

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# September 2023

Mountain Glen Retirement Living and Assisted Living Community 1810 E. Division St; Mount Vernon WA 98274; 360-424-7900

<p>9:00 Light &amp; Lively (AR) <b>3</b></p> <p>10:00 TV Church Service (TR)</p> <p>1:30 Taste &amp; Tell w/Polla (AR)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>4</b></p> <p>9:30 Bus Fred Meyer</p> <p>1:00 Bunco (B)</p> <p>1:00 Cornhole (AR)</p> <p><b>3:30 Zumba (LV)</b></p> <p>5:30 Movie Cinema (TR)</p> <p style="text-align: center;">Labor Day</p>	<p>9:00 Light &amp; Lively (AR) <b>5</b></p> <p>10:00 Church Services (TR)</p> <p>10:00 Ever Fit (TR)</p> <p><b>10:00 Tech Help (AR)</b></p> <p>11:00 Bible Study (TR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Gym Fitness</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>6</b></p> <p><b>10:00 Dining Services Meeting w/Josh (ILDR)</b></p> <p>10:00 Movement &amp; Balance (TR)</p> <p>10:00 Bible Study w/Denise (LV)</p> <p>1:00 Pinochle (B)</p> <p>1-3 Sherry's Designs (L)</p> <p>1:15 QiGong/Yoga (TR)</p> <p><b>2:00 Sweet Sensations/Music w/Stan (LV)</b></p> <p><b>3:00 Documentary Series (TR)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>7</b></p> <p>10:00 VA Coffee Hour (AR)</p> <p>10:00 Ever-Fit (LV)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Gym Fitness</p> <p><b>2:30 IL/AL Activity Meeting (AR)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p><b>9-9 Friday Take Away Table (next to Birthday Board) <b>8</b></b></p> <p>9:00 Light &amp; Lively (AR)</p> <p>10:00 Manicure (AR)</p> <p>Appointments Only</p> <p>10:00 Bus Lunch Moreno's</p> <p><b>1:00 Flower Letter Reading (TR)</b></p> <p>2:30 Happy Hour (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>9</b></p> <p>9:30 Coffee &amp; Current Events led by Sarah (LV)</p> <p>10:00 Trivia (AR)</p> <p>1:00 Bingo (AR)</p> <p>3:00 Cornhole (AR)</p> <p>5:30 Movie Cinema (TR)</p>
<p>9:00 Light &amp; Lively (AR) <b>10</b></p> <p>10:00 TV Church Service (TR)</p> <p>1:00 Sunday Matinee (TR)</p> <p>1:25 TV Seahawks Game w/Snacks (LV)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p> <p style="text-align: center;">Grandparents Day</p>	<p>9:00 Light &amp; Lively (AR) <b>11</b></p> <p>9:30 Bus Safeway</p> <p><b>12:30 Creating w/Friends (AR)</b></p> <p>12:30 Cornhole (AR)</p> <p>1:00 Bunco (B)</p> <p>2:00 – 3:00 Marcia Kester (LV)</p> <p><b>3:30 Zumba (AR)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>12</b></p> <p><b>9:30 Mount Vernon Library (L2)</b></p> <p>10:00 Church Services (AR)</p> <p>10:00 Ever Fit (TR)</p> <p><b>10:00 Tech Help (AR)</b></p> <p>11:00 Bible Study (TR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Gym Fitness</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>13</b></p> <p>10:00 Movement &amp; Balance (TR)</p> <p><b>10:00 Pop Songs of 40's &amp; 50's w/Judy &amp; Ray Pearson (LV)</b></p> <p><b>10:00 Book Club (B)</b></p> <p>1:00 Pinochle (B)</p> <p>1-3 Sherry's Designs (L)</p> <p>1:15 QiGong/Yoga (TR)</p> <p>2:00 Sweet Sensations w/Music by Joel (LV)</p> <p><b>3:00 Documentary Series (TR)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>14</b></p> <p><b>10:00 IL Resident Meeting (ILDR)</b></p> <p>10:00 VA Coffee Hour (AR)</p> <p>10:00 Ever-Fit (LV)</p> <p>1:15 Gym Fitness</p> <p>1:00 Bingo (AR)</p> <p><b>3:00 AL Resident's Meeting (AR)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>15</b></p> <p><b>9:30 Bus Tour w/sack lunch Deception Pass</b></p> <p>10:00 Manicure (AR)</p> <p>Appointments Only</p> <p><b>1:00 Flower Letter Reading (TR)</b></p> <p>2:30 Happy Hour (AR)</p> <p>5:30 Movie Cinema (TR)</p> <p style="text-align: center;">Rosh Hashanah Begins</p>	<p><b>12:00 – 4:00 <b>16</b></b></p> <p><b>End of Summer Fun!!! Games, Prizes, Craft Fair. Invite your families</b></p> <p style="text-align: center;">Oktoberfest Begins</p>
