

The Meadow Lark

A Publication of Rolling Meadows

January 2026



Make This
January The

Sweetest

National Chocolate Covered Cherry Day

Friday, January 2
2:00 PM

In the Media Center
A combo that just naturally
goes together – chocolate,
cherries and YOU!

National Strawberry Day

Thursday, January 15
2:00 PM

In the Media Center
Brighten your day with
some juicy sweetness!

Winter Tea Party

Friday, January 16
2:00 PM

In the Media Center
Let's get warm and cozy!

National Chocolate Cake Day

Tuesday, January 27
2:00 PM

In the Media Center
Come celebrate
our favorite cake!

ROLLING
MEADOWS

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Staying Safe and Healthy while Traveling this Holiday Season

Traveling over the holiday season is tough for anyone. Being on the go can take its toll on your physical and mental health. Happy occasions can become overshadowed by fear, anxiety, and stress.

Preparation is the key to traveling easily. Consider health issues, such as portable oxygen and other needs. If you require assistance with ambulation (such as a walker or wheelchair), check into the accommodations offered by the companies with whom you are traveling. It's a good idea to travel with a list of medications, as well as statements outlining medical conditions from your primary care physician or other provider. Should a medical emergency arise while you're traveling, you can easily provide the hospital or provider with essential health information. Pack as lightly as possible. All medications should be placed in a zip-lock bag. In this bag, copies of any prescriptions and/or physician statements. Additionally, enclose any medical appliances such as extra braces or first-aid needs.

What can you do to stay safe during traveling this holiday season? Use luggage with wheels. This will prevent extra stress and strain on your joints. Carry weight close to your body and distribute weight evenly. Do not lift luggage that is too heavy. Be sure to ask for help. Furthermore, while sitting, set your feet on your carry-on bag to keep your legs at a 90-degree angle. Also, if taking a long flight or train/bus ride, move around the cabin when you're permitted so you can stretch your arms and legs. Remember, too, that airport security will require you to remove shoes, belt, jackets/coat, watch, etc., so be prepared.

What can you do to stay healthy during traveling this holiday season?

Before your trip, make sure to get a good night's sleep. If you are on a special diet and are traveling, make arrangements in advance with airlines or other travel companies to ensure that you receive appropriate meals. Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water. Cover your mouth and nose with a tissue when you cough or sneeze. Finally, cold temperatures can cause serious health problems. Stay dry, and dress warmly in several layers.

How Can Select Wellness and Therapy Professionals Help? Seeking professional advice from your wellness and rehab can often result in simple solutions. Your wellness and rehab team is specially trained to help with a broad range of physical conditions. They can also help you stay physically and mentally healthy during the holidays.

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

Welcome New Residents!

DIXIE DAVIS Dixie is from Wichita Falls by way of Round Rock, TX 3 years ago. Dixie enjoys reading, sports (football and baseball), dominoes, crocheting and dancing. Please make Dixie feel welcome by introducing yourselves. Welcome to our Rolling Meadows family!

RM Text Messaging Service

RM Text Messaging Service will be in effect January 2nd, 2026 for independent apartments and cottage residents. This service will only be used by RM staff to inform residents of, but is not limited to, any emergency or planned power or water shutoffs, unscheduled activity notifications, cancellations, trash pickup or road closures, transportation issues etc. This service will not be used to call in a work order or for any other resident information requests. The ONLY replies that will be accepted and responded to will be the word Opt Out which will remove your cell phone number from the text messaging service and the word HELP which is only used to receive information about the messaging service.

If you wish to receive these informational text messages you must express your consent by signing the RM Text Messaging Service Agreement. You only have to sign the Agreement one time while you are a resident of RM and your phone number will be removed when you vacate your apartment or cottage. The forms are available at the Reception Desk and have contact name should you have any questions.

HONORING & REMEMBERING

In Memory of
Sue Bingham • Virginia Catlin
Cynthia Day • Virginia Walker
Yvonne Mesler
Ruth Ann Hooper
Jan Hancock • Sharon Lam
Bill Moyer
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.






