

Resident Spotlight



Sharon

Sharon was born in Auburn, Washington, and raised in rural Federal Way alongside her twin sister. She married her high school sweetheart, John, and they shared 55 wonderful years together while raising their three children.

Sharon began her career as a dental assistant and eventually became an office manager, retiring after 30 years. She enjoys reading, walking, and most of all, spending time with her family.

Team Member Spotlight



Shane, Maintenance Director

Shane was born in Santa Clara, California, and moved to Skagit County to be with his grandparents.

He is a third generation ordained preacher, ministering overseas, and teaching Bible study.

He took Business Administration at the University of Oregon and owns Frontier General Contractor in Mount Vernon.

Shane played tackle football most of his life where he earned the nickname “Shane the Train.”

He has two black belts, one in Shotokan and one in taekwondo.

He loves the ocean, and outdoors. Welcome Shane!

moments captured



The ladies had a grand time looking and smelling the summer flowers. Cricket and Maryann along with their dogs getting cooled off in the creek. The ladies enjoyed upcycling bubble wrap. They made beautiful hydrangea pictures.



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September 2026

The Inside Edition

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



A Note from the Executive Director



Welcome, Fall! 🍂

Fall is here, bringing cooler days, beautiful colors, and plenty of opportunities for fun and togetherness!

This month, we'll enjoy many outings including **blueberry picking**, scenic **drives** exploring the outdoors, and the beautiful autumn scenery.

We'll celebrate **Labor Day**, and during our **Patriot Happy Hour**, we'll honor and thank our **firefighters, police officers, first responders, and community service members** for all they do for our communities.

We'll also celebrate our wonderful **grandparents on Grandparents' Day** and on the 22nd enjoy a fun fall craft making **pinecone woodland creatures**.

Here's to a wonderful fall filled with **adventure, gratitude, friendship, family, and fun!**

Warm Regards,

Stacy

"May your autumn be filled with warm moments, colorful memories, and all the little joys that make life sweet."

HAPPY Birthday

Residents

- Ginny, September 2
- Charlie, September 4
- Roger P, September 10
- Judy R, September 10
- Bertha Fr, September 11
- Nancy, September 15
- Roger R, 16
- Lee, September 27

