

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

Mountain Glen Retirement Living & Assisted Living Community  
1810 E Division St; Mount Vernon Washington 98274 360-424-7900

<p>8am- Reflections (Nook) 5 9am- Light &amp; Lively (AR) 9:30am- Sing Along (LV) 10am- Flower Letter Reading (LV) 12pm Communion (LV) 1:30pm- Taste &amp; Tell (AR) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 6 9am- Light &amp; Lively (AR) 9:30am- Bus Haggens 10am- Gym Fitness w/Jana 1pm- Bunco (B) 1pm- Coping with loss- Hospice (TR) 1:15pm Hand Massage w/Jana (B) 2pm- Board Games/Cards (AR) 3:30pm Zumba (LV) 6pm - Movie Cinema (TR) <small>Purim Begins</small></p>	<p>8am- Reflections (Nook) 7 9am- Light &amp; Lively (AR) 9:30am- Mount Vernon Library (L) 10am- Ever Fit 10am- Church Services (TR) 1pm- Bingo (AR) 1:15pm Yoga Fit 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 8 9am- Light &amp; Lively (AR) 10am- Book Club (B) 10am- Bible Study w/Judy (TR) 10:15am-Movement &amp; Balance (LV) 1pm- Pinochle (B) 1:15pm QiGong Fit (TR) 2pm- Sweet Sensation w/ Meet and Greet New Residents (LV) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 9 9am- Light &amp; Lively (AR) 10am- Ever-Fit (LV) 10am -Resident Meeting (ILDR) 10am Veteran's Coffee Hour (AR) 1pm Bingo (AR) 1:15pm- Yoga Ever-Fit (L2) 3pm AL Resident Meeting (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 10 9am- Light &amp; Lively (AR) 10am- Manicure (AR) Sign up in (AR) 11am- Bus Lunch @ Fortune 2:30pm- Happy Hour (AR) 6pm- Movie Cinema (TR)</p>	<p>8am Reflections (Nook) 11 9am-Light &amp; Lively (AR) 9:30am - Line Dancers (ALDR) 1pm- Bingo (AR) 3pm- Cornhole (AR) 6pm- Movie Cinema (TR)</p>
<p>8am- Reflections (Nook) 12 9am- Light &amp; Lively (AR) 9:30am- Sing Along (LV) 10am- Flower Letter Reading (LV) 1:30pm- Taste &amp; Tell (AR) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR) <small>Daylight Saving Time Begins</small></p>	<p>8am- Reflections (Nook) 13 9am- Light &amp; Lively (AR) 9:30am- Bus Safeway 1pm- Bunco (B) 2pm- Board Games/Cards (AR) 3:30pm Zumba (LV) 6pm - Movie Cinema (TR)</p>	<p>Pi DAY serving PIE all day 14 Fruit Pies provided by Schuh Farms 8am- Reflections (Nook) 9am- Light &amp; Lively (AR) 10am- Church (TR) 10am- Ever Fit (LV) 1pm- Bingo (AR) 1:15pm- Hand Massage W/Jana(B) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 15 9am- Light &amp; Lively (AR) 10am- Paparazzi Jewelry (L) 10am- Bible Study w/Judy (TR) 10:15am-Movement &amp; Balance (LV) 1pm- Pinochle (B) 1:15pm QiGong Fit (TR) 2pm- Sweet Sensations &amp; Music with Stan Wing (LV) 6pm- Movie Cinema (TR)</p>	<p>Foot Care Nurse 16 Sign up in Activity Room 8am- Reflections (Nook) 9am- Light &amp; Lively (AR) 9:30am- Veteran's Breakfast (AR) Please sign up at the Front Desk 10am- Ever Fit (LV) 1pm Bingo (AR) 3pm- Cards/Boardgames (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 17 9am- Light &amp; Lively (AR) 10am- Manicure (AR) Sign up in (AR) 11am- Bus Lunch @ Mi Mexico 1:00pm Movie Matinee &amp; Popcorn (TR) 2:00pm St Patrick's Day Party announcing winners of door decoration contest (LV) followed with Happy Hour (AR) 6pm- Movie Cinema (TR)</p>	<p>8am Reflections (Nook) 18 9am-Light &amp; Lively (AR) 9:30am-Coffee &amp; News (LV) 10am-Flyswatter Volleyball (AR) 1pm- Bingo (AR) 3pm- Cornhole (AR) 6pm- Movie Cinema (TR)</p>
