

The Meadow Lark

A Publication of Rolling Meadows

August 2019

Join us for a

Deliziosa Notte!

Invite some friends and join us for a *deliziosa notte* (delicious night) of food and friends at our

Italian Night

August 20 at 5:00 pm
In the Renaissance Room

You and your guests will enjoy an extra special meal with 3 kinds of pasta and 3 kinds of meat as well as two sauces and an assortment of toppings that Chef Miguel will add to personalize the dish. You can expect to see manicotti, pasta fagoli soup, pasta salad, Caesar salad, fresh fruit and tiramisu!



ROLLING
MEADOWS

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Comfort Corner



Megan Walker
Social Worker

Medical social workers are a crucial part

of any health care team. These professionals collaborate with patients, their family and other members of their interdisciplinary team (including physicians, nurses, therapists, etc.) in order to promote physical and mental health and functionality following an illness, hospitalization, or other medical event. Healthcare social workers specialize in case management, educating patients and their loved ones about health issues and treatments options, counseling, and connecting or referring patients to community resources. Megan Walker is a great resource for all of your residents and she is available by appointment for any of your questions. To reach her, just call the front desk and ask for her!



Welcome to our New Residents!

LON & HELEN MCDONALD

Lon & Helen moved here from Fordyce, Arkansas! Lon retired from Arkansas Best Freight after 37 years and now is just enjoying taking care of his sweet dog, named Tiny. Helen enjoys quilting, sewing and crafts. Please take time to introduce yourselves to this sweet couple! Welcome to our Rolling Meadows family Lon & Helen!

DEAN CARROLL

Dean moved here from Oklahoma City but is no stranger to Wichita Falls. She has friends and family who live in the area. Dean likes to read and watch movies. Dean is looking forward to making new friends! Welcome to the Rolling Meadows family Dean!

MARGARET ALEXANDER

Margaret moved here from Burkburnett. She likes to play the piano, exercise, swim, playing bingo, watching movies and shopping. Margaret is looking forward to making new friends, so please make a point to introduce yourselves to her. Welcome to our family here at Rolling Meadows, Margaret!

HAPPY BIRTHDAY to you!

AUGUST BIRTHDAYS

Ruth Means	2
Jerry Broadway	3
Dorothy Pitts	4
Dr. Talbert	8
George Samus	8
Katerine Biter	10
Patti Burgess	10
J.M. Gore	12
Ailene Pokorny	13
Florine Freeland	13
Patricia Leath	17
John Brucker	18
Claudia Lundberg	18
Jean Whittenton	20
Betty Parker	23
Arlette Lokken	24
Mary Jane Ramos	25
Mary Jane Shipley	26
Stella Johnson	31

HONORING & REMEMBERING

In Memory of
Ruby Dunlap
by Rolling Meadows

In Memory of
Robert Wright Jr
by Rolling Meadows

In Memory of
Dorthea Reagan
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.



1 HAPPY BIRTHDAY!

Another adventure filled year awaits you. Welcome it by celebrating your birthday with pomp and splendor with your friends in the Media Center at 2:00 PM today! We are wishing you a very happy and fun-filled birthday with cake and ice cream!

2 NATIONAL ICE CREAM SANDWICH DAY

Did you know the original ice cream sandwich sold for a penny in 1900 from a pushcart in the Bowery neighborhood of New York? The modern version of the ice cream sandwich was invented by Jerry Newberg in 1945 when he was selling ice cream at Forbes Field. Grab your neighbor and head to the Atrium at 2:00 PM today to celebrate with your very own ice cream sandwich.

8 CRAFT HOUR

Vickie has a fun craft hour planned for today at 2:00 PM in the Media Center. She will show you how to make a Mason Jar Luminaries. The mason jar was named after John Landis Mason who first invented and patented it in 1858. He invented the molded glass jar to be used in home canning to preserve food. I bet he would have never dreamed his invention would be used as a luminary!!!

9 COFFEE & CONVERSATION

Please sign up in the mail room for this amazing treat! Today at 9:00 AM in the Knight Kap Vickie will be serving orange juice, coffee, biscuits & gravy along with bacon and sausage. Yum, Yum!!!

