

The Meadow Lark

A Publication of Rolling Meadows

May 2026



Join us for a
Cinco de Mayo

Fiesta!

**Tuesday May 5 at 5:00 PM
in the Renaissance Room**

Enjoy a special meal prepared by Miguel and his wonderful staff!



HAPPY Mother's Day

Come Celebrate
All The Women
In Our Lives!

**Friday, May 8 at 1:30 PM
in the Media Center**

Snacks • Trivia • Gifts

**ROLLING
MEADOWS**

940-691-7511

Rolling Meadows
Staff
rmeadows.com

Cindy NoeExt. 120
Executive Director

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

Madison MurpheyExt. 112
Director of Accounting

Jerry CarawayExt. 109
Director of Resident Services

Rip StainbrookExt. 111
Director of Dining Services

Kellye HensleyExt. 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



Eating Well As You Age

A person's diet plays an important role in maintaining health and preventing disease. Research has shown that proper nutrition can extend your lifespan and improve a person's quality of life. An optimal diet may lead to less heart disease, obesity, high blood pressure, diabetes, and some forms of cancer.

Are nutritional needs different for older adults? Physiological changes occur slowly over time in all body systems and are influenced by life events, illnesses, genetic traits and socioeconomic factors. Generally, older adults take in less calories, than younger people. If caloric intake is too low, then consumption of necessary nutrients may also be low. As people age, problems such as high blood pressure or diabetes become more common, necessitating certain dietary modifications. In addition, digestive system problems become more common, and some people may have trouble chewing or swallowing. For everyone, it is beneficial to eat well and understand some nutrition basics.

Malnutrition is also a critical health issue among older adults caused by eating too little food, too few nutrients, and by digestive problems related to aging. Malnutrition causes fatigue,

depression, weak immune system, anemia, weakness, digestive, lung, and heart problems. To prevent malnutrition as you age: eat nutrient-packed food; have flavorful food available; snack between meals; eat with other people as much as possible; and get help with food preparation. Eating a variety of foods from all food groups can help supply the nutrients a person needs as they age. The following recommendations from the Dietary Guidelines for Americans can help you ensure you are meeting your nutritional needs:

- Eat fruits and vegetables. Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.
- Vary protein choices with more fish, beans and peas.
- If you can tolerate grains, eat at least three ounces of whole-grains every day.
- Make the fats you eat healthy ones (polyunsaturated and monounsaturated fats).

How Can Select Wellness Professionals and Therapists Help?

Your Select wellness team can identify lifestyle changes that can facilitate staying physically and mentally healthy and avoiding unhealthy weight gain. Your

Select wellness team can provide practical and helpful information and resources to assist in health promotion in your community. In addition, Select Therapists are uniquely qualified to provide feeding and/or swallowing rehabilitation due to their understanding of disability and aging as well as their ability to address the physical, psychological, cognitive, and social needs of an individual. Therapists can dramatically improve quality of life for residents by assisting their clients to optimize posture, self-feeding abilities, medical status, and nutritional intake. These are just a few examples of how Therapy can help with feeding and/or nutrition and its impact on your daily life.

For additional information, please contact your Select Rehabilitation Wellness Coordinators and Physical, Occupational and Speech therapists.

Keely Howard, PTA Clinical Lead
Rolling.Meadows@selectrehab.com
(940)-202-1718 Ext:9037

HONORING & REMEMBERING

In Memory of
Janey McCown
by Rolling Meadows

In Memory of
Richard Hearn
by Rolling Meadows

In Memory of
Ron Thielman
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.

RM Clinic Is Open

If you are a resident, The Clinic at Rolling Meadows is just for you. The Clinic is now taking new patients and is located on the second floor of the Bradley Building in apartment #244.

