

Resident Spotlight



Linda

Linda was born in Mt. Vernon and has lived in the area all of her life. She and her husband especially loved their days ranching. Linda enjoyed cattle drives, horse training, and participating in rodeos as a barrel racer. She was particularly fond of Cloverdale, BC, and the three times her horse won! Linda enjoys word puzzles and participates in the daily exercise class here at the Inn. Welcome to the Inn, Linda!

Team Member Spotlight



Ayda, Kitchen Server

Ayda was born in Bakersfield, CA, and spent her early years there before an employment opportunity for her dad brought the family to Mt. Vernon. She is in her senior year at Aspire Academy and enjoys the shorter week schedule it brings. Ayda would love to be able to travel the world; Mexico particularly holds a dear space in her heart as that is where her family is from. She's enjoying helping people at the Inn and is grateful for the kindness shown towards her.

moments captured



Friday Harbor: Jim and Kathy were part of our group that enjoyed visiting Friday Harbor. Particularly enjoyable was the beautiful weather and a delicious lunch including a fresh crab BLT!



Crafting Joy: Ruth and Mary Ann show off their sand art creations. Both regularly participate in the Inn's crafting projects that range from painting to mosaics and fabric art.



www.laconnerretirementinn.com

September 2024

The Innside Edition

Independent & Assisted Living | 204 N. 1st St. | PO Box 1087 | La Conner, WA 98257 | 360-466-5700



A Note from the Executive Director

Dear Residents, Families, and Staff,



**Stacy Boydston,
Executive Director**

As we approach September, I am delighted to announce that we will be celebrating National Assisted Living Week from September 9th to 13th. This special week is dedicated to honoring the remarkable individuals who make our community vibrant and meaningful. We have planned an exciting schedule filled with great food, fun activities, and engaging games to celebrate the unique contributions of our senior residents. Each day will bring something special, from themed meals and culinary delights to interactive games and entertainment that are sure to bring smiles and joy. This week is an opportunity for us all to come together, celebrate, and show our appreciation for the cherished members of our community. We encourage everyone to participate, enjoy, and make the most of this festive occasion. Thank you for your continued support and dedication to our community. Let's make this Assisted Living Week a memorable one!

