

# The Meadow Lark

A Publication of Rolling Meadows

June 2025



CELEBRATING ALL  
DADS, UNCLES, & GRANDPAS!

## FATHER'S DAY PARTY

THURSDAY, JUNE 12, 2025  
IN THE MEDIA CENTER  
2:00 PM

REFRESHMENTS · TRIVIA · FUN!



**MEN'S  
HEALTH**  
AWARENESS  
WEEK  
— JUNE —

## Men's Health Awareness Week

Join us as we celebrate Men's Health Week, June 9 – 13.  
Don't forget to wear **BLUE** on Friday, June 13.

ROLLING  
MEADOWS

940-691-7511

Rolling Meadows  
Staff  
rmeadows.com

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

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

Madison Murphey .....Ext. 112  
*Director of Accounting*

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

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

Kellye Hensley .....Ext. 525  
*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*



## HONORING & REMEMBERING

In Memory of **Barbara Davis**  
by Margaret & James Galloway

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

In Memory of **Charles Lanman**  
by Phyllis Hance

In Memory of **Charles Lanman**  
by Janelle Cremeens

In Memory of **Dannie Shawver**  
by Rolling Meadows

In Memory of **Joe Przybylski**  
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.



### JUNE BIRTHDAYS

Bill Bradley .....	3
MK Miller .....	4
Eldon Sund .....	6
Lela Hadrava .....	8
Judy Wells .....	9
Kenn Hill .....	15
Allen McClure .....	20
Kay Lewis .....	21
Donald Hale .....	23
Maureen Talbott.....	24
Margie Hoffman .....	26
Doris Beasley.....	29
Owen Mansfield.....	30

Come celebrate with us on  
June 5 in the Media Center!

## Welcome New Residents!

### MARIA RUDELL

Maria is from Texas, born in the Rio Grande Valley. Maria enjoys reading and listening to music. Please make Maria feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Maria!

### TOM & JANE MCGOUGH

Tom and Jane are both from Wichita Falls. Tom enjoys golf and photography. Jane enjoys literature, gardening and nature. Please make Tom and Jane feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Tom and Jane!

### NICK & BECKY HOVING

Nick and Becky are from Arkansas, California and Washington State. They enjoy games, music and Becky enjoys quilting. Please make Nick and Becky feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Nick and Becky!



Where the Buffalo Roam!

Trip to the Wichita Mountains  
Tuesday, June 17 9:30 AM

Sign up in the Mail Room!



### Joke of the Month

Why don't they have a  
Father's Day sale?

Because Fathers  
are priceless!



3  
TUE

### POOL TOURNAMENT

In the Knight Kap at 1:30 PM we are having a pool tournament. If you don't know how to play, now is the time to learn! Let's see if we have any pool sharks!

5  
THU

### BIRTHDAY PARTY

Everyone is invited to the Media Center at 2:00 PM today to celebrate our June birthdays. Come and enjoy cake and ice cream.

6  
FRI

### NATIONAL DONUT DAY

Today at 9:30 AM we are celebrating National Donut Day in the Knight Kap. Come and enjoy donuts, coffee, juice and a visit with your friends. Please sign up in the mail room.

9  
TO  
13

### MEN'S HEALTH WEEK

Men's Health Week is celebrated to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

10  
TUE

### SHOPPING AT LEGACY RESALE

The bus will be leaving at 10:00 AM to take us for some fun shopping at Legacy Resale. Please sign up in the mail room if you wish to ride the bus.

10  
TUE

### SIT & CHAT

Grab your neighbor and head over to the Media Center at 1:30 PM for Sit & Chat. This is an opportunity to hear from our Executive Director, Cindy, on any updates or happenings at Rolling Meadows. Please bring any questions or concerns you may have to be addressed.

12  
THU

### FATHER'S DAY PARTY

Calling all dads, uncles, and grandpas. Meet in the Media Center at 2:00 PM for refreshments, trivia and fun! Please sign up in the mail room if you plan to attend.

13  
FRI

### IN AWARENESS OF MEN'S HEALTH WEEK PLEASE WEAR BLUE TODAY

14  
SAT

### RED RIVER VALLEY OPRY HOUSE IN BYERS, TX

We will be leaving Rolling Meadows at 5:45 PM. Prairie Moon will be performing tonight. The tickets are \$10.00 at the door. Please sign up in the mail room if you are going.

17  
TUE

### WICHITA MOUNTAINS

We leave Rolling Meadows at 9:30 AM for a day trip to the Wichita Mountains. We will visit the Refuge Visitor Center, Quanah Parker Nature and Visitor Center and either Meer's Restaurant or the Plantation for lunch. Then a short visit to the Holy City of the Wichitas. Please sign up in the mail room if you want to go. I will need at least 5 residents to go to make this trip. You don't have to walk a lot if you don't want to.

19  
THU

### CRAFT HOUR

Today in the Media Center at 2:00 PM we will make beaded sun catchers. Please sign up in the mail room if you would like to make one so we will have enough supplies.

24  
TUE

### GOURMET GETAWAY

The bus will be leaving Rolling Meadows at 10:30 AM to take us to Cheddars! Please sign up in the mail room if you plan to ride the bus.

24  
TUE

### BRAUM'S TRIP

Summer days are best spent eating ice cream. We will be leaving at 2:15 PM. Please sign up in the mail room if you are riding the bus.

26  
THU

### MOVIE MATINEE

We will be showing, "We Bought a Zoo" at 1:00 PM in the Media Center. Following his wife's untimely death, Los Angeles journalist Benjamin Mee (Matt Damon) decides to make a fresh start by quitting his job and moving his children (Colin Ford, Maggie Elizabeth Jones) to an 18-acre property containing the Rosemoor Wildlife Park. Though closed for years, Rosemoor is still home to many animals, cared for by Kelly Foster (Scarlett Johansson) and her small staff. Mee opens his heart and his checkbook as he, Kelly and the others work to renovate and reopen the zoo. Refreshments will be served!