The CLINIC
at Rolling Meadows

Tom Talbert, M.D. | Krysla Darden, FNP

3006 McNiel Ave. Office: 940-689-2033
Wichita Falls, TX 76309 Fax: 940-689-2053



May Events

2 SAT

MOVIE MATINEE

Our movie is *Legends of the Fall* today at 2:00 PM in the Media Center. An unconventional but close-knit family encounters tragedy in early 1900s Montana. Staring Anthony Hopkins, Brad Pitt, Aidan Quinn and Henry Thomas. Bring your own snacks and drinks.

5 TUE

CINCO DE MAYO

Cinco De Mayo is an annual celebration commemorating the Mexican Army's difficult victory over the French Empire at the Battle of Puebla, on May 5, 1862. In the United States the date has become associated with the celebration of Mexican – American culture. Please join everyone in the dining room beginning at 5:00 PM. Miguel and his wonderful staff will be serving a delicious Mexican meal. Let's dress festive!!!

6 WED

NATIONAL NURSES DAY

Come celebrate our nurses today at 12:30 PM in the Atrium. Please let Nanci know if you are a nurse, nurses aide, or a caregiver. We don't want to miss anyone and we want to make sure we have enough banana splits for everyone to enjoy. Thank you for all you do!!!

7 THU

BIRTHDAY PARTY

Everyone is invited to come and celebrate our May Birthdays at 2:00 PM in the Media Center. Come and enjoy some delicious cake and ice cream.

8 FRI

MOTHER'S DAY CELEBRATION

Steel Magnolias is a quintessential Mother's Day theme, celebrating the strength, resilience, and deep bonds of Southern women (the "steel") combined with their feminine warmth and nurturing nature (the "magnolias"). Today in the Media Center at 1:30 PM we will celebrate all Mothers, Aunts, Sisters & Grandmothers. We will have snacks, gifts, and trivia and a great time for everyone. **This event is limited to**

only 30 guests, if you would like to bring a guest please make sure they are on the list. PLEASE SIGN UP IN THE MAIL ROOM. God bless all of you and thank you for being our loving role models!

12 TUE

CORNHOLE

Bring your A game to the Atrium at 2:00 PM today for some Cornhole. If you already have a partner, please sign up their name next to yours so we will know. If you don't want to play, come watch and cheer for your neighbors.

13 WED

NATIONAL APPLE PIE DAY

Let's meet in the Media Center for some delicious apple pie and ice cream at 2:00 PM. I don't know about you, but these holidays are the best!!!

15 FRI

NATIONAL CHOCOLATE CHIP DAY

Who doesn't love a luscious chocolate chip cookie?! Nanci will be handing out cookies in the Atrium at 2:00 PM.

16 SAT

MOVIE MATINEE

We will be showing *The Incredible Mr. Limpet* today at 2:00 PM in the Media Center. (1964) Rated G. Aquatic life fanatic Henry Limpet (Don Knotts) falls into the sea and transforms into a fish. As a human, Henry was passed over for naval service, but now that he's a fish, he's soon helping America win World War II. Bring your own snacks and drinks.

19 TUE

HEART SEMINAR

Breanna from United Regional Health Care will stop by and talk to everyone about how important it is to make sure your heart stays healthy, please make your way to the Media Center at 2:00 PM. Thank you!!!

21 THU

CRAFT HOUR

In the Media Center at 2:00 PM we will be making Sunflower Wreaths for your door or as a gift. It's easy and fun! If you would like to attend please sign up in the Media Center so Nanci will know how many supplies to get. Thank you!

21 THU

NATIONAL WAIT STAFF DAY

When you go to the dining room today, please let your server know how much they are appreciated and how well they do their job. We couldn't make it without them.

29 FRI

GOURMET GETAWAY AND SHOPPING TRIP

Ready for a road trip? The bus will leave at 10:00 AM today for an 11:15 AM lunch date at Catfish O'Harlie's in Decatur.

After we finish eating we will head over to Buc-ee's, "The Best Rest Stop In America" at 2:00 PM to get some goodies. We will try to be back home around 4:00 PM.

Please sign up in the Mail Room. Seating is limited with only 13 seats available. Thank you!

