

## Resident Spotlight



**Judy**

Judy was born in 1939 and she says, "I worked long and hard to get to this age and I'm proud of it." Judy has a very creative mind and loves her projects. She is an avid writer and enjoys walking in the fresh air. Judy has a little dog named Millee who loves to walk with Judy. Judy lived in the cottages for 10 years and recently moved into the Inn. We are so happy you are here!

## Team Member Spotlight



**Minerva, Housekeeping**

Minerva grew up in Texas, near the Gulf, until she was 18 when her family relocated to Washington. After a short time, they returned to Texas, but Minerva knew she wanted to be back in Washington and returned as soon as she could. She loves to spend time with her children and 12 grandchildren, cooking for them, and attending soccer practice and games. When time allows, Minerva enjoys spending time in Texas and California. We appreciate all you do, Minerva!

# moments captured



**13 Coins:**

Pat, Judy, Faye, and Carol enjoyed the Amtrak train ride to Seattle for lunch at the 13 Coins restaurant. The food was good and the company was better!



**Knitting:** Mary Ann enjoys knitting in her spare time. She's blessed friends and family with hats, washcloths, and blankets.



www.laconnerretirementinn.com



February 2025

# The Innside Edition

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



# HAPPY Birthday

### Residents

- Jean, 2/7
- Jerry, 2/9
- Ann, 2/12
- Barbara, 2/12

### Staff

- Cricket, 2/6
- Christine, 2/12
- Nancy, 2/13
- Nathan, 2/23
- Vanessa, 2/26

## A Note from the Executive Director

Dear Residents, Family, and Friends,



Stacy Boydston,  
Executive Director

Love is in the air this February! We're excited to invite you to a month full of wonderful events that we've planned just for you. There's something for everyone to enjoy, including:

- Famous Red Dress Viewing at Museum
- Mystery Drives
- A beautiful performance by a Brass Quintet
- A special Valentine's Day Happy Hour with live music from the Salt Grass Band
- An afternoon of Ballroom Dancing with refreshments and hors d'oeuvres

A fantastic performance you won't want to miss!

And don't forget your dancing shoes! We can't wait to see you there and celebrate this season of love together.

