

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2023

9:00 Light & Lively (AR) **1**
 9:30 Bus Casino
 10:00 Manicure (AR) By Appointment Only
2:30 Happy Hour (AR)
 5:30 Movie Cinema (TR)

Holiday Craft Fair 2
11am – 3pm



9:00 Light & lively (AR) **3**
 10:00 TV church services (TR)
 1:30 Taste & Tell w/Polla (TR)
 3:00 Flyswatter Volleyball (AR)
 5:30 Movie Cinema (TR)

8:45 Light & lively (AR) **4**
 9:15 Bus Fred Meyers
 10:00 Purpose for Living w/ Elder Care Ministries (TR)
 1:00 Bunco (B)
 1:00 Cornhole (AR)
 2:00 Grief Support (TR) w/Sarah
 3:30 Zumba (LV)
 5:30 Movie Cinema (TR)

9:00 Light and lively (AR) **5**
9:30 Mount Vernon Library (L)
 10:00 Episcopal Church Services (TR)
 10:00 Ever Fit (LV)
 10:00 Tech Help (AR)
 11:00 Bible Study (TR)
 1:00 Bingo (AR)
 1:15 Cardio Drumming (LV)
2:30 Music by David Lee Howard (LV)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **6**
10:00 Dining room service meeting (ILDR)
 10:00 Movement & Balance (TR)
 10:00 Bible Study w/ Judy (LV)
 10:00 Decorate Holiday Stockings w/Optom (AR)
 1:00 Pinochle (B)
 1-3 Sherry;s Designs (L)
 1:15 Yoga/QiGong (TR)
2:00 Sweet Sensation/w/Stan (LV)
 3:00 Documentary Series (TR)
 5:30 Movie (Cinema TR)

9:00 Light & Lively (AR) **7**
 10:00 VA Coffee Hour (AR)
10:00 IL Residents Meeting (ILDR)
 10:00 Ever Fit (LV)
 1:00 Bingo (AR)
 1:15 Gym Fitness
2:30 IL/AL Activity Meeting (AR)
3:00 AL Resident Meeting (AR)
 5:30 Movie Cinema (TR)
Hanukkah Begins

9:00 Light & Lively (AR) **8**
 10:00 Trivia (AR)
 10:00 Manicure (AR) By Appointment Only
1:00 Harmony Northwest Chorus (LV)
 2:30 Happy Hour (AR)
 5:30 Movie Cinema (TR)

9:00 Light & lively (AR) **9**
 10:00 Conversation Salon (TR)
 1:00 Bingo (AR)
 3:00 Cornhole (AR)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **10**
 10:00 TV Church Services (TR)
 1:00 Sunday Matinee (TR)
 1:05 Seahawks Game (LV)
 3:00 Flyswatter Volleyball (AR)
 5:30 Movie Cinema (TR)

8:45 Light & Lively (AR) **11**
 9:15 Bus Safeway
 10:00 Purpose for Living w/ Elder Care Ministries (TR)
1:00 David Lee Howard (12 String Guitarist) (LV)
 1:00 Bunco (B)
 2:00 Grief Support (TR) w/Sarah
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **12**
 10:00 Church Services (TR)
 10:00 Ever-Fit (LV)
 10:00 Tech Help (AR)
 11:00 Bible Study (TR)
 1:00 Bingo (AR)
 1:15 Cardio Drumming (LV)
3:00 Flyswatter Volleyball (AR)
 5:30 Movie Cinema (TR)
5:45 Communion Church Youth Carolers in the hallways

9:00 Light & Lively (AR) **13**
 10:00 Movement & Balance (TR)
 10:00 Bible Study w/Judy (LV)
 1:00 Pinochle (B)
 1-3 Sherry's Designs (L)
 1:15 Yoga/QiGong (TR)
2:00 Sweet Sensation (LV)
 3:00 Documentary Series (TR)
 5:30 Movie Cinema (TR)

