

The Meadow Lark

A Publication of Rolling Meadows

June 2026

Happy FATHER'S DAY

Join us as we celebrate at our Father's Day Party

Friday, June 19
1:30 PM in the Media Center



The Mountains Are Calling...

Join us for a day in the Wichita Mountains
Thursday, June 18

The bus leaves at 9:30 AM

Enjoy the Wildlife Refuge Visitor Center, Quannah Parker Nature and Visitor Center, the Holy City of the Wichitas and more.

See page 3 for more information.

ROLLING MEADOWS

940-691-7511

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rmeadows.com

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Keep Your Brain Growing: It's Never Too Late to Learn

The brain is constantly changing as we age. This ability to grow, adapt, and build new connections is called neuroplasticity. Every time we challenge our minds, the brain strengthens just like muscles do when we exercise.

When we learn a new card game, practice a new dance, take up painting, or even learn how to use a new phone or tablet, the brain forms fresh neural pathways. These pathways support stronger memory, clearer thinking, and better problem solving. By continuing to learn, we exercise our brain's "muscle," helping it stay sharp and resilient.

One powerful brain booster is creativity. Creative activities such as drawing, crocheting, writing poetry, or playing music force the brain to plan, express ideas, and make decisions. These activities also provide emotional benefits, like reducing stress and improving mood.

Another major contributor to brain health is social connection. When we learn together, talk with others, or participate in group activities, our brains light up in multiple areas. Social learning improves memory and supports emotional well-being.

Studies show that social engagement lowers the risk of depression and dementia. Something as simple as eating lunch with others, attending a class, or joining a book club can make a meaningful difference.

Physical activity also plays a role in brain health. Movement increases blood flow to the brain, delivering oxygen and nutrients that help brain cells work better. Activities like walking, chair fitness, tai chi, and dancing are helpful because they improve balance while stimulating the brain. Movement paired with thinking, such as following dance steps or exercising to music, strengthens areas related to focus, coordination, and memory.

It's never too late to challenge your brain. Pick up a new skill, ask questions, stay curious, socialize with others, and engage your body through movement. Each effort, no matter how small, helps your brain grow stronger and more prepared for the future.

How Can Select Wellness and Therapy Professionals Help?

Select Wellness and Therapy professionals support brain health by helping residents stay mentally active, socially connected, and physically

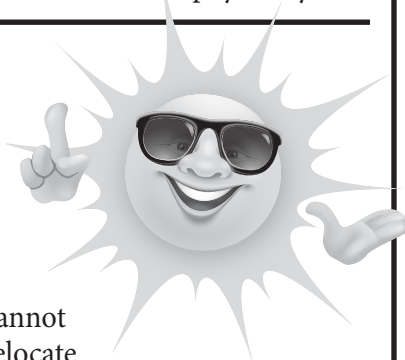
engaged. They offer group fitness programs that boost blood flow to the brain, memory-building classes, social learning opportunities, and educational programs focused on brain-protective habits such as healthy eating, hydration, sleep routine support, and stress management.

For residents who need individualized support, therapy teams are available to assess memory concerns, communication challenges, safety awareness, problem-solving, balance, and overall participation in community activities. Together, we help residents use their minds, grow new skills, and protect their cognitive wellness at every age.

Keely Howard, PTA Clinical Lead
Rolling.Meadows@selectrehab.com
(610)-290-2349

Attention:

With summer just around the corner please call 940-691-7511 any time, day or night, should you have any air conditioning issues. Maintenance will do their best to get your unit repaired as soon as possible. We have your safety and comfort in mind so in the unfortunate case when your unit cannot be repaired expeditiously it may be necessary to relocate you to another part of the campus. Understand that if you have a pet you will need to make arrangements with friends or family for their care. Should you be relocated we will provide extra meals, at no additional charge including any pickup or delivery fees. Please be reminded that maintenance, inside or outside, your homes is our responsibility and that we discourage residents from trying to make repairs to any part of their homes on their own. You are encouraged to call 940-691-7511 and put in a work order for non-emergency repairs as well as emergency repairs. Thank you for your attention and stay cool this summer.



HONORING & REMEMBERING

In Memory of
Janey McCown
by Bill & Mary Ann Watts

In Memory of
Lee Morren
by Rolling Meadows

In Memory of
Wanda Taylor
by Rolling Meadows

In Memory of
Pat Harmon
by Rolling Meadows

In Memory of
Geraldine Nicholson
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.



2 TUE NATIONAL ROCKY ROAD DAY
In a bowl, on a cone, or straight out of the container, this holiday will be delicious. Let's go to Braum's today at 2:00 PM to celebrate with ice cream! Please meet everyone in the Atrium.

4 THU BIRTHDAY PARTY
Please join everyone in the Media Center at 2:00 PM to celebrate June Birthdays. We will be having some delicious cake and ice cream!

5 FRI COFFEE & CONVERSATION
Join us in the Knight Kap today at 9:30 AM as we celebrate coffee, friends and National Donut Day! Come enjoy a sweet treat and some lively conversations!

