

## Resident Spotlight



**Judy**

Judy is very passionate about reading, playing the piano, and going out to lunch with her friends. When she isn't busy with her passions, she is watching westerns and old movies on the TV. Judy and her late husband Bob spent the better of 25 years boating the Island, which she loved. Bob and Judy ran a wholesale lumber company together for many years.

We are so happy you are here, Judy!

## Team Member Spotlight



**Daria, Med Tech**

Daria is an undergraduate, studying music and theater. She spends her down time baking and cooking. She shared that when she cooks, it is always nice to have a sweet treat at the end of it all. Daria has been in the medical field for more than a year and loves to spend time with the wonderful people here at the Inn. She is currently engaged to her best friend and love of her life. Keep up the good work!

# moments captured

**Crafting Fun: Sue had a great time making her dragonfly softie. It turned out so sweet!**



**Maxine walked down to Gilkey Square and found herself a Sasquatch! Darrell stopped by for a manicure for the first time and enjoyed it. He said he would come again.**



Share Your Thoughts This October!

## Resident & Responsible Party Satisfaction Survey

Residents and Responsible Parties, please keep an eye on your email for our Annual Satisfaction Survey! We are sending out our annual survey links from September 27th. The survey window is open through October 31st.



**Your participation is greatly appreciated!**

October 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



**Stacy Boydston,  
Executive Director**

Dear Residents and Families,  
We hope this letter finds you well. As part of our commitment to continuously improving the quality of life here at La Conner Retirement Inn, we are excited to announce our upcoming Annual Resident and Family Survey, which will take place throughout the month of October. Your feedback is incredibly valuable to us. By participating in this survey, you help us understand what we're doing well and where we might enhance our services and environment. Our goal is to ensure that La Conner Retirement Inn remains a place where

residents feel comfortable, engaged, and well-cared for. The survey will be distributed in various formats to accommodate everyone's preferences. We encourage all residents and family members to participate and share their honest feedback. Please feel free to reach out to our team if you have any questions about the survey or need assistance in completing it. We are here to support you every step of the way. Thank you in advance for your participation and for helping us make La Conner Retirement Inn a better place for everyone. Warmest Regards,  
Stacy

## HAPPY Birthday

### Residents

- Ron, October 4
- Kathy, October 23
- Midge, October 25
- Pat, October 26
- Terry, October 29

