

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:00 Light & Lively (AR) **1**  
 9:30 Bus Walmart  
**1:00 Tech Help (AR)**  
 1:00 Bunco (B)  
**1:30 Gym Fitness**  
 2:00 Board Games/Cards (AR)  
**3:30 Zumba**  
 5:30 Movie Cinema (TR)

May Day

9:00 Light & Lively (AR) **2**  
 10:00 Ever Fit (LV)  
**10:00 Church Services (TR)**  
 1:00 Bingo (AR)  
**1:15 Hand Massage w/Jana (B)**  
 3:00 Flyswatter Volleyball (AR)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **3**  
 10:00 Bible Study w/Judy (LV)  
**10:15 Movement & Balance (TR)**  
 1:00 Pinochle (B)  
 1-3 Sherry's Designs (L)  
 1:15 QiGong Fit (TR)  
**2:00 Sweet Sensations/Music (LV)**  
 3:00 Documentary Series (TR)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **4**  
 10:00 Veteran's Coffee Hour (AR)  
**10:00 Ever-Fit (LV)**  
 1:00 Bingo (AR)  
**1:15 Park Walk w/Jana**  
**2:15 IL/AL Activity Meeting (AR)**  
**3:00 Cards/Boardgames (AR)**  
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **5**  
**9:30 Bus Tour Tulips/ Lunch @ Fortune**  
**10:00 Manicure (AR) Sign up in Activity Room**  
**1:00 Flower Letter Reading (TR)**  
**2:30 Cinco De Mayo Happy Hour w/Housekeeping (AR)**  
 5:30 Movie Cinema (TR)

Cinco de Mayo

9:00 Light & Lively (AR) **6**  
 9:30 Coffee & News (LV)  
**10:00 Flyswatter Volleyball (AR)**  
 1:00 Bingo (AR)  
**3:00 Cornhole (AR)**  
 5:30 Movie Cinema (TR)

**11:00 Mother's Day Tea w/Lunch & Music by Stan Wing (ALDR)**  
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **8**  
 9:30 Bus Fred Meyer  
**10:00 Gym Fitness**  
 1:00 Bunco (B)  
**1:00 Tech Help (AR)**  
**1:00 Creating w/Friends (AR)**  
**1:15 Park Walk**  
 2:00 Board Games/Cards (AR)  
**3:30 Zumba (LV)**  
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **9**  
**9:30 Mt Vernon Library (L)**  
**10:00 Garden Club Meeting (ILDR)**  
**10:00 Ever Fit (LV)**  
 10:00 Church Services (TR)  
**1:00 Bingo (AR)**  
 1:15 Yoga Fit (L2)  
**3:00 Flyswatter Volleyball (AR)**  
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **10**  
 10:00 Bible Study w/Judy (LV)  
**10:00 Paparazzi Jewelry (L)**  
**10:00 Book Club**  
**10:15 Movement & Balance (TR)**  
 1:00 Pinochle (B)  
 1-3 Sherry's Designs (L)  
 1:15 QiGong Fit (TR)  
**2:00 Sweet Sensations (LV)**  
**3:00 Documentary Series (TR)**  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **11**  
**10:00 IL Resident Meeting (ILDR)**  
**10:00 Veteran's Coffee Hour (AR)**  
 10:00 Ever-Fit (LV)  
**1:00 Bingo (AR)**  
 1:15 Yoga Ever-Fit (L2)  
**3:00 AL Resident's Meeting (AR)**  
 5:30 Movie Cinema (TR)

**9-9 Friday Take Away Table (Next to Birthday Board)**  
 9:00 Light & Lively (AR)  
**9:30 Bus Skagit Casino**  
 10:00 Manicure (AR) Sign up in Activity Room  
**1:00 Flower Letter Reading (TR)**  
 2:30 Happy Hour (AR)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **13**  
 9:30 Coffee & News (LV)  
**10:00 Flyswatter Volleyball (AR)**  
 1:00 Bingo (AR)  
**3:00 Cornhole (AR)**  
 5:30 Movie Cinema (TR)

**MOTHER'S DAY 14**  
 9:00 Light & Lively (AR)  
 9:30 Bus Haggens  
**10:00 TV Church Service (TR)**  
 1:30 Taste & Tell w/Polla (AR)  
**3:00 Flyswatter Volleyball (AR)**  
 5:30 Movie Cinema (TR)

Mother's Day  
National Skilled Nursing Week

9:00 Light & Lively (AR) **15**  
 9:30 Bus Haggens  
**1:00 Tech Help (AR)**  
 1:00 Bunco (B)  
**1:30 Fiddlers Performance (LV)**  
 3:30 Zumba (LV)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **16**  
 10:00 Ever Fit (LV)  
**10:00 Church Services (TR):**  
 1:00 Bingo (AR)  
**1:15 Hand Massage w/Jana (B)**  
 3:00 Flyswatter Volleyball (AR)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **17**  
 10:00 Bible Study w/Judy (LV)  
**10:00 Card Making w/Phyllis (B)**  
 10:15 Movement & Balance (TR)  
 1:00 Pinochle (B)  
 1-3 Sherry's Designs (L)  
 1:15 QiGong Fit (TR)  
**2:00 Sweet Sensations/Music (LV)**  
**3:00 Documentary Series**  
 5:30 Movie Cinema

