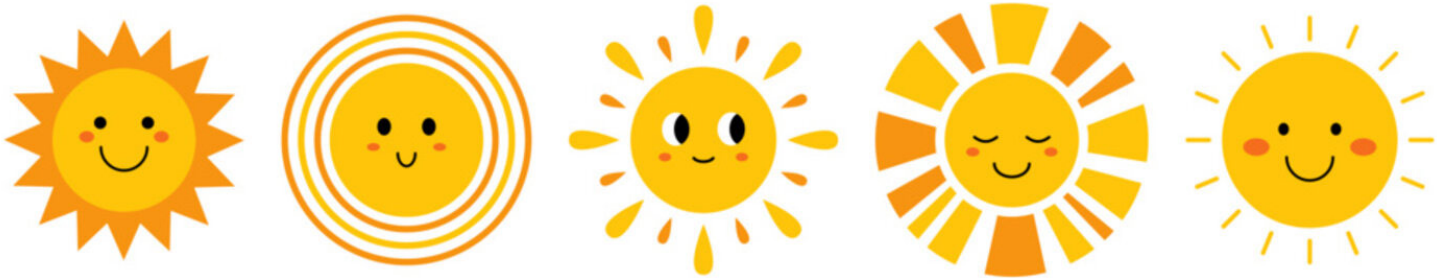


# JUNE 2026

## Majestic Pines Senior Living Newsletter

**Welcome to June!** As summer begins and the days grow longer, we look forward to a month filled with sunshine, laughter, and meaningful moments together. June brings opportunities to enjoy outdoor activities, celebrate special occasions, and create new memories with friends and family. We are excited to share a variety of engaging events and programs designed to keep our community active, connected, and inspired!



**DID YOU KNOW?**

**June, the sixth month of the year, is famous for marking the official start of summer in the Northern Hemisphere. It features the longest daylight hours of the year during the summer solstice. The name comes from Juno, the ancient Roman goddess of marriage and childbirth.**



Follow us on Facebook! @MajesticPinesSeniorLiving

*Majestic*  
SENIOR LIVING  
**PINES**

# SUMMER WORD SEARCH!

*Find the hidden words listed below!*



E B D E P E N C S N C E  
N D V M A E R C E C I N  
E E A A I N E M S G R O  
E R N N C A P O S L I I  
R Y S I O O W E A I F T  
C T P B H M C E L B R A  
S T R O H S E I G N T C  
N E O I E I N L N N I A  
U H C A E B I U U C O V  
S G N I M M I W S Z I U  
S N O L E M R E T A W P  
S P O L F P I L F M U U

SUNSHINE

FLIPFLOPS

PICNIC

SUNGLASSES

BEACH

VACATION

WATERMELON

SHORTS

ICECREAM

SWIMMING

LEMONADE

SUNSCREEN

# RESIDENT SPOTLIGHT

## Janice Crandall

### Where did you grow up?

I grew up in Bemidji. After getting married in 1957 I then moved to Minneapolis and after bought a home in Coon Rapids. In the late 1960's we came here for my husband's work and built a place on the river in Cohasset.

### What is your fondest childhood memory?

I grew up surrounded by family - grandparents, aunts and uncles, etc. My sister was 16 years older than me and my brother was 13 years older. I was excited when my sister would come home and take me to her place for a week or two.



### Which season do you enjoy the most and why?

Summers are hard to beat but I also loved winter - skating and sledding.

### What did you do for a living?

The first part of my life I raised my family. After kids all moved I went to cosmetology school in St. Cloud then came back here and worked as a hairdresser at a salon across from the mall.

### What's your favorite hobby?

I had a little company called Indian Point Creations where I would sew appliques on sweatshirts and jackets and would travel around to craftshows with my friend Carmen.

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

Be kind to people.