### Staff

- Scott, October 2
- Juana, October 5
- Sandra, October 23
- Kenny, October 31



# OCTOBER 2024

La Conner Retirement Inn

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

360-466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1 Natl. Homemade Cookies Day</b> 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>11:00 Cookie Bake</b> 1:00 Garden Group <b>2:00 Mexican Train</b> <b>3:00 Darts and Cookies</b> 6:00 Knitting Group	2 8:30 Coffee with Allie 10:00 Happy Hearts Fitness Writing Group 10:30 Battle Ball <b>11:00 Manicures</b> Mexican Train <b>1:00 Fred Meyer</b> 2:00 Mexican Train 3:00 Black Jack	3 8:30 Coffee with Allie Bring your fur babies! <b>10:00 Spa Day with Jo</b> Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble <b>1:00 Bible Study with Kristin</b> <b>2:00 Chat with Allie</b> 3:00 Choir Practice	4 8:30 Coffee with 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 <b>3:00 Happy Hour Old Time Fiddlers</b> 6:00 Knitting Group	5 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Mexican Train 3:00 Black Jack 6:00 Knitting Group Scrabble
<b>6 GO SEAHAWKS!</b> 9:30 Mt. Baker Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 1:00 BINGO <b>10:00 Skagit Valley Festival of Family Farms</b> <b>2:30 Mad Hatter Social</b> 3:00 Mexican Train	7 9:30 Metal Detecting Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 PO-KE-NO <b>1:00 Stanwood Drive</b> 3:30 Mexican Train 6:00 Knitting Group	8 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train / Scrabble <b>11:30 Lunch at the Rex</b> 1:00 Garden Group <b>1:30 Resident Council</b> <b>2:00 Chat with Sean</b> 2:30 Music with Suzanne 6:00 Knitting Group	9 8:30 Coffee with Allie 10:00 Happy Hearts Fitness Writing Group <b>10:15 Mt. Baker Drive</b> 10:30 Battle Ball <b>11:00 Manicures</b> Mexican Train <b>2:00 Eden Walker Rodeo</b> 3:00 Black Jack	10 <b>GO SEAHAWKS!</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble <b>1:00 Bible Study with Kristin</b> <b>2:00 Grocery Outlet / Co-Op</b> <b>2:30 Cake Decorating</b> 3:00 Choir Practice	11 8:30 Coffee with 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 <b>3:00 Monte</b> 6:00 Knitting Group	12 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Baking Group</b> Mexican Train 3:00 Black Jack 6:00 Knitting Group Scrabble
<b>13 Natl. Train Your Brain Day</b> 9:30 About the Brain Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 1:00 BINGO <b>1:00 Mighty Skagit Lectures</b> <b>2:30 Brain Puzzle Social</b> 3:00 Mexican Train	14 9:30 "I Love Lucy" Video 10:00 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	15 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train / Uno 1:00 Garden Group 1:00 Mexican Train <b>1:00 Schuh Farms for Fall</b> <b>2:00 Your Legacy</b> 6:00 Knitting Group	16 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness Writing Group 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Walmart</b> 2:00 Mexican Train 3:00 Black Jack	17 <b>National Pasta Day</b> 8:30 Coffee with Allie <b>10:00 Spa Day with Jo</b> Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>11:15 Olive Garden for Pasta Day</b> <b>1:00 Bible Study with Kristin</b> <b>2:00 Chat with Levi</b>	18 8:30 Coffee with 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 <b>3:00 Lee Howard</b> 6:00 Knitting Group	19 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Manicures</b> Mexican Train 3:00 Black Jack 6:00 Knitting Group
<b>20 GO SEAHAWKS!</b> 9:30 Pumpkin Varieties 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 1:00 BINGO <b>1:00 Skagit Mines History Lecture</b> <b>2:00 Last Walk of the Season</b> 3:00 Mexican Train	<b>21 Back To The Future Day!</b> 9:30 Skagit County Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 PO-KE-NO <b>1:00 Beach Drive</b> <b>2:30 Back to the Future Social</b>	22 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Garden Group <b>1:00 Gordon Farms for Fall</b> 2:00 Mexican Train <b>3:00 Welcome Tea</b> 6:00 Knitting Group	23 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness Writing Group 10:30 Battle Ball <b>11:00 Manicures</b> Mexican Train 2:00 Mexican Train 3:00 Black Jack	24 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Wick Peth History of the Rodeo</b> <b>1:00 Bible Study with Kristin</b> <b>2:00 Chat with Medical Team</b>	25 8:30 Coffee with 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 <b>3:00 Sisco Heights</b> 6:00 Knitting Group	26 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Baking Group</b> Mexican Train 3:00 Black Jack 6:00 Knitting Group Scrabble
<b>27 GO SEAHAWKS!</b> 9:30 Metal Detecting Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 1:00 BINGO <b>1:00 Be Bopping Drive</b> <b>2:30 Halloween Social</b> 3:00 Mexican Train	28 9:30 The Addams Family 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train/Scrabble 1:00 PO-KE-NO <b>2:30 Halloween Craft</b> 3:30 Mexican Train 3:45 Movie 6:00 Knitting Group	29 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble <b>1:00 Halloween Craft</b> <b>2:00 Chat with Stacy</b> 3:00 Black Jack 6:00 Knitting Group	30 8:30 Coffee with Allie 10:00 Happy Hearts Fitness Writing Group 10:30 Battle Ball <b>11:00 Build a Lunch</b> 11:00 Mexican Train 2:00 Mexican Train 3:00 Black Jack 1:00 Mexican Train	31 <b>Halloween</b> 8:30 Coffee with Allie <b>10:00 Spa Day with Jo</b> Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>12:00 Halloween Parade Trick or Treat with the kids</b> <b>1:00 Bible Study with Kristin</b> 2:00 Mexican Train / Uno		



LA CONNER RETIREMENT INN

## October 2024



upcoming events

**Skagit Valley Festival of Family Farms**  
**10/5 at 10 AM**

**Schuh Farms Autumn Exhibit**  
**10/15, 1 PM**

**Your Legacy**  
**10/15, 2 PM**

**Wick Peth, History of the Rodeo**  
**10/24, 1 PM**

**Halloween Parade & Trick or Treating**  
**10/31, 12 - 2 PM**



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