6 SAT MOVIE MATINEE
We have changed the movie time to 2:15 PM. Today's movie is "The Bridge of Remagen." (1967, not rated.) *Fatigued by the long combat in Europe, Lt. Phil Hartman (George Segal) and his men are ordered to advance on Remagen, a possible toehold into enemy territory. Meanwhile, Maj. Paul Kreuger (Robert Vaughn) of the German armed forces is ordered to defend the town and the nearby bridge across the Rhine.* Bring your own snacks and drinks.

9 TUE GOSPEL SINGING
Today at 2:00 PM in the Media Center we will be singing gospel songs, please come and enjoy this time singing and listening to your favorite gospel hymns.

11 THU GOURMET GETAWAY & SHOPPING TRIP
Today we are going to Cheddar's, please sign up in the mail room if you would like to go. The bus will be leaving at 10:45 AM please meet everyone in the Atrium. After eating, we will head over to Target for some shopping.

13 SAT MOVIE MATINEE
Today at 2:00 pm in the Media Center, we will be showing "My Big Fat Greek Wedding" (rated PG) and Nanci will serve popcorn and soft drinks. *Still unmarried at 30 years old, Toula (Nia Vardalos) falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek. Toula isn't sure which will be more upsetting to her father, that Ian is a foreigner or that he's a vegetarian.*

13 SAT RED RIVER VALLEY VENUE & OPRY HOUSE
Let's go to the Opry! We will leave Rolling Meadows at 6:15 PM and travel to Byers, Texas where "The Gospel Travelers" will be playing. The tickets are \$10.00 at the door. Please sign up in the mail room if you want to go. Seating is limited!

18 THU WICHITA MOUNTAINS TRIP
The bus will leave 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. We will then visit the Holy City of the Wichitas. Please sign up in the mail room if you want to go. We need at least 5 residents signed up to make this trip. You don't have to walk a lot if you don't want to.

19 FRI FATHER'S DAY PARTY
Father's Day is dedicated to honoring fathers, father figures, and paternal bonds, celebrating their guidance, sacrifices, and influence on families. Join us today at 1:30 PM in the Media Center for a Father's Day Party.

20 SAT MOVIE MATINEE
Today's movie at 2:15 PM in the Media Center is "With a Song in My Heart." (1952 not rated.) *After landing a job singing on the radio, Jane Froman (Susan Hayward) marries musical accompanist Don Ross (David Wayne). Under Don's*

management, Jane becomes a star and is invited to perform for the troops during World War II. En route, her plane goes down, leaving Jane with injuries. While on the mend, Jane begins a romance with a wounded military pilot (Rory Calhoun). Bring your own snacks and drinks.

23 TUE NATIONAL PINK DAY
It's National Pink Day, a day where everything basks in pink splendor! It's especially a day for the ladies, but guys, you can also participate in National Pink Day, too!




25 THU POETRY HOUR
Welcome to Poetry Hour. We aim to inspire a deeper love for arts, culture, and education especially through the transformational power of poetry, literature and performance. Please come and bring your poetry to the Media Center today at 2:00 PM.

26 FRI BINGO TOURNAMENT
Today is more than just bingo. It's a Bingo Tournament at 1:30 PM in the Media Center! You can win prizes and there will be a special prize for the person who wins the tournament! Please come and play or cheer for your neighbor. We hope to see you all there!

27 SAT BOOK CLUB
We will be discussing the book "Sweetness at the Bottom of the Pie" by Alan Bradley. This is a mystery about death in the cucumber patch.

30 TUE PENNY PITCHING GAME
Please come to the Media Center at 2:00 PM and let's have some fun! This game is something like Twister, but instead of using your hands and feet, you will be using pennies. You will throw one penny at a time and if your penny lands on the square, you will win that prize. DON'T FORGET YOUR PENNIES!