15 GOURMET GETAWAY

Hop on the bus today at 11:00 AM to head over to Red Lobster. Crabfest is back with nine dishes and five different

types of crab, Crabfest will crack any size of crab craving! Their weekday win menu special for Thursday is the \$20 Petite Ultimate Feast. There is nothing better than the cheddar biscuits!

15 CRAFT HOUR

Join Vickie in the Media Center at 2:00 PM today and learn how to make coasters out of time and scrap book paper! This sounds like a good gift you could give to someone special. Be sure and invite one of our new residents!

16 CONCERT

Performing Artist, Marshall Mitchell will be playing for us at 2:00 PM in the Atrium. He is best known for his specialty classic country and western music. He tells a few storied, sings favorite tunes from the past, taking you on a trip down memory lane.

20 SHOPPING AT TARGET

The bus will be leaving at 3:15 PM to take everyone to Target. Make your list for any and everything you might need and you will most likely be able to find it at Target. Even if you don't need anything it is always fun to just walk around to see what is new.

20 ITALIAN NIGHT

This will definitely be something you would want to invite some friends over to attend. The dinner meal will be extra special with 3 kinds of pasta and 3 kinds of meat as well as two sauces and an assortment of toppings that Chef Miguel will add to personalize the dish. You can expect to see manicotti, pasta fagoli soup, pasta salad, Caesar salad, fresh fruit and tiramisu!

21 END OF SUMMER BAZAAR

The Atrium will full of vendors from 9:30 AM - 1:30 PM offering you the opportunity to begin your Christmas

shopping! Please contact Vickie as soon as possible if you or someone you know has something to sell. There will be one table per vendor offered.

22 KIOWA CASINO

Be sure to sign up in the mail room so the bus will be full to head over to Kiowa Casino at 11:00 AM. Enjoy some of their fan favorites like Mr. Money Bags, Red Hot Ruby, Lucky Duck, Crazy Cherry, Fort Knox, Red Hot Jackpots, Crystal Forest, Invaders from Planet Moolah, Lucky Larry's Lobster Mania3, Quick Hits, Open the Fault and All that Glitters! If the slots aren't for you then enjoy eating at the Morning Star Buffet or the Winner's Circle Bar and Grille.

27 THE PROCLAIMERS

After dinner come to the Atrium at 7:00 PM to enjoy some wonderful southern gospel music provided by The Proclaimer's. This concert will surely get your toes tapping and your heart singing to our Lord and Savior!

28 VINTAGE SHOPPING

Please sign up in the mail room because you will not want to miss out on this. The bus will leave at 10:30 AM to drive you to the Fashion Garage Resale Boutique! The boutique has vintage fashions and contemporary fashions as well as accessories and jewelry. After shopping we will head over for lunch at Luby's.

29 TRIP TO BRAUM'S

Braum's loves ice cream so much they are sharing the love by offering \$1 small frozen yogurt cones!!! You can get chocolate, vanilla or go crazy and get a twist! If you are wanting a little more, you can get a large for \$1.69. So hurry and sign up and jump on the bus at 3:00 PM.


Let's Make a Deal!

Attention Residents!

Rolling Meadows has a **resident referral program** and I have a deal for you! You can **earn \$500 off one month's service fee** when you refer a friend who moves into Rolling Meadows.

Good friends make terrific neighbors, so encourage your friends or family to move into Rolling Meadows today. **Make sure to give their information to Angel in marketing before they sign the lease so that you can get credit if they move in!**