<p>9:00 Light &amp; Lively (AR) <b>17</b></p> <p>10:00 TV Church Service (TR)</p> <p>10:00 TV Seahawks Game w/Snacks (LV)</p> <p>1:30 Taste &amp; Tell w/Polla (AR)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>18</b></p> <p>9:30 Bus Walmart</p> <p>1:00 Bunco (B)</p> <p>1:00 Cornhole (AR)</p> <p><b>3:30 Zumba (LV)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>19</b></p> <p>10:00 Church Services (AR)</p> <p>10:00 Ever Fit (TR)</p> <p><b>10:00 Tech Help (AR)</b></p> <p>11:00 Bible Study (TR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Gym Fitness</p> <p>2:30 David Lee Howard 12 String Guitarist</p> <p>3:00 ? Wheelchair &amp; Walker Clinic</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>20</b></p> <p>10:00 Movement &amp; Balance (TR)</p> <p>10:00 Bible Study w/Denise (LV)</p> <p>1:00 Pinochle (B)</p> <p>1-3 Sherry's Designs (L)</p> <p>1:15 QiGong/Yoga (TR)</p> <p><b>2:00 Sweet Sensations/Music w/Stan Wing (LV)</b></p> <p><b>3:00 Documentary Series (TR)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p><b>8:00 Veteran's Breakfast (AR) Please sign up at the Front Desk <b>21</b></b></p> <p>9:00 Light &amp; Lively (AR)</p> <p>1:00 Bingo (AR)</p> <p>3:00 Trivia (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p><b>9-9 Friday Take Away Table (next to Birthday Board) <b>22</b></b></p> <p>9:00 Light &amp; Lively (AR)</p> <p>10:00 Manicure (AR)</p> <p>Appointments Only</p> <p><b>10:50 Bus Lunch Fortune</b></p> <p><b>1:00 Flower Letter Reading (TR)</b></p> <p>2:30 Happy Hour (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>23</b></p> <p>10:00 Meet &amp; Greet New Resident's (B)</p> <p>1:00 Bingo (AR)</p> <p>3:00 Cornhole (AR)</p> <p>5:30 Movie Cinema (TR)</p> <p style="text-align: center;">Autumn Begins</p>
<p>9:00 Light &amp; Lively (AR) <b>24</b></p> <p>10:00 (TR)</p> <p>1:00 Sunday Matinee (TR)</p> <p>1:05 TV Seahawks Game w/Snacks (LV)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p> <p style="text-align: center;">Yom Kippur Begins</p>	<p>9:00 Light &amp; Lively (AR) <b>25</b></p> <p>9:30 Bus Dollar Store</p> <p>1:00 Bunco (B)</p> <p><b>1:00 Creating w/Friends (AR)</b></p> <p>1:30 Cornhole (AR)</p> <p><b>3:30 Zumba (LV)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p><b>7:30 Men's Breakfast w/Maintenance Team Sign up in the Activity Room <b>26</b></b></p> <p>10:00 Church Services (TR)</p> <p><b>10:00 Tech Help (AR)</b></p> <p>11:00 Bible Study (TR)</p> <p>1:00 Bingo (AR)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>27</b></p> <p><b>10:00 Book Club (B)</b></p> <p><b>10:00 Hymn singalong w/Judy Pearson &amp; David Jobe (LV)</b></p> <p>1:00 Pinochle (B)</p> <p>1-3 Sherry's Designs (L)</p> <p><b>2:00 Birthday Bash w/Music by the Esquires (LV)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p><b>7:30 Ladies Breakfast w/Activity Dept. (AR) Sign up in Activity Room <b>28</b></b></p> <p><b>Foot Care Nurse Sign up in Activity Room</b></p> <p>9:00 Light &amp; Lively (AR)</p> <p>10:00 VA Coffee Hour (AR)</p> <p>1:00 Bingo (AR)</p> <p>3:00 Trivia (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>29</b></p> <p><b>9:30 Bus Tour w/sack lunch Camano Island</b></p> <p>10:00 Manicure (AR)</p> <p>Appointments Only</p> <p><b>1:00 Flower Letter Reading (TR)</b></p> <p>2:30 Happy Hour (AR)</p> <p>5:30 Movie Cinema (TR)</p> <p style="text-align: center;">Sukkot Begins</p>	<p>9:00 Light &amp; Lively (AR) <b>30</b></p> <p>9:30 Coffee &amp; Current Events led by Sarah (LV)</p> <p>10:00 Trivia (AR)</p> <p>1:00 Bingo (AR)</p> <p>3:00 Cornhole (AR)</p> <p>5:30 Movie Cinema (TR)</p>

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 (L1) Library 1<sup>st</sup> Floor

Activities are subject to change. Sign up for Bus Outings at the Front Desk.