

The Meadow Lark

A Publication of Rolling Meadows

March 2026

Pajama Breakfast

Get up but don't dress up
for our Pajama Breakfast
Tuesday, March 3 at 9:00 am
In the Media Center
What a FUN way to start your day!



Gather your most colorful friends
and join us at the

All White Party

Saturday, March 14 at 6:00 pm
In the Atrium

*Food • Music • Dancing
And More!*

Be sure to wear white!

Share the Luck 'O The Irish at our

St. Patrick's Day Party

Tuesday, March 17 at 2:00 pm
In the Media Center

*Fun • Refreshments • Games • Puzzles
Door Prizes*

Don't forget to wear something green!

ROLLING
MEADOWS

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rmeadows.com

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Clear Minds, Safe Bodies: Substance Use Awareness for Older Adults

Substance use among older adults is a growing health concern, but it often goes unnoticed. Many older adults don't intend to misuse alcohol or medications, it happens because the body changes with age. The same amount of wine or the same dose of a medication may suddenly cause dizziness, confusion, or sleepiness that didn't occur years ago. These changes can lead to falls, emergency visits, or long-term health problems.

Why Are Older Adults More at Risk? As we age, our bodies process alcohol and medications more slowly. There is less water in the body, so alcohol becomes more concentrated. Kidneys and liver function decline, which means medications stay in the system longer. Many older adults also take multiple prescriptions, increasing the chance of dangerous interactions.

Signs to Watch For

Alcohol or medication effects can look a lot like "normal aging." Watch for these signs:

- Increasing forgetfulness or confusion
- Slurred speech or trouble walking
- Increased sleepiness or trouble waking up
- Frequent falls or unexplained bruises
- Mood changes or unusual irritability

Safer Ways to Feel Better

Aging adults may use alcohol or sedatives to relax, sleep, or manage pain. However, there are safer options. Gentle stretching or fitness classes may decrease pain. Relaxation groups, meditation, or music may reduce anxiety. Sleep hygiene habits such as dim lights, no late caffeine, and calming evening activities can also help residents thrive. Community

living provides an opportunity to support healthy habits together.

How Can Select Wellness and Therapy Professionals Help?

Select Wellness and Therapy Professionals offer supportive, proactive guidance to promote healthy habits. They provide education for residents and staff, offer movement and relaxation programs to reduce pain and anxiety without medication, address cognitive or balance changes that may signal misuse, and collaborate with care teams to monitor risks. Through therapeutic support and healthy lifestyle programming, Select professionals help keep minds clear, bodies safe, and residents empowered to live well.

For additional information, please contact your Select Rehabilitation Wellness professionals and Physical, Occupational and Speech Therapists.

HONORING & REMEMBERING

In Memory of **Carolyn Rogers**
by Rolling Meadows

In Memory of **Ruth Provenza**
by Rolling Meadows

In Memory of **Linda Ancell**
by Rolling Meadows

In Memory of **Cecile Banks**
by Rolling Meadows

In Memory of **Joyce Corpening**
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!

JOYCE SCATES is from Wichita Falls. She enjoys reading, crossword puzzles, movies and jigsaw puzzles. Please make Joyce feel welcome by introducing yourselves. Welcome to our Rolling Meadows family, Joyce!

Don Lewis 8	Roma Prassel20
Maxine Ernest10	Wayne Sterling20
Lynn Shaw13	Richard Beaty28
Jeff Wallin14	JoElla Downes29
Mona Borders16	Ron Mauden29
Geneva Rodgers16	
Donna Hood19	
Hugh Halpain20	

Celebrate Our
MARCH BIRTHDAYS



2 MON DR. SEUSS DAY
We are celebrating Dr. Seuss Day in the Media Center at 3:30 PM with refreshments, movie time and trivia. It will be lots of fun and laughs!!! Please join us!

3 TUE PAJAMA BREAKFAST
Good morning love bugs, I know some of us don't like to get up early, but you don't have to dress up. Just wear your pajamas (appropriate PJ's please). We will have biscuits, gravy, bacon and sausage along with coffee and juice in the Media Center at 9:00 AM. Please sign up in the mail room so we know how much food to order.

3 TUE NATIONAL SOUP AND COLD CUT DAY
Dagwood will eat his heart out today, because it is National Cold Cuts Day. Call them lunch meats, deli meats, sandwich meats or cold cuts. Some like them thick, while others stack them a mile high. Others still just like them with cheese and crackers. However you like them, National Cold Cuts Day was made for sandwich and snack makers. It is also National Soup it Forward Day today. This day encourages us to deliver love and kindness by the bowlful. We all know a warm cup of kindness comes in many forms. Join us in the Media Center at 2:00 PM for a warm cup or a bowl of delicious varieties of soup and a sandwich.