AUGUST 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August Fitness! <i>Here's what's happening in the Fitness Center</i> Chair Aerobics, FitCtr 10:10am Mon thru Fri Chair Volleyball, FitCtr 3:00pm Mon thru Fri Wii Bowling, FitCtr 1:00pm Mon & Thurs Gentle Fitness, FitCtr 4:00pm Mon & Fri Water Walking, Pool 9:00am Tues & Weds Aqua Fit, Pool 2:00pm Tues & Thurs Open Fitness, FitCtr 1:00pm Tues & Fri Wii Games, FitCtr 1:00pm Tues & Fri Open Fitness, FitCtr 2:00pm Wed Trivia/Brain Games, MedCtr 1:00pm Wed	10:10am Mon thru Fri 3:00pm Mon thru Fri 1:00pm Mon & Thurs 4:00pm Mon & Fri 9:00am Tues & Weds 2:00pm Tues & Thurs 1:00pm Tues & Fri 1:00pm Tues & Fri 2:00pm Wed 1:00pm Wed	 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		9:00 Shopping at Wal-Mart 1 10:00 Bank Day "First Bank" till 11:00 10:00 Men's & Ladies Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 1:00 Wii Bowling, FitCtr 2:00 Birthday Party, MedCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib	1:00 Mexican Train, KKap 2 1:00 Bridge, Lib 2:00 National Ice Cream Sandwich Day, Atr	1:00 Puzzles, 3rd Floor 3 6:30 Game Night, KKap
4 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	9:30 Devotional w/Vickie, 5 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	9:30 Blood Pressure Clinic, 6 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr	1:00 Trivia, MedCtr 7 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	9:00 Shopping at Wal-Mart 8 10:00 Bank Day "Accounting" till 11:00 10:00 Men's Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 1:00 Wii Bowling, FitCtr 2:00 Craft Hour, MedCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib	9:00 Coffee & Conversation, 9 1:00 Mexican Train, KKap 1:00 Bridge, Lib	1:00 Puzzles, 3rd Floor 10 6:30 Game Night, KKap
11 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	9:30 Devotional w/Vickie, 12 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	9:30 Blood Pressure Clinic, 13 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr	1:00 Trivia, MedCtr 14 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	9:00 Shopping at Wal-Mart 15 10:00 Bank Day "First Bank" till 11:00 10:00 Men's & Ladies Bible Study, Chapel 11:00 Gourmet Getaway 1:00 Our Lady Q of Peace, Chapel 1:00 Wii Bowling, FitCtr 2:00 Craft Hour, MedCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib Apartment Filter Change	1:00 Mexican Train, KKap 16 2:00 Performing Artist: Marshall Mitchell, Atr	1:00 Puzzles, 3rd Floor 17 6:30 Game Night, KKap
18 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	9:30 Devotional w/Vickie, 19 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	9:00 Connect Hearing, Atr 20 9:30 Blood Pressure Clinic, Atr 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 3:15 Shopping at Target 5:00 Italian Night, RenRm	9:30 End of Summer Bazaar, Atr 21 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	9:00 Shopping at Wal-Mart 22 10:00 Bank Day "Accounting" till 11:00 10:00 Men's Bible Study, Chapel 11:00 Kiowa Casino 1:00 Our Lady Queen of Peace, Chapel 1:00 Wii Bowling, FitCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib	1:00 Mexican Train, KKap 23 1:00 Bridge, Lib	1:00 Puzzles, 3rd Floor 24 6:30 Game Night, KKap
25 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	1:00 Tiki, Lib 26 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	9:30 Blood Pressure Clinic, Atr 27 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 7:00 The Proclaimers, Atr	9:30 Family Hearing, Atr 28 10:30 Vintage Shopping Downtown 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	9:00 Shopping at Wal-Mart 29 10:00 Bank Day "First Bank" till 11:00 10:00 Men's Bible Study, Chapel 11:00 Gourmet Getaway 1:00 Our Lady Queen of Peace, Chapel 1:00 Wii Bowling, FitCtr 3:00 Braum's Trip 6:30 Worship Service, Chapel 6:30 Dominoes, Lib	1:00 Mexican Train, KKap 30 1:00 Bridge, Lib	1:00 Puzzles, 3rd Floor 31 6:30 Game Night, KKap



Good Times

A Note from Kari



I didn't plan my July schedule very well. I started the new Summer Get Fit class on July 1st and then on the 11th I left for vacation, which meant that I was putting a new class on hold for a week. This may not seem like an issue, but with a new class it's vital to start strong and it definitely didn't get that strong start. So while I was considering new options for August, I came to the conclusion that rather than start a new class I needed to put my focus into the two I already had on the schedule. This means that we will not have a new fitness class in August, but that both Core Strength and Salsa Chair Dance will continue into the fall, as long as there is interest.

