



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>8am- Reflections (Nook) 1 9am- Light & Lively (AR) 9:30am- Sing Along (LV) 10am- Flower Letter Reading (LV) 1pm- Mexican Train (B) 1:30pm- Taste & Tell (AR) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p> <p>New Year's Day</p>	<p>8am- Reflections (Nook) 2 9am- Light & Lively (AR) 9:30am- Bus Dollar Store, Goodwill, & Hobby (L) 1pm- Church Services (TR) 1pm- Bunco (B) 2pm- Board Games/Cards (AR) 6pm - Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 3 9am- Light & Lively (AR) 9:30am - Mt Vernon Library (L) 10am- Catholic Rosary (TR) 10am- Ever-Fit (LV) 1pm- Bingo (AR) 1:15pm- Ever-Fit (TR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 4 9am- Light & Lively (AR) 10am- Bible Study w/Judy (TR) 10:15am-Movement & Balance Ever-Fit (LV) 1pm- Pinochle (B) 1:15pm QiGong Fit Ever-Fit (TR) 2pm- Sweet Sensations & Music with Stan Wing 6pm- Movie Cinema (TR) 6pm- Mexican Train (B)</p>	<p>8am- Reflections (Nook) 5 9am- Light & Lively (AR) 10am Veteran's Coffee Hour (AR) 10am- Ever-Fit (LV) 1pm Bingo (AR) 1:15pm- Yoga Ever-Fit (TR) 2:30pm- Movie Matinee & Popcorn (TR) 3pm- Cards/Boardgames (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 6 9am- Light & Lively (AR) 10am- Swinomish Casino (Anacortes) 10am- Manicure (AR) 3pm- Happy Hour (AR) 6pm- Movie Cinema (TR)</p>	<p>8am Reflections (Nook) 7 9am-Light & Lively (AR) 9:30am-Coffee & News (LV) 10am-Flyswatter Volleyball (AR) 1pm- Bingo (AR) 3pm- Cornhole (AR) 6pm- Movie Cinema (TR)</p>
<p>8am- Reflections (Nook) 8 9am- Light & Lively (AR) 9:30am- Sing Along (LV) 10am- Flower Letter Reading (LV) 1pm- Mexican Train (B) 1:30pm- Taste & Tell (AR) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 9 9am- Light & Lively (AR) 9:30am- Bus Grocery Outlet (L) 10am- Arts & Crafts (AR) 10am- Gym Ever-Fit 1pm- Church Services (TR) 1pm- Bunco (B) 1:30pm- Hand Massage w/Jana (AR) See sign-up sheet in (AR) 2pm- Board Games/Cards (AR) 6pm - Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 10 9am- Light & Lively (AR) 10am- Catholic Rosary (TR) 10am- Ever-Fit (LV) 1pm- Bingo (AR) 1:15pm- Ever-Fit (TR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 11 9am- Light & Lively (AR) 10am- Book Club (B) 10:15am-Movement & Balance Ever-Fit (LV) 1pm- Pinochle (B) 1:15pm QiGong Fit Ever-Fit (TR) 2pm- Sweet Sensation w/ Meet and Greet (LV) 6pm- Movie Cinema (TR) 6pm- Mexican Train (B)</p>	<p>8am- Reflections (Nook) 12 9am- Light & Lively (AR) 10am- Ever-Fit (LV) 10am -Resident Meeting (ILDR) 10am Veteran's Coffee Hour (AR) 1pm Bingo (AR) 1:15pm- Yoga Ever-Fit (Gym) 3pm AL Resident Meeting (AR) 6pm- Movie Cinema (TR)</p>	<p>8am Reflections (Nook) 13 9am- Light & Lively (AR) 10am- Manicure (AR) 11am- Bus Lunch @ Mi Mexico 3pm- Happy Hour (AR) 6pm- Movie Cinema (TR)</p>	<p>8am Reflections (Nook) 14 9am-Light & Lively (AR) 9:30am-Coffee & News (LV) 10am-Flyswatter Volleyball (AR) 1pm- Bingo (AR) 3pm- Cornhole (AR) 6pm- Movie Cinema (TR)</p>
<p>8am- Reflections (Nook) 15 9am- Light & Lively (AR) 9:30am- Sing Along (LV) 10am- Flower Letter Reading (LV) 1pm- Mexican Train (B) 1:30pm- Taste & Tell (AR) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 16 9am- Light & Lively (AR) 9:30am- Bus Walmart (L) 10am- Arts & Crafts (AR) 1pm- Church Services (TR) 1pm- Bunco (B) 2pm- Board Games/Cards (AR) 6pm - Movie Cinema (TR)</p> <p>Martin Luther King Jr. Day</p>	<p>8am- Reflections (Nook) 17 9am- Light & Lively (AR) 10am- Catholic Rosary (TR) 10am- Ever-Fit (LV) 1pm- Bingo (AR) 1:15pm- Ever-Fit (TR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 18 9am- Light & Lively (AR) 10am- Bible Study w/Judy (TR) 10:15am-Movement & Balance Ever-Fit (LV) 1pm- Pinochle (B) 1:15pm QiGong Fit Ever-Fit (TR) 2pm- Sweet Sensation & Music with Stan Wing 6pm- Movie Cinema (TR) 6pm- Mexican Train (B)</p>	<p>8am- Reflections (Nook) 19 9am- Light & Lively (AR) 9:30am- Veteran's Breakfast (AR) 10am- Ever-Fit (LV) 1pm Bingo (AR) 1:15pm- Yoga Ever-Fit (TR) 2:30pm- Movie Matinee & Popcorn (TR) 3pm- Cards/Boardgames (AR) 6pm- Movie Cinema (TR)</p>	<p>8am Reflections (Nook) 20 9am- Light & Lively (AR) 10am- Manicure (AR) 11am- Bus Lunch @ Fortune 3pm- Happy Hour (AR) 6pm- Movie Cinema (TR)</p>	<p>8am Reflections (Nook) 21 9am-Light & Lively (AR) 9:30am-Coffee & News (LV) 10am-Flyswatter Volleyball (AR) 1pm- Bingo (AR) 2:30pm- Sip & Paint w/Laura (AR) 3pm- Cornhole (AR) 6pm- Movie Cinema (TR)</p>
<p>8am- Reflections (Nook) 22 9am- Light & Lively (AR) 9:30am- Sing Along (LV) 10am- Flower Letter Reading (LV) 1pm- Mexican Train (B) 1:30pm- Taste & Tell (AR) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p> <p>Chinese New Year (Year of the Rabbit)</p>	<p>8am- Reflections (Nook) 23 9am- Light & Lively (AR) 9:30am- Bus Safeway (L) 10am- Arts & Crafts (AR) 10am-Gym Ever Fit 1pm- Church Services (TR) 1pm- Bunco (B) 1:30pm- Hand Massage w/Jana (AR) See sign-up sheet in (AR) 2pm- Board Games/Cards (AR) 6pm - Movie Cinema (TR)</p> <p>Activity Professionals Week</p>	<p>8am- Reflections (Nook) 24 9am- Light & Lively (AR) 9:30am - Mt Vernon Library (L) 10am- Catholic Rosary (TR) 10am- Ever-Fit (LV) 1pm- Bingo (AR) 1:15pm- Ever-Fit (TR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 25 9am- Light & Lively (AR) 10am- Paparazzi Jewelry (Lobby) 10am- Bible Study w/Judy (TR) 10am- Book Club (B) 10:15am-Movement & Balance Ever-Fit (LV) 1pm- Pinochle (B) 1:30pm- QiGong Fit Ever-Fit (TR) 2pm- BIRTHDAY BASH (LV) 6pm- Movie Cinema (TR) 6pm- Mexican Train (B)</p>	<p>Foot Care Nurse 26 8am- Reflections (Nook) 9am- Light & Lively (AR) 10am Veteran's Coffee Hour (AR) 10am- Ever-Fit (LV) 1pm Bingo (AR) 1:15pm- Yoga Ever-Fit (TR) 3pm- Cards/Boardgames (AR) 6pm- Movie Cinema</p> <p>Australia Day (observed)</p>	<p>8am Reflections (Nook) 27 9am- Light & Lively (AR) 10am- Manicure (AR) 11am- Bus Lunch @ Applebee's 3pm- Happy Hour (AR) 6pm- Movie Cinema (TR)</p>	<p>8am Reflections (Nook) 28 9am-Light & Lively (AR) 9:30am-Coffee & News (LV) 10am-Flyswatter Volleyball (AR) 1pm- Bingo (AR) 3pm- Cornhole (AR) 6pm- Movie Cinema (TR)</p>
<p>8am- Reflections (Nook) 29 9am- Light & Lively (AR) 9:30am- Sing Along (LV) 10am- Flower Letter Reading (LV) 1pm- Mexican Train (B) 1:30pm- Taste & Tell (AR) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 30 9am- Light & Lively (AR) 9:30am- Bus Fred Meyer (L) 10am- Arts & Crafts (AR) 1pm- Church Services (TR) 1pm- Bunco (B) 2pm- Board Games/Cards (AR) 6pm - Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 31 9am- Light & Lively (AR) 10am- Catholic Rosary (TR) 10am- Ever-Fit (LV) 1pm- Bingo (AR) 1:15pm- Ever-Fit (TR) 6pm- Movie Cinema (TR)</p>	<p>Mountain Glen Retirement Living & Assisted Living Community – 1810 E Division St; Mount Vernon Washington 98274; 360-424-7900</p>			

January 2023



(AR) Activity Room (S) Salon (L) Lobby (LV) Living Room (ILDR) Independent Living Dining Room Activities are subject to change. Sign up for Bus Outings will be in the Lobby

(NOOK) Activity Room (B) Bistro (ALDR) Assisted Living Dining Room (TR) Theatre Room Thank you for making Mountain Glen great!