

# The *Meadow Lark*

A Publication of Rolling Meadows

December 2025

You and Your Family  
Are Cordially Invited To Our

## *Annual Christmas Luncheon*

10:45 AM to 2:00 PM ❄ Friday, December 12  
In the Atrium

*Please join us for this joyous tradition  
for the entire Rolling Meadows family.*

A special appearance by Santa & Mrs. Claus

Employee presentations at 1:00 PM



### **Christmas Party**

Snacks, Games &  
A Gift Exchange!

Friday, December 19  
2:00 pm in the Media Center

### **Ring In 2026 With Style**

Featuring pianist, Shaun Street

Wednesday, December 31  
6:00 pm in the Atrium

ROLLING  
MEADOWS

940-691-7511

Rolling Meadows  
Staff  
rmeadows.com

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

Angel Sheets.....Ext. 104  
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Madison Murphey .....Ext. 112  
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*Director of Resident Services*

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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*

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# Staying Safe in Your Home During the Winter Season

During the winter we may choose to stay close to home because of weather concerns or to mitigate the flu virus and/or respiratory illnesses from spreading. As a result, we may be spending more time outdoors in an attempt to change our scenery and get fresh air. Older adults run a higher risk of health problems and injuries related to the weather, including falls in ice and snow. One out of three adults over the age of 65 fall every year, leading to injury, loss of independence or even death. It is easy to slip and fall in the winter, especially in icy and snowy conditions. Here are a few safety tips and precautions to prevent falls during the winter months.

- Make sure steps and walkways are clear before you walk.
- Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home or hire someone to do it.
- Wear boots with non-skid soles which will prevent slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.
- Take off your shoes as soon as you return indoors. Often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.
- Coats, gloves, hats, and other winter clothing are designed to keep us warm, but items that are bulky, don't fit well or could catch on objects can increase your risk of falling.

Things we do to keep our homes warm in winter can create tripping hazards.

- Keep space heaters, cords, and blankets out of walkways.
  - If you must use throw rugs on cold floors, secure them to the floor with tape.
- There is less sunlight in the winter which makes seeing obstacles more difficult.
- Invest in extra lamps, nightlights, and exterior pathway lights to make sure you can always see where you are walking, especially around doorways and stairs.
  - Use the highest-wattage bulbs recommended for your fixtures.

### How Can Select Wellness and Therapy Professionals Help?

By seeking professional advice to analyze your unique situation, the wellness and rehabilitation team can offer assistance and guidance to minimize falls and increase home safety during winter. In addition, your wellness and rehabilitation team can offer assistance in creating a plan for winter home safety and fall risk reduction that includes:

- Identifying lifestyle changes that can facilitate staying physically and mentally healthy during the winter months.
- Facilitating ease of movement throughout the home and outdoor spaces.
- Recommending home modifications to keep you safe during the winter months.

For additional information, please contact your Select Rehabilitation Physical, Occupational and Speech therapists and wellness professionals.

## HAPPY BIRTHDAY

### DECEMBER BIRTHDAYS

Sue Oldfield.....	2
Charlie Daniels .....	4
Karon Wall .....	6
Hope Parks .....	7
Sandra Shaw .....	9
Sherry Midget-Dunn .....	10
Audra Walker.....	12
Dottie Morrison .....	17
Nancy Rivera .....	18
Ruth Hooper.....	20
Jerry Cox .....	25
Larry Weidman .....	25
George Taylor .....	26
Eva Gustafson .....	29
Jane Jaco.....	31

### HONORING & REMEMBERING

In Memory of  
**Clara Kirkland**  
by Rolling Meadows

In Memory of  
**Betty Hilbers**  
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!

### JERRY & CINDY COX

Jerry and Cindy are from Hilltop Lakes, Texas. Jerry enjoys golf, college football and baseball, Biblical studies and golf smithing. Cindy enjoys quilting, sewing, creative art projects and interior decorating. Please make Jerry and Cindy feel welcome by introducing yourselves. Welcome to our Rolling Meadows family!



**1 MON**

**FBC ORCHESTRA**  
First Baptist Church of Wichita Falls Orchestra will be in the Atrium at 6:00 PM to perform their Christmas Concert. Please make plans to attend this awesome event.

**2 TUE**

**COFFEE & CONVERSATION**  
Today at 2:00 PM in the Knight Kap we will have Coffee & Conversation. Please join us for snacks and a good chat.

**4 THU**

**CRAFT HOUR**  
Join us in the Media Center at 2:00 PM to paint Christmas wall décor. Please sign up in the mail room.

**6 SAT**

**MOVIE MATINEE**  
Starting at 2:00 PM, today's showing is *Christmas with the Kranks*. Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit. Bring your own snacks and drinks.

