

The *Meadow Lark*

A Publication of Rolling Meadows

July 2026

CELEBRATE

July!

A Month of Celebrations!

Fourth of July Party

2:00 PM ★ Friday, July 3
In The Media Center

Chocolate Day

11:30 AM ★ Tuesday, July 7
In The Atrium

Hot Dog Day

2:00 PM ★ Wednesday, July 15
In The Media Center

Cherry Day

2:00 PM ★ Thursday, July 16
In The Media Center

Pajama Breakfast

9:30 AM ★ Friday, July 31
In The Media Center

ROLLING
MEADOWS

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Rolling Meadows
Staff

rmeadows.com

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Angel Sheets.....Ext. 104
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Director of Dining Services

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*Director of Maintenance,
Grounds, and Security*

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Director of Nursing, The Gables

Debbie Bryan, R.N. ...Ext. 526
Director of The Pines, Wellness, Home Care

GET THE RM APP!



Rehab Corner

Healthy Tech Supports
Independence and Confidence

Technology can feel intimidating, especially if you didn't grow up with smartphones or touch screens. Yet many aging adults are discovering that technology can make independent living easier. Wearable devices like fitness trackers and smartwatches can help older adults stay active, sleep better, and manage daily routines safely.

One of the biggest advantages of wearables is motivation. These devices provide simple reminders and small goals that encourage movement throughout the day. Many aging adults notice that when they start tracking their steps, they naturally begin walking more. Seeing progress visually creates a sense of accomplishment. That success leads to more movement, more confidence, and a healthier body.

Wearables also help older adults stay aware of how their bodies function. Residents can track heart rate, sleep patterns, hydration reminders, and even stress levels. Some devices offer fall detection or emergency alerts. These features can provide both peace of mind and improved communication with healthcare professionals. For example, if a resident shares that their sleep has been poor and their wearable confirms it, staff or therapists can explore helpful strategies.

However, wearable technology works best with guidance. The information on a device should never be used to diagnose a health problem without a doctor or health care provider involved. As an example, a low sleep score could come from a restless night, not necessarily a medical condition. When residents and caregivers understand how to

interpret the numbers correctly, wearables become tools for prevention, not anxiety.

With proper instruction and realistic expectations, wearables help aging adults stay engaged in their health and celebrate progress. Healthy aging becomes more personalized, more empowering, and more enjoyable with a little digital support.

How Can Select Wellness and Therapy Professionals Help?

Select Wellness and Therapy professionals help residents use technology safely and effectively to support their health. They provide education on choosing appropriate devices, teach how to use wearable and app data correctly, and design wellness programs that incorporate healthy tech into movement, sleep, hydration, stress reduction, and cognitive training. When needed, therapy teams can assess individual concerns such as balance, fine motor skills for device use, hearing/vision challenges, or cognitive changes affecting technology safety. Together, we help residents use healthy tech to build confidence, independence, and better quality of life.

Keely Howard, PTA Clinical Lead
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Joke of the Month

How much do rainbows weigh? Not much. They're actually pretty light.

HONORING
REMEMBERING

In Memory of
Robert French
by Rolling Meadows

In Memory of
Jan Lewis
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.



TODAY IS YOUR
BIRTHDAY!

JULY BIRTHDAYS

Regina Kennedy	1
Thomas McGough	4
JoAnn Plaxco	4
Wilma Blacklock	6
James Galloway	6
Wilma Fulton	7
Kenneth Mitchell	8
Gladys Sharp	14
Sue Peterson	15
Lois Kramer	15
Mary Branton	17
Glynda Cessna	18
Steve Burleson	19
Lynn Hoggard	19
Bill Riddle	22
Mia Ruddell	22
Donna McGough	26
Pat Moser	27
Estelle Hefner	28
Kay Weber	30
Margaret Ford	31
Jan Poore	31

July Events

2
THU

CRAFT HOUR
Today at 2:00 PM in the Media Center we will be making patriotic red, white and blue flower Hawaiian leis for the Fourth of July. If you would like to attend, please sign up in the Mail Room so Nanci will know how many supplies to get.

4
SAT

MOVIE MATINEE
Today at 2:15 PM in the Media Center we will be showing "Three Coins in the Fountain". Three hopeful American secretaries visiting Italy -- newcomer Maria (Maggie McNamara), romance-seeking Anita (Jean Peters) and the more mature Frances (Dorothy McGuire) -- fling their coins into Rome's Trevi Fountain, each making a wish. This is a film from 1954 and is not rated. Bring your own snacks and drinks.