9:00 Light & Lively (AR) **18**  
**9:30 Veteran's Breakfast (AR)**  
**Please sign up at the Front Desk**  
**10:00 Ever Fit (LV)**  
 1:00 Bingo (AR)  
**1:15 Yoga Fit (L2)**  
 3:00 Cards/Boardgames (AR)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **19**  
**9:30 Bus Tour Sammish Island w/Sack Lunch**  
**10:00 Manicure (AR) Sign up in Activity Room**  
**1:00 Flower Letter Reading (TR)**  
**2:30 Happy Hour (AR)**  
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **20**  
 9:30 Coffee & News (LV)  
**10:00 Flyswatter Volleyball (AR)**  
 1:00 Bingo (AR)  
**3:00 Cornhole (AR)**  
 5:30 Movie Cinema (TR)

Armed Forces Day

9:00 Light & Lively (AR) **21**  
 10:00 TV Church Service (TR)  
**1:30 Taste & Tell w/Polla (AR)**  
 3:00 Flyswatter Volleyball (AR)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **22**  
 9:30 Bus Grocery Outlet  
**10:00 Gym Fitness**  
 1:00 Bunco (B)  
**1:00 Tech Help (AR)**  
**1:00 Creating w/Friends (AR)**  
**1:15 Park Walk**  
 2:00 Board Games/Cards (AR)  
**3:30 Zumba (LV)**  
 5:30 Movie Cinema (TR)

Victoria Day (Canada)

9:00 Light & Lively (AR) **23**  
 10:00 Ever Fit (LV)  
**10:00 Church Services (TR)**  
 1:00 Bingo (AR)  
**1:15 Yoga Fit (L2)**  
 3:00 Flyswatter Volleyball (AR)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **24**  
 10:00 Bible Study w/Judy (LV)  
**10:00 Paparazzi Jewelry (L)**  
**10:00 Book Club**  
**10:15 Movement & Balance (TR)**  
 1:00 Pinochle (B)  
 1-3 Sherry's Designs (L)  
 1:15 QiGong Fit (TR)  
**2:00 Sweet Sensations (LV)**  
**3:00 Documentary Series (TR)**  
**5:30 Movie Cinema (TR)**

**Foot Care Nurse Sign up in Activity Room**  
 9:00 Light & Lively (AR)  
 10:00 Veteran's Coffee Hour (AR)  
**10:00 Ever-Fit (LV)**  
 1:00 Bingo (AR)  
**3:00 Cards/Boardgames (AR)**  
 5:30 Movie Cinema (TR)

Shavuot Begins

**9-9 Friday Take Away Table (next to Birthday Board)**  
 9:00 Light & Lively (AR)  
 10:00 Manicure (AR) Sign up in Activity Room  
**10:50 Bus Lunch @ Applebee's**  
**1:00 Flower Letter Reading (TR)**  
 2:30 Happy Hour (AR)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **27**  
 9:30 Coffee & News (LV)  
**10:00 Flyswatter Volleyball (AR)**  
 1:00 Bingo (AR)  
**3:00 Cornhole (AR)**  
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **28**  
 10:00 TV Church Service (TR)  
**1:30 Taste & Tell w/Polla (AR)**  
 3:00 Flyswatter Volleyball (AR)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **29**  
 9:30 Bus Safeway  
 1:00 Bunco (B)  
**1:00 Tech Help (AR)**  
**2:00 Board Games/Cards (AR)**  
**3:30 Zumba (LV)**  
**5:30 Movie Cinema (TR)**

Memorial Day

**7:30 Men's Breakfast w/Maintenance Team @ Sign up in the Activity Room**  
 9:00 Light & Lively (AR)  
**9:30 Mt Vernon Library (L)**  
 10:00 Ever Fit (LV)  
**10:00 Church Services (TR)**  
 1:00 Bingo (AR)  
**1:15 Yoga Fit (L2)**  
 2:30 Sip & Paint w/Lisa (AR)  
**5:30 Movie Cinema (TR)**

9:00 Light & Lively (AR) **31**  
 10:00 Bible Study w/Judy (LV)  
**10:15 Movement & Balance (TR)**  
 1:00 Pinochle (B)  
 1-3 Sherry's Designs (L)  
 1:15 QiGong Fit (TR)  
**2:00 Birthday Bash w/Music by The Esquires (LV)**  
**3:00 Documentary Series (TR)**  
**5:30 Movie Cinema**

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

# May 2023

Activities are subject to change. Sign up for Bus Outings will be placed in the lobby.

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