28  
SAT

### BOOK CLUB




Join us in the library as we will be discussing, "The Women", by Kristin Hannah. A novel about deep friendships and bold patriotism, "The Women" is a richly drawn story with a memorable heroine whose idealism and courage under fire will come to define an era.

Jump In To  
June!

You don't want to miss any of these fun events, trips or celebrations!

# JUNE 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 1:00 <b>Worship Service</b> , Chapel	<b>2</b> 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr	<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 1:30 <b>Pool Tournament</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	<b>4</b> 10:30 <b>Devotional</b> , (Cancelled) 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> "Accounting" till 11:00 am 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Birthday Party</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:15 <b>Worship Service</b> , MedCtr	<b>6</b> 9:30 <b>Donut Day</b> , KKap 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</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> <i>Men's Health Week Begins</i> 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr	<b>10</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 10:00 <b>Shopping at Legacy Resale</b> 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bible Study</b> , KKap 1:30 <b>Sit &amp; Chat</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	<b>11</b> 10:30 <b>Devotional</b> , Chapel 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>Walmart Shopping</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>Father's Day Party</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 5:00 <b>Breakfast for Dinner</b> 6:15 <b>Worship Service</b> , MedCtr	<b>13</b> <i>Men's Health Week Ends – Wear Blue Today!</i> 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr	<b>14</b> 1:00 <b>Puzzles</b> , 3rd Floor 5:45 <b>Trip to Red River Valley</b> <b>Opry House in Byers, Texas</b>
<b>15</b> 1:00 <b>Worship Service</b> , Chapel  <b>HAPPY FATHER'S DAY!</b>	<b>16</b> 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr	<b>17</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 9:30 <b>Day Trip To The Wichita Mountains</b> 1:00 <b>Wii Games</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	<b>18</b> 10:30 <b>Devotional</b> , Chapel 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>19</b> 9:00 <b>Walmart Shopping</b> 9:30 <b>Ladies Bible Study</b> , KKap 10:00 <b>Bank Day</b> "Accounting" till 11:00 am 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Craft Hour</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>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , MedCtr	<b>21</b> 1:00 <b>Puzzles</b> , 3rd Floor
<b>22</b> 1:00 <b>Worship Service</b> , Chapel	<b>23</b> 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr	<b>24</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 10:30 <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>Braum's Trip</b> 3:00 <b>Chair Volleyball</b> , FitCtr 6:00 <b>Wahoo</b> , Lib	<b>25</b> 10:30 <b>Devotional</b> , Chapel 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>26</b> 9:00 <b>Walmart Shopping</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 1:00 <b>Movie Matinee</b> , MedCtr 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 Games</b> , FitCtr 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</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> 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr	 <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>Scan To Download the Rolling Meadows App!</p>		 <p><b>Check your Week In Review for changes and updates!</b></p>



# Good Times...



## A Note from Kari



In recent weeks I have had more than a handful of residents tell me they don't feel like they are able to participate in any of the fitness classes, mostly because of issues with knees, shoulders, not feeling strong enough or that they use a motorized chair and feel like they can't make it work. I want all of you to know that no matter what kind of issue you think you have, we can make it happen. Sure you may not be able to do EVERYTHING in Chair Aerobics, but there will be something you can do and isn't that better than doing nothing? Believe me, no one is going to look at you and wonder why you aren't doing it all and even if they are, that is on them and not on you. As for those of you using motorized chairs, if you must stay in them, then we just adjust our spacing and fit it in. There may be times that it feels like you are in the way, but again that is on those around you and not on you. I don't ever want someone to feel like they can't participate for any reason so if you have concerns please come see me and we can figure out the best option for you.

—Kari

*As long as I try, I am doing way better than I think!*

### Modifying an Exercise:

Exercise is a celebration of what your body can do and a way to help it continue growing throughout your life. So, how do you know how far to push yourself? 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 When...

- 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.
- 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.
- 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 to Fit Your Needs**  
There are several ways to modify an exercise...

#### Slow Down

Don't feel like you need to keep up with everyone else or to finish your workout more quickly. 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

Consider using a smaller weight or only your body weight when you're starting out. Remember that form is the most important to prevent injury. Never sacrifice your form to take on more weight.

## 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>Strength Training</b> .....	Fitness Center
Mon & Fri	2:00 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

#### Give Yourself Time to Rest

Consider leaving yourself more time in between repetitions or before you move on to the next movement.

#### Reduce the Impact

Reducing the impact and be more gentle on your joints. If a movement includes jumping, you may modify it without the jump or make the jump smaller.

#### Need Guidance?

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 take the time for gradual improvements rather than running full steam ahead. You know your body, and with these modification tips, you can change any workout to fit your needs.



# ROLLING MEADOWS

3006 McNeil  
Wichita Falls, Texas 76309

**The Pines at Rolling Meadows** is a licensed assisted living community designed to accommodate residents with memory challenges.

This secure facility creates a home-like environment and allows residents to furnish the spacious private rooms with their own familiar treasures.

**The Pines** encourages socialization with multiple community rooms, and offers relaxation in the beautifully landscaped meditation garden.

Based upon the ability of each resident, days are structured to resemble their usual home environment. Residents are encouraged to participate in making choices of activities to promote physical and emotional

well-being while maintaining a sense of purpose and satisfaction.

**Call to schedule a tour or for more information.**



## The Gables At A Glance



*Cinco de Mayo Fun!*