3
FRI

FOURTH OF JULY PARTY
Hosting the perfect 4th of July party involves combining classic summer grilling with a festive red, white, and blue atmosphere, backyard games, and evening entertainment. Today at 2:00 PM in the Media Center we will be having a Fourth of July Party, with games, trivia and prizes. If you would like to attend please sign up in the Mail Room. Dress Festive! Thank you!

6
MON

GOURMET GETAWAY
The bus will be leaving at 10:30 AM for a yummy meal at Bill's Catfish. Please sign up if you are riding the bus. Thank you!

7
TUE

WORLD CHOCOLATE DAY
Today in the Atrium at 11:30 AM we are celebrating World Chocolate Day. This day celebrates the global love for chocolate and it is also the birthday of Milton S. Hershey, founder of the Hershey Chocolate Company. Come by the Atrium for some chocolate!!!

7
TUE

WATERCOLOR LESSON
Today from 2:00 PM – 3:30 PM in the Media Center, artists Ginger Boller, and Daniel will give us a lesson on watercolor painting. They will have all of the supplies that you will need. If you have any questions please ask Nanci. You can go to Gingersnap Art Studio on Facebook and see Ginger's work. Please sign up in the Mail Room if you would like to go!

9
THU

BIRTHDAY PARTY
Join us in the Media Center at 2:00 PM to celebrate our July birthdays! Everyone is welcome to come and enjoy cake and ice cream. Happy Birthday!

11
SAT

RED RIVER VALLEY VENUE & OPRY HOUSE
Let's go to the Opry! We will leave at 6:15 PM and travel to Byers, Texas where "The Mayos & Post Oak" will be performing. The tickets are \$10.00 at the door. Please sign up in the Mail Room if you want to go. Seating is limited.

14
TUE

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

15
WED

NATIONAL HOT DOG DAY
National Hot Dog Day celebrates a summertime staple. Join us in the Media Center today at 2:00 PM for some delicious hot dogs with the fixings, potato chips and more. Please sign up in the Mail Room if you would like to attend.

16
THU

NATIONAL CHERRY DAY
Join us for a sweet treat today at 2:00 PM in the Media Center, as we celebrate National Cherry Day. It's a good thing George Washington only chopped down one cherry tree! Please sign up in the Mail Room if you would like to attend.

18
SAT

MOVIE MATINEE
Will be showing "Advise & Consent" today in the Media Center at 2:15 PM. A political drama based on the lauded novel by Allen Drury. Staring Henry Fonda and Don Murray. This film is from 1962 and not rated. Bring your own snacks and drinks.

23
THU

MOVIE MATINEE
Today at 2:00 PM in the Media Center, we will be showing "My Best Friend's Wedding". A romantic comedy starring Julia Roberts, Dermot Mulroney and Cameron Diaz. If you would like to come please sign up in the Mail Room. Nanci will have snacks and refreshments.

24
FRI

SHOPPING TRIP
Put on your walking shoes and let's go shopping at Michael's, Home Goods, Bath and Body Works and Five Below. The bus will be leaving at 10:30 AM. Please sign up in the Mail Room if you wish to go.

25
SAT

BOOK CLUB
Today at 1:00 PM we will be discussing "The Unexpected Inheritance of Inspector Choppa" by Basement Khan... suspicious death in Mumbai's high rise, slums underworld.

28
TUE

BRAUM'S TRIP
Please sign up in the Mail Room if you are riding the bus to Braum's at 2:00 PM today. This is a great time to enjoy some ice cream or even a milkshake.

31
FRI

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, coffee, and juice in the Media Center at 9:30 AM. Please sign up in the Mail Room so we will know how much food to order. Thank you!

