

# SEPTEMBER 2026

## Majestic Pines Senior Living Newsletter

As summer begins to wind down and the beautiful colors of fall start to appear, we're excited to welcome the month of September! This time of year brings crisp mornings, changing leaves, and plenty of opportunities to enjoy the simple joys of the season. September is also a wonderful time to reflect on the memories we've made throughout the summer while looking forward to new activities, friendships, and special moments together. We can't wait to make September a memorable one!

# SEPTEMBER



**DID YOU  
KNOW?**

The name September comes from *septem*, the Latin word for "seven," because it was the seventh month in the early Roman calendar. The autumnal equinox happens around September 22 or 23, marking the official start of autumn in the Northern Hemisphere and spring in the Southern Hemisphere. Day and night are of nearly equal length during the equinox. Data shows that September is one of the most common months for birthdays, with many sharing dates in the middle of the month.



Follow us on Facebook!

@MajesticPinesSeniorLiving

*Majestic*  
SENIOR LIVING  
**PINES**

MAJESTIC PINES SENIOR LIVING PRESENTS

# VINTAGE *Wheels*

SEPT  
16TH  
2026



FREE FOR  
PUBLIC!

# TIMELESS *Appeal*

## CALLING ALL CAR ENTHUSIASTS!

Join us for an afternoon of vintage cars from the **Northern Cruisers Car Club**, food trucks from **Bobcats Lunchbox** and **Borealis Creamery**, live music from **Two for the Road** and more! Meet our staff, visit our community and find out what makes Majestic Pines Senior Living feel like home.

**WEDNESDAY SEPT 16<sup>TH</sup> FROM 3:30 - 6:00.**

1614 Golf Course Road  
Grand Rapids, MN 55744



# RESIDENT EVENTS

- ★ **Social Hour** - Every Thursday at 3:30 PM (Multi-purpose Room).
- ★ **Resident Council** - *What is Resident Council?* This is a group of residents who meet regularly to self-govern, discuss community life, and voice concerns they may have about our facility. The council meets the 2nd Wednesday of the month at 2:00 PM in the Multi-purpose room. All residents are welcome to attend.
- ★ **Car Show, Music, and Food Trucks** - Come celebrate National Assisted Living Week on Wednesday, September 16th from 3:30 PM - 6:00 PM. We will be having live music from Two for the Road, the Northern Crusiers Car Club will be here with their cars (*weather permitting*), and food trucks featuring Bobcats Lunchbox and Borealis Creamery!
- ★ **Courtyard Bonfires** - Tuesday evenings on September 8th, 22nd, and 29th.
- ★ **Monthly Birthday Party** - Wednesday, September 30th at 2:00 PM (Multi-purpose Room). Celebrate all those with September Birthdays - Music by Doug Spartz. We will be serving coffee, cake and ice cream!

***\*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.**

# DIETARY

## *with Dennis!*

***Welcome to September!***

**Our Culinary Meeting is at 2:00 PM on the 17th. Your input is valuable!**

**Our next Fine Dining event is September 24th - find the menu here in the newsletter!**



***This month we are looking closer at how many calories is recommended for senior citizens, but remember, these are only guidelines - follow your doctor's orders!***

***A female over 70 should have a daily average of 1600 - 2000 calories per day.***

***A male over 70 should have a daily average of 2000 - 2600 calories per day.***

### How many calories are in common, every day items?

|                         |                        |
|-------------------------|------------------------|
| APPLE 72                | BAGEL 289              |
| BANANA 105              | BEER 153               |
| BREAD (1 SLICE) 66      | BUTTER (1 TBSP) 102    |
| CARROTS (1 CUP) 52      | CHEESE (1 SLICE) 113   |
| CHICKEN (3 OZ) 142      | COOKIE (1) 126         |
| COFFEE (6 OZ) 2         | COLA (12 OZ) 136       |
| EGG (1) 102             | BURGER PATTY 193       |
| ICE CREAM (4OZ) 145     | DOUGHNUT 289           |
| MILK (2% 8 OZ) 122      | OATMEAL (1 CUP) 147    |
| OJ (8 OZ) 112           | P. BUTTER (2 TBSP) 180 |
| PORK CHOP (3 OZ) 221    | BAKED POTATO 161       |
| POTATO CHIPS (1 OZ) 155 | RAISINS (1.5 OZ) 130   |
| RED WINE (5 OZ) 123     | RICE (WHITE 1 CUP) 205 |
| SALSA (4 OZ) 35         | PASTA (1 CUP) 221      |
| TUNA (CANNED 3 OZ) 100  | CAKE w/ FROSTING 243   |

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

*Bring a guest!*

Thursday, September 24th 5:00

**Creamy Tomato Basil Bisque**  
**Herb Seared Tenderloin of Beef**

with Béarnaise Sauce

**Roasted Baby Potatoes**  
**& Garden Carrots**  
**Blackberry Cheesecake**

Wine will be served  
Reservations are limited, each resident  
can invite one guest on  
first come, first served basis.  
Reserve at the reception desk  
by Friday, Sept. 18th  
The cost is \$25 per person

# RESIDENT SPOTLIGHT

## Jan Rolle

Where did you grow up?

I grew up in Waukon, Iowa.

What is your fondest childhood memory?

I went to Clear Lake, Iowa with my three sisters and four brothers, to swim and be with family for a week.

Which season do you enjoy the most and why?

Summer - I love flowers and always had gardens.

What did you do for a living?

I worked at Northwestern Bell as a secretary.

What's your favorite hobby?

I love crocheting, knitting, and sewing.

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

Enjoy life.



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

# CAKE PAINTING



## 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)



HELLO!  
**ARE YOU INTERESTED IN**  
BEING A VENDOR AT THIS  
YEAR'S ANNUAL

# **HOLIDAY** **MARKET**

THE EVENT TAKES PLACE

**NOVEMBER**  
**7TH**

**9:00 - 3:00** IN THE  
MULTIPURPOSE ROOM

PLEASE SEE **ALEX** IN MARKETING AND SALES TO  
SIGN UP AS A VENDOR! THERE IS NO CHARGE FOR  
RESIDENTS OR STAFF TO SIGN UP!



**Solos Group  
Grand Rapids**

# Solos Group Monthly Meeting

Join us for this introductory meeting to learn more!

What defines a “solo”?

*An individual who, by choice or circumstance, functions without the support historically provided by family.*

**First Thursday of each Month • 1:00 PM**

**Central Square Mall - ElderCircle Meeting Room**

A growing number of adults 50+ are navigating life on their own, but you don't have to do it alone. Across Minnesota, **12 Solos groups** are already helping adults create back-up plans, connections, and support systems. Now, it's time to bring that same opportunity to the Grand Rapids area. This program is a collaboration between **Grand Itasca Clinic & Hospital** and **ElderCircle**.

Interested in joining but not able to attend this meeting?

Contact Becca at (218) 999-1105 or Kasey at (218) 999-9233 with questions.

This small group will help you:

- Create a personal backup plan  
Prepare for health and life decisions
- Build friendships and social connections
- Learn about local resources
- Stay on track with monthly meetings

*You don't have to plan the second half of life alone.*

# 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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