4 WED NATIONAL POUND CAKE DAY
National Pound Cake Day recognizes one of the dessert world's most versatile cakes. Each year it is celebrated by bakers and cake lovers alike. Celebrate with a piece (or two) of this deliciously rich delight at 2:00 PM in the Media Center.

5 THU BIRTHDAY PARTY
Make plans to come to the birthday party at 2:00 PM in the Media Center and bring a friend. There will be cake and ice cream as well as puzzles. It will be a St. Patrick's Day Theme.

5 THU NATIONAL CHEESE DOODLE DAY
Today celebrates cheese doodles and all the forms they come in. From cheese doodles, cheese puffs, cheese curls and cheese balls. These tasty snacks are sure to leave fingers bright orange. Come by the Atrium at 3:30 PM and pick up a bag of Cheetos as we celebrate National Cheese Doodle Day!

6 FRI NATIONAL OREO COOKIE DAY
We celebrate America's number one cookie each year on its very own special day, March 6 in the Media Center at 2:00 PM. We love a good cookie and good cookies stem from the classics, the Oreo. With crisp chocolate cookies and creamy filling, these little cookies have captured our hearts and our stomachs. We love to dunk them, twist and straight up take a bite. Here's to the delicious Oreo!

7 SAT MOVIE MATINEE
Join us in the Media Center at 2:00 PM to watch *Casablanca* (1942) Rated PG. Rick Blaine (Humphrey Bogart), who owns a nightclub in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor Laszlo (Paul Henreid). Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country.

7 SAT WICHITA FALLS SYMPHONY ORCHESTRA
The bus will be leaving Rolling Meadows at 6:45 PM to go to First United Methodist Church to the Wichita Falls Symphony Orchestra, "Saint-Saens". Please sign up in the mail room if you are riding the bus and remember you are responsible for getting your ticket. This concert promises to be a magical escape that ignites the senses and stirs the soul.

9 MON GOURMET GETAWAY
We are going to Olive Garden! Please sign up so we will know who is going. The bus will leave at 11:00 PM.


10 TUE CRAFT HOUR
Join us in the Media Center at 2:00 PM. We will be making St. Patrick's Day wreaths. Please sign up in the mail room.

12 THU FREDDY'S FROZEN CUSTARD
We are headed to Freddy's Frozen Custard for either a sweet or savory treat. They have delicious burgers and many other savory items to choose from. Please sign up in the mail room. The bus will leave at 2:00 PM.

14 SAT ALL WHITE PARTY
We will be having an all white party with great food, great music, dancing, etc. Please join us in the Atrium and let's have a wonderful time. Please sign up in the mail room. The event will start at 6:00 PM. I hope to see you all there! Please make sure to wear white!!!

*We Have So Much More...
See Page 7 For More March Events!*

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:00 Worship Service , Chapel	2 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 1:00 Tai Chi (Sitting) , Lib 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib 3:30 Dr Seuss Day , MedCtr	3 9:00 Pajama Breakfast , MedCtr 9:30 Blood Pressure Clinic , KKap 1:00 Wii Bowling , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , MedCtr 1:45 Our Lady Queen of Peace , Chapel 2:00 Soup & Cold Cut Day , MedCtr 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	4 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 2:00 Pound Cake Day , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	5 9:00 Walmart Shopping 9:30 Ladies Bible Study , KKap 10:00 Bank Day "First Bank" till 11:00 am 10:30 Shopping at WinCo 1:00 Wii Games , FitCtr 2:00 Birthday Party , MedCtr 3:00 Chair Volleyball , FitCtr 3:30 Cheese Doodle Day , Atr 6:15 Worship Service , Chapel	6 1:00 Tai Chi (Standing) , Lib 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 2:00 Quarter Bingo , MedCtr 2:00 Oreo Cookie Day , MedCtr 3:00 Chair Volleyball , FitCtr	7 1:00 Puzzles , 3rd Floor 2:00 Movie Matinee , MedCtr <i>Cassablanca</i> 6:45 To the Wichita Falls Symphony Orchestra
8 1:00 Worship Service , Chapel	9 11:00 Gourmet Getaway 1:00 Tiki , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi (Sitting) , Lib 2:00 Quarter Bingo , MedCtr 2:00 Grocery Shopping 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	10 9:30 Blood Pressure Clinic , KKap 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , MedCtr 1:45 Our Lady Queen of Peace , Chapel 2:00 Craft Hour , MedCtr 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	11 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib <i>Filter Changes in the Cottages</i>	12 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 Freddy's Frozen Custard 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , Chapel	13 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi (Standing) , Lib 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	14 1:00 Puzzles , 3rd Floor 6:00 All White Party , Atr
15 1:00 Worship Service , Chapel	16 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 1:00 Tai Chi (Sitting) , Lib 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	17 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 2:00 St Patrick's Day Party , MedCtr 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	18 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 2:00 Lacy Oatmeal Cookie Day , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	19 9:00 Walmart Shopping 9:30 Ladies Bible Study , KKap 10:00 Bank Day "First Bank" till 11:00 am 1:00 Chocolate & Caramel Day , MedCtr 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , Chapel	20 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi (Standing) , Lib 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	21 1:00 Puzzles , 3rd Floor 2:00 Movie Matinee , MedCtr <i>Drums In The Deep South</i>
22 1:00 Worship Service , Chapel	23 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 1:00 Tai Chi (Sitting) , Lib 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 2:00 Chip & Dip Day , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	24 9:30 Blood Pressure Clinic , KKap 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , MedCtr 1:45 Our Lady Queen of Peace , Chapel 2:00 Cornhole , Atr 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	25 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	26 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 Pictionary , MedCtr 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , Chapel	27 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi (Standing) , Lib 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	28 1:00 Puzzles , 3rd Floor 1:00 Book Club , Lib
29 1:00 Worship Service , Chapel	30 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 1:00 Tai Chi (Sitting) , Lib 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	31 9:30 Blood Pressure Clinic , KKap 1:00 Wii Bowling , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , MedCtr 1:45 Our Lady Queen of Peace , Chapel 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	Check your Week In Review for changes & updates!		Courtesy Van to Dr Offices: Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30 Dry Cleaning Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room	 Scan To Download the Rolling Meadows App!



Good Times



Welcome to our new Fitness Instructor!!!

I would like to introduce myself. My name is Cametra Driver. I'm not completely new to Rolling Meadows. I worked here as a CNA years ago in the Gables. I came back almost 3 years ago to Home Health Care and now the Fitness Instructor. I would like to tell you a little bit about myself. I'm 51 years old. I have two daughters, 33 years old and 12 years old. I have two stepdaughters and two stepsons. I also have two granddaughters and five grandsons. I'm so excited for this new journey with you all. I know a lot of you by face and now I have to learn you all by name. I only ask that you give me a little grace with that.



- Cametra

March Events (Continued from Page 3)

17 TUE ST. PATRICK'S DAY PARTY
We are going to celebrate with fun refreshments, games and puzzles, and door prizes at 2:00 PM in the Media Center. Put it on your calendar and don't forget to wear green!

18 WED NATIONAL LACY OATMEAL COOKIE DAY
Some people may refer to this day as National Oatmeal Cookie Day (which is celebrated on April 30). The difference between the two is that Lacy Oatmeal Cookies are a wafer thin and typically accompany a scoop of ice cream or sorbet. Join us in the Media Center at 2:00 PM. Happy National Lacy Oatmeal Cookie Day!

19 THU NATIONAL CHOCOLATE & CARAMEL DAY
A great combination is celebrated each year on National Chocolate & Caramel Day. Today at 1:00 PM in the Media Center enjoy chocolate & caramel in your favorite candy bar, ice cream, or dessert. It will put a smile on most peoples faces! The combination also invokes some cravings for chocolate caramel coffee, milkshakes or just about any treat with this hard to resist combination.

21 SAT MOVIE MATINEE
Today we are showing *Drums in the Deep South* (1951) Not Rated. Before plantation wife Kathy Summers (Barbara Payton) can run off with her lover, Clay Clayburn (James Craig), civil war breaks out, and he must report to the Confederate Army. However, within a few years he returns to Georgia, and Kathy is still in her old home -- which the Union Army, led by Clay's best friend, Maj. Will Denning (Guy Madison), is using for a base. Kathy begins spying for Clay, but she struggles with the idea that one of these two friends may kill the other in battle.

23 MON NATIONAL CHIP & DIP DAY
National Chip and Dip Day celebrates a perfect combination loved by many across the country. Chips and dip are a quick and easy party dish that also makes for great parties. We enjoy them for just about any occasion, from watching the game to hunkering down for a big storm. Chips and dips are the way to go. No double dipping please! Mark your calendars for today at 2:00 PM in the Media Center.

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
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

Why don't eggs tell jokes?
They might crack up!

26 THU Pictionary
Please join us at 2:00 PM in the Media Center to play a game of Pictionary. You do not need to sign up just come have fun and have lots of laughs!

28 SAT BOOK CLUB
Join us in the Library at 1:00 PM to discuss "Sold on a Monday" by Kristina McMorris. A photo of two children brings remorse.

A Peek At The Pines



A Super Day At The Pines!



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