

MAY 2026

Majestic Pines Senior Living Newsletter

Welcome to the month of May!

Warmer weather is finally making an appearance and opens up some opportunities to get outside. What do you love most about the Spring season? Ask your friends and start some meaningful conversations about what Spring means to you!



Did you know?

May is the fifth month of the year, marking the height of spring in the Northern Hemisphere and the start of summer-like weather. Named after the Greek goddess *Maia*, who embodies growth and fertility, May is famously associated with blooming flowers, emerald birthstones, and holidays like Mother's Day, Memorial Day, and May Day.



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Majestic
SENIOR LIVING
PINES

SPRING FLOWERS

***Spring is here and so are sights of flowers!
Have you ever thought about what flowers mean to you?
Do they bring back memories or special thoughts?
How well do you know your flowers?***



hyacinth



daffodil



bluebonnet



forget-me-not



bluebell



snowdrop



buttercup



tulip



shooting star



columbine



pansy



liverleaf



lilac



iris



dandelion



peony



flowering onion



bleeding heart



primrose



lily-of-the-valley



crocus



coltsfoot

RESIDENT SPOTLIGHT

Welcome *Russell & Jeanette*

These wonderful new residents have quite the story to tell! Years ago, Russell lived in California and Jeanette here in Minnesota. Both had been married for over 60 years to previous spouses, who passed away. Their grandchildren had met and got married. Jeanette was visiting Arizona, and Russell was also there golfing with family. Their grandchildren encouraged the two to get acquainted. Russell called Jeanette and the two met for lunch while in Arizona. They both returned to their respective home states. Russell, being the gentleman that he is, called Jeanette to make sure she had made it back to Minnesota safely. The two got to know each other more via phone calls. They found they had similarities, both loving travel and camping. At over 90 years old, Russell tells his daughter that he is



going to head to Minnesota to get to know Jeanette more. He stayed the summer and they continued to see each other. When Russell needs to go back to California, the two made the decision to get hitched! They headed to California together and decided to purchase a large 5th-wheeler and side-by-side. The salesman laughed and stated he had "never sold a side-by-side to someone so old before!" They proceeded to travel around the United States together before moving back to Minnesota. The two have made it to Majestic Pines and we are so lucky to have them here in our community!

If you could give one piece of advice, what would it be?

Jeanette: Take care of your health and have faith in God.

Russell: Develop your mind and have some good common sense. Be happy.

***Interested in having your own spotlight?
Ask Cathy or Lynn in Activities!***

RESIDENT EVENTS

- ★ **Social Hour** - Every Thursday at 3:30 PM (Multi-purpose Room)
- ★ **Catholic Communion** - Every Friday at 9:45 AM (Chapel)
- ★ **Mother's Day** - Tuesday, May 5th at 2:00 PM (Main Dining Room). Memory Care at 2:30.
- ★ **Music w/ Corey** - Wednesday, May 6th at 2:15 PM (Multi-purpose Room). Enjoy a root beer float as well!
- ★ **Pizza Party** - Friday, May 15th at 12:00 PM (Multi-purpose Room). Cost is \$3.00 and you must sign up at reception by Wednesday, May 13th. We will be ordering from Dominos. Caesar salads and root beer floats are included.
- ★ **Monthly Birthday Party** - Wednesday, May 20th at 2:00 PM (Multi-purpose Room). Celebrate all those with May Birthdays - Music by Doug Spartz. We will be serving coffee, cake and ice cream!
- ★ **Ice Cream Cones** - Friday, May 29th from 2:00 - 3:00 PM (Bistro)

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

DIETARY *with Dennis!*

Our next Culinary Meeting is at 2:00 PM on Thursday, May 21st, in the Turning Leaf Dining Room.

We'll have complementary iced tea in the Bistro every Wednesday starting May 27th!

Our healthy food update this month centers around the types of fat in our diet. So what is a "healthy fat?"



The term healthy fat usually refers to monounsaturated and polyunsaturated fats. They help reduce "bad" cholesterol, called LDL cholesterol, which clogs your arteries. There is also research showing that healthy fats can help regulate blood sugar levels, thus decreasing the risk for type 2 diabetes.

Some foods for seniors that contain healthy fats include:

SALMON

CHIA SEEDS

YOGURT

NUTS

DARK CHOCOLATE

CHEESE

AVOCADOS

BOTTLE PAINTING



MONTHLY CHURCH SERVICES

- ★ **Catholic Communion** - Every Friday at 9:45 AM (Chapel)
- ★ **Non-Domination Church Service** - Every Sunday at 10:00 AM (Chapel)
- ★ **First Lutheran Church Service** - The 4th Thursday of each month at 2:00 PM (Chapel)
- ★ **Bible Study** - Every other Saturday at 10:30 AM (Timbers Enhanced Unit)

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



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