

# APRIL 2026

## Majestic Pines Senior Living Newsletter

***A new month ahead! While we have been seeing more snow than rain, we are hopeful for a warm and sunny April as we move into the Spring season here at Majestic Pines!***



***Did you know?***

**The phrase "April showers bring May flowers," a traditional English proverb dating back to the 16th century, is often attributed to poet Thomas Tusser. It implies that difficult or unpleasant experiences (rainy April days) are necessary to produce positive results (blooming May flowers).**

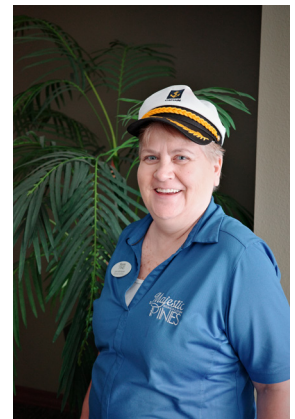


**Follow us on Facebook! @MajesticPinesSeniorLiving**

**Majestic**  
SENIOR LIVING  
**PINES**

# CRUISE WEEK

**Cruise Week 2026 was an incredible success this year!  
We are so thankful to have such a wonderful activities department  
who always keep things fresh and exciting!**



# CRUISE WEEK



**Until next  
year!**

# GIVE & TAKE

## SPRING CLEANING



**Got stuff you're not using, and want to give it away?  
Then Monday, April 13th is your lucky day.**

**The Multi-purpose Room is where you may take it.  
Things broken and dirty just won't make it.**

**No clothing or shoes please, we're sorry to say.  
You'll need to give them in some other way.**

**On Monday at 10:00, we'll set up the table.  
Have things there before noon, if you are able.**

**Residents take what you like from 1:00 until 3:00.  
At 3:00 it's staffs' turn to take; it's all free.**

**At 4:00 Lynn will bring boxes to pack up everything.  
Hope the Salvation Army can use what we bring.**

**Art by: Harold Rime  
Poem By: Linda Malzac**

# RESIDENT EVENTS

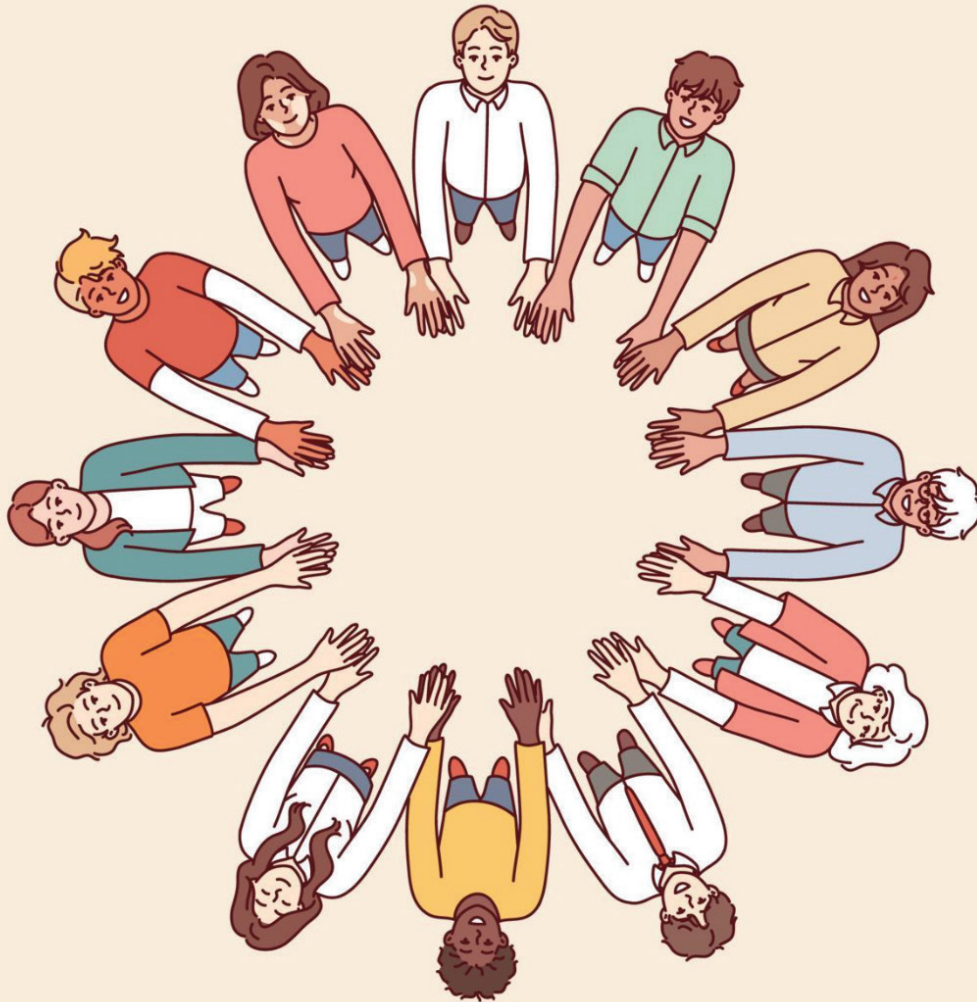
- ★ **Social Hour** - Every Thursday at 3:30 PM (Multi-purpose Room)
- ★ **Catholic Communion** - Every Friday at 9:45 AM (Chapel)
- ★ **Monthly Birthday Party** - Wednesday, April 15th at 2:00 PM (Multi-purpose Room)
- ★ **Music by The Jammers** - Wednesday, April 29th at 3:00 PM (Multi-purpose Room)
- ★ **Hydration Station** - Thursday, April 30th at 2:00 PM (Bistro)

*\*More events can be found on your monthly calendars!*

**\*Activity Schedules are subject to change - please check in with your daily activity board for any updates.**

# VOLUNTEER APPRECIATION MONTH!

***April is National Volunteer Month! We celebrate all our wonderful volunteers that make Majestic Pines an amazing community! We couldn't do it without you!***



***If you see a volunteer, make sure to say "thank you" for all they do!***

# DIETARY

## *with Dennis!*

Our next Culinary Meeting is at 2:00 PM on Thursday, April 16th, in the Turning Leaf Dining Room.

*We will be starting our Spring / Summer menus on March 29th. New to our menu rotation will be items like a Greek Salad, Bacon Cheeseburger Sliders, Taco Salad, and more! Check out our new menu format starting soon!*



***Sodium levels important to your diet?  
Check this out!***

### High Levels

PROCESSED MEATS  
BACON-SAUSAGES-HAM  
FAST FOOD  
PIZZA-CHINESE FOOD-TACOS  
CANNED SOUP  
MOST BAGGED SNACKS  
CHIPS-PRETZELS-CRACKERS  
MOST SAUCES  
SOY-KETCHUP-MUSTARD  
SALAD DRESSINGS-GRAVY  
PICKLED FOODS  
PROCESSED CHEESE  
CANNED VEGETABLES

### Low Levels

FRESH FRUITS  
FRESH VEGETABLES  
LEAN MEATS  
WHOLE GRAINS  
MOST SEAFOOD  
CANNED ITEMS  
WITH NO SALT ADDED  
ANYTHING PROCESSED  
SHOULD BE CONSUMED  
IN VERY LIMITED  
QUANTITIES!

# 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.



# **MEMORY LOSS SUPPORT GROUP**

*at Majestic Pines Senior Living*

**Majestic Pines Senior Living is now hosting a Memory Loss Support Group. This group will meet on the second Thursday of each month, in our private dining. 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)**



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