

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 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>5</b></p> <p>10:00 TV church services (TR)</p> <p>10:00 Seahawks Game (LV)</p> <p>1:30 Taste &amp; Tell w/Polla (TR)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>8:45 Light &amp; lively (AR) <b>6</b></p> <p>9:15 Bus Fred Meyers</p> <p>10:00 Mountain Glen Church (TR)</p> <p>1:00 Bunco (B)</p> <p>1:00 Cornhole (AR)</p> <p>2:00 Grief Discussion Group (TR) w/Sarah</p> <p>3:30 Zumba (LV)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light and lively (AR) <b>7</b></p> <p>10:00 Episcopal Church Services (TR)</p> <p>10:00 Ever Fit (LV)</p> <p>10:00 Tech Help (AR)</p> <p>11:00 Bible Study (TR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Cardio Drumming (LV)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>8</b></p> <p>10:00 Movement &amp; Balance (TR)</p> <p>10:00 Bible Study w/Judy (LV)</p> <p>1:00 Pinochle (B)</p> <p>1-3 Sherry's Designs (I)</p> <p>1:15 Yoga/QiGong (TR)</p> <p><b>2:00 Sweet Sensation (LV)</b></p> <p>3:00 Documentary Series (TR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>2</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 Yoga-Qi (L2)</p> <p><b>2:30 IL/AL Activity Metting (AR)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>3</b></p> <p>9:30 Bus Swinomish Casino</p> <p>10:00 Manicure (AR) By Appointment Only</p> <p><b>2:30 Happy Hour w/Music by David Lee Howard (LV)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; lively (AR) <b>4</b></p> <p>1:00 Bingo (AR)</p> <p>3:00 Cornhole (AR)</p> <p>3:00 Trivia (AR)</p> <p>5:30 Movie Cinema (TR)</p>
<p>9:00 Light &amp; Lively (AR) <b>12</b></p> <p>10:00 TV Church Services (TR)</p> <p>1:00 Sunday Matinee (TR)</p> <p>1:25 Seahawks Game (LV)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p> <p>Diwali (Hindi)</p>	<p>8:45 Light &amp; Lively (AR) <b>13</b></p> <p>9:15 Bus Safeway</p> <p>10:00 Mountain Glen Church (TR)</p> <p><b>1:00 Creating w/Friends (AR)</b></p> <p>1:00 Cornhole (AR)</p> <p>1:00 Bunco (B)</p> <p>2:00 Grief Discussion Group (TR) w/Sarah</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>14</b></p> <p><b>9:30 MT Vernon Library (L)</b></p> <p>10:00 Church Services (TR)</p> <p>10:00 Ever-Fit (LV)</p> <p>10:00 Tech Help (AR)</p> <p>11:00 Bible Study (TR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Cardio Drumming (LV)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Livey (AR) <b>15</b></p> <p>10:00 Bible Study w/Judy (LV)</p> <p>10:00 Movement &amp; Balance (TR)</p> <p>1:00 Pinochle (B)</p> <p>1:15 Yoga/QiGong (TR)</p> <p>1-3 Sherry's Designs (L)</p> <p>2:00 Sweet sensation w/Music by Stan (LV)</p> <p>3:00 Documentary Series (TR)</p> <p>5:30 Movie Cinema (TR)</p>	<p><b>Thursday Takeaway Table</b></p> <p>9:00 Light &amp; Lively (AR)</p> <p><b>10:00 IL Residents 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 Meeting (AR)</b></p> <p><b>4:00 Free Hearing Aid Cleaning (AR)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>10</b></p> <p>10:00 Manicure (AR) By Appointment Only</p> <p>10:50 Bus Fortune</p> <p>2:30 Happy Hour (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; lively (AR) <b>11</b></p> <p>10:00 Conversation Café (TR)</p> <p>10:00 Noodle Ball (AR)</p> <p>2:00 Veteran's Cocktail Reception (LV) (AR)</p> <p>5:30 Movie Cinema (TR)</p> <p>Veterans Day Remembrance Day (Canada)</p>
<p>9:00 Light &amp; lively (AR) <b>19</b></p> <p>10:00 TV church services (TR)</p> <p>1:25 Seahawks Game (LV)</p> <p>1:30 Taste &amp; Tell w/Polla (TR)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>8:45 Light &amp; Lively (AR) <b>20</b></p> <p>9:15 Bus Walmart</p> <p>10:00 Mountain Glen Church (TR)</p> <p>1:00 Bunco (B)</p> <p>1:00 Corn hole (AR)</p> <p>2:00 Grief Discussion Group (TR) w/Sarah</p> <p>3:30 Zumba (LV)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light and lively (AR) <b>21</b></p> <p>10:00 Church Services (TR)</p> <p>10:00 Ever Fit (LV)</p> <p>10:00 Tech Help (AR)</p> <p>11:00 Bible Study (TR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Cardio Drumming (LV)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; lively (AR) <b>22</b></p> <p>10:00 Moment &amp; Balance (TR)</p> <p>10:00 Bible Study w/ Judy (LV)</p> <p>1:00 Pinochle (B)</p> <p>1:00 Sherry's Designs (L)</p> <p>1:15 Yoga/QiGong (TR)</p> <p>2:00 Sweet Sensation w/Music by Mary Whiton (LV)</p> <p>Documentary Series (TR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>8:45 Light &amp; Lively (AR) <b>16</b></p> <p><b>9:30 Veterans Breakfast (AR) Please sign up at front desk</b></p> <p>10:00 Ever Fit (LV)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Gym Fitness</p> <p>3:00 Triva (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>8:45 Bus Breakfast @ Curious Chef</p> <p>9:00 Light &amp; Lively (AR)</p> <p>10:00 Manicure (AR) By Appointment Only</p> <p>2:30 Happy Hour (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>18</b></p> <p>10:00 Meet and Greet New Resident (LV)</p> <p>1:00 Bingo (AR)</p> <p>2:30 Zumba (LV)</p> <p>3:00 Trivia (AR)</p> <p>5:30 Movie Cinema (TR)</p>
<p>9:00 Light &amp; Lively (AR) <b>26</b></p> <p>10:00 TV Church Services (TR)</p> <p>1:00 Sunday Matinee (TR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>8:45 Light &amp; Lively (AR) <b>27</b></p> <p>9:15 Bus Dollar Store</p> <p>10:00 Mountain Glen Church (TR)</p> <p>1:00 Bunco (B)</p> <p><b>1:00 Creating w/Friends (AR)</b></p> <p>1:00 Cornhole (AR)</p> <p>1:15 Hand Massage w/Jana ((AR)</p> <p>2:00 Grief Discussion Group (TR) w/Sarah</p> <p>3:30 Zumba (LV)</p> <p>5:30 Movie Cinema (TR)</p>	<p><b>7:30 Men Breakfast sign up in activity room</b> <b>28</b></p> <p>9:00 Light &amp; lively (AR)</p> <p>10:00 Ever Fit (LV)</p> <p>10:00 Church Services (TR)</p> <p>10:00 Tech Help (AR)</p> <p>11:00 Bible study</p> <p>1:15 Gym Fitness</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>3:00 Documentary Series (TR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; lively (AR) <b>29</b></p> <p>10:00 Moment &amp; Balance (TR)</p> <p>10:00 Bible Study w/ Judy (LV)</p> <p>1:00 Pinochle (B)</p> <p>1:00 Sherry's Designs (L)</p> <p>1:15 Yoga/QiGong (TR)</p> <p><b>2:00 Birthday Bash w/ The Esquires (LV)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; Lively (AR) <b>23</b></p> <p>1:00 Bingo (AR)</p> <p>5:20 Seahawks Game (LV)</p> <p>5:30 Movie Cinema (TR)</p> <p><b>Happy Thanksgiving</b></p>	<p>9:00 Light &amp; Lively (AR) <b>24</b></p> <p>10:00 Manicure By appointment only (AR)</p> <p>10:50 Bus Mod Pizza</p> <p>2:30 Happy Hour (AR)</p> <p>5:30 Movie Cinema (AR)</p>	<p>9:00 Light &amp; Lively (AR) <b>25</b></p> <p>10:00 Conversation Café (TR)</p> <p>10:00 Paparazzi (L)</p> <p>1:00 Bingo (AR)</p> <p>5:30 Movie Cinema (TR)</p>
<p>9:00 Light &amp; Lively (AR) <b>26</b></p> <p>10:00 TV Church Services (TR)</p> <p>1:00 Sunday Matinee (TR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>8:45 Light &amp; Lively (AR) <b>27</b></p> <p>9:15 Bus Dollar Store</p> <p>10:00 Mountain Glen Church (TR)</p> <p>1:00 Bunco (B)</p> <p><b>1:00 Creating w/Friends (AR)</b></p> <p>1:00 Cornhole (AR)</p> <p>1:15 Hand Massage w/Jana ((AR)</p> <p>2:00 Grief Discussion Group (TR) w/Sarah</p> <p>3:30 Zumba (LV)</p> <p>5:30 Movie Cinema (TR)</p>	<p><b>7:30 Men Breakfast sign up in activity room</b> <b>28</b></p> <p>9:00 Light &amp; lively (AR)</p> <p>10:00 Ever Fit (LV)</p> <p>10:00 Church Services (TR)</p> <p>10:00 Tech Help (AR)</p> <p>11:00 Bible study</p> <p>1:15 Gym Fitness</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>3:00 Documentary Series (TR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light &amp; lively (AR) <b>29</b></p> <p>10:00 Moment &amp; Balance (TR)</p> <p>10:00 Bible Study w/ Judy (LV)</p> <p>1:00 Pinochle (B)</p> <p>1:00 Sherry's Designs (L)</p> <p>1:15 Yoga/QiGong (TR)</p> <p><b>2:00 Birthday Bash w/ The Esquires (LV)</b></p> <p>5:30 Movie Cinema (TR)</p>	<p><b>7:30 Women's Breakfast (AR)</b> <b>30</b></p> <p><b>Sign up in the Activity Room</b></p> <p><b>9:00 Footcare 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>5:15 Seahawks Game (LV)</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 will at the Front Desk.