January Events

- 2 FRI** **QUARTER BINGO/ NATIONAL CHOCOLATE COVERED CHERRY DAY**
It's National Chocolate Covered Cherry Day a combo that just naturally seems to go together. Just as the holiday festivities are behind us and a New Year begins, we look forward to the luscious confection that puts a smile on everyone's face and brightens our outlook for whatever waits for us in the New Year ahead. Join us at 2:00 PM in the Media Center.
- 3 SAT** **MOVIE MATINEE**
The movie today at 2:00 PM in the Media Center is *Drumline*. Set against the high-energy, high-stakes world of show-style marching bands, *Drumline* is a fish-out-of-water comedy about a talented street drummer from Harlem who enrolls in a Southern university, expecting to lead its marching band's drumline to victory.
- 7 WED** **SHOPPING AT ALDI**
The bus will be leaving at 10:00 AM headed to Aldi. Please sign up in the mail room if you wish to ride the bus.
- 8 THU** **BIRTHDAY PARTY**
Gather in the Media Center at 2:00 PM to celebrate January birthdays. Everyone is invited and you are welcome to come and enjoy cake and ice cream.
- 13 TUE** **KOHL'S SHOPPING**
The bus will be leaving at 10:00 AM headed to Kohl's Department Store. Please sign up in the mail room if you wish to ride the bus.
- 15 THU** **GOURMET GETAWAY**
The bus will leave at 10:45 AM and head over to **Ronnie's Burgers**. Please sign up in the mail room if you are going to ride the bus.
- 15 THU** **NATIONAL STRAWBERRY DAY**
Bring your neighbor to the Media Center at 2:00 PM – it's National Strawberry Day! Enjoy several sweet delights that are sure to brighten up a cold January day. Please sign up in the mail room.
- 16 FRI** **WINTER TEA PARTY**
Today at 2:00 PM in the Media Center will be a cozy gathering focused on warm drinks and comfort food enhanced by seasonal decorations and a relaxing atmosphere. Please sign up in the mail room if you want to attend.
- 17 SAT** **MOVIE MATINEE**
Join us in the Media Center at 2:00 PM to watch *Postcards From The Edge*. Hollywood actress Suzanne Vale is on a slippery slope as a recovering addict. On exit from rehab, it is recommended she stay with her mother, who has become a somewhat champion drinker herself. Suzanne therefore struggles to maintain her sobriety and her sanity.
- 22 THU** **CRAFT HOUR**
Today at 2:00 PM in the Media Center we will be making wall art to decorate our walls. Please sign up in the mail room.
- 23 FRI** **COFFEE & CONVERSATION**
Join us in the Knight Kap at 9:30 for coffee and conversation. We will have donuts and enjoy each other's stories about their holidays. Please sign up in the mail room.
- 27 TUE** **NATIONAL CHOCOLATE CAKE DAY**
Celebrate National Chocolate Cake Day in the Media Center at 2:00 PM today. Let's celebrate the cake that makes all of our special occasions extra special. Please sign up in the mail room.
- 29 THU** **BRAUM'S TRIP**
Here is your chance to pick up any groceries or just enjoy a dessert or some ice cream. We will leave at 2:00 PM. Please sign up in the mail room if you want to ride the bus.
- 30 FRI** **PIZZA LUNCHEON**
Pizza will be served in the Media Center at 12:00 PM. Seating is limited so please sign up in the mail room no later than Wednesday, Jan. 28th. You MUST sign up to attend this activity.
- 31 SAT** **BOOK CLUB**
This month's book is, *Home Front*, by Kristin Hannah. Please join us in the Library at 1:00 PM for a lively discussion.

Celebrate Our JANUARY BIRTHDAYS

Pat Harmon	2
Judith Coss	4
John Papac	6
Deanna Bensch	7
Wanda Hall	7
Barbara Kleinecke	8
John Wall	9
Brent Seager	10
Bonnie Fieldson	12
Barbara Langford	13
Lynda Fenter	15
Thom Reed	15
Dennis Dohrer	18
Mary Buckley	19
Yvonne Eastman	20
Kathy Lamb	20
Mary Myers	20
Ellen McMurray	24
Helen McDonald	27
Bill Knowlton	30