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Scan To Download the Rolling Meadows App!</p>	1 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	2 9:30 Blood Pressure Clinic, KKap 1:00 Dominoes (42), Lib 1:00 Bible Study, MedCtr 1:45 Our Lady Queen of Peace, Chapel 2:00 Braum's Trip <i>Nat'l Rocky Road Day</i> 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	3 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	4 9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day <i>"Accounting" till 11:00 am</i> 1:00 Wii Games, FitCtr 2:00 Birthday Party, MedCtr 3:00 Chair Volleyball, FitCtr 3:30 Piano Music, Atr 6:15 Worship Service, Chapel	5 9:30 Coffee & Social, KKap <i>Nat'l Donut Day</i> 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	6 1:00 Puzzles, 3rd Floor 2:15 Movie Matinee, MedCtr <i>The Bridge at Remagen</i>
7 1:00 Worship Service, Chapel	8 1:00 Tiki, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	9 9:30 Blood Pressure Clinic, KKap 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, MedCtr or KKap 1:45 Our Lady Queen of Peace, Chapel 2:00 Gospel Singing, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	10 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 Apartments</i>	11 9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day <i>"First Bank" till 11:00 am</i> 10:45 Gourmet Getaway & Shopping Trip 1:00 Wii Games, FitCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	12 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	13 1:00 Puzzles, 3rd Floor 2:00 Movie Matinee, MedCtr <i>My Big Fat Greek Wedding</i> 6:15 Red River Valley Venue & Opry House
14 1:00 Worship Service, Chapel <i>Men's Health Week Begins!</i>	15 1:00 Tiki, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	16 9:30 Blood Pressure Clinic, KKap 1:00 Wii Bowling, FitCtr 1:00 Bible Study, MedCtr or KKap 1:00 Dominoes (42), Lib 1:45 Our Lady Queen of Peace, Chapel 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	17 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	18 9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 9:30 Day Trip to the Wichita Mountains 10:00 Bank Day <i>"Accounting" till 11:00 am</i> 1:00 Wii Games, FitCtr 2:00 WF Public Library, Lib 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	19 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi w/Meredith, Lib 1:30 Father's Day Party, MedCtr 3:00 Chair Volleyball, FitCtr	20 1:00 Puzzles, 3rd Floor 2:15 Movie Matinee, MedCtr <i>With A Song In My Heart</i>
21 1:00 Worship Service, Chapel <i>Men's Health Week Ends Wear Blue Today!</i> Happy Father's Day!	22 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	23 9:30 Blood Pressure Clinic, KKap 1:00 Wii Bowling, FitCtr 1:00 Bible Study, MedCtr or KKap 1:00 Dominoes (42), Lib 1:45 Our Lady Queen of Peace, Chapel 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib <i>National Pink Day!</i>	24 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	25 9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day <i>"First Bank" till 11:00 am</i> 1:00 Wii Games, FitCtr 2:00 Poetry Hour, MedCtr 2:00 WF Public Library, Lib 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	26 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi w/Meredith, Lib 1:30 Bingo Tournament, MedCtr 3:00 Chair Volleyball, FitCtr	27 1:00 Puzzles, 3rd Floor 1:00 Book Club, Lib
28 1:00 Worship Service, Chapel	29 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	30 9:30 Blood Pressure Clinic, KKap 1:00 Dominoes (42), Lib 1:00 Bible Study, MedCtr or KKap 1:45 Our Lady Queen of Peace, Chapel 2:00 Penny Pinching Game, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	 <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>	RM Clinic Is Open If you are a resident, The Clinic at Rolling Meadows is for you. The Clinic is now taking new patients and is located on the second floor of the Bradley Building in apartment #244.	 <p>Tom Talbert, M.D. Krysla Darden, FNP</p> <p>3006 McNeil Ave. Wichita Falls, TX 76309</p> <p>Office: 940-689-2033 Fax: 940-689-2053</p>	

Good Times...



A Note From Cametra



As I am approaching my fourth month as the Fitness Coordinator, I would like to say **Thank You** to everyone. Thank You for helping me during any classes while I was learning. Thank You for accepting me with any and all of my flaws. Thank You for continuing to participate in your weekly classes after I joined the team. I am saying all of this to say, I am enjoying this journey thus far and I can't wait to see where it continues to take me. Now on to a few things about this glorious month of June. Rhyme time for June...

Ah, happy day, refuse to go!
 Hang in the heavens forever so!
 Forever in mid-afternoon!
 Ah, happy day of happy June!
 - Harriet Elizabeth Prescott Spafford

- June's birthstone is generally considered to be the Pearl, as well as Alexandrite and Moonstone.
- Juno is the ancient Roman Goddess of marriage and child birth.
- The month of June is still a popular month for weddings.

- Cametra

Library Notes

It's a great time to visit the Rolling Meadows Library and enjoy some great books. Reading is a great option for staying indoors and staying cool!

Come discover our new books and peruse the "New Arrivals" displayed on the center table.

Our featured book this month is:
All The Light We Cannot See
 by Anthony Doerr

A Pulitzer Prize winning historical novel that intricately weaves together the lives of a blind French girl, Marie-Laure LeBlanc, and a brilliant German orphan, Werner Pfennig, during World War II. As Marie-Laure flees Nazi-occupied Paris with her father, taking refuge in the seaside town of Saint-Malo with a forbidden, potentially cursed diamond, Werner is pressed into service by the Nazi army for his talent in radio technology.

Don't forget the Wichita Falls Public Library Mobile Van is making monthly trips to Rolling Meadows to enable more opportunities for your reading pleasure. The dates and times are posted throughout the building.

We are always thankful for any monetary gifts to the Rolling Meadows Library for future acquisitions, you may turn your donation into the front office.

Thank you for all your positive comments concerning the library!

Welcome New Residents!

MARIE FRENCH Marie is from Wichita Falls. She likes to quilt and belongs to the Red River Quilting Guild. Please make Marie feel welcome by introducing yourselves. Welcome to our Rolling Meadows family, Marie!

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



JUNE BIRTHDAYS

M.K. Miller	4
Eldon Sund	6
Judy Wells	9
Kenn Hill	15
Stuart King	18
Allen McClure	20
Kay Lewis	21
Catherine Martin	21
Maureen Talbott	24
Patricia Dillmon	25
Margaret Hoffman	26
Doris Beasley	29

A Peek 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