<p>8am- Reflections (Nook) 19 9am- Light &amp; Lively (AR) 9:30am- Sing Along (LV) 10am- Flower Letter Reading (LV) 1:30pm- Taste &amp; Tell (AR) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 20 9am- Light &amp; Lively (AR) 9:30am- Bus Dollar Store, Goodwill, &amp; Hobby Lobby 10:15am Gym Fitness w/Jana 1pm- Bunco (B) 1:15pm Park Walk w/Jana 2pm- Board Games/Cards (AR) 3:30pm- Zumba (LV) 6pm - Movie Cinema (TR) <small>Spring Begins</small></p>	<p>8am- Reflections (Nook) 21 9am- Light &amp; Lively (AR) 10am- Church Services (TR) 10am- Ever-Fit (LV) 1pm- Bingo (AR) 1:15pm- Yoga Fit (L2) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 22 9am- Light &amp; Lively (AR) 10am- Bible Study w/Judy (TR) 10am- Book Club (B) 10:15am-Movement &amp; Balance (LV) 1pm- Pinochle (B) 1:15pm- QiGong Fit (TR) 2pm- Sweet Sensations 6pm- Movie Cinema (TR) <small>Ramadan Begins</small></p>	<p>8am- Reflections (Nook) 23 9am- Light &amp; Lively (AR) 10am Veteran's Coffee Hour (AR) 10am- Ever-Fit (LV) 1pm Bingo (AR) 1:15pm- Yoga Ever-Fit (L2) 3pm- Cards/Boardgames (AR) 6pm- Movie Cinema</p>	<p>8am- Reflections (Nook) 24 9am- Light &amp; Lively (AR) 9:30am- Bus Tour Daffodil/Tulip Fields followed w/Lunch @ Olive Garden 10am- Manicure (AR) Sign up in (AR) 2:30pm- Happy Hour (AR) 6pm- Movie Cinema (TR)</p>	<p>8am Reflections (Nook) 25 9am-Light &amp; Lively (AR) 9:30am-Coffee &amp; News (LV) 10am-Flyswatter Volleyball (AR) 12:00pm Easter Hunt w/Laura (B) 1pm- Bingo (AR) 3pm- Cornhole (AR) 6pm- Movie Cinema (TR)</p>
<p>8am- Reflections (Nook) 26 9am- Light &amp; Lively (AR) 9:30am- Sing Along (LV) 10am- Flower Letter Reading (LV) 1:30pm- Taste &amp; Tell (AR) 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 27 9am- Light &amp; Lively (AR) 9:30am- Bus Fred Meyers 1pm- Bunco (B) 2pm- Board Games/Cards (AR) 3:30pm Zumba (LV) 6pm - Movie Cinema (TR)</p>	<p>7:30am- Men's Breakfast with Maintenance team (AR) 28 8am- Reflections (Nook) 9am- Light &amp; Lively (AR) 9:30am- Mount Vernon Library (L) 10am- Church Services (TR) 10am- Ever-Fit (LV) 1pm- Bingo (AR) 1:15pm- Park Walk w/Jana 3pm- Flyswatter Volleyball (AR) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 29 9am- Light &amp; Lively (AR) 10am- Bible Study w/Judy (TR) 10am- Book Club (B) 10:15am-Movement &amp; Balance (LV) 1pm- Pinochle (B) 1:15pm- QiGong Fit/Brain Fit (TR) 2pm- BIRTHDAY BASH (LV) 6pm- Movie Cinema (TR)</p>	<p>8am- Reflections (Nook) 30 9am- Light &amp; Lively (AR) 10am Veteran's Coffee Hour (AR) 10am- Ever-Fit (LV) 1pm Bingo (AR) 1:15pm- Yoga Ever-Fit (L2) 3pm- Cards/Boardgames (AR) 6pm- Movie Cinema</p>	<p>8am- Reflections (Nook) 31 9am- Light &amp; Lively (AR) 9:30am- Bus Tour Daffodil/Tulip Fields followed w/Lunch @ Gentlemen Genes 10am- Manicure (AR) Sign up in (AR) 2:30pm- Happy Hour (AR) 6pm- Movie Cinema (TR)</p>	

(AR) Activity Room (L) Lobby (LV) Living Room (Nook) Activity Room Nook (B) Bistro (TR) Theatre Room (ILDR) Independent Living Dining Room (ALDR) Assisted Living Dining Room (L1) Library 1<sup>st</sup> Floor (L2) Library 2<sup>nd</sup> Floor

Activities are subject to change. Sign up for Bus Outings will be placed in the lobby Thank you for making Mountain Glen great!

