANIST**
Come and enjoy Sean Street play the piano. He did an amazing job for our Masquerade Ball. You will not want to miss this performance in the Atrium today at 2:00 PM.
- 31 FRI NATIONAL FUN DAY AT WORK**
It's National Fun Day at Work, so everyone and all employees have fun today! Let's start this new year with fun and may it continue all year long!!!!




Winter Precautions

Winter is coming and we want to remind you of these winter precautions.

Remember that if there is ice/snow on the ground, Dining will deliver your meals to you in the cottages with no delivery charge. When we are expecting snow/ice, please be sure you are stocked up on groceries and medications. If you need help with this, Home Care is always available to you!

If you will be leaving for a few days, please keep your heat on. This will help keep the pipes from freezing and bursting.

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <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><i>Check your Week In Review for changes & updates!</i></p> 	<p>1</p> <p><i>Happy New Year!</i></p> <p><i>No Scheduled Activities</i></p>	<p>2</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 1:00 Dale's Bible Study, Chapel 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p>3</p> <p>1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 2:00 Strength Training, FitCtr 3:00 Chair Volleyball, FitCtr</p>	<p>4</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>5</p> <p>1:00 Worship Service, Chapel</p>	<p>6</p> <p>9:30 Devotional, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 2:00 Strength Training, FitCtr 3:00 Chair Volleyball, FitCtr</p>	<p>7</p> <p>9:30 Blood Pressure Clinic, Atr 1:00 Wii Games, 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</p>	<p>8</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p>9</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 5:00 Breakfast for Dinner 6:15 Worship Service, MedCtr</p>	<p>10</p> <p>1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 2:00 Strength Training, FitCtr 3:00 Chair Volleyball, FitCtr</p>	<p>11</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>12</p> <p>1:00 Worship Service, Chapel</p>	<p>13</p> <p>9:30 Devotional, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 2:00 Strength Training, FitCtr 3:00 Chair Volleyball, FitCtr</p>	<p>14</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 2:15 Craft Hour, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p>15</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p>16</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 1:00 Dale's Bible Study, Chapel 2:00 Brian Reilly Jazz, Atr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p>17</p> <p>9:00 Spa Day, MedCtr 1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, Cancelled 2:00 Strength Training, FitCtr 3:00 Chair Volleyball, FitCtr</p>	<p>18</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>19</p> <p>1:00 Worship Service, Chapel</p>	<p>20</p> <p>9:30 Devotional, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 2:00 Strength Training, FitCtr 3:00 Chair Volleyball, FitCtr</p>	<p>21</p> <p>9:30 Blood Pressure Clinic, Atr 10:00 Shopping At Aldi 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</p>	<p>22</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p>23</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 Gospel Singing, MedCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p>24</p> <p>1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, Cancelled 2:00 Winter Tea, MedCtr 2:00 Strength Training, FitCtr 3:00 Chair Volleyball, FitCtr</p>	<p>25</p> <p>1:00 Puzzles, 3rd Floor 1:00 Book Club, Lib</p>
<p>26</p> <p>1:00 Worship Service, Chapel,</p>	<p>27</p> <p>9:30 Devotional, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 2:00 Strength Training, FitCtr 3:00 Chair Volleyball, FitCtr</p>	<p>28</p> <p>9:30 Blood Pressure Clinic, Atr 1:00 Wii Games, 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</p>	<p>29</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p>30</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 1:00 Dale's Bible Study, Chapel 2:00 Sean Street, Pianist, Atr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p>31</p> <p>1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, MedCtr 2:00 Strength Training, FitCtr 3:00 Chair Volleyball, FitCtr</p>	 <p>Scan To Download the Rolling Meadows App!</p>

Fun At Work Day!



Good Times...

A Note from Kari



Happy New Year 2025! I hope everyone had a fantastic holiday season and is feeling ready to take on all that the New Year has to offer.

I just wanted to update you on the Fitness Center schedule as we kick off the year. It will remain the same, except we're adding a **Strength Training** class starting the second week in January. This class will be about 30 minutes long and will take place on **Mondays and Fridays at 2:00 PM.**

If you have any questions or would like more details about what the class will involve, feel free to stop by and ask. —Kari

Get Strong With Strength Training!

After the age of 60, we lose up to 3% of our muscle mass every year and it's vital to stay strong. All physical activity is good for us and it is essential to include strengthening exercises to help maintain muscle mass and function.

We are going to look at resistance bands versus weights and why bands are a great option to stay fit for life. **Resistance Bands vs. Free Weights: Which Is Better?**

We use both resistance bands and free weights in our morning Chair Aerobics class. I prefer the bands myself, but if I were to go by the numbers that show up on any given day, I would say free weights are a preference for most.

Free weights and resistance bands are similar in that they both provide resistance to increase muscle strength. They also both provide a free range of motion, meaning that there is no restricted movement in any one direction. In addition, both provide progressive resistance so you can change the weight or resistance based on your needs.

Resisting Gravity vs. Free Movement – When using free weights, the resistance you feel comes from gravity and gravity builds momentum. If you stop lifting a weight, the weight is going to fall.

Building muscle comes from fighting this force. When using resistance bands, you are fighting the tension in the bands and you can move freely in any direction. With gravity, the only way is down. The ability to move freely allows you to mimic and recreate natural movements in our daily lives. One of the main benefits is increasing and strengthening our daily activities, such as a baseball, golf or tennis swing or even opening a door.

Better Form – Proper form is essential for building proper muscular strength and symmetry, along with greatly reducing the risk of injury.

With free weights, you are more prone to using other muscles to help you with an exercise. Resistance bands isolate the muscle you are training and allows you to focus on and improve your form.

Versatility – You may be able to swing a heavy dumbbell side to side or practice punching with a free weight in your hand. Nevertheless, this is not really practical and can prove difficult for many. These kinds of movements are much better suited with resistance bands.

Convenience – Resistance bands can fit in a small bag and weigh practically nothing. You can store them anywhere such as a cabinet,

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

closet or under your bed. You certainly can't do this with a set of dumbbells.

Price – A set of dumbbells can cost you hundreds of dollars. Even those adjustable dumbbells can cost over \$100. A set of resistance bands can cost under 30 dollars.

Which Type of Exercise Is Best?

There is no right answer to this question. Both are better alternatives for specific things so, incorporating both in your fitness routine is certainly your best bet. Therefore, use both free weights and resistance bands for your routine and watch your body grow into a better you!

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING MEADOWS

3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance