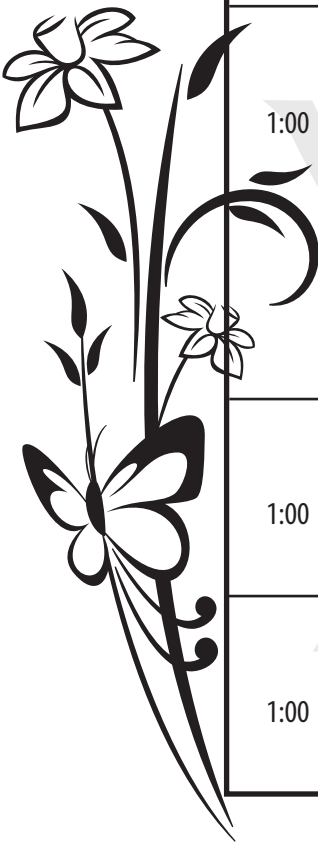
30 SAT



BOOK CLUB

Today in the library we will be discussing *The Briar Club* by Kate Quinn. Boarding home violence creates distrust.



MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check your Week In Review for changes and updates!</p>		 <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>1:00 Tai Chi w/Meredith, Lib 1</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>9:30 WF Public Library, Lib 2</p> <p>1:00 Puzzles, 3rd Floor</p> <p>2:00 Movie Matinee, MedCtr <i>Legends of the Fall</i></p>
<p>3</p> <p>1:00 Worship Service, Chapel</p>	<p>4</p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>1:00 Tai Chi w/Meredith, Lib</p> <p>2:00 Grocery Shopping</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>5</p> <p>9:30 Blood Pressure Clinic, KKap</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, MedCtr or KKap</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>5:00 Cinco de Mayo Dinner, RenRm</p> <p>6:00 Wahoo, Lib</p>	<p>6</p> <p>12:30 National Nurses Day, Atr</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Prize Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>7</p> <p>9:00 Walmart Shopping</p> <p>9:30 Ladies Bible Study, KKap</p> <p>Bank Day "Accounting" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Birthday Party, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, Chapel</p>	<p>8</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Tai Chi w/Meredith, Lib</p> <p>1:30 Mother's Day Celebration, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>9</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>10</p> <p>1:00 Worship Service, Chapel</p> <p><i>Happy Mother's Day!</i></p>	<p>11</p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>1:00 Tai Chi w/Meredith, Lib</p> <p>2:00 Grocery Shopping</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>12</p> <p>9:30 Blood Pressure Clinic, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Bible Study, MedCtr or KKap</p> <p>1:00 Dominoes (42), Lib</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>2:00 Cornhole, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>13</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Prize Bingo, Cancelled</p> <p>2:00 National Apple Pie Day, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p> <p><i>Filter Changes in the Cottages</i></p>	<p>14</p> <p>9:00 Walmart Shopping</p> <p>9:30 Ladies Bible Study, KKap</p> <p>Bank Day "First Bank" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, Chapel</p> <p><i>Filter Changes in the Cottages</i></p>	<p>15</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Tai Chi w/Meredith, Lib</p> <p>2:00 Quarter Bingo, Cancelled</p> <p>2:00 National Chocolate Chip Day, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>16</p> <p>1:00 Puzzles, 3rd Floor</p> <p>2:00 Movie Matinee, MedCtr <i>The Incredible Mr. Limpet</i></p>
<p>17</p> <p>1:00 Worship Service, Chapel</p>	<p>18</p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>1:00 Tai Chi w/Meredith, Lib</p> <p>2:00 Grocery Shopping</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>19</p> <p>9:30 Blood Pressure Clinic, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>1:00 Bible Study, MedCtr or KKap</p> <p>1:00 Dominoes (42), Lib</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>2:00 Heart Seminar, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>20</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Prize Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>21</p> <p>9:00 Walmart Shopping</p> <p>9:30 Ladies Bible Study, KKap</p> <p>Bank Day "Accounting" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Craft Hour, MedCtr</p> <p>2:00 WF Public Library, Lib</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, Chapel</p>	<p>22</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Tai Chi w/Meredith, Lib</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>23</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>24</p> <p>1:00 Worship Service, Chapel</p>	<p>25</p> <p>Happy Memorial Day!</p> <p>No Scheduled Activities</p>	<p>26</p> <p>9:30 Blood Pressure Clinic, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, MedCtr</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>27</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Prize Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>28</p> <p>9:00 Walmart Shopping</p> <p>9:30 Ladies Bible Study, KKap</p> <p>Bank Day "First Bank" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, Chapel</p>	<p>29</p> <p>10:00 Gourmet Getaway, to Catfish O'Harlies in Decatur and Shopping at Buc-ees</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Tai Chi w/Meredith, Lib</p> <p>2:00 Quarter Bingo, Cancelled</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>30</p> <p>1:00 Puzzles, 3rd Floor</p> <p>1:00 Book Club, Lib</p>
<p>31</p> <p>1:00 Worship Service, Chapel</p>	<p>No Scheduled Activities</p>	<p>26</p> <p>9:30 Blood Pressure Clinic, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, MedCtr</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>27</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Prize Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>28</p> <p>9:00 Walmart Shopping</p> <p>9:30 Ladies Bible Study, KKap</p> <p>Bank Day "First Bank" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, Chapel</p>	<p>29</p> <p>10:00 Gourmet Getaway, to Catfish O'Harlies in Decatur and Shopping at Buc-ees</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Tai Chi w/Meredith, Lib</p> <p>2:00 Quarter Bingo, Cancelled</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>30</p> <p>1:00 Puzzles, 3rd Floor</p> <p>1:00 Book Club, Lib</p>



