

Resident Spotlight



Michael

Michael was born and raised in Mount Vernon. He also spent some time in Germany, where his mother was from. After graduating from WSU with a bachelor’s degree in wildlife biology, he pursued his master’s degree at the University of Idaho, focusing on Colombian white-tailed deer. This led him to a 37 year career (within our five local counties) as a district wildlife biologist. Michael loves the outdoors, especially wildlife photography. He’s also a Seattle Seahawks and Mariners fan. Welcome home, Michael.

Team Member Spotlight



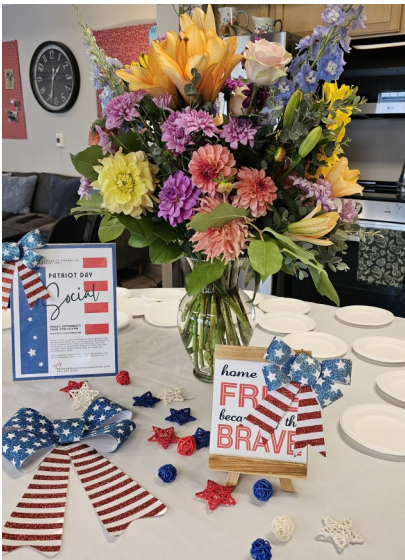
Caden, Chef

Caden was born and raised in Stanwood. He will soon be starting classes at Bellingham Technical College, working towards a two-year radiologic technology degree. This will allow him to work as an Imaging/MRI/X-ray technician. Caden is a musical soul, self-taught guitarist, and musical composer. He especially enjoys heavy metal.

moments captured



Carol, Bertha and Joan, enjoyed a bowl of guacamole and warm chips on National Guacamole Day. The first responder table is picture perfect. Cricket had our ladies out for a wonderful lunch at Mt. Vernon Mexican Café, and a drive around Cap Sante Marina.



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 30th. The survey window is open through October 31st.

Your participation is greatly appreciated!



www.laconnerretirementinn.com

October 2026

The *Inn*side Edition

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



HAPPY
Birthday

Residents

- Patsy, October 1
- Anitia, October 14
- Tom, October 20
- Midge, October 25
- Pat, October 26

Team

- Shane, October 5
- Juana, October 5

What do you like most about Autumn?

Al – “Cooler temperatures”

Elaine – “I sure enjoy the changes of the leaves.”

Chris – “You’ve got to love the cooler weather.”

Maryann – “The color of fall is my Favorite.”

Allie – “The bright colors of fall against the dark skies”