**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).
- ★ **Root Beer Floats & Music w/ Corey** - Wednesday, June 3rd at 2:15 PM (Multi-purpose Room).
- ★ **Father's Day Celebration** - Tuesday, June 16th at 2:00 PM (Main Dining Room). Memory Care at 1:30 PM.
- ★ **The Patchwork Ensemble** - Friday, June 12th at 10:30 AM (Multi-purpose Room).
- ★ **Monthly Birthday Party** - Wednesday, June 17th at 2:00 PM (Multi-purpose Room). Celebrate all those with June Birthdays - Music by Doug Spartz. We will be serving coffee, cake and ice cream!
- ★ **Health Care Directive Workshop** - Tuesday, June 23rd from 4:00 - 5:00 PM (Multi-purpose Room). Learn about Health Care Directives from Sheila Johnson, RN. Sponsored by Grand Itasca Clinic and Hospital. Registration not required.
- ★ **Summer Beach Party** - Wednesday, June 24th at 2:00 PM (Multi-purpose Room). Featuring live music from Two for the Road!
- ★ **Fine Dining Event** - Thursday, June 25th at 5:00 PM (Patio - weather permitting).

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

# DIETARY

## *with Dennis!*

***Summer is here!***

**Our next Fine Dining event is Thursday, June 25th. You can check out the Fine Dining menu in this newsletter!**

**We will be offering either lemonade or iced tea every Wednesday this summer in the Bistro!**

**Our Culinary meeting is at 2:00 PM on Thursday, June 18th in the Turning Leaf Dining Room. Your input is welcome & valuable!**

***Our eating healthy focus this month is on Dietary Fiber!  
Here are some great fiber-rich foods you might not be aware of!***

<b>BEANS</b>	<b>WHOLE GRAINS</b>
<b>BROCCOLI</b>	<b>APPLES</b>
<b>BERRIES</b>	<b>DRIED FRUITS</b>
<b>AVOCADOS</b>	<b>POTATOES</b>
<b>POPCORN</b>	<b>NUTS</b>



# 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)**



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

# TEA PARTY



# MONTHLY CHURCH SERVICES

- ★ **Catholic Communion** - Every Friday at 9:45 AM (Chapel)
- ★ **Non-Denominational 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)

Join us for our  
**Fine Dining Three Course Meal!**



***Bring a guest!***

Thursday, June 25th 5:00 pm

Patio

## **Wedge Salad**

A knife and fork salad of fresh iceberg lettuce topped with crispy bacon, shredded cheddar, cherry tomatoes, onion tangles and your choice of homemade dressing (Ranch or Bleu Cheese) served with parmesan popovers.

## **Steak & Shrimp**

Grilled Ribeye steak and skewered gulf shrimp served with sauteed mushrooms and twice baked potato

## **Turtle Cheesecake**

Creamy vanilla cheesecake topped with pecans, caramel and chocolate

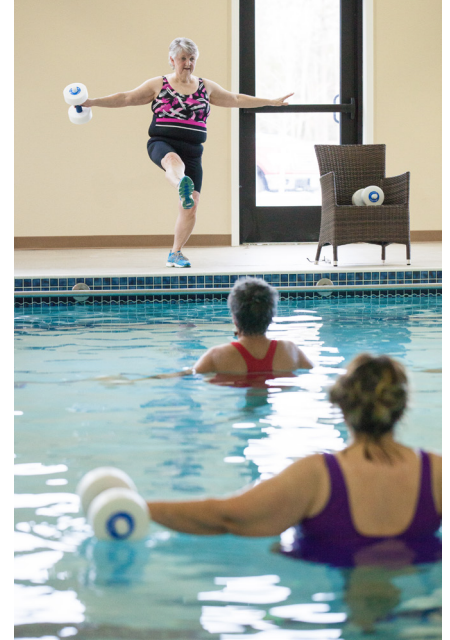
## **Wine will be served**

Reservations are limited, each resident can invite one guest on a first come, first serve basis at the reception desk by Friday, June 19th

The cost is \$25 per person.

# PROGRESSIVE CARE

## Therapy



**Kelli Barry, PT**  
**Director of Fitness & Therapy**

**For more information  
regarding our therapy  
department, please contact  
218 - 313 - 1387.**

*"Our warm water pool isn't just relaxing—don't let that fool you... it's a powerful tool for health and wellness. At a comfortable 92 degrees, the water creates an ideal environment for gentle movement, pain relief, and low-impact exercise. The warmth helps muscles loosen, joints move more freely, and stiffness melt away, making it especially beneficial for improving joint mobility, for individuals recovering from injury, and anyone looking for a comfortable way to stay active. The warm water reduces stress on the body while still providing resistance to build strength, improve balance, and boost cardiovascular health. Many people find they can move more confidently and comfortably in the water than on land, which makes it a great option!"*