MOUNTAIN GLEN 14 RESIDENTS & THEIR FAMILY

4:00PM – 7:00PM

10:50 Bus Fortune **15**
1:00 Immaculate Conception 8th Grade Carolers (LV)
 2:30 Happy Hour (AR)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **16**
 10:00 Meet and Greet New Resident (LV)
10:00 Papparazzi (L)
 1:00 Bingo (AR)
 2:30 Zumba (LV)
 3:00 Trivia (AR)
 3:00 Cornhole (AR)
 5:30 Movie Cinema (TR)

9:00 Light & lively (AR) **17**
 10:00 TV church services (TR)
 1:25 Seahawks Game (LV)
 1:30 Taste & Tell w/Polla (TR)
 3:00 Flyswatter Volleyball (AR)
 5:30 Movie Cinema (TR)

8:45 Light & Lively (AR) **18**
 9:15 Bus Walmart
 10:00 Purpose for Living w/ Elder Care Ministries (TR)
 1:00 Bunco (B)
1:00 WA Old Time Fiddlers (LV)
 1:00 Hand Massage (B)
 2:00 Grief Support (TR) w/Sarah
 3:30 Zumba (LV)
 5:30 Movie Cinema (TR)

9:00 Light and lively (AR) **19**
 10:00 Marcia Kester (LV)
 10:00 Church Services (TR)
 10:00 Ever Fit (AR)
 10:00 Tech Help (AR)
 11:00 Bible Study (TR)
 1:00 Bingo (AR)
 1:15 Cardio Drumming (LV)
 3:00 Flyswatter Volleyball (AR)
 5:30 Movie Cinema (TR)

9:00 Light & Livey (AR) **20**
10:00 Christmas Sing A Long w/Judy (LV)
 10:00 Movement & Balance (TR)
 1:00 Pinochle (B)
 1:15 Yoga/QiGong (TR)
 1-3 Sherry's Designs (L)
 2:00 Sweet sensation w/Music by Stan (LV)
 3:00 Documentary Series (TR)
 5:30 Movie Cinema (TR)

8:45 Light & Lively (AR) **21**
9:30 Veterans Breakfast (AR)
Please sign up at front desk!
 10:00 Gym Fitness
 1:00 Bingo (AR)
 1:15 Gym Fitness
 3:00 Triva (AR)
 5:30 Movie Cinema (TR)
Winter Begins

9:00 Light & Lively (AR) **22**
 10:00 Trivia (AR)
 10:00 Manicure By appointment only (AR)
1:00 Catholic School House Carolers (LV)
 2:30 Happy Hour (AR)
 5:30 Movie Cinema (AR)

9:00 Light & Lively (AR) **23**
 1:00 Bingo (AR)
 3:00 Cornhole (AR)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **24**
 10:00 TV Church Services (TR)
 10:00 Seahawks Game (LV)
 1:00 Sunday Matinee (TR)
 3:00 Flyswatter Volleyball (AR)
 5:30 Movie Cinema (TR)



7:30 Men Breakfast (AR) **26**
 9:15 Light & lively (AR)
9:30 Mount Vernon Library (L)
 10:00 Tech Help (AR)
 11:00 Bible Study (TR)
 3:00 Flyswatter Volleyball (AR)
 5:30 Movie Cinema (TR)

9:00 Light & lively (AR) **27**
 10:00 Bible Study w/Judy (LV)
 1:00 Pinochle (B)
 1:00 Sherry's Designs (L)
2:00 Birthday Bash w/ The Esquires (LV)
 5:30 Movie Cinema (TR)

7:30 Women's Breakfast (AR) **28**
9:00 Footcare Nurse
 9:00 Light & Lively (AR)
 10:00 VA Coffee Hour (AR)
 1:00 Bingo (AR)
 2:30 Mary Whiton (Music) LV)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **29**
 10:00 Manicure By appointment only (AR)
 10:50 Bus Olive Garden
 2:30 Happy Hour (AR)
 5:30 Movie Cinema (AR)

9:00 Light & lively (AR) **30**
 1:00 Bingo (AR)
 3:00 Cornhole (AR)
 3:00 Trivia (AR)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **31**
 10:00 TV Church Services (TR)
 1:00 Trivia (AR)
 3:00 Flyswatter Volleyball (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 (L1) Library 1st Floor

**Activities are subject to change.
 Sign up for bus outings at the Front Desk**

New Year's Eve