

## hello September FALL Newsletter



### Majestic Pines August Recap

Wow, did summer fly by! Our residents and families at Majestic Pines Senior Living made the most of it, enjoying BBQs, Camp Week, and the vegetable garden at Majestic Pines. As we welcome the crisp fall weather, we're excited to kick off our Taste of Fall.

We also want to extend a heartfelt thank you to everyone who voted in Best of Itasca. Thanks to your support, Majestic Pines has been named Best Senior Living for the third year in a row! We are truly honored and grateful.



# “Celebrating Over a Decade of Quality Care for Seniors”



*Majestic*  
SENIOR LIVING  
**PINES**



Majestic Pines Senior Living is honored to be voted Best of Itasca for Best Senior Living.

For more than a decade, Majestic Pines has proudly served seniors in the Grand Rapids area, providing compassionate care and a true sense of community.

The doors first opened in the fall of 2014 with 73 apartments, and by 2017, the growing need for senior housing led to an expansion of 16 more apartments. Today, the community includes 89 apartments and is home to 96 residents who are cared for and supported by more than 90 dedicated employees.

Majestic Pines offers Assisted Living, Enhanced Assisted Living, and Memory Care, always with the mission of promoting choice, individuality, and independence while helping seniors maintain their health and well-being.

The community is designed to feel like home, with inviting spaces for residents and families to enjoy together, from a fitness center and warm water pool to a chapel, library, bistro, and comfortable gathering areas throughout the building!

At Majestic Pines, residents and staff alike are described as “like family,” creating a warm and welcoming environment where meaningful connections are made every day. Receiving this award is not just an honor, but a reflection of the strong relationships and heartfelt care that make Majestic Pines such a special place to live.

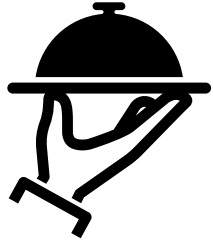


## Dietary with Director Dennis



Our last BBQ of the season is Wednesday, September 17<sup>th</sup>! Our Culinary Meeting is at 2PM on Thursday, September 18<sup>th</sup>. Your input is valuable!

Our next Fine Dining event is Thursday, September 25. More information to come!



This month we are looking at how many calories are recommended for senior citizens. Remember, these are only guidelines- always follow your doctor's orders. A female over 70 should have a daily average of 1600 to 2000 calories per day. A male over 70 should have a daily average of 2000 to 2600 calories per day

### *How many calories are in common, everyday items?*

Apple 72  
Banana 105  
Bread (1 slice) 66  
Carrots (1 cup) 52  
Chicken (3 oz) 142  
Coffee (6 oz) 2  
Egg (1) 102  
Ice Cream (4oz)  
Milk 2% (8 oz) 122

Bagel 289  
Beer 153  
Butter (1TBSP) 102  
Cheese (1 slice) 113  
Cookie (1) 126  
Cola (12oz) 136  
Doughnut 289  
Oatmeal (1 cup) 147  
Baked Potato 161

## Memory Loss Support Group at Majestic Pines Senior Living

Thursday, September 11th, from 1 pm - 2pm, Majestic Pine Senior Living will be hosting a Memory Loss Support Group. This group will meet on the second Thursday of each month, in our private dining room. This group is brought to you by ElderCircle. The memory loss support group are for caregivers of any age who is caring for an ailing parent, child, spouse, or other individuals of any age, near or far. The support group is led by trained facilitators to help teach coping skills, help reduce anxiety, build resiliency and provide a safe place for people to share common concerns and receive emotional support. For questions, call Danielle with ElderCircle at 218-999-9233 EXT. 282 or email [danielle@eldercircle.com](mailto:danielle@eldercircle.com)

### Support Groups

Preregistration is requested  
Call 218-999-9233 ext. 282  
[Danielle@eldercircle.org](mailto:Danielle@eldercircle.org)

- Free
- Open to the public



• 400 River Road, Suite 1 • Grand Rapids, MN  
[www.eldercircle.org](http://www.eldercircle.org) • [ecircle@eldercircle.org](mailto:ecircle@eldercircle.org)

**218-999-9233**

Majestic Pines Senior Living  
Private Dining Room  
1614 Golf Course Road  
Grand Rapids, MN 55744



# Majestic Pines Senior Living Welcomes Fall

## *Activitiy Spotlight*

### A Note from Lynn

Fall has officially arrived! 🍁

Our first fall event will be “The Taste of Fall” on Wednesday, September 3rd at 2:30 PM in the Main Dining Room. Come join us and enjoy delicious treats straight from the garden!

We’ll also be hosting a Picnic at Pokegama Dam on Tuesday, September 9th at 11:00 AM. Please be sure to sign up at the front desk by September 8th!!

Please only sign up if you’re able to attend, as space is limited.

## *Family Council*

Majestic Pines provides a space and coordinates the participation of interested participants for resident and family council. Majestic Pines will offer both councils meeting opportunities per the council’s request, at least semi-annually. This is an opportunity for residents and/or families to come together and discuss any changes they would like to see implemented, share concerns or simply collaborate with other council members. The council then submits their request(s) to the Community Advisory Board for further discussion and issue resolution. If you prefer to share your requests or concerns outside of either council, you are always welcome to do so via the Care and Concern or Council Request forms found at the Information Station in our bistro. We are always looking for ways to improve and encourage you to share your feedback.

Contact Lindsey Wald for more information

**\*Activity Schedules are subject to change, check in with your daily activity board for updates**

# Majestic Pines Resident Spotlight

## *Meet Grace!*



Grace is one of Majestic Pines' beloved residents! Originally from Grand Rapids, she spent 10 years after retirement wintering in Arizona and New Mexico. Those sunny getaways were among her favorite memories, especially the shopping trip.

Grace grew up near Gunn Park in Grand Rapids and recalls a sweet childhood story. When her baby sister was born, five-year-old Grace was told the stork had flown over and brought her a new sibling!

In her free time, Grace has always loved sewing, especially creating Raggedy Ann dolls in all different shapes and sizes.

When asked what advice she would share, Grace offered these wise words:  
*"Just enjoy all the time you have with your family and friends, because time can be short."*



# Annual Food Truck & Car Show

***Come help us celebrate National Assisted Living Week!***

All are welcome, we encourage you to come with an empty stomach and ready to look at vintage cars.

**Doug Spartz will be playing music!**

\*Vintage cars are weather-dependent

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**Wednesday, September 10th, 2025**

**4 PM - 6 PM**



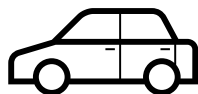
**Majestic Pines Senior Living -  
1614 Golf Course Rd. Grand Rapids, MN**



**Bobcats Lunchbox- @Bobcats Lunchbox LLC**



**Borealis Creamery - @borealiscreamery**



**\*Northern Cruisers Car Club**



NATIONAL ASSISTED LIVING WEEK\* - SEP 7-13, 2025







**MAJESTIC PINES SENIOR LIVING**

# *Holiday* **MARKET**

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**Saturday, November 8th 2025**

**10:00 AM- 3:00PM**

***1614 Golf Course Rd.***

***Grand Rapids, MN***



**Join us for our Annual Holiday Market!  
From arts and crafts to jewelry, and  
home decor, there's something for  
everyone on your shopping list.  
Our Bistro will be open during the event,  
offering an assortment of food and  
beverages for purchase.**