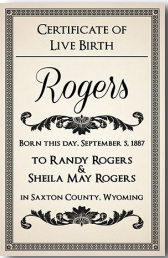




**Broadway Bus and Brunch At The
NorShor Theatre
Dec 7th, 2025**

Commercial Bus Pick-Up and Drop Off
Sunday Brunch by Black Woods Catering
Premium Reserved Seating
Special post-show Talk Back
\$100.00

Box Office 218-733-7555 To Register Directly
With Theatre
Families Welcome To Join
Please see the bulletin board for more
information.



Tina Turner (singer) – Nov. 26, 1939
Samuel Clemens (Mark Twain) – Nov. 30, 1835

**Reminder to sign up for
Thanksgiving Dinner.
More information
Coming Soon!**

November Birthdays

Resident Birthdays

Jan C. 11/8
Sally S. 11/11
Jan B. 11/12
Babs S 11/18
Joan S. 11/24
Nancy A. 11/29

If you were born between November 1–21, your astrological sign is Scorpio. Scorpions are powerful investigators who keep up on the comings and goings of their peers, take control, and lead the way to success. Those born between November 22–30 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitudes, great sense of humor, and kind hearts make them excellent friends. But get ready for an earful—Archers often also speak their minds.

Sally Field (actress) – Nov. 6, 1946
Carl Sagan (astronomer) – Nov. 9, 1934
Grace Kelly (actress, princess) – Nov. 12, 1929
Margaret Atwood (writer) – Nov. 18, 1939
Ahmad Rashad (sportscaster) – Nov. 19, 1949
Andrew Carnegie (banker) – Nov. 25, 1835

Pines Times

Mount Royal Pines III | 50 E. Saint Marie St. Duluth, MN 55803 | 218-724-5500



Celebrating November

Aviation History Month

Sleep Comfort Month

Novel Writing Month

**Marooned Without a
Compass Day**
November 6

Nurse Practitioner Week
November 9–15

World Kindness Day
November 13

Homemade Bread Day
November 17

International Men’s Day
November 19

**Celebrate Your Unique
Talent Day**
November 24

Thanksgiving Day (U.S.)
November 27

Maize Day
November 28



Hello Mount Royal Pines Residents and Family Members!

I am thrilled to be joining the Mount Royal Pines III team as the new Director of Nursing. I have been fortunate to spend the past 25 years working in healthcare, where I’ve developed a deep passion for providing compassionate, high-quality care and supporting both patients and staff in achieving their best. Throughout my career, I’ve had the privilege of working with incredible teams and learning something new every day, and I look forward to bringing that same dedication and enthusiasm to this community. Outside of work, I’m a proud mom of three wonderful boys who keep me on my toes and constantly inspire me. In my free time, I love being outdoors, especially during the summer and fall—whether it’s hiking, spending time at the lake, or simply enjoying the fresh air and beautiful scenery. I’m so excited to begin this new journey with Mount Royal Pines III and to be part of a team that shares my commitment to kindness, teamwork, and exceptional care.

-Amy Ronchi BSN, RN
Director Of Nursing

Activities

October was certainly filled with beautiful warm weather, and higher-than-normal temperatures! Because of the nice month, we continued our walks to the Mt. Royal Market! This was enjoyed by some residents as they could pick up their favorite treats while getting exercise and fresh air.

Fall is a busy time of the year for all of us, as we try to fit in all we can before Winter, Pines III was no different.

We had great music from Tommy Watruba, Steve Johnson, Joseph Kotiranta, and 52 second graders from Holy Rosary School who sang for us.

Crafts, Crafts and crafts, helped us celebrate Fall, while socializing with friends. This was our third year of painting pumpkins and having a friendly contest with the most votes!

I brought the dice game (6,5,4) back on the activity calendar. Everyone that played went home with a prize! Who doesn't like to win stuff?

Our 2 famous dogs were back for a resident visit. Trapper and Cricket (dressed in a Halloween costume) even made some house calls to a few residents!

I hope everyone enjoyed coming to our "Resident Art Show" that took place in our newly remodeled dining room. It was truly fun to see how talented all our residents are!

As always, I am grateful to work with such amazing residents every day! Please feel free to stop in my office and say hello!

Thank you,

Cindy Koecher
Activities Director



Culinary Corner

The holidays are here, and your culinary team is excited to bring you all a lot of treats and festive holiday meals.

You will be seeing more soups and stew during these cold winter months. This is the time of year when we cook and bake all that good down-home stick to your ribs meals. At the end of the day your belly is full, and your bed is warm.

As you walk into the dining room you will be getting the aroma of holiday cooking and baking. The smell of apple pie, pumpkin pie and all the holiday smells you remember from the years gone by.

Your culinary team would love to hear about some of your favorite dishes growing up and raising your family. Everyone has that one special dessert, meal, side dish or snack that you look forward to every holiday season. Share with us what it is and let's see if we can make it and share it with the other residents.

We have our culinary meeting every month and I would like to express the importance of everyone attending it. This is where we hear what you like and don't like. This is where your voice is heard. We love to hear your thoughts and input to help us serve you better every day. It is also where you hear firsthand about any changes being made and decisions that you all want. If you are not there to share your thoughts or get the latest updates you are truly missing out. Come and hear all the good news at our next culinary meeting on Thursday, November 20th.

We would really like to see a lot more of you down for breakfast. It is the most important meal of the day. I promise you it is a better breakfast than you can get at any restaurant in town. Come and join the fun at breakfast!!!

God Bless

It is our Privilege to serve you all every day.

-David Andert, Culinary Director