

The *Meadow Lark*

A Publication of Rolling Meadows

September 2026



September is **WESTERN MONTH**

At Rolling Meadows!

We'll be kicking up our heels all month long with western themed music, food and events.

See Page 3 for more information.



ROLLING
MEADOWS

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Rolling Meadows
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rmeadows.com

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Director of The Pines, Wellness, Home Care

GET THE RM APP!



Moving Through Pain:
Why Gentle Exercise Helps

Many people believe that when you have chronic pain, the best thing to do is to rest. For decades, this was common medical advice. Today, we know more. Science now shows that movement is one of the most powerful tools for reducing pain, especially for aging adults.

Gentle exercise and stretching increase blood flow, reduce stiffness, improve mood, and calm overactive pain signals in the brain. When muscles and joints are strong and flexible, they are less likely to send pain messages. Even small amounts of movement make a big difference. A short walk down the hallway, seated exercises during TV time, or slow stretches before bed can lower pain and tension.

Exercise also helps with mood, which is closely linked to pain. When we move, our bodies release natural chemicals that reduce pain and increase feelings of well-being. This doesn't mean you have to work hard or sweat heavily. Simple, consistent movement signals the body to relax, breathe deeper, and loosen tight areas that contribute to chronic discomfort.

For many people, the hardest part is just getting started. Pain can make

movement feel scary. But movement can be gentle, slow, and carefully guided. Therapy teams and wellness instructors can demonstrate how to move safely without overdoing it. Over time, people notice better sleep, better balance, improved mood, and less discomfort. Movement becomes a way to build confidence, not fear.

How Can Select Wellness and Therapy Professionals Help?

Select Wellness and Therapy professionals can help guide individuals to safe and effective movement routines that reduce chronic pain. They provide personalized exercise programs, gentle manual techniques, balance training, posture education, and strategies to reduce tension. They also work with medical providers to ensure individuals exercise safely while managing chronic conditions. Together, we help clients move with confidence, reduce pain naturally, and build strength for everyday life.

Keely Howard, PTA
Clinical Lead
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HONORING & REMEMBERING

- In Memory of Linda Hatfield by Rolling Meadows
- In Memory of Ruth Wood by Rolling Meadows
- In Memory of Gloria Brooks by Rolling Meadows
- In Memory of John Ullum by Rolling Meadows
- In Memory of Sharon Gaines 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.

Happy
BIRTHDAY
SEPTEMBER BIRTHDAYS

Pam Peck	1
Karen McNew	3
Pat Parkinson	3
Carol Ann Riddle	5
Alice Hund	6
Cindy Cox	7
Ida Hoff	8
Marie French	9
Jane Palatas	15
Phyllis Colyer	17
Bill Bradley	18
Joyce King	18
Janice Hise	19
Tom Walling	22
JoAnn Young	22
Judy Knowlton	30
Winona Sanders	30

Please Note:

This month our 3rd Saturday movie is moved to the 4th Saturday due to Tom Walling's 90th birthday party on September 19th.



Joke of the Month

What kind of cheese
doesn't belong to you?
Nacho cheese!



1
TUE

CORNHOLE

Bring your 'A' game to the Atrium today at 2:00 PM and 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. It's fun!

3
THU

BIRTHDAY PARTY

Grab a pardner and kick up your heels as we celebrate our September birthdays with Western Style! Join us today at 2:00 PM in the Media Center. There will be plenty of ice cream and cake. Please sign up in the Mail Room.

5
SAT

MOVIE MATINEE

Join us in the Media Center at 2:15 PM for *Doctor Zhivago*, starring Omar Sharif and Julie Christie. Please bring your own drinks and snacks.

8
TUE

MOVIE MATINEE

Today is National Star Trek Day so join us in the Media Center at 3:00 PM for *Star Trek VI: The Undiscovered Country*. Popcorn and sodas will be available. Please make sure to sign up in the Mail Room.

10
THU

CRAFT HOUR

Join Nanci in the Media Center at 2:00 PM. She will have all of the supplies to decorate your cowboy or cowgirl hat, perfect for our upcoming Western Day! Please sign up in the Mail Room if you would like to attend.