Warmly,

Stacy



# FEBRUARY 2025

La Conner Retirement Inn •

204 N. 1st St., La Conner, WA 98257 •

360-466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Baking Group</b> 3:00 Black Jack 4:00 Mexican Train 6:00 Knitting Group
<b>2 Groundhog Day</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 11:45 This Week at the Inn <b>1:00 BINGO</b> <b>Scenic Drive</b> <b>2:30 Tea and Talk w/Kristin</b> <b>3:00 Fireside Reading</b> 4:00 Mexican Train	<b>3</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Scrabble Mexican Train <b>1:00 POKENO</b> <b>2:30 Healthy Hearts Social</b> <b>w/heart smart snacks</b> 3:30 Black Jack Mexican Train <b>6:00 Discussion Night</b>	<b>4</b> 8:30 Coffee with Allie <b>10:00 Your Legacy Writing</b> Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:30 Music w/Suzanne</b> <b>3:00 Darts and Donuts</b> 4:00 Mexican Train <b>5:30 Outsmart the Scammers Lecture</b>	<b>5</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness <b>Writing Group</b> 10:30 Battle Ball <b>11:00 The Red Dress Viewing</b> Mexican Train <b>11:30 Jimmy's Lunch Out</b> <b>2:00 Chat with Stacy</b> 3:00 Black Jack 6:00 Mexican Train	<b>6</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:30 Chat with Allie</b> <b>3:00 Choir</b> <b>Black Jack</b> <b>6:00 Knitting Group</b> Mexican Train	<b>7</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Happy Hour Set-Up</b> <b>3:00 Happy Hour</b> <b>Lee Howard</b> 4:00 Mexican Train 6:00 Knitting Group	<b>8</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Manicures</b> 3:00 Black Jack 4:00 Mexican Train 6:00 Knitting Group
<b>9 Super Bowl 59</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 11:45 This Week at the Inn <b>1:00 Skagit City School</b> <b>History Mystery Talk</b> <b>2:30 Super Bowl Pregame</b> <b>"Tailgate" Social</b> <b>3:30 Super Bowl LIX</b>	<b>10</b> 10:00 Happy Hearts Fitness <b>10:30 Scenic Drive</b> Battle Ball 11:00 Mexican Train <b>1:00 POKENO</b> 3:00 Black Jack Mexican Train <b>6:00 Discussion Night</b>	<b>11</b> 8:30 Coffee with Allie <b>10:00 Your Legacy Writing</b> Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:30 Resident Council</b> <b>2:00 Chat with Sean</b> <b>2:30 Darts and Donuts</b> 4:00 Mexican Train Scrabble	<b>12</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness <b>Writing Group</b> 10:30 Battle Ball 11:00 Manicures Mexican Train <b>1:00 Walmart</b> <b>3:30 Black Jack</b> <b>6:00 Knitting Group</b>	<b>13</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness <b>Spa Day with Jo</b> 10:30 Battle Ball 11:00 Mexican Train <b>12:30 All About Hearing</b> <b>2:00 Ballroom Dancing</b> <b>3:00 Choir</b> 6:00 Mexican Train Knitting Group	<b>14 Valentine's Day</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Happy Hour Set-Up</b> <b>3:00 Valentine's Happy</b> <b>Hour with Salt Grass</b> 4:00 Mexican Train 6:00 Knitting Group	<b>15</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Brass Quintet</b> <b>Performance</b> 3:00 Black Jack 4:00 Mexican Train 6:00 Knitting Group
<b>16</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 11:45 This Week at the Inn <b>1:00 BINGO</b> <b>Scenic Drive</b> <b>2:30 Tea and Talk w/Kristin</b> <b>3:00 Fireside Reading</b> 4:00 Mexican Train	<b>17 Presidents' Day</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Scrabble Mexican Train <b>1:00 POKENO</b> <b>2:30 Chat w/Medical Team</b> <b>Heart Health</b> 3:30 Black Jack Mexican Train <b>6:00 Discussion Night</b>	<b>18</b> 8:30 Coffee with Allie <b>10:00 Your Legacy Writing</b> Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Operation Ornaments</b> <b>Craft for Charity</b> <b>3:00 Darts and Donuts</b> 4:00 Mexican Train Scrabble	<b>19</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness <b>Writing Group</b> 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Surprise Destination</b> <b>With Cricket</b> <b>2:30 Chat with Levi</b> 3:00 Black Jack 6:00 Mexican Train	<b>20</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>2:00 Jim Cannon Gospel</b> <b>Music</b> <b>3:00 Choir</b> 6:00 Mexican Train Knitting Group	<b>21</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Happy Hour Set-Up</b> <b>3:00 Happy Hour</b> <b>Sisco Heights</b> 4:00 Mexican Train 6:00 Knitting Group	<b>22</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Baking Group</b> 3:00 Black Jack 4:00 Mexican Train 6:00 Knitting Group
<b>23</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion Service 11:15 Stretch and Balance 11:45 This Week at the Inn <b>1:00 Alcohol Ink Tile</b> <b>Design Class</b> <b>1:00 Skagit City School</b> <b>History Mystery Talk</b> <b>3:00 Fireside Reading</b>	<b>24</b> 10:00 Happy Hearts Fitness <b>10:30 Scenic Drive</b> Battle Ball 11:00 Mexican Train <b>1:00 POKENO</b> <b>2:30 Chips and Salsa Social</b> 3:30 Black Jack Mexican Train <b>6:00 Discussion Night</b>	<b>25</b> 8:30 Coffee with Allie <b>10:00 Your Legacy Writing</b> Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Bird Greeting Card</b> <b>Craft</b> <b>2:30 Darts and Donuts</b> 4:00 Mexican Train 6:00 Knitting Group	<b>26</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness <b>Writing Group</b> 10:30 Battle Ball 11:00 Manicures Mexican Train <b>1:00 Fred Meyer</b> <b>3:30 Back Jack</b> 6:00 Mexican Train Knitting Group	<b>27</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness <b>Spa Day with Jo</b> 10:30 Battle Ball 11:00 Mexican Train <b>3:00 Choir</b> 6:00 Mexican Train Knitting Group	<b>28</b> 8:30 Coffee with Allie 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train <b>1:00 Happy Hour Set-Up</b> <b>3:00 Happy Hour</b> <b>Jim Wolf</b> 4:00 Mexican Train 6:00 Knitting Group	



## February 2025

upcoming events

**Outsmart the Scammers**  
Lecture  
Tuesday, 2/4 at 5 PM

**The Red Dress Viewing**  
Wednesday, 2/5 at 11 AM

**Super Bowl and**  
Pregame Tailgate  
Sunday, 2/9 at 2:30 PM

**Ballroom Dancing**  
Thursday, 2/13 at 2 PM

**Brass Quintet Concert**  
Saturday, 2/15 at 1 PM

**Jim Cannon**  
Gospel Music  
Thursday, 2/20 at 2 PM



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