Good Times...

A Note From Cametra

Every month there are hundreds of national and international celebrations dedicated to raising awareness and support for meaningful causes. The month of May has several different national and international celebrations. Here are a few that some of us may have forgotten about or were not aware of. AAPI Heritage Month, Mental Health Awareness Month, Jewish American Heritage Month, National Nurses Week, Teacher Appreciation Week, World Bee Day, and Harvey Milk Day. May is the fifth month in the Gregorian calendar and has thirty-one days. It is the final month of astronomical Spring in the Northern Hemisphere and was named for the Greek Goddess Maia. These are just a few of the things that are celebrated in the month of May. I would also like to remind you all of our Core Classes on Tuesdays and Stretch Classes on Thursdays at 11am each week. Feel free to drop in on either of these days along with our Chair Aerobics Classes Monday through Friday.



- Cametra

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



Library Notes

We hope you are enjoying the library upgrades and the new reading materials added to the shelves!

For those of you that have not taken the opportunity to “check-out” the library, please consider doing so. Reading in the Senior Zone of life is an important enhancement to one’s mental and emotional health. Here are just a few reasons to curl up with a good read:

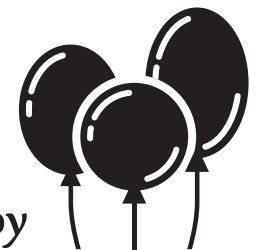
- Improves brain functioning
- Improves your memory and focus

- Expands your knowledge
- Boosts happiness and life satisfaction
- Helps you relax and lowers stress

If you are interested in making a monetary gift to the Rolling Meadows Library for future acquisitions, you may turn your donation into the front desk.

Join us Saturday, May 30th at 1:00 PM in the Library for Book Club. This month we will be discussing *The Briar Club* by Kate Quinn.

Happy Reading!



Happy BIRTHDAY

MAY BIRTHDAYS

Dixie Davis	6
Bill Leidemann	9
Carrie Norris	17
Rex Wells	17
Velma Reser	18
Jeanne Daniels	25
Sally Perkins	26
Ski Cichowski	26
Joe Loe	27
Raymond Talbott	31



A Little Bit of Humor

Why was the librarian kicked off the plane?
Because it was overbooked.

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS

3006 McNiel
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