



Zingo is a hit! Keep an eye out for the sign up sheets, spots are limited.

Dry Cleaning

Reminder!

We partner with a local dry cleaner, come to the front counter and see Leila to arrange for your dry cleaning to be picked up, and dropped off right here at Logan Creek! We also have a price list available so you can see what it will cost before you have it cleaned.

Bet you didn't know we offered this service

Today By Billy Collins

*If ever there were a spring day so perfect,
so uplifted by a warm intermittent breeze*

*that it made you want to throw
open all the windows in the house*

*and unlatch the door to the canary's cage,
indeed, rip the little door from its jamb,*

*a day when the cool brick paths
and the garden bursting with peonies*

*seemed so etched in sunlight
that you felt like taking*

*a hammer to the glass paperweight
on the living room end table,*

*releasing the inhabitants
from their snow-covered cottage*

*so they could walk out,
holding hands and squinting*

*into this larger dome of blue and white,
well. today is just that kind of day.*



HAPPY EASTER!



Logan Creek
Retirement Community

Logan Creek

April 2021

2311 E. Division Street
Mount Vernon, Washington
98274

Upcoming Birthdays

Monday, April 22nd:

Carlene

Spring is finally here and will be draping our farmlands with tulips in the weeks to come. You won't want to miss any chance to see Skagit Valley painted in those beautiful strokes of yellow, red, pink, and purple so don't forget to sign up for our weekly bus trips!

New Director of Culinary Services

Congratulations to Andrew on finding a new job much closer to home. We are sorry to see him go but wish him great success in his new role.

Please give a warm welcome to our new Director of Culinary Services, Ashley Chandler!



Our March donation went to Harriet Rowley Elementary. We bought goodies for the faculty and staff to say thank you for all the hard work they do during this hybrid learning time.

Upcoming Bus Rides

Thursday April 1st:

"Art in a Pickle Barn" Show at Schuh Farms

Thursday April 8th:

Arlington Wildlife Park/Kangaroo Farm

Thursday April 15th:

Skagit Acres

Thursday April 22nd:

PNW Artisan Marketplace

Thursday April 29th:

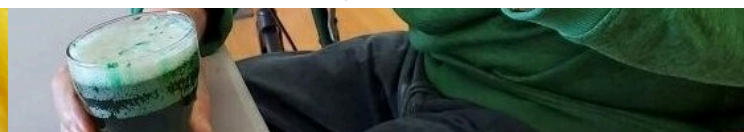
The Skagit Casino Resort



Behold Carol, the cornhole champion!



St. Paddy's was a hit!



Virtual Interactive Tours

Travel the world from the comfort of our theater room, with a fresh bag of delicious popcorn.

Monday, April 5th:

Jamaica

Monday, April 12th:

Israel

Monday, April 19th:

Henry Ford Museum

Monday, April 26th:

Florida Everglades



Spotlight

We had a tough time finding someone this month who wanted to be interviewed. So we were forced to settle for our Executive Director Lee :) Lee grew up in Frederick, Maryland. If you are military, you will recognize this town as being the home of Fort Detrick. After graduating from high school and starting Culinary school, Lee did his internship at Walt Disney World in Orlando, Florida. He worked in a 1950's style drive in, and had to wear roller skates everyday at work! After the internship ended, he stayed on with Disney as a recruiter, and went back to Frederick to finish school. He graduated college with 4 degrees!

Lee enjoys traveling all over the world to sightsee and most importantly EAT! He has dined at some of the best restaurants in the world. He flew to London for the royal wedding of Harry and Meghan a few years ago, and ate at Gordon Ramsey's first restaurant! What an experience! He even flew to Florida just to have dinner once!

When Lee is not eating, working, or traveling, he enjoys working in his yard, spending time with friends (when safe to do so), volunteering his time as the treasurer for his Home Owner's Association and also as an ambassador for the Mount Vernon Chamber of Commerce.

Bet ya didn't know all of this about him, did ya?



Reminder of Community Indoor Visitation Requirements:

- Only one visitor per resident
- *At least* one of the two people must be fully vaccinated
- Visitors must schedule visit in advance with community
- Visitors to pass COVID-19 screening questions and temperature parameters
- Resident/POA must sign facility approved attestation regarding COVID exposure
- Abide by community infection control practices during the entire visit

If a visitor or resident is not vaccinated:

- They may be required to provide proof of test within 48hrs of visit
- Will have no physical contact between visitor and resident
- Visit will be supervised in a designated area
- Face Masks required at all times to cover nose and mouth

Gardening Club

Bob and Alex did a splendid job building us a planter box, just in time for our gardening club to start this month! Gardening is a really fun and rewarding hobby and a great way to cultivate a healthy mind while connecting with nature. So whether you're a seasoned gardener or you've always been interested in developing a green thumb, we hope you'll join the Logan Creek Gardening Club.

Food & Activities Surveys

We'll be posting new surveys this month, so don't forget to turn them in as they really help us cater our menu and calendar to your preferences. Knowing what you actually all like is half the battle of providing you with food and experiences you can all enjoy!



Wish of a Lifetime

Founded by former U.S Olympic skier Jeremy Bloom, Wish of a lifetime provides meaningful experiences fulfilling dreams for deserving seniors to relieve feelings of isolation and inspire others to reach out to seniors in their lives.

