

## Resident Spotlight



**Carol**

The Resident Spotlight shines on Carol this month! Carol grew up in Woodland, Ca., and particularly enjoyed the small town environment and friendly people. She spent her career days in banking. In retirement, she enjoys walking, reading, and on occasion, sewing. She is a regular participant on LCRI trips and enjoys how they've helped her to meet fellow residents. We're glad you're here, Carol!

## Team Member Spotlight



**Debbie: In Her Own Words!**

Originally hailing from England, I made the leap across the pond to start a new chapter with my husband. We have a spirited 4-year-old and enjoy family hikes on the beautiful Washington trails. In addition to hikes, I enjoy singing. With over a decade of healthcare related experience, I take immense pride in assisting seniors in finding their perfect home as the Sales Director at LCRI.

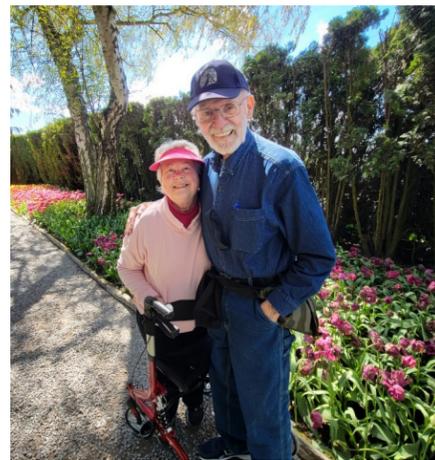
# moments captured



The residents gathered for this photograph at Roozengaarde. The sun was shining and the tulips were a sight to see!



Mary, Al, Judy, and Mike had a wonderful time at Roozengaarde looking at the displays of tulips. The weather was amazing.



**Do you know someone considering a move to senior living?**  
*refer a friend!*

When you refer friends or family members and one becomes a resident, you'll be credited \$500 off the next month's rent.

The best part? There's no limit as to how many referrals you may make.

**You can earn \$500 by referring a friend or loved one!**

\*See Executive Director for restrictions, details, and residency requirements.

May 2024

# The Innside Edition

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



## HAPPY Birthday

### Residents

- Maxine, 5/9
- Don, 5/12
- Gene, 5/19
- Mary Ann, 5/22
- Ollie, 5/30

### Staff

- Stacy, 5/7

## Thoughts on Mother's Day and Moms ❤️

We asked residents and staff what their favorite memories are of Mother's Day and their moms, or of being a mother:

**Janette remembers** how beautiful her mom was and how fun she made it to work in the hay fields with her, especially on hot days that she would have them all jump in the canals afterward.

**Grace recalls** the Mother's Day her son came to visit and the "gift" he brought her was a deceased deer in the trunk; she did get some peace while her son and husband spent the day dealing with the deer.

**Allie saved** up her babysitting money and bought her mom a giant 2x3 foot card and when her mom opened it, she shed happy tears.

**Laura loves** being a mom to her beautiful daughter.

**Terry thinks** of his mom and remembers that she seemed less anxious and stressed in later years. With seven kids he can understand the stress. ❤️