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <u>Courtesy Van to Dr Offices:</u> Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30 <u>Dry Cleaning</u> Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room		 Check your Week In Review for changes & updates!	10:00 Virtual AI Wellness Screening, MedCtr 10:00 Dale's Book Signing, Atr 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	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 3:30 Piano Concert, Atr 6:15 Worship Service, Chapel	1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 4th of July Party, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Puzzles, 3rd Floor 2:15 Movie Matinee, MedCtr Three Coins In The Fountain Happy Independence Day!
5 1:00 Worship Service, Chapel	6 10:30 Gourmet Getaway to Bill's Catfish 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	7 9:30 Blood Pressure Clinic, KKap 11:30 World Chocolate Day, Atr 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 Watercolor Lesson, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	8 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib Filter change in the Cottages	9 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 Birthday Party, MedCtr 3:00 Chair Volleyball, FitCtr 5:00 Breakfast for Dinner, RenRm 6:15 Worship Service, Chapel Filter change in the Cottages	10 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi w/Meredith, Lib 1:30 All Staff Meeting, MedCtr 3:00 Chair Volleyball, FitCtr	11 1:00 Puzzles, 3rd Floor 6:15 Red River Valley Venue & Opry House
12 1:00 Worship Service, Chapel	13 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	14 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 2:00 Cornhole, Atr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	15 1:00 Brain Games/Trivia, MedCtr 2:00 National Hot Dog Day, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	16 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 National Cherry Day, MedCtr 2:00 WF Public Library, Lib 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	17 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	18 1:00 Puzzles, 3rd Floor 2:15 Movie Matinee, MedCtr Advise & Consent
19 1:00 Worship Service, Chapel	20 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	21 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 2:00 Watercolor Lesson, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	22 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	23 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 Movie Matinee, MedCtr My Best Friend's Wedding 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	24 10:30 Shopping Trip to Michael's & Home Goods 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	25 1:00 Puzzles, 3rd Floor 1:00 Book Club, Lib
26 1:00 Worship Service, Chapel	27 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	28 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 Braum's Trip - National Milkshake Day! 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	29 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	30 9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "Accounting" till 11:00 am 1:00 Wii Games, FitCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	31 9:30 Pajama Breakfast, MedCtr 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	 Scan To Download the Rolling Meadows App!



Good Times...

A Note From *Cametra*

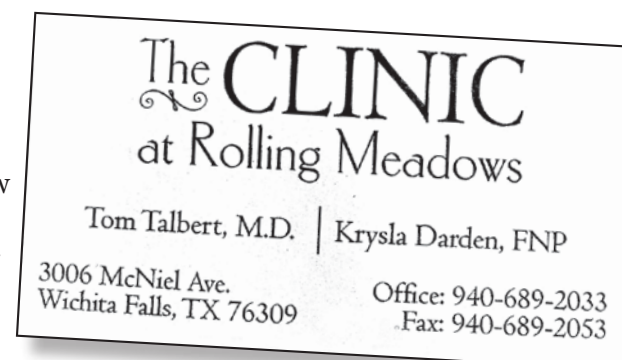
Every year in June we go on vacation to Virginia to spend time with my oldest daughter's family. This year we decided to change it to July and I will be gone from the end of this month into the beginning of August. During this time Kari will be gracing you all with her presence. I know everyone will enjoy that. Have FUN and I will see ya'll when I return. Before I go here's a poem for you all. "You have to love a nation that celebrates its independence every 4th of July not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have over eaten, but its patriotism."

- Cametra



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.



Our country is celebrating 250 years of independence this July and what better way to appreciate this incredible event than reading about it! The library's non-fiction section includes books about the country's important historical milestones, the lives of past U.S. Presidents, and American accomplishments.

Also, don't forget to peruse the "New Arrivals" on display.

The "Featured Book of the Month" is: **1776 by David McCullough**

A #1 New York Times non-fiction bestseller, a gripping historical account detailing the

early, precarious months of the American Revolutionary War. It chronicles the Continental Army's harrowing struggles against a vastly superior British force and highlights General George Washington's critical leadership in keeping the independence movement alive.

Don't forget the Wichita Falls Public Library Mobile Van is making monthly trips to Rolling Meadows to enable more opportunities for you to participate in reading. 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. Take a moment and give thanks to the Red, White, and Blue!

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

Welcome New Residents!

DARLENE DAVIS is from Borger, TX (born and raised) and enjoys bible study, reading, crochet, 42/84 and other domino games, some gardening, swimming and bowling.

SHERRY GUICE is from Jacksboro, TX and enjoys gardening and decorating.

GAYLE MORRISON is from Seymour, TX (Bomartan) and enjoys Wordle, television and quality time with friends and family.

Please introduce yourselves to these ladies and, welcome to the Rolling Meadows family Darlene, Sherry and Gayle!

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