Personally I have enjoyed both of these classes tremendously and I would encourage you to give one or both of them a try.

— Kari



A Little Bit of Humor

You're only as old as you remember you are.

National Wellness Month

August is National Wellness Month and August 15th is National Relaxation Day, and although we should focus on self care and wellness every day without this reminder, all too often we let them take a back seat to other things in our life. If you are already practicing wellness in your everyday life, then you may not need a reminder, but for those of us that sometimes let it slip here are ways to support your wellness.

Drink more water. Water lubricates joints (especially important as we age!) and transports nutrients for energy and health. Some people (guilty as charged) don't drink enough water because, well, it's a bit ho-hum

Nourish your skin. Your skin —your body's largest organ—takes a lot of abuse, especially in the summer when the heat and humidity can make it wilt.

Practice deep breathing. Stress has a way of hurting your health—and interfering with your breathing. You may not mean to do it, but when

you're stressed you hold your breath or take much shallower breaths. And then? Your whole body tenses, creating muscle tension and maybe even pain. There are so many ways to breathe, and the 4-4-8 technique is just one of the many: 1. Breathe in through your nose for a count of four, bringing the breath into your abdomen. 2. Hold your breath for a count of four. 3. Breathe out through your mouth with a whooshing sound for a count of eight. Ahhhhh.

Cut back on sugar. Can you guess how many teaspoons of sugar the average American consumes each day? 22 teaspoons. It's not just from the sugar you put in your coffee, but from sources of hidden sugar like salad dressings, alcohol (a glass of rose has 7 grams!), juice and pasta sauces. Excess sugar consumption is linked to diabetes and heart disease and can make you feel tired and grumpy. The number to aim for is six teaspoons per day, says the American Heart Association.

Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

Chair Aerobics	Fitness Center
Mon - Fri	10:10 am
Wii Bowling	Fitness Center
Mon & Thurs	1:00 pm
Open Fitness	Fitness Center
Mon/Tue/Thurs/Fri	1:00 pm
Wed	2:00 pm
Water Walking	Pool
Tues & Weds	9:00 am
Aqua Fit	Pool
Tues/ Thurs	2:00 pm
Wii Games	Fitness Center
Tues & Fri	1:00 pm
Chair Volleyball	Fitness Center
Mon-Fri	3:00 pm
Gentle Fitness	Fitness Center
Mondays & Fridays	4:00 pm
Trivia/Brain Games	Fitness Center
Wednesdays	1:00 pm

Slow down. It always feels like there's not enough time to get everything done, doesn't it? But when you spend your days in a feverish rush, you miss out on special subtleties and nuances that speed by and elude your notice.

Stretch. Beginning your day with a good stretch is like sipping a good cup of coffee (if you're not a coffee-drinker, then I'm sure you have your own special way to begin your day). Aside from preserving mobility and independence as you age, stretching helps keep your muscles flexible and strong and protects your joints and muscles from injury. Stretching may seem overwhelming and time consuming, but the most important areas for mobility are in your lower extremities (your calves, hamstrings, hip flexors in the pelvis and quadriceps in the front of the thigh).

A Peek At The Pines

The Countdown continues
to reach our goal of

\$5,000

for the **Walk to End Alzheimer's!**

Please join us for

Raffle Family Fun Night

Tuesday, August 20th

6:00-7:30 PM

There will be fun and unique things
for the raffle as well as live music
and finger food and drinks!

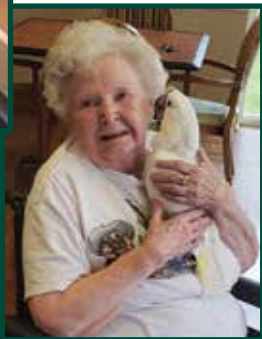


ROLLING
MEADOWS

3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance



How do we beat the summer heat
at The Gables?
With coke floats, Kona Ice and
good friends of course!