**8 MON**

**THE AMERICAN STORYTELLERS**  
At 10:00 AM in the Atrium will be The American Storytellers bringing a new story to life. A milk man in Hollywood becomes famous. I don't want to tell you too much information, so get up early and come to this awesome performance.

**9 TUE**

**CHRISTMAS CAROLS**  
Head over to the Atrium at 2:00 PM to sing Christmas Carols. Everyone is welcome to come sing along.

**12 FRI**

**ANNUAL CHRISTMAS LUNCHEON**  
We are hosting our annual Christmas Luncheon from 10:45 AM to 2:00 PM. 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.

*Today there will be a Box Sandwich Dinner available for the evening meal. Please order by 10:30 AM and pick up your meal no later than 2:00 PM. Delivery is also available.*

**16 TUE**

**GOURMET GETAWAY**  
We are leaving Rolling Meadows at 10:45 AM to go to McBride's Downtown. If you wish to go please sign up in the mail room. Only 14 seats available.

**16 TUE**

**CHRISTMAS LIGHTS BUS TOUR**  
We are taking a trip around town to see all the Christmas lights. If you want to ride the bus you must sign up in the mail room. Thank you.

**18 THU**

**BIRTHDAY PARTY**  
Head up to the Media Center at 2:00 PM for our December birthday party. Everyone is welcome to come join the party and enjoy cake and ice cream. Happy Birthday to you all !!!

**19 FRI**

**CHRISTMAS PARTY**  
At 2:00 PM in the Media Center we will have a Christmas party. We will have snacks, games and a gift exchange. Pick something small you don't want anymore and wrap it up. We will have a game to play!

**20 SAT**

**MOVIE MATINEE**  
The movie will begin at 2:00 PM. Come watch *The Nutcracker, The Untold Story*. Christmas in Vienna is a dull affair for 9-year-old Mary (Elle Fanning), until her beloved Uncle Albert (Nathan Lane) arrives and gives her a special gift: an enchanted nutcracker.

**23 TUE**

**BRAUM'S TRIP**  
The bus will leave at 2:00 PM for Braum's. You can pick up some last minute items or just enjoy some wonderful ice cream. If you want to go please sign up in the mail room.

**27 SAT**

**BOOK CLUB**  
The book club will be discussing *The Madstone* by Elizabeth Crook. Texas hill country, 1868. As nineteen-year-old Benjamin Shreve tends to business in his workshop, he sees a stagecoach leave a passenger stranded. The man, a treasure hunter, persuades Benjamin to help track down the coach, drawing him into a drama he could never have imagined.

**30 TUE**




**CORNHOLE**  
Please come enjoy some fun and have some laughs. Cornhole begins at 2:00 PM in the Atrium.

**31 WED**

**NEW YEAR'S EVE PARTY**  
Pianist, Shaun Street, will bring the music for the evening party at 6:00 PM. We will have refreshments and watch the ball drop. I hope to see everyone there. Happy New Year 2026!!!



# DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Check your Week In Review for changes &amp; updates!</i></p> 	<p><b>1</b></p> <p>1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib 6:00 First Baptist Church Orchestra, Atr</p>	<p><b>2</b></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 2:00 Coffee &amp; Conversation, KKap 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p><b>3</b></p> <p>1:00 Brain Games, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p><b>4</b></p> <p>9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "Accounting" till 11:00 am 1:00 Dale's Bible Study, Chapel 1:00 Wii Games, FitCtr 2:00 Craft Hour, MedCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p><b>5</b></p> <p>1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr</p>	<p><b>6</b></p> <p>1:00 Puzzles, 3rd Floor 2:00 Movie Matinee, MedCtr <i>Christmas With The Kranks</i></p>
<p><b>7</b></p> <p>1:00 Worship Service, Chapel</p>	<p><b>8</b></p> <p>10:00 American Storytellers, Atr 1:00 Tiki, KKap 1:00 Wii Games, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p><b>9</b></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 2:00 Christmas Carols, Atr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p><b>10</b></p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p> <p><i>Filter Change in the Apartments</i></p>	<p><b>11</b></p> <p>9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "First Bank" till 11:00 am 1:00 Dale's Bible Study, Chapel 1:00 Wii Games, FitCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p><b>12</b></p> <p>Annual Christmas Luncheon 10:45 AM - 2:00 PM In the Atrium</p>	<p><b>13</b></p> <p>1:00 Puzzles, 3rd Floor</p>
<p><b>14</b></p> <p>1:00 Worship Service, Chapel</p>	<p><b>15</b></p> <p>1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p><b>16</b></p> <p>9:30 Blood Pressure Clinic, Atr 10:30 Gourmet Getaway, McBride's 1:00 Dominoes (42), Lib 1:00 Wii Games, FitCtr 1:00 Bible Study, KKap 1:45 Our Lady Queen of Peace, Chapel 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib 6:00 Christmas Lights Bus Tour</p>	<p><b>17</b></p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p><b>18</b></p> <p>9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "Accounting" till 11:00 am 1:00 Dale's Bible Study, Chapel 1:00 Wii Games, FitCtr 2:00 Birthday Party, MedCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p><b>19</b></p> <p>1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Christmas Party, MedCtr 3:00 Chair Volleyball, MedCtr</p>	<p><b>20</b></p> <p>1:00 Puzzles, 3rd Floor 2:00 Movie Matinee, <i>The Nutcracker: The Untold Story</i></p>
<p><b>21</b></p> <p>1:00 Worship Service, Chapel</p>	<p><b>22</b></p> <p>1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p><b>23</b></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 2:00 Trip To Braum's 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p><b>24</b></p> <p>1:00 Brain Games, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p> <p><i>Christmas Eve</i></p>	<p><b>25</b></p> <p><i>Merry Christmas</i></p> <p><i>No Scheduled Activities</i></p>	<p><b>26</b></p> <p><i>No Scheduled Activities</i></p>	<p><b>27</b></p> <p>1:00 Puzzles, 3rd Floor 1:00 Book Club, Lib</p>
<p><b>28</b></p> <p>1:00 Worship Service, Chapel,</p>	<p><b>29</b></p> <p>1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p><b>30</b></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 2:00 Cornhole, Atr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p><b>31</b></p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib 6:00 New Year's Eve Party, Atr</p> <p><i>New Year's Eve</i></p>	 <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>	

