

The *Meadow Lark*

A Publication of Rolling Meadows

March 2019



Let's Celebrate **Mardi Gras**

**Tuesday, March 5
5:00 PM In The Atrium**

**Shrimp, Crawfish,
King Cake and Much More!**

Music by Michael Merrill

See Page 3 for more details
and sign up early!

Laissez le bon temps rouler!

(Let the good times roll!)

ROLLING
MEADOWS

940-691-7511

Rolling Meadows Staff
rmeadows.com

Marsha ConyeaExt. 102
Executive Director

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

Jerry CarawayExt. 109
Director of Resident Services

Mimi BaconExt. 111
Director of Dining Services

Cindy NoeExt. 112
Director of Accounting

Roye Maenza
Director of Grounds, Maintenance, Security

Kim Holley, R.N.Ext. 202
Director of Nursing, The Gables

Debbie Bryan, R.N.Ext. 291
Director of Clinic, Wellness, Home Care



Daylight Savings Time

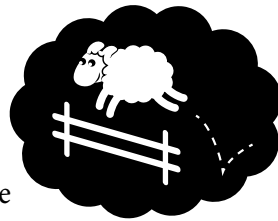
Remember! We “Spring” forward this month. Be sure to set your clocks forward one hour on **Saturday, March 10**, before you go to bed. That way you will be on time for church when your alarm goes off on Sunday morning!

Resident Directory

We are needing to update and create our beautiful resident directory binders. We will need all new pictures from all of our residents and department directors. If you have a resident directory binder we will help you add the new pictures for a small fee and if you have not purchased one yet we will have those available for \$35, complete with pictures and numerical and alphabetical listings of all residents whom choose to participate. **We will have a PICTURE WEEK on Monday, March 18 through Friday, March 22.** If you want to have your picture in the directory please get with Loretta or Angel during this week!

Spring Forward with 10 Sleep Tips

1. Gradually transition into the time change
2. Give yourself a sleep break after the time change
3. Know how much sleep you need
4. Keep regular sleep hours
5. Get some exercise during the day
6. Avoid stimulating substances
7. Eat lightly at night
8. Relax before bed
9. Create a sleep-friendly environment
10. Get up if you can't sleep



Welcome to our New Residents!

LARRY RUSSELL

Larry Russell is from Burkburnett and retired from the Air Force. He was a Physician's Assistant for many years with Dr. Danny Bartel. He has enjoyed playing golf and playing cards and dominoes. Be sure to give him a big welcome the next time you see him!

HOPE PARKS

Hope Parks grew up in Edgewood, Texas and moved to Wichita Falls in 1964. She taught music and art in grades 5th and 6th at Jefferson Elementary for 18 years before retiring in 1985. Hope enjoys music, playing the piano and reading. You will see her from time to time playing our piano in the atrium. Everyone please welcome Hope to our community!



TODAY IS YOUR
BIRTHDAY!

MARCH BIRTHDAYS

Martha Smith	3
Doris Pappan	3
Joye Walling	5
Patsy Harney	5
Bobbie Hall	9
Maxine Ernest	10
Dena McGann	10
Pauline Savage	13
Jeff Wallin	14
Jewel Splawn	14
Dub Largin	15
Jack Awtrey	15
Carolyn Rogers	15
Mona Borders	16
John McCleskey	16
Willie Blagg	20
Ruth Kuehn	20
Gerald Phelps	28
Ron Mauden	29
Dorothy Woolf	31

HONORING & REMEMBERING

In Memory of
Edra Cardin
by Rolling Meadows

In Memory of
Archie Pitts
by Rolling Meadows

In Memory of
Billye Hickman
by Rolling Meadows

In Memory of
Charles Harper
by Rolling Meadows

In Memory of
Mary James
by Rolling Meadows

March Events

4 DEVOTIONAL WITH VICKIE

Start your week off with some inspirational words of truth and encouragement by attending the devotional readings with Vickie every Monday at 9:30 in the chapel! Vickie will read a short devotional from various authors followed by a short discussion. Ask your neighbor and friends to join you!

5 BREAKFAST AT IHOP

Today is National Pancake Day, so what better way to celebrate than eating a short stack of buttermilk pancakes at IHOP! This would be a great time to invite a new resident to join in the fun this morning at 9:30!