13
SUN

NATIONAL GRANDPARENTS DAY

Let's have fun by each resident bringing a baby or toddler picture of themselves and see if anyone can recognize you! We will be serving cake and ice cream in the Atrium at 2:00 PM

15
TUE

NATIONAL CHEESEBURGER DAY

The bus will leave at 10:45 AM to celebrate this special day at Ronnie's Burgers! Please sign up in the Mail Room if you would like to join us.

17
THU

INTERNATIONAL COUNTRY MUSIC DAY

Join us in the Atrium at 1:00 PM as we enjoy music by Mark Sutton and refreshments as well. Scoot your boots with a little two-stepping, waltzing, or Cotton Eye Joe!

18
FRI

GOURMET GETAWAY

In keeping with the western theme, we will head over to McBride's Steakhouse on Maplewood at 11:00 AM. Please sign up in the Mail Room there are 14 seats available.

21
MON

SEMINAR: MATURE DRIVERS PROGRAM

Join Amanda Turner and Meredith Utley for Traffic Safety Bingo today at 2:00 PM in the Media Center. It's a fun way to brush up on your driving. Please sign up in the Mail Room.

22
TUE

NATIONAL GIRLS "NIGHT IN DAY"

Today is the perfect day to gather your girlfriends to share laughs and create memories. The bus leaves at 11:00 AM to celebrate this special day at the Cheesecake Factory. If you would like to go, please sign up in the Mail Room.

24
THU

NATIONAL CHERRIES JUBILEE DAY & MOVIE MATINEE

Today at 2:00 PM in the Media Center we will be showing "The Magnificent Seven" (2016). Staring Denzel Washington, Ethan Hawke, Chris Pratt and Haley Bennett. Popcorn and sodas will be available and we will be serving cherries jubilee for National Cherries

25
FRI

Jubilee Day. Please make sure to sign up in the Mail Room.

25
FRI

WESTERN MONTH

Join us in the Atrium at 1:30PM today as we say "adios" to Western Month. We will celebrate with snacks and music by The Rusty Nail Band.

26
SAT

BOOK CLUB

This month we will be discussing the book *The One in a Million Boy* by Monica Wood. Please join us in the Library at 1:00PM

26
SAT

MOVIE MATINEE

We will be showing *The Sound of Music* today at 2:15 PM in the Media Center. A tuneful, heartwarming story, this classic film is based on the real life story of the Von Trapp Family singers. Please bring your own drinks and snacks.

28
MON

SHOPPING TRIP

Today at 11:00 AM we will be heading to Burlington formally known as the Coat Factory. If you would like to go please sign up in the Mail Room.

29
TUE

NATIONAL STARBUCKS & COFFEE DAY

Celebrate all things coffee with your friends as we head to Starbucks this morning at 9:30 AM. Please sign up in the Mail Room.

29
TUE

MOVIE MATINEE

2:00 PM today in the Media Center we will be showing *Urban Cowboy*, starring John Travolta and Debra Winger. Please sign up in the Mail Room. Popcorn and sodas will be available.

30
WED

NATIONAL HOT MULLED CIDER DAY

Get ready for fall with a cup of hot mulled cider. Join us in the Atrium at 3:30 PM to get your cup. Yum, Yum!

