

Resident SPOTLIGHT



Al

Al was born in Tacoma and graduated from Tahoma High. He was in college for two years before joining the Navy where he spent two years active and five in the reserves. After the Navy, Al worked for 30 years for the city of Tacoma. He found himself living in Toledo on the Cowlitz River. We're so glad you are here, Al!

Team Member SPOTLIGHT



Nick, Dietary Aide

Nick was born in Mount Vernon and has lived there his whole life. He is in high school and is looking forward to graduation. Nick has worked for the Inn for over a year and is a valued employee. Nick enjoys building plans and cars, and he admires vintage cars. Thanks for your hard work, Nick!

moments captured



Santa and his Elf.
Maxine sure enjoyed her surprise visit from Santa and his Elf!



Grinch and Holiday outings. The Grinch played by our ED Jeff and Midge are having an good time. Cricket and the residents hade a wonderful time at Skagit Gardens.

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www.facebook.com/laconnerretirementinn





January 2024

The Innside Edition

Independent & Assisted Living | 204 N. 1st St. | PO Box 1087 | La Conner, WA 98257 | 360-446-5700

www.laconnerretirementinn.com



In Our Own Words

This month, we're sharing our opinions on the best part of the winter season. Many of us share a favorite!

Darrell: "Rain and Snow"

Molly: "Snow"

Dorie: "Able to get around if it snows"

Virginia M.: "Snow"

Deanna: "Snow and lights"

Marge: "Snow if it comes"

Al: "Cold weather"



HAPPY Birthday

Residents


- Jannette, Jan 3
- Deanna, Jan 4
- Dorie, Jan 8
- Mary Ann L, Jan 14
- Faye, Jan 20
- Carolyn Sutton, Jan 25
- Arlene, Jan 27
- Virginia M, Jan 31


Staff

- Allie, Jan 9
- Cindy, Jan 14
- SuZanne, Jan 29

JANUARY 2024

La Conner Retirement Inn • 204 N. St, La Conner , WA 98257 • 360-466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:00 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Mexican Train 2:00 Black Jack 2:00 The Rose Bowl 3:00 Chicken Foot 4:00 Funny Video	2 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos	3 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Walmart 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos	4 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 Mexican Train 2:30 Choir Practice 2:30 Black Jack 3:30 Funny Videos	5 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Country Jim (Guitarist) 4:00 Funny Videos	6 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos
7 9:00 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:00 Tombola 2:00 Uno 3:00 Black Jack 4:00 Funny Videos 0:00 Seahawk TBD	8 9:00 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Mexican Train at Inn or Bus Trip Eagle Watch 2:00 Black Jack 3:00 Chicken Foot 4:00 Funny Videos 6:00 Discussion Night	9 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos	10 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Ice Cream at Popies 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos	11 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Chat with Allie 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos	12 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Old School Ukelele for Happy Hour 4:00 Funny Videos	13 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos
14 9:00 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:00 Tombola 2:00 Uno 3:00 Black Jack 4:00 Funny Videos 0:00 Seahawks TBD	15 9:00 Animal Webcam at Inn or Rockport Lunch at 11 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Mexican Train 2:00 Black Jack 3:00 Chicken Foot 4:00 Funny Videos 6:00 Discussion Night	16 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Jeff 2:00 Finance 101 with Jeff 3:00 Mexican Train 2:30 Black Jack 3:30 Funny Videos	17 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Grocery Outlet 1:30 Mexican Train 2:30 Black Jack 3:00 Lee Howard (12-String Guitarist) Happy Hour	18 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 Mexican Train 2:30 Choir Practice 2:00 Chat with Nathen 2:30 Black Jack	19 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Lee Howard 4:00 Funny Videos	20 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos
21 9:00 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:00 Tombola 2:00 Uno 3:00 Black Jack 4:00 Funny Videos 0:00 Seahawks TBD	22 9:00 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Mexican Train 2:00 Black Jack 3:00 Chicken Foot 4:00 Funny Videos 6:00 Discussion Night	23 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos	24 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos	25 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 Mexican Train 2:30 Choir Practice 2:00 Chat w/ Medical Team 2:30 Black Jack 3:30 Funny Videos	26 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Open House & Sisco Heights (Band) 4:00 Funny Videos	27 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos
28 9:00 Animal Webcam 9:00 Church Service 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:00 Tombola 2:00 Uno 3:00 Black Jack 4:00 Funny Videos 0:00 Seahawks TBD	29 9:00 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Mexican Train or visit Ship Yard 2:00 Black Jack 3:00 Chicken Foot 4:00 Funny Videos 6:00 Discussion Night	30 8:30 Coffee with Allie. Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos	31 8:30 Coffee with Allie. Bring your fur babies! 9:00 Guemes Island trip with brown sack lunches 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 2:30 Black Jack 3:30 Funny Videos			



January 2024

upcoming events

Friday, Jan. 5th
Country Jim for
Happy Hour at 3 pm

Monday, Jan. 8th
Trip to go eagle
watching at 1 pm

Wednesday, Jan.
10th. Ice Cream at
Popies in Oak Harbor
at 1 pm

Friday, Jan. 12th
Old School Ukeleles
for Happy Hour at 3
pm

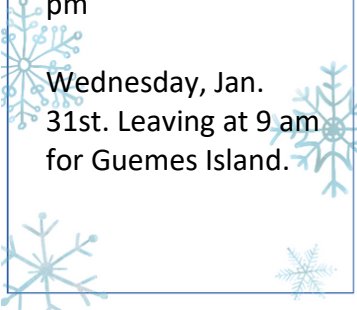
Monday, Jan. 15th
Rockport Lunch.
Leaving at 9 am.

Friday, Jan. 17th
Lee Howard for
Happy Hour at 3 pm

Friday, Jan. 26th
Open House & Hap-
py Hour with Sisco
Heights at 3 pm

Monday, Jan. 29th
Ship Yard Drive at 1
pm

Wednesday, Jan.
31st. Leaving at 9 am
for Guemes Island.



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