Warmest Regards,

Stacy

HAPPY Birthday

Residents

- Virginia, 9/2
- Charlie, 9/4
- Alva, 9/6
- Judy, 9/10
- Ruth, 9/25
- Lee, 9/27

Staff

- Levi, 9/1
- Elena, 9/13

SEPTEMBER 2024

La Conner Retirement Inn

204 N. 1st St., La Conner, WA 98257

360-466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
1 9:30 Wildlife Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Crab Lunch Day Cruise Stretch and Balance 1:00 BINGO 2:30 Walk the Boardwalk 3:00 Mexican Train 6:00 Knitting Group	2 9:30 Labor Day Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Scrabble Mexican Train 11:30 Labor Day Hot Dog Roast 1:00 PO-KE-NO 2:30 Labor Day Trivia Social 3:30 Mexican Train	3 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Garden Group 2:00 Chat w/Stacy 3:00 Mexican Train/Darts 6:00 Knitting Group	4 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness Writing Group 10:30 Battle Ball 11:00 Manicures Mexican Train 1:00 Walmart 2:00 Mexican Train 3:00 Black Jack	5 8:30 Coffee w/Allie Bring your fur babies! 10:00 Spa Day w/Jo Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Bible Study w/Kristin 2:00 Quilts of Valor 3:00 Choir Practice	6 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Happy Hour Set-Up Committee 3:00 Happy Hour Lee Howard 6:00 Knitting Group	7 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Baking Group Mexican Train 3:00 Black Jack 6:00 Knitting Group Scrabble
8 Grandparents' Day 9:30 Grandma Moses Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 1:30 The Mighty Skagit Lecture Series 1:30 Card Crafting 3:00 Donuts and Grand Tales	9 NALW—PJ DAY 9:30 Barbershop Quartet History Video 10:00 Conway Bird Trail Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 PO-KE-NO 3:00 Black Jack 3:30 Mexican Train	10 NALW—BEACH DAY 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Garden Group 1:30 Resident Council 2:00 Chat with Sean 3:00 Ice Cream Social	11 NALW—WESTERN DAY 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness Writing Group 10:30 Battle Ball 11:00 Mexican Train 1:00 Anacortes Hardware 2:00 Black Jack 3:00 Mexican Train/Darts 6:00 Knitting Group	12 NALW—WACKY DAY 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Bible Study w/Kristin 2:00 Chat w/Levi 3:00 Choir Practice 6:00 Knitting Group	13 NALW-DAY AT THE FAIR 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Happy Hour Set-Up Committee 3:00 Happy Hour Monte 6:00 Knitting Group	14 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Mexican Train 2:00 Manicures 6:00 Knitting Group Scrabble
15 9:30 Indoor Plants Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 1:00 BINGO 1:30 Skagit Mines History Lecture 2:30 Air Plant Displays 3:00 Mexican Train	16 9:30 Video of Choice 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 PO-KE-NO 3:00 Apple Tasting Social 3:30 Mexican Train 3:45 Movie 6:00 Knitting Group	17 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train UNO Card Game 1:00 Garden Group 3:00 Welcome Tea 4:00 Mexican Train 6:00 Knitting Group	18 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness Writing Group 10:30 Bluebird Lunch Battle Ball 11:00 Manicures Mexican Train 1:30 Crafting Joy Project 3:00 Black Jack	19 8:30 Coffee w/Allie Bring your fur babies! 10:00 Spa Day w/Jo Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Grocery Outlet Bible Study w/Kristin 2:00 Chat w/Allie 3:00 Choir Practice	20 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Happy Hour Set-Up 3:00 Happy Hour Old Time Fiddlers 6:00 Knitting Group	21 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Baking Group Mexican Train 3:00 Black Jack 6:00 Knitting Group Scrabble
22 Centenarians' Day & Autumn Begins! 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 1:00 B-Bopping w/Cricket BINGO 2:30 Celebrating the Inn's Centenarians 6:00 Knitting Group	23 9:30 Autumn in the US Video 10:00 Little Mt. Viewpoint Drive Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:30 It's Autumn! Craft 3:30 Mexican Train 6:00 Knitting Group	24 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 PO-KE-NO 2:00 Gospel Performance 3:00 Black Jack Mexican Train 6:00 Knitting Group	25 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Heart Fitness Writing Group 10:30 Battle Ball 11:00 Mexican Train Chinese Checkers 3:00 Awards Gala w/Music 6:00 Knitting Group Scrabble	26 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Bible Study w/Kristin 2:00 Chat w/Medical Team 3:00 Choir Practice Darts 6:00 Knitting Group	27 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Happy Hour Set-Up 3:00 Happy Hour Sisco Heights 6:00 Knitting Group	28 8:30 Coffee w/Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Mexican Train 2:00 Manicures 6:00 Knitting Group Scrabble
29 Fall Foliage Week Begins 9:00 Church Service 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 1:30 The Mighty Skagit Lecture Series 1:30 Crafting Joy Project 3:00 Apple-tails Social	30 9:30 North Cascades Autumn Trails Video 10:00 Costco Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 PO-KE-NO 2:30 Raven's Cup Coffee And Art Gallery Walk					



LA CONNER RETIREMENT INN

September 2024

upcoming events



Skagit City School

Lecture Series

Sundays in Mt. Vernon, 1:30 PM

9/1 Sun., 11:15 AM
Crab Lunch Day Cruise,
 La Conner

9/2 Mon., 11:30 AM
Labor Day Hot Dog
Roast on the front pa-
tio

9/8, Sun., 3 PM,
Grandparents' Day
Donuts & Grand Tales

9/8-9/14 NALW Spirit
Days & Fun!

9/11 Wed., 1 PM
Anacortes Hardware

9/25, Wed., 3 PM
Awards Gala
Activity Room



Our mission is to create and maintain comfortable, caring environments for those who depend on us.