Team

- Elena, September 13
- Laurie, September 21

SUN	MON	TUE	WED	THU	FRI	SAT
		1 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Suzanne Sing A Long 4:00 Mexican Train 6:00 Golf	2 8:30 Coffee with Allie Bring your fur baby! 10:00 Writing Group Happy Hearts Fitness 10:30 Battle Ball 1:00 Jewelry Cleaning 2:00 Spades 3:00 Black Jack 6:00 Movie Night	3 8:30 Coffee with Allie Bring your fur baby! Happy Hearts Fitness 10:00 Spa Day With Jo 10:30 Battle Ball 12:30 All About Hearing 1:00 Bible Study with Judy 2:00 Chat with Allie 6:00 Golf	4 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Mexican Train 1:00 Happy Hour Set-Up 3:00 Happy Hour with Jim Wolf 6:00 Knitting Group	5 8:30 Coffee w/ Allie Bring your Fur Babies 10:00 Happy Hearts 10:30 Shut the Box 1:00 Mexican Train 1:00 Blueberry Picking Trip 3:00 Black Jack 4:00 Scrabble 6:00 Game Night
6 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 BINGO 2:30 Labor Day Social 4:00 Mexican Train 6:00 Game Night Golf Scrabble Fireside Chat	7 Labor Day 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Picnic Out 1:00 POKENO 2:00 Tai Chi 3:00 Manicures 4:00 Mexican Train 6:00 Fireside Chat	8 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 3:00 Walk the Boardwalk 4:00 Mexican Train 6:00 Golf	9 8:30 Coffee with Allie Bring your fur baby! 10:00 Writing Group Happy Hearts Fitness 10:30 Battle Ball 1:00 Fred Meyer 2:00 Chat with Shane 3:00 Golf 6:00 Movie Night	10 8:30 Coffee with Allie Bring your fur baby! Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study with Judy 1:00 Mt Vernon Coop 2:00 Black Jack 6:00 Golf	11 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Mexican Train 1:00 Happy Hour Set-Up 3:00 Patriot Happy Hour with Lee Howard 6:00 Knitting Group	12 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Hobby Lobby 3:30 Black Jack 4:00 Mexican Train 6:00 Game Night
13 Grandparents' Day & Natl. Assisted Living Week Begins 10:00 Happy Hearts Fitness 10:15 Samish Church 10:30 Battle Ball 1:00 BINGO 2:30 Grandparent Social 4:00 Mexican Train 6:00 Game Night Golf	14 10:00 Happy Hearts Fitness 10:30 Battle 11:00 Bellingham Drive and Lunch 1:00 POKENO 2:30 Manicures 4:00 Mexican Train 6:00 After Dinner Walk	15 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Guess Who Board 4:00 Mexican Train 6:00 Golf	16 8:30 Coffee with Allie Bring your fur baby! 10:00 Writing Group Happy Hearts Fitness 10:30 Battle Ball 11:30 Mexican Lunch Out 3:00 Free Clothing Giveaway 6:00 Game Night	17 8:30 Coffee with Allie Bring your fur baby! Happy Hearts Fitness 10:00 Spa Day With Jo 10:30 Battle Ball 1:30 Mobility Care Eye Clinic 2:00 Show and Tell 6:00 Golf	18 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Mexican Train 1:00 Happy Hour Set-Up 3:00 Happy Hour with Old Time Fiddlers 6:00 Knitting Group	19 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Grocery Outlet 3:30 Black Jack 4:00 Mexican Train 6:00 Game Night
20 10:00 Happy Hearts Fitness 10:00 Scenic Drive Little Mt. 10:30 Battle Ball 1:00 BINGO 2:30 Jewelry Cleaning 4:00 Mexican Train 6:00 Game Night	21 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 POKENO 1:00 Walmart 2:00 Chat W/ Medical Team 2:30 Manicures 4:00 Mexican Train 6:00 After Dinner Walk	22 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Scrabble 2:00 Autum Craft 4:00 Mexican Train 6:00 Golf	23 8:30 Coffee with Allie Bring your fur baby! 10:00 Writing Group Happy Hearts Fitness Goodwill 1:00 Snack Stick Drive 2:00 Snack Stick Social 2:30 Golf 6:00 Movie Night	24 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study with Judy 1:30 Mexican Train 2:00 Pastor Jim 4:30 Ladies Night Out 6:00 Golf	25 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Mexican Train 1:00 Happy Hour Set-Up 3:00 Happy Hour with PJ and Dave 6:00 Knitting Group	26 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Jewelry Cleaning 3:00 Black Jack 4:00 Mexican Train 6:00 Game Night
27 10:00 Happy Hearts Fitness 10:15 Church Samish Island 11:30 Sharing Time 1:00 BINGO 1:00 Hunting Fishing Drive 3:00 Hunting Fishing Social 6:00 Game Night	28 10:00 Happy Hearts Fitness 10:30 Battle Ball Autum Drive/ Acme Diner Lunch 1:00 POKENO 2:30 Manicures 4:00 Mexican Train 6:00 Golf	29 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Shopping 2:00 Spades 4:00 Mexican Train 6:00 Golf	30 8:30 Coffee with Allie Bring your fur baby! 10:00 Writing Group Happy Hearts Fitness 10:30 Battle Ball 10:30 Concrete Drive/ Lunch 2:00 Chat w/ Kellie 2:30 Spades 6:00 Movie Night			

LA CONNER
RETIREMENT INN

September
2026

upcoming events

Blueberry Picking
Sept. 5th
1 PM

Mobility Eye Care
Clinic
Sept. 8th
2:30 PM

Clothing Give Away
Sept. 16th
3 PM

Hunting & Fishing
Social
Sept. 27th
3 PM



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