If you've ever had something in your life that you have always wanted to do or experience, come to the front desk to ask for an application, It's never too late to live out your biggest dreams!



Bob & Alex hard at work building us a planter box

Painting 101



Join us every Thursday afternoon in the activity room for painting lessons. We'll be following along Youtube videos recorded by experienced artists giving us step by step directions with all the tips and tricks they know

We'll provide the canvas, paint, and paint brushes, all you need to bring is your artistic vision!

Breathing & Relaxation with Stevie

Stevie will lead you through different techniques to manage and reduce stress. By giving the mind a job, something to focus on outside of our thoughts, we are able to become more present, grateful, and appreciative of all that is going well. The stresses are still there, but we are able to set them aside so that we may find some reprieve and learn to manage them more productively.

Some may be concerned if this practice may be controversial to their current belief system. This practice is not religious, it is simply as set of tools offered to be utilized in times of need.

Through the practice of meditation, we become more mindful and can stop anxiety in its tracks with practice, consciousness, and a little bit of self-compassion. **Join Stevie on Sundays at 10am and Thursdays at 6pm** and reconnect to all of the amazing things that are going right in the world, because there is so much to be grateful for!


Casino Trips are back!

We are resuming our monthly bus rides to the Casino starting Thursday, April 29th. The Bus departs at 10am to take you to The Skagit Casino Resort (now non-smoking) come try your luck at your choice of games, and enjoy some good food to boot!

April 2021

Social Distancing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div></div> <div><div>AE</div> Artistic Expression</div> <div><div>CC</div> Community Connections</div> <div><div>CE</div> Continuing Education</div> <div><div>LL</div> Lifestyle & Leisure</div> <div><div>PE</div> Physical Engagement</div> <div><div>SS</div> Spiritual Support</div>				1:15 <div>LL</div> Bus Trip - Schuh Farms Art Show 1 3:45 <div>CE</div> Library Book Drop Off [L] 6:00 <div>SS</div> Breathing and Relaxation [AR]	Dining Survey 2 11:00 <div>PE</div> Stretch and Flex [AR] 11:30 <div>PE</div> Crazy Ball [AR] 3:00 <div>CC</div> Happy Hour [L]	11:00 <div>PE</div> Stretch & Flex [AR] 3 11:30 <div>LL</div> Crazy Ball [AR] 1:15 <div>LL</div> Mystery Bus Trip 3:45 <div>LL</div> Wheel of Fortune [L]	
	10:00 <div>SS</div> Breathing and Relaxation [L] 4 11:00 <div>LL</div> Easter Egg Hunt [L] 1:30 <div>LL</div> Bingo [AR] 3:30 <div>LL</div> Cornhole in the Courtyard [CC]	11:00 <div>PE</div> Stretch & Flex [AR] 5 11:30 <div>PE</div> Crazy Ball [AR] 3:00 <div>CE</div> Virtual Interactive Tour - Jamaica [TR] 3:45 <div>LL</div> Wheel of Fortune [L]	10:30 <div>LL</div> Wii - Bowling [TR] 6 2:30 <div>CC</div> Ice Cream Social [L] 3:30 <div>CE</div> Gardening Club [CC]	11:00 <div>PE</div> Stretch & Flex [AR] 7 11:30 <div>PE</div> Crazy Ball [AR] 1:30 <div>LL</div> Bingo [AR]	1:15 <div>LL</div> Bus Trip - Arlington Wildlife Park 8 3:00 <div>AE</div> Painting 101 [AR] 3:45 <div>CE</div> Library Book Drop Off [L] 6:00 <div>SS</div> Breathing and Relaxation [AR]	Activities Survey 9 11:00 <div>PE</div> Stretch and Flex [AR] 11:30 <div>PE</div> Crazy Ball [AR] 3:00 <div>CC</div> Happy Hour [L]	11:00 <div>PE</div> Stretch & Flex [AR] 10 11:30 <div>LL</div> Crazy Ball [AR] 1:15 <div>LL</div> Mystery Drive with Leila 3:45 <div>LL</div> Wheel of Fortune [L]
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	10:00 <div>SS</div> Breathing and Relaxation [L] 25 1:30 <div>LL</div> Bingo [AR] 3:30 <div>LL</div> Cornhole in the Courtyard [CC]	11:00 <div>PE</div> Stretch & Flex [AR] 26 11:30 <div>PE</div> Crazy Ball [AR] 3:00 <div>CE</div> Virtual Interactive Tour - Florida Everglades [TR] 3:45 <div>LL</div> Wheel of Fortune [L]	10:30 <div>LL</div> Wii - Bowling [TR] 27 2:30 <div>CC</div> Ice Cream Social [L] 3:30 <div>CE</div> Gardening Club [CC]	11:00 <div>PE</div> Stretch & Flex [AR] 28 11:30 <div>PE</div> Crazy Ball [AR] 1:30 <div>LL</div> Bingo [AR]	10:15 <div>LL</div> Bus Trip - Casino Trip 29 3:00 <div>AE</div> Painting 101 [AR] 3:45 <div>CE</div> Library Book Drop Off [L] 6:00 <div>SS</div> Breathing and Relaxation [AR]	11:00 <div>PE</div> Stretch and Flex [AR] 30 11:30 <div>PE</div> Crazy Ball [AR] 3:00 <div>CC</div> Happy Hour [L]	Location Keys Activity Room AR Central Courtyard CC Lobby L Theater Room TR