5 MARDI GRAS

laissez le bon temps rouler
(Let the good times roll)

Have fun and dress in the colors of Mardi Gras and join us for a fantastic dinner of a shrimp crawfish boil, corn on the cob, potatoes, King cake and virgin hurricanes! Please sign up any guests in advance for this meal. Musical entertainment will be provided by the melodious voice of Michael Merrill!

Mardi Gras, or Fat Tuesday, refers to events of the Carnival celebration, beginning on or after the Christian feasts of the Epiphany and culminating on the day before Ash Wednesday. Mardi Gras is French for "Fat Tuesday", reflecting the practice of the last night of eating rich, fatty foods before the ritual fasting of the Lenten season.

7 BIRTHDAY PARTY

Join us in the Media Center at 2:00 PM to celebrate the March birthdays with cake and ice cream. This month will have a St. Patrick's theme! Everyone is invited and encouraged to come!

8 COFFEE & CONVERSATION

Join us in the Knight Kap at 10:00 AM for coffee and great conversation. There is also something sweet to snack on! Invite someone you don't know so we can all learn something new about them.

12 KIOWA CASINO

Is lady luck on your side? We will be testing that theory as we head over the river to Kiowa Casino at 11:00 AM. Enjoy lunch and then hit the machines! Please sign up in advance in the mail room.

12 CRAFT HOUR

Join us as we create a little Irish luck with our St. Patrick's Day décor in the Media Center at 3:15 PM. Vickie will have all the items needed to help you be as creative as you want!

14 MEET & GREET

Come to the Media Center at 3:00 PM to have a lively conversation with your fellow residents. It's save a spider day!! We will have refreshments. Does anyone know where to get chocolate covered spiders? We will also have some spider Trivia!!

14 BREAKFAST BUFFET FOR DINNER

For the new residents that have not had the pleasure of experiencing our monthly Breakfast Buffet for dinner, you are in for a treat. Usually on the second Thursday of the month Chef Miguel will be making omelets and his staff will put out a spread of all the best breakfast items! Head over to the Renaissance Room at 5:00 PM and grab a table!

15 ST. PATRICK'S DAY PARTY

Put on something green and head over to the Media Center at 2:00 to enjoy a little Irish fun! Vickie says there could be some surprises and you certainly don't want to miss out!

19 SIT & CHAT

Meet Marsha in the Media Center at 1:30 PM to hear what's going on here at Rolling Meadows. Have all your questions answered and share any concerns you may have. All of the department heads are in attendance so they are available to answer questions and hear your ideas as well!

19 BRAUM'S

Indulge in a Banana Split, or a creamy milkshake today at 3:15 PM. (You know you want one.) Or, try ordering some fries and dip them in your ice cream for a delicious salty and sweet treat!



21 COOKING DEMO

Get an early seat in the Media Center at 3:00 PM to see what Mimi, our Director of Dining Services, will be demonstrating. Mimi was born and raised in Wichita Falls and opened Mimi's City Café, in 2003. She has worked as a certified dietary manager since 2007. Luckily she became a member of Rolling Meadows family in 2018 and says she plans on being here for many years to come!

26 SHOPPING AT DILLARD'S

Calling all shoppers! The bus will be leaving at 3:15 PM and headed over to the mall to one of our favorite stores, Dillard's. There should be great markdowns for all remaining winter clothes as well as some insight to what the spring line looks like. Please sign up in advance in the Mail room.

MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Move It In March! <i>Here's what's happening this month in the Fitness Center</i> Water Walking, Pool 9:00am Mon thru Fri Chair Aerobics, FitCtr 10:10am Mon thru Fri Open Fitness, FitCtr 1:00pm Tues & Fri Open Fitness, FitCtr 2:00pm Wed Chair Volleyball, FitCtr 3:00pm Mon thru Fri Gentle Fitness, FitCtr 4:00pm Mon & Fri Wii Bowling, FitCtr 1:00pm Mon & Thurs Aqua Fit, Pool 2:00pm Tues & Thurs			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		1:00 Mexican Train, KKap 1:00 Bridge, Lib <i>World Compliment Day</i>	1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap <i>Dr. Seuss Day</i>
3 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr <i>I Want To Be Happy Day</i>	4 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr <i>Toy Soldier Day</i>	5 9:30 Breakfast At IHOP 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 3:15 Singing w/Vickie, MedCtr 5:00 Mardi Gras Dinner w/ Michael Merrill <i>International Pancake Day</i>	6 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib <i>Oreo Cookie Day</i>	7 9:00 Shopping at Wal-Mart Bank Day "Accounting" till 11:00 10:00 Men's & Ladies Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 2:00 Birthday Party, MedCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib <i>National Cereal Day</i>	8 10:00 Coffee & Conversation, KKap 1:00 Mexican Train, KKap 1:00 Bridge, Lib <i>Tarter Sauce Day</i>	9 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap <i>Get Over It Day</i>
10 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr <i>Girl Scout Sunday</i>	11 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr <i>Napping Day</i>	12 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 11:00 Kiowa Casino 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 3:15 Craft Hour - St. Patty's Decor, MedCtr 4:00 Generations, MedCtr <i>Organize Your Home Office Day</i>	13 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib <i>Donald Duck Day</i>	14 9:00 Shopping at Wal-Mart Bank Day "First Bank" till 11:00 10:00 Men's & Ladies Bible Study, Chapel 11:00 Gourmet Getaway 1:00 Our Lady Queen of Peace, Chapel 3:00 Meet & Greet, MedCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib <i>Cottage Filter Change Buzzard's Day</i>	15 1:00 Mexican Train, KKap 1:00 Bridge, Lib 2:00 St. Patrick's Day Party, MedCtr <i>Cottage Filter Change Buzzard's Day</i>	16 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap <i>Lips Appreciation Day</i>
17 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr 	18 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr <i>Awkward Moments Day</i>	19 9:00 Connect Hearing, KKap 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 1:30 Sit & Chat, MedCtr 2:00 Bible Prophecy, MedCtr 3:15 Braum's <i>National Poultry Day</i>	20 1:00 Trivia, MedCtr 2:00 Bingo w/Hospice, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib <i>International Day of Happiness</i>	21 9:00 Shopping at Wal-Mart Bank Day "Accounting" till 11:00 10:00 Men's & Ladies Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 2:00 Cooking Demo, MedCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib <i>National Goof Off Day</i>	22 1:00 Mexican Train, KKap 1:00 Bridge, Lib <i>National Goof Off Day</i>	23 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap <i>National Puppy Day</i>
24 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr <i>National Chocolate Covered Raisins Day</i>	25 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr <i>Pecan Day</i>	26 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 3:15 Shopping at Dillard's 4:00 Generations, MedCtr 7:00 The Proclaimers, Atr <i>Purple Day</i>	27 9:30 Family Hearing, Atr 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib <i>World Theatre Day</i>	28 9:00 Shopping at Wal-Mart Bank Day "First Bank" till 11:00 10:00 Men's & Ladies Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 2:00 Singing w/Vickie, Chapel 6:30 Worship Service, Chapel 6:30 Dominoes, Lib <i>National Mom & Pop's Business Owner's Day</i>	29 1:00 Mexican Train, KKap 1:00 Bridge, Lib <i>National Mom & Pop's Business Owner's Day</i>	30 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap <i>Pencil Day</i>
31 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr <i>National Crayon Day</i>	31 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr <i>Pecan Day</i>	31 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 3:15 Shopping at Dillard's 4:00 Generations, MedCtr 7:00 The Proclaimers, Atr <i>Purple Day</i>	31 9:30 Family Hearing, Atr 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib <i>World Theatre Day</i>	31 9:00 Shopping at Wal-Mart Bank Day "First Bank" till 11:00 10:00 Men's & Ladies Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 2:00 Singing w/Vickie, Chapel 6:30 Worship Service, Chapel 6:30 Dominoes, Lib <i>National Mom & Pop's Business Owner's Day</i>	31 1:00 Mexican Train, KKap 1:00 Bridge, Lib <i>National Mom & Pop's Business Owner's Day</i>	31 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap <i>Pencil Day</i>

A Peek At The Pines

The Pines is taking on March like a lion! Our Calendar is full of fun activities all month long. We are excited to have Senior Students from Iowa Park High School (CNA Class) coming over twice a month for cooking and games, we also are really enjoying our art sessions with Karen Stamper.



If you've been thinking about an apartment in The Pines, please come and reserve one quick, we are filling up. Come have lunch, take a tour, and see for yourself why we are The Best Assisted Living Community in Town.



ROLLING MEADOWS
3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance

