

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 June 2023 Mountain Glen Retirement Living & Assisted Living Community 1810 E Division St; Mount Vernon Washington 98274 360-424-7900				9:00 Light & Lively (AR) 1 10:00 Veteran's Coffee Hour (AR) 10:00 Ever-Fit (LV) 1:00 Bingo (AR) 1:30 Smoothies w/Jana (B) 2:15 IL/AL Activity Meeting (AR) 3:00 Cards/Boardgames (AR) 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) 2 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) 3 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) 4 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) 5 9:30 Bus Walmart 10:00 Park Walk w/Jana 1:00 Tech Help (AR) 1:00 Bunco (B) 1:00 Collage Arts w/Jana (AR) 1:30 Gym Fitness 2:00 Board Games/Cards (AR) 2:15 Gym- 3:30 Zumba 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) 6 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) 7 10:00 Bible Study w/Judy (LV) 10:00 Paparazzi (L) 10:15 Movement & Balance (TR) 1:00 Pinochle (B) 1-3 Sherry's Designs (L) 1:15 Benefits of Water (TR) 2:00 Sweet Sensations/Music (LV) 3:00 Documentary Series (TR) 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) 8 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 Tour Lake Cavanaugh 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) 10 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 Father's Day Luncheon 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	12 9:00 Light & Lively (AR) 9:30 Bus Fred Meyer 1:00 Bunco (B) 1:00 Tech Help (AR) 1:00 Creating w/Friends (AR) 2:00 Board Games/Cards (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)	13 9:00 Light & Lively (AR) 10:00 Ever Fit (LV) 10:00 Church Services (AR) 1:00 Bingo (AR) 1:15 Hand Massage w/Jana (B) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	14 9:00 Light & Lively (AR) 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 w/Music by Old Timers Fiddlers Assoc. (LV) 3:00 Documentary Series (TR) 5:30 Movie Cinema (TR) Flag Day (US)	15 9:00 Light & Lively (AR) 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)	16 9:00 Light & Lively (AR) 10:00 Manicure (AR) Sign up in Activity Room 10:50 Bus Lunch Fortune 1:00 Flower Letter Reading (TR) 2:30 Happy Hour w/Music by Marcia Kester (LV) 5:30 Movie Cinema (TR)	17 9:00 Light & Lively (AR) 9:30 Coffee & News (LV) 10:00 Flyswatter Volleyball (AR) 1:00 Bingo (AR) 3:00 Cornhole (AR) 5:30 Movie Cinema (TR)
18 9:00 Light & Lively (AR) 10:00 TV Church Service (TR) 1:30 Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR) Father's Day	19 9:00 Light & Lively (AR) 9:30 Bus Haggens 10:00 Gym Fitness 1:00 Tech Help (AR) 1:00 Bunco (B) 1:00 Collage Arts w/Jana (AR) 2:00 Cards/Boardgames (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR) Juneteenth	20 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) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	21 9:00 Light & Lively (AR) 10:00 Bible Study w/Judy (LV) 10:00 Card Making w/Phyllis (AR) 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 Summer Begins	22 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)	23 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 Mi Mexico 1:00 Flower Letter Reading (TR) 2:30 Happy Hour w/Music by Mary Whiton (LV) 5:30 Movie Cinema (TR)	24 9:00 Light & Lively (AR) 9:30 Coffee & News (LV) 10:00 Flyswatter Volleyball (AR) 1:00 Bingo (AR) 3:00 Cornhole (AR) 5:30 Movie Cinema (TR)
25 9:00 Light & Lively (AR) 10:00 TV Church Service (TR) 1:30 Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	26 9:00 Light & Lively (AR) 9:30 Bus Fred Meyer 1:00 Bunco (B) 1:00 Tech Help (AR) 1:00 Creating w/Friends (AR) 2:00 Board Games/Cards (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)	27 7:30 Men's Breakfast w/Maintenance Team @ Sign up in the Activity Room 9:00 Light & Lively (AR) 10:00 Ever Fit (LV) 10:00 Church Services (TR) 1:00 Bingo (AR) 1:15 Yoga Fit (L2) 2:00 Hand Massage w/Jana (B) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	28 9:00 Light & Lively (AR) 10:00 Bible Study w/Judy (LV) 10:00 Book Club (B) 10:00 Paparazzi (L) 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	29 9:00 Light & Lively (AR) 10:00 Ever Fit (LV) 11:15 Park Walk 1:00 Bingo (AR) 2:30 Zumba LV 5:30 Movie Cinema (TR)	30 9:00 Light & Lively (AR) 9:30 Bus Tour Lake Samish 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)	

(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 2nd Floor