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Scan To Download the Rolling Meadows App!</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><i>Check your Week In Review for changes & updates!</i></p> 	<p>1</p> <p><i>Happy New Year!</i></p> <p>No Scheduled Activities</p>	<p>2</p> <p>1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo & National Chocolate Covered Cherry Day, MedCtr 3:00 Chair Volleyball, FitCtr</p>	<p>3</p> <p>1:00 Puzzles, 3rd Floor 2:00 Movie Matinee, MedCtr Drumline</p>	
<p>4</p> <p>1:00 Worship Service, Chapel</p>	<p>5</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>6</p> <p>9:30 Blood Pressure Clinic, Atr 1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, MedCtr 1:00 Tai Chi (Sitting), FitCtr 1:45 Our Lady Queen of Peace, Chapel 2:00 Cornhole, Atr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p>7</p> <p>10:00 Shopping at Aldi 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p>8</p> <p>9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "Accounting" till 11:00 am 1:00 Wii Games, FitCtr 2:00 Birthday Party, MedCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p>9</p> <p>1:00 Tai Chi (Standing), FitCtr 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr</p>	<p>10</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>11</p> <p>1:00 Worship Service, Chapel</p>	<p>12</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>13</p> <p>9:30 Blood Pressure Clinic, Atr 10:00 Shopping at Kohl's 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>14</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p> <p>Filter Changes in the Cottages</p>	<p>15</p> <p>9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "First Bank" till 11:00 am 10:45 Gourmet Getaway 1:00 Wii Games, FitCtr 2:00 Nat'l Strawberry Day, MedCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p> <p>Filter Changes in the Cottages</p>	<p>16</p> <p>1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Winter Tea Party, MedCtr 3:00 Chair Volleyball, MedCtr</p>	<p>17</p> <p>1:00 Puzzles, 3rd Floor 2:00 Movie Matinee, Postcards From The Edge</p>
<p>18</p> <p>1:00 Worship Service, Chapel</p>	<p>19</p> <p>1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Bridge, Lib</p>	<p>20</p> <p>9:30 Blood Pressure Clinic, Atr 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 1:00 Tai Chi (Sitting), FitCtr 1:45 Our Lady Queen of Peace, Chapel 2:00 Cheese Lovers Day, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p>21</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p>22</p> <p>9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "Accounting" till 11:00 am 1:00 Wii Games, FitCtr 2:00 Craft Hour, MedCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p>23</p> <p>9:30 Coffee & Conversation, KKap 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi (Standing), FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr</p>	<p>24</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>25</p> <p>1:00 Worship Service, Chapel,</p>	<p>26</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>27</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 Nat'l Chocolate Cake Day, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p>28</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p>29</p> <p>9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "First Bank" till 11:00 am 1:00 Wii Games, FitCtr 2:00 Trip to Braum's 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p>30</p> <p>12:00 Pizza Luncheon, MedCtr 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr</p>	<p>31</p> <p>1:00 Puzzles, 3rd Floor 1:00 Book Club, Lib Home Front by Kristen Hannah</p>



Good Times



A Note from Kari



Kari will be off so please watch for changes in the Fitness Center Schedule for the next few weeks.

“The trick is to enjoy life. Don’t wish away your days, waiting for better ones ahead. You’re not promised tomorrow. Today is your best day” —Kari

Healthy Resolutions for Seniors

Keep a Positive Mindset

Maintaining a positive mindset comes with a host of health benefits. Positivity has been linked to a lower risk of memory loss, quicker recovery from illness, injury or disability, a lower risk of chronic disease, decreased feelings of loneliness and isolation, and an increased likelihood for seeking preventative care.

Positive thinking doesn’t mean ignoring difficult feelings. Rather, it means stressing less about the things you cannot change, focusing on those you can, and, all the while, remembering what is good in life.

If you struggle to maintain a positive outlook, incorporate positive thinking exercises into your daily routine. Make a gratitude list, practice mindful breathing, and treat yourself as you would a friend.

Commit to

10 Minutes of Exercise Daily

Staying active is not just the key to healthy aging, but also, it may be the key to a longer life. Incorporating an exercise regime of walking, jogging, or cycling can drastically improve blood pressure, resting heart rate, maximum pumping capacity, and muscle mass.

While you don’t have to get up and run a marathon, you should dedicate a portion of your day to fitness. Just 10 minutes of swimming, walking, or yoga can make a huge difference in your health, happiness, and lifespan.

Make Better Dietary Choices

Your health care provider can help you make better food choices, but, ultimately, you should strive to eat at least five servings of fruits and vegetables per day. Choose whole grains over refined ones and lean meats over fatty options. Use healthier fats, such as olive or avocado oil, and cook with natural spices to reduce salt and fat intake.

Quit Smoking

It’s never too late to quit smoking. Regardless of your current age, quitting now can reduce your risk of developing several health problems and improve your overall quality of life. Individuals who quit claim to have more energy, sleep better, and breathe easier.

Stimulate Your Mind

Regularly challenging your brain is one of the best ways to stay mentally sharp as you age and one of the best ways to reduce your risk of memory loss or developing dementia. Reading daily, doing crosswords, or joining a book club are great and fun ways to ensure your body’s most important muscle receives an adequate workout.

Reach Out to Old Friends, and Make New Ones

Studies show that socially active older adults have better cognition, lower risks of disability and depression, and overall better health. Social media makes it easy to find and reach out to old friends, while living at Rolling Meadows provide ample opportunity to make new ones.

Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

Pool Walking	Pool
Mon, Wed, Fri	8:30 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
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



Joke of the Month

How did the picture end up in prison?

It was framed.

“You are never too old to set another goal or to dream a new dream.”

– C.S. Lewis



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.



ROLLING MEADOWS

3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance

Holiday fun at the Gables

