

Resident Spotlight



Jerry and Nancy

Jerry and Nancy met in choir at Mt. Vernon High School in 1962. They built a lovely life together staying in the area. Jerry found success in the grocery industry and as owner of Orca Communications, while Nancy found fulfillment as an RN. They had significant impact on kids in Burlington with Jerry's Rotary involvement and leadership. Jerry and Nancy enjoy positively encouraging excellence in their children, grandchildren, and great grandchildren.

Team Member Spotlight



Justin

Justin brings great energy to the dining experience here at the Inn. He grew up in Mt. Vernon and has traveled much of the West, particularly enjoying New Mexico as it differs from the PNW. Justin is gifted musically, singing and penning lyrics. He is currently making plans to have a music studio in his new house. One day, Justin would like to see Europe, especially as it related to WWII history. We're glad you're here, Justin!

moments captured



Drager's: What a great place to visit and see vintage cars and motorcycles! Gene, Bill, Mary, Brad, Allie, Al, Mary, Dave, Darrell, Kristin, and Barb enjoyed this unique museum.



Drager's and Discovery Gardens: Residents also visited the Discovery Gardens in Mt. Vernon. Enjoying the variety of flowers are Dorie, Ruth, Carol, Virginia, Molly, and Mary.



www.laconnerretirementinn.com

August 2024

The Innside Edition

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



In Our Words!

We asked around the community, What do you like most about Summer?

Darrell: Getting together with friends and family

Virginia: Camping in the mountains

Ruth: All of it

Carol: The end of rain

Al: Warmer weather

Gene: Warm and dry

Virginia: Swimming

Pat: It is not cold



HAPPY Birthday

Residents

- Jim, August 4th
- Laura, August 17th
- Barb, August 18th
- Jacqueline, August 19th





Staff

- Nicole, August 12th



AUGUST 2024

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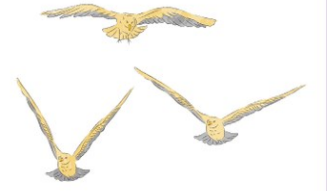
| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|--|--|---|---|--|
|  |  |  |  | | | |
| | | | | 1 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Bible Study 2:00 Chat with Allie 3:00 Choir Practice Darts | 2 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Happy Hour Set-Up Committee 3:00 Happy Hour Monte 6:00 Knitting Group | 3 8:30 Coffee with Allie Bring your fur babies! 10:00 La Conner Classic Car & Boat Show 10:30 Battle Ball 11:00 Mexican Train 1:00 Baking Group Mexican Train 6:00 Knitting Group Scrabble |
| 4 9:30 Video of Choice 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:15 Sunday Stretch 1:00 Drive with Cricket BINGO 2:30 Chocolate Chip Cookie Trivia Social 3:00 Mexican Train | 5 9:30 Lighthouse Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Cricket's Choice PO-KE-NO 2:30 Stay Hydrated Social Darts 3:30 Mexican Train | 6 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Lunch at the Rex Mexican Train 1:00 Garden Group 2:00 Chat with Stacy 3:00 Mexican Train/Darts 6:00 Game Night! | 7 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness Writing Group 10:30 Battle Ball 11:00 Mexican Train Tic-Tac-Toe 1:00 Fred Meyer's 2:00 Mexican Train 3:00 Black Jack | 8 8:30 Coffee with Allie Bring your fur babies! 10:00 Spa Day With Jo Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Bible Study 3:00 Choir Practice Darts | 9 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:00 Senior Day in the Park 10:30 Battle Ball 11:00 Mexican Train 1:00 Happy Hour Set-Up 3:00 Happy Hour Lee Howard 6:00 Knitting Group | 10 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battel Ball 11:00 Mexican Train 1:00 Baking Group Mexican Train 3:00 Black Jack 6:00 Knitting Group Scrabble |
| 11 9:30 Sandcastle Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 11:15 Sunday Stretch 1:00 Drive with Cricket 1:30 Sand Art 3:00 Mexican Train Black Jack | 12 9:30 Photography Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Build-A-Lunch Mexican Train Scrabble 1:00 PO-KE-NO 2:30 Orange Creamsicle Social 3:00 Mexican Train | 13 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Garden Group 2:00 Resident Council 3:00 Chat with Sean 3:00 Darts | 14 7:45 Friday Harbor Trip 8:30 Coffee with Kristin 10:00 Happy Hearts Fitness Writing Group 10:30 Battle Ball 11:00 Mexican Train 2:00 Mexican Train 3:00 Black Jack 6:00 Knitting Group | 15 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Bible Study 2:00 Chat with Levi 3:00 Choir Practice Darts 6:00 Knitting Group | 16 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Happy Hour Set-Up Committee 3:00 Happy Hour Old Time Fiddlers 6:00 Knitting Group | 17 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Baking Group 2:00 Mexican Train 3:00 Manicures 6:00 Knitting Group Scrabble |
| 18 9:30 Video of Choice 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 11:15 Sunday Stretch 1:00 Drive with Cricket BINGO 3:00 Darts Mexican Train | 19 9:30 Radio History Video 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Scrabble Mexican Train 1:00 KSVR Station Tour PO-KE-NO 2:30 Iced Tea Social 3:30 Mexican Train Scrabble | 20 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Scrabble Mexican Train 1:00 Garden Group 3:00 Welcome Tea 3:30 Darts 6:00 Knitting Group | 21 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness Writing Group 10:30 Battle Ball 11:00 Mexican Train 1:00 Grocery Outlet 2:00 Mexican Train 3:00 Black Jack 6:00 Knitting Group | 22 8:30 Coffee with Allie Bring your fur babies! 10:00 Spa Day with Jo Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Bible Study 2:00 Chat w/Medical Team 3:00 Choir Practice Darts | 23 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Happy Hour Set-Up Committee 3:00 Happy Hour Sisco Heights 6:00 Knitting Group | 24 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Baking Group Mexican Train 3:00 Black Jack 6:00 Knitting Group Scrabble |
| 25 9:00 Church Service 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 11:15 Sunday Stretch 1:00 Drive with Cricket BINGO 2:30 Banana Split Social 3:30 Mexican Train | 26 9:30 Funny Dog Videos 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Scenic Drive 1:30 Art Project 3:00 Mexican train Darts and Donut Holes 6:00 Knitting Group | 27 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train Scrabble 1:00 Happy Hour Set-Up Committee 3:00 Happy Hour Old School Ukes | 28 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness Writing Group 10:30 Battle Ball 11:00 Lunch Mexico Cafe Mexican Train 1:00 Fabric Craft 3:00 Black Jack 6:00 Knitting Group | 29 8:30 Coffee with Allie Bring your fur babies! 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Mexican Train 1:00 Bible Study 2:00 Mexican Train 3:00 Choir Practice Darts 6:00 Game Night! | 30 8:30 Coffee with Allie Bring your fur babies! 9:00-4:00 Resident Council Garage Sale Puzzles, Mexican Train, and Scrabble will be available in the lobby and the piano den/ dining room. | 31 8:30 Coffee with Allie Bring your fur babies! 9-4:00 Resident Council Garage Sale Puzzles, Mexican Train, and Scrabble will be available in the lobby and the piano den/ dining room. |



LA CONNER
RETIREMENT INN

August 2024

upcoming events



**8/3 Lady Washington
Sailboat Trip
3:30-5:30 PM**

**8/6 Lunch at the Rex
11 AM**

**8/14 Trip to
Friday Harbor
7:45 AM**

**8/19 KSVR Radio
Station Tour
1 PM**

**8/31 Resident Council
Garage Sale
9 AM - 4 PM**



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