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 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		9:30 Blood Pressure Clinic , KKap 1 1:00 Wii Bowling , FitCtr 1:00 Tiki , KKap 1:45 Our Lady Queen of Peace , Chapel 2:00 Cornhole , Atr 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	10:00 Virtual AI Wellness Screening , MedCtr 2 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	9:00 Walmart Shopping 3 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 3:30 Piano Concert , Atr 6:00 Worship Service , Chapel	1:00 Mexican Train , KKap 4 1:00 Wii Games , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Quater Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	9:30 WF Public Library 5 1:00 Puzzles , 3rd Floor 2:15 Movie Matinee , MedCtr <i>Dr. Zhivago</i>
6 1:00 Worship Service , Chapel	7 <i>Happy Labor Day!</i> <i>No Scheduled Activities</i>	8 9:30 Blood Pressure Clinic , KKap 1:00 Wii Games , FitCtr 1:00 Tiki , KKap 1:45 Our Lady Queen of Peace , Chapel 3:00 Movie Matinee , MedCtr <i>Star Trek</i> 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	9 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib <i>Filter Change In The Cottages</i>	10 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 6:00 Worship Service , Chapel <i>Filter Change In The Cottages</i>	11 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Quater Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	12 1:00 Puzzles , 3rd Floor
13 1:00 Worship Service , Chapel 2:00 National Grandparents Day , Atr	14 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	15 9:30 Blood Pressure Clinic , KKap 10:45 To Ronnie's Burgers for Nat'l Cheeseburger Day 1:00 Wii Games , FitCtr 1:00 Tiki , KKap 1:45 Our Lady Queen of Peace , Chapel 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	16 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	17 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 1:00 Western Day , Atr 2:00 WF Public Library 3:00 Chair Volleyball , FitCtr 6:00 Worship Service , Chapel	18 11:00 Gourmet Getaway: <i>To McBride's Steakhouse</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	19 1:00 Puzzles , 3rd Floor
20 1:00 Worship Service , Chapel	21 1:00 Wii Bowling , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Grocery Shopping 2:00 Seminar: Mature Drivers <i>Program & Traffic Safety Bingo</i> , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	22 9:30 Blood Pressure Clinic , KKap 11:00 Nat'l Girls "Night In Day" / Cheesecake Factory 1:00 Wii Games , FitCtr 1:00 Tiki , KKap 1:45 Our Lady Queen of Peace , Chapel 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	23 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	24 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 Movie Matinee , <i>The Magnificent Seven, & Nat'l Cherries Jubilee Day</i> , MedCtr 3:00 Chair Volleyball , FitCtr 6:00 Worship Service , Chapel	25 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi w/Meredith , Lib 1:30 So Long to Western Month , Atr 2:00 Rusty Nail Band , Atr 3:00 Chair Volleyball , FitCtr	26 1:00 Puzzles , 3rd Floor 1:00 Book Club , Lib 2:15 Movie Matinee , MedCtr <i>The Sound of Music</i>
27 1:00 Worship Service , Chapel	28 11:00 Shopping at Burlington 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	29 9:30 Trip to Starbucks Coffee 9:30 Blood Pressure Clinic , KKap 1:00 Wii Games , FitCtr 1:00 Tiki , KKap 1:45 Our Lady Queen of Peace , Chapel 2:00 Movie Matinee , MedCtr <i>Urban Cowboy</i> 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	30 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib 3:30 Nat'l Hot Mulled Cider Day , Atr	 <i>Check your Week In Review for changes and updates!</i>		 Scan To Download the Rolling Meadows App!



Good Times...

A Note From *Cametra*

This month is a significant one for me. My mother's birthday being one of the reasons why. She's my everything, and to know me is to know that I am my mother's child. I LOVE her to the moon and back. A lot of you were blessed with her presence here at Rolling Meadows as a LVN for over thirty years (Dora Driver). This is the main reason for this month being a big one for me. Another reason is Fall is my favorite season of all. September sets this season off for me. Stop by the Fitness Center and let me know what September means to you. I'd love to hear some of your reasons why this month is a big one for you.

- *Cametra*



If you are interested in discovering some inside knowledge about your favorite politicians, celebrities, and/or notable historical personalities, peruse the BIOGRAPHY section in your library! There are many options to read about from iconic Hollywood celebrities like Paul Newman to political dynasty families like the Bushes.

The "Featured Book of the Month" is: *Spare* by Prince Harry the Duke of Sussex. The biography is a raw, intimate memoir. It explores his life in the British royal family, the trauma of losing his mother at a young age, his military service, and his

eventual decision to step back from royal duties with his wife, Meghan Markle. He details years of emotional numbing, anger, and anxiety attacks later in life tied to his unresolved grief and intense media intrusion.

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.

Satisfy your curiosity about the famous people you always wanted to know more about!

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	2:00 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
Trivia/Brain Games	Media Center
Wednesdays	1:00 pm



Do You Have Any Suggestions?

Do you have any ideas or suggestions for programs offered by the Fitness Center? If you do, please share them with Cametra so we can work on getting these put in place!

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.

The CLINIC
at Rolling Meadows

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

3006 McNiel Ave.
Wichita Falls, TX 76309

Office: 940-689-2033
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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 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