# MAY 2024

La Conner Retirement Inn • 204 N. 1st St., La Conner, WA 98257 • 360-466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
			1 8:30 Coffee with Allie and bring your fur babies 10:00 Happy Hearts Fitness 10:00 Writing Group 10:30 Battle Ball 11:00—12:00 Claire's Hair Salon, Treats and Door Prizes 1:00 Fred Meyer 1:30 Mexican Train 3:00 Fly Swatter Volley Ball	2 8:30 Coffee with Allie bring your fur babies 10:00 Happy Hearts Fitness <b>10:00 Spa day with Jo</b> 10:30 Battle Ball 1:00 Bible Study 1:30 Mexican Train 2:00 Sing A Long Suzanne 2:30 Choir Practice 3:00 Fly Swatter Volley Ball	3 8:30 Coffee with Allie bring Your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Happy Hour Set Up Committee <b>3:00 Happy Hour with Lee Howard</b> 4:00 Funny Videos 6:00 Knitting Group	4 8:30 Coffee with Allie bring your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>11:00 Ball Room Dancing Lessons</b> 1:30 Mexican Train 1:00 Manicures 3:00 Black Jack 4:00 Funny Videos
5 9:00 Funny Videos 10:45 Communion 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:00 Cinco De Mayo Social Celebrating in Song McIntyre Hall \$18</b> 1:30 Cinco De Mayo Trivia 6:00 Knitting Group	6 9:00 Funny Videos 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:00 Walk Guemes Chanel</b> 1:00 Mexican Train 6:00 Discussion Night 6:00 Knitting Group	7 8:30 Coffee with Allie bring Your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>11:00 Lunch at the Rex</b> 1:00 Create your own Rock mosaic 2:00 Mexican Train 3:00 Black Jack 6:00 Knitting Group	8 8:30 Coffee with Allie bring your fur babies 10:00 Happy Hearts Fitness 10:00 Writing Group 10:30 Battle Ball 1:00 Goodwill 1:30 Mexican Train 3:00 Fly Swatter Volley Ball 6:00 Knitting Group	9 8:30 Coffee with Allie bring your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study <b>2:00 Ball Room Dancing</b> 2:30 Choir Practice 3:00 Fly Swatter Volley Ball 4:00 Funny Videos	10 8:30 Coffee with Allie bring Your babies 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Happy Hour Set Up Committee <b>3:00 Happy Hour with Salt Grass</b> 4:00 Funny Videos 6:00 Knitting Group	11 8:30 Coffee with Allie bring your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>11:00 Ball Room Dancing Lessons</b> 1:30 Mother's Day Tea 3:00 Black Jack 4:00 Funny Videos
12 <b>Mother's Day*</b> 9:00 Funny Videos 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Communion <b>1:00 Lost Cities</b> 1:30 Mexican Train 6:00 Knitting Group  (*Mother's Day Tea on the 11th)	13 9:00 Funny Videos 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:00 Walk Down Town Anacortes</b> 1:00 Mexican Train 6:00 Discussion Night 6:00 Knitting Group	14 8:30 Coffee with Allie bring Your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:00 Library</b> 1:30 Resident Council <b>2:00 Jim Cannon Gospel Performance</b> 3:00 Black Jack 3:00 Mexican Train	15 8:30 Coffee with Allie and bring your fur babies 10:00 Happy Hearts Fitness 10:00 Writing Group 10:30 Battle Ball <b>1:00 Grocery outlet</b> 1:30 Mexican Train 3:00 Fly Swatter Volley Ball 6:00 Knitting Group	16 8:30 Coffee with Allie bring your fur babies 10:00 Happy Hearts Fitness <b>10:00 Spa day with Jo</b> 10:30 Battle Ball 1:00 Bible Study 1:30 Mexican Train <b>2:00 Chat with Levi</b> 2:30 Choir Practice 3:00 Fly Swatter Volley Ball	17 8:30 Coffee with Allie bring Your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Happy Hour Set Up Committee <b>3:00 Happy Hour with Old Time Fiddlers</b> 4:00 Funny Videos 6:00 Knitting Group	18 8:30 Coffee with Allie bring your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>11:00 Ball Room Dancing Lessons</b> 1:30 Mexican Train 1:00 Manicures <b>2:00 Chat with Allie</b> 3:00 Black Jack
19 9:00 Funny Videos <b>9:00 Church Service</b> <b>10:45 Communion</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Planting flowers <b>1:00 Lost Cities</b> 2:00 Mexican Train 6:00 Knitting Group	20 9:00 Funny Videos 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:00 Walk Cape Sante</b> 1:00 Mexican Train 6:00 Discussion Night 6:00 Knitting Group	21 8:30 Coffee with Allie bring Your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:00 Chat with Stacy</b> <b>2:00 Spring Concert</b> 3:00 Black Jack 6:00 Knitting Group	22 8:30 Coffee with Allie and bring your fur babies 10:00 Happy Hearts Fitness 10:00 Writing Group 10:30 Battle Ball <b>11:00 Lunch out Surprise</b> 1:30 Mexican Train 3:00 Fly Swatter Volley Ball 6:00 Knitting Group	23 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 <b>2:00 chat with the Medical team</b> 2:30 Choir Practice 3:00 Fly Swatter Volley Ball	24 8:30 Coffee with Allie bring Your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Happy Hour Set Up Committee <b>3:00 Happy Hour with Sisco Heights</b> 4:00 Funny Videos 6:00 Knitting Group	25 8:30 Coffee with Allie bring your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>11:00 Ball Room Dancing Lessons</b> 1:30 Mexican Train 1:30 Walk with Allie 3:00 Black Jack 4:00 Funny Videos
26 9:00 Funny Videos 10:45 Communion 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:00 Indy 500 Social</b> <b>1:00 Lost Cities</b> 2:00 Mexican Train 6:00 Knitting Group	27 <b>Memorial Day</b> <b>9:00 Memorial Ceremony Pleasant Ridge</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:00 Scenic Drive</b> 1:00 Mexican Train 6:00 Discussion Night 6:00 Knitting Group	28 8:30 Coffee with Allie bring Your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trip to the Library 2:00 Chat with Sean 3:00 Black Jack 6:00 Knitting Group	29 <b>Senior Health &amp; Fitness Day</b> 8:30 Coffee with Allie and Bring your fur babies 10:00 Happy Hearts Fitness 10:00 Writing Group 10:30 Battle Ball <b>1:00 Miniature Golf</b> 1:30 Mexican Train <b>2:00 Allie and Elena Health and Fitness</b> 3:00 Fly Swatter Volley Ball	30 8:30 Coffee with Allie bring your fur babies 10:00 Happy Hearts Fitness <b>10:00 Spa day with Jo</b> 10:30 Battle Ball 1:00 Bible Study 1:30 Mexican Train 2:30 Choir Practice 3:00 Fly Swatter Volley Ball 4:00 Funny Videos	31 8:30 Coffee with Allie bring Your fur babies 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Happy Hour Set Up Committee <b>3:00 Happy Hour with Esquires</b> 4:00 Funny Videos 6:00 Knitting Group	



LA CONNER RETIREMENT INN

## May 2024 upcoming events



**5/5 Cinco de Mayo Social 1 pm**

**5/9 Ball Room Dancing 2 pm**

**5/11 Mother's Day Tea 1:30 pm**

**5/14 Jim Cannon Gospel Performance 2 pm**

**5/21 Spring Concert 2 pm**

**5/26 Indi 500 Social 1 pm**

**5/27 Memorial Day at Pleasant Ridge 9 am**

**5/29 Senior Health & Fitness Day with Allie & Elena 2 pm**

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