OCTOBER 2026

La Conner Retirement Inn

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

360-466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Pumpkin Spice Day 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Bible Study with Judy 1:00 CoOp 2:00 Chat with Allie 6:00 Game Night	2 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	3 8:30 Coffee W/ Allie Bring your fur baby! 10:00 Happy Hearts Fitness 12:00 Spaghetti Feed 1:00 Remembering Our Friends 3:00 Black Jack 4:00 Scrabble 6:00 Game Night
4 10:00 Happy Hearts Fitness 10:15 Church Service 10:30 Visit by the Fire 1:00 BINGO 1:00 Beach Drive 2:30 Taco Day Social 4:00 Mexican Train 6:00 Game Night	5 Active Aging Week 10:00 Happy Hearts Fitness 10:30 Visit by the Fireplace 1:00 POKENO 1:00 Gordon's Pumpkin Patch 2:00 Tai Chi 4:00 Mexican Train 6:00 Discussion Night	6 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Fred Meyer 2:00 Fall Craft 4:00 Mexican Train 6:00 Golf	7 8:30 Coffee with Allie Bring your fur baby! 10:00 Writing Group Happy Hearts Fitness 10:30 Balance 1:00 Skyjo (card game) 2:00 Bingo 2:00 Mexican Train	8 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 12:30 All About Hearing 1:00 Bible Study with Judy 1:00 Padilla Bay Tour 3:00 Clean the Bus 6:00 Game Night	9 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 10:30 Mexican Train 1:00 Happy Hour Set-Up 3:00 Happy Hour with Lee Howard	10 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Five Crowns (Cards) 3:00 Black Jack 4:00 Scrabble 6:00 Game Night
11 10:00 Happy Hearts Fitness 10:15 Church Service 10:30 Visit by the Fire 1:00 BINGO 2:30 Sausage Pizza Social 4:00 Mexican Train 6:00 Game Night	12 Indigenous People Day 10:00 Happy Hearts Fitness 10:30 Visit by the Fireplace 1:00 POKENO 12:00 Chuckanut Manor 2:30 Indigenous Social 4:00 Mexican Train 6:00 Discussion Night	13 Train Your Brain Day 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:15 Resident Council 2:30 Corn Shucking & Roasting 6:00 Game Night 6:00 Golf	14 8:30 Coffee with Allie Bring your fur baby! 10:00 Writing Group Happy Hearts Fitness 10:30 Balance 1:00 I've Got A Secret 2:00 Hot Toddy Resident Survey 2:00 Chat w/ Stacy & Shane	15 I Love Lucy Day 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Bible Study with Judy 2:00 Staff Cook Off, Resident Judges 3:00 Mexican Train 6:00 Game Night	16 Boss Day 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Happy Hour Set-Up 3:00 Happy Hour with Old Time Fiddlers Harvest Day	17 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Art Class With Shelley 3:00 Black Jack 4:00 Scrabble 6:00 Game Night
18 Chocolate Cupcake Day 10:00 Happy Hearts Fitness 10:15 Church Service 10:30 Visit by the Fire 1:00 BINGO 2:30 Celebrating Chocolate Social & Trivia 4:00 Mexican Train 6:00 Game Night	19 10:00 Happy Hearts Fitness 10:30 Visit by the Fireplace 1:00 POKENO 1:00 Co-Op 2:30 Manicures 4:00 Mexican Train 6:00 Discussion Night	20 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Halloween Costume Ball Residents & Staff 4:00 Mexican Train 6:00 Golf	21 Apple Day 8:30 Coffee with Allie Bring your fur baby! 10:00 Writing Group Happy Hearts Fitness 10:30 Balance 1:00 Pen Pals Around The World 2:00 Skyjo (card game) 3:00 Show and Tell	22 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Bible Study with Judy 1:00 Thrift Stores 4:30 Ladies Night Out 6:00 Game Night	23 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Happy Hour Set-Up 3:00 Happy Hour with Tom & Jill Hudson	24 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Five Crowns (Cards) 3:00 Black Jack 4:00 Scrabble 6:00 Game Night
25 10:00 Happy Hearts Fitness 10:15 Church Service 10:30 Visit by the Fire 1:00 BINGO 2:00 Skagit City Lecture 2:30 Greasy Food Social 4:00 Mexican Train 6:00 Game Night	26 10:00 Happy Hearts Fitness 10:30 Visit by the Fireplace 1:00 POKENO 1:00 Potato Tour 2:00 Chat with Medical Team 2:30 Manicures 4:00 Mexican Train 6:00 Discussion Night	27 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Fred Meyer 2:00 Handmade Turkish Mosaic Lamp Class 4:00 Mexican Train 6:00 Golf	28 8:30 Coffee with Allie Bring your fur baby! 10:00 Writing Group Happy Hearts Fitness 10:30 Balance 1:00 Pumpkin Carving Staff & Residents 1:00 Scenic Drive 2:00 Chat with Kellie	29 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Bible Study with Judy 1:00 Pet Parade 2:00 Gospel Group 6:00 Game Night	30 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Mexican Train 12:00 Parade & Trick or Treat 4:00 Mexican Train 6:00 Game Night	31 Halloween 8:30 Coffee with Allie Bring your fur baby! 10:00 Happy Hearts Fitness 10:30 Balance 1:00 Mexican Train 2:00 Golf 4:00 Scrabble 6:00 Game Night



LA CONNER
RETIREMENT INN

October 2026

upcoming events

Resident Council

10/13/2026

1:15 PM

Halloween Costume

Ball

10/20/26

1 PM

Pumpkin Carving

Contest

10/28/2026

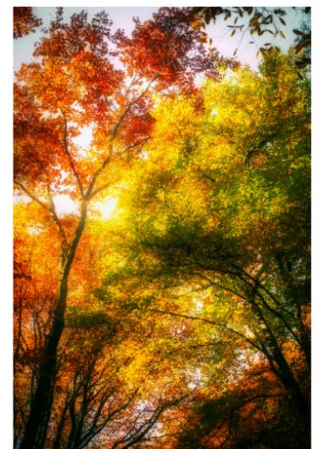
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Halloween Parade

and Trick or Treating

10/30/2026

3-5 PM



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