# A Note from Kari



As most of you know, December at Rolling Meadows is full of wonderful groups coming in to entertain us with their beautiful Christmas music. While we love having them and need to support their efforts and time, it does wreak havoc on our schedule. I will try my hardest to keep our schedule as close to normal as possible, but know that there will be times that I will have to adjust times forward or back slightly and occasionally classes will be cancelled altogether. Please watch the Week in Review as I will have any changes posted there and if you are unsure if a class is going to be held come see me. PLEASE come support all the wonderful people who give of their time for us. —Kari

There are a couple of important things to remember when it comes to exercise. The first is that...

## Exercise is never perfect!

There will be times when you feel motivated and strong, and other times when you just can't seem to get started and that is completely normal. Progress with exercise is rarely a straight line. Some days you'll feel like you're doing great, and other days when it might feel like a struggle to just show up. What matters most is that you keep showing up, even if it's not perfect. Even if you've taken some time off. Every bit of movement counts, and over time those small, imperfect efforts add up to big results. Another thing to remember is our minds will always tempt us to do what's most comfortable, so sometimes we just need to give ourselves a little nudge to get started and find ways to make exercise as easy as possible to stick with. One of the best ways to make it easier to show up is to know exactly what you're going to do when it's time to exercise. Once the momentum builds, everything starts to feel a lot easier. And if you're stuck right now, not sure what to do, just get going.

The second and most important thing when it comes to exercise is staying consistent. Because when we stay consistent, we make physical

improvements in our body, and we keep those improvements. However, there will be times when certain events in our life make it difficult to exercise. We may have a heap of appointments or events, a friend or family member may be coming to visit, we may be traveling, or something else gets in the way. Or maybe it's a time where you just don't feel like exercising, every single cell in your body has decided to switch off. Whatever it may be, life happens and motivation dips. We don't want to, however, fall out of the habit of exercising and slip into a prolonged break from it. Here's a way to keep it simple and stay consistent on those days when you're short on time or just don't feel like exercising.

1. Go for a walk with the simple goal of just enjoying it. That's it. One foot in front of the other, with no goals in mind, making it as enjoyable as you possibly can.
2. Add in a few strength moves Start with Sit to Stands, Squats or Partial Squats, doing about 10 to 12 of them to work your upper legs. Then do Calf Raises, around 12 to 18 repetitions, to strengthen your lower legs.

## Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

<b>Pool Walking</b> .....	Pool
Mon, Wed, Fri .....	8:30 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

## Joke of the Month

What did Adam say the day before Christmas?  
"It's Christmas Eve!"

3. Finally, add in an upper body exercise, a variation of a Push-Up, doing them against a wall or chair.  
If you do this on a "too busy or can't be bothered to exercise" day, you will have gotten moving and worked your legs, your core and your upper body. That's a win! The aim is to keep you in the consistent movement habit, that won't take long.



Good Times...



# A Peek At The Pines

*Halloween Fun  
At The Pines*



THE  
PINES  
AT ROLLING MEADOWS

ROLLING  
MEADOWS

3006 McNeil  
Wichita Falls, Texas 76309



# The Gables At A Glance

*The Best Care for  
Those Who Matter Most*

*The Gables is a licensed, 24-hour, long-term nursing care center located on the secure campus of Rolling Meadows senior living community. If you need long-term care, you can count on the team of nurses and therapists at the Gables to make the well-being of your parents or loved one their top priority.*



The GABLES  
at Rolling Meadows