

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2024

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

<p>9:00 Light & Lively (AR) 5</p> <p>10:00 TV Church Services (TR)</p> <p>1:00 Sunday Matinee (TR)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p> <p><small>Cinco de Mayo</small></p>	<p>9:15 Bus Dollar Store/Target 6</p> <p>10:00 Meet & Greet Elder Care Chaplains (AR)</p> <p>1:00 Flower Letter Reading Led by Trudy (TR)</p> <p>1:00 Bunco (B)</p> <p>1:00 Movie/Documentary (LV)</p> <p>2:00 Noodle Ball (AR)</p> <p>3:30 Zumba (LV)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light and lively (AR) 7</p> <p>10:00 Episcopal Church Services (AR)</p> <p>10:00 Fitness Class (TR)</p> <p>10:00 Tech Help (AR)</p> <p>11:00 Bible Study (AR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Stretch Class (L2)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light Lively (AR) 8</p> <p>10:00 Bible Study w/Judy (LV)</p> <p>10:00 Book Club (B)</p> <p>10:00 Movement & Balance (TR)</p> <p>1:00 Pinochle (B)</p> <p>1:00 Sherry's Designs (L)</p> <p>1:15 Cardio Drumming (TR)</p> <p>2:00 Music by David Lee Howard (LV)</p> <p>3:00 Documentary Series (TR)</p> <p>5:30 Movie Cinema (TR)</p> <p><small>May Day</small></p>	<p>9:00 Light & Lively (AR) 9</p> <p>10:00 VA Coffee Hour (AR)</p> <p>10:00 IL Residents Meeting (ILDR)</p> <p>10:00 Gym Fitness</p> <p>1:00 Bingo (AR)</p> <p>1:15 Chair Dance (TR)</p> <p>2:00 Park Walk</p> <p>3:00 AL Resident Meeting (AR)</p> <p>4:00 Free Hearing Aid Cleaning (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 3</p> <p>10:00 Flyswatter Volleyball (AR)</p> <p>10:00 Manicure (AR)</p> <p>2:30 Cinco De Mayo Happy Hour Hosted by Housekeeping Department (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light & lively (AR) 4</p> <p>9:30 Coffee & News (AR)</p> <p>10:00 Cornhole (AR)</p> <p>1:00 Bingo (AR)</p> <p>3:00 Trivia (AR)</p> <p>5:30 Movie Cinema (TR)</p>
<p>Happy Mother's Day 12</p> <p>9:00 Light & lively (AR)</p> <p>10:00 TV church services (TR)</p> <p>1:30 Taste & Tell w/Polla (AR)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p> <p><small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>9:15 Bus Haggen's 13</p> <p>10:00 Meet & Greet Elder Care Chaplains (AR)</p> <p>1:00 Hand Massage w/ Jana (B)</p> <p>1:00 Flower Letter Reading Led by Trudy (TR)</p> <p>1:00 Bunco (B)</p> <p>1:00 Movie/Documentary (LV)</p> <p>2:00 Ladder Toss (AR)</p> <p>3:30 Zumba (LV)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light and lively (AR) 14</p> <p>10:00 Episcopal Church Services (TR)</p> <p>10:00 Fitness Class (TR)</p> <p>10:00 Tech Help (AR)</p> <p>11:00 Bible Study (TR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Stretch Class (L2)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 15</p> <p>10:00 Bible Study w/Judy (LV)</p> <p>10:00 Movement & Balance (TR)</p> <p>1:00 Pinochle (B)</p> <p>1:00 Sherry's Designs (L)</p> <p>1:00 Moving in the Right Direction (TR)</p> <p>1:15 Gym Fitness</p> <p>2:00 Sweet Sensations w/Music by Stan Wing (LV)</p> <p>3:00 Documentary Series (TR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:30 Veterans Breakfast (AR) 16</p> <p>Please sign up @ front desk!</p> <p>10:00 Gym Fitness</p> <p>1:00 Bingo (AR)</p> <p>1:15 Cardio Drumming (TR)</p> <p>2:30 Creating w/Friends (AR)</p> <p>3:00 Pianist Jason Lloyd (LV)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 17</p> <p>10:00 Flyswatter Volleyball (AR)</p> <p>2:30 Happy Hour w/Music by Mary Whiton (LV)</p> <p>5:30 Movie Cinema (TR)</p>	<p>1:00 Bingo (AR) 18</p> <p>3:00 Trivia (AR)</p> <p>5:30 Movie Cinema (TR)</p> <p><small>Armed Forces Day</small></p>
<p>Mother's Day 19</p> <p>Tea with Lunch 11 - 1</p> <p>RSVP by May 5th with Polla or Priscilla</p>	<p>9:15 Bus Fred Meyer 20</p> <p>10:00 Meet & Greet Elder Care Chaplains (AR)</p> <p>1:00 Flower Letter Reading Led by Trudy (TR)</p> <p>1:00 Bunco (B)</p> <p>1:00 Movie/Documentary (LV)</p> <p>2:00 Noodle Ball (AR)</p> <p>3:30 Zumba (LV)</p> <p>5:30 Movie Cinema (TR)</p> <p><small>Victoria Day (Canada)</small></p>	<p>9:00 Light and lively (AR) 21</p> <p>9:30 Mount Vernon Library (L)</p> <p>10:00 Episcopal Church Services (TR)</p> <p>10:00 Fitness Class (TR)</p> <p>10:00 Tech Help (AR)</p> <p>11:00 Bible Study (TR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Stretch Class (L2)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light & lively (AR) 22</p> <p>10:00 Hymn Sing Along w/ Judy Pearson (LV)</p> <p>10:00 Book Club (B)</p> <p>10:00 Movement & Balance (TR)</p> <p>1:00 Pinochle (B)</p> <p>1:00 Sherry's Designs (L)</p> <p>1:15 Cardio Drumming (TR)</p> <p>2:00 Sweet Sensations w/ Ukulele Music by Lee</p> <p>3:00 Documentary Series (TR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 23</p> <p>10:00 VA Coffee Hour (AR)</p> <p>1:00 Bingo (AR)</p> <p>3:00 Music w/WA Old Time Fiddlers Assoc (LV)</p> <p>5:30 Movie Cinema (TR)</p>	<p>Take Away Table 24</p> <p>9:00 Light & Lively (AR)</p> <p>9:30 Bus Tour La Connor w/lunch @ Fortune</p> <p>10:00 Manicure (AR)</p> <p>10:00 Flyswatter Volleyball (AR)</p> <p>10:00 Manicures</p> <p>2:30 Happy Hour w/Music by Marcia Kester (AR)</p> <p>5:30 Movie Cinema (AR)</p>	<p>9:00 Light & lively (AR) 25</p> <p>9:30 Coffee & News (AR)</p> <p>10:00 Cornhole (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 & Lively (AR) 26</p> <p>10:00 TV Church Services (TR)</p> <p>1:30 Taste & Tell w/Polla (AR)</p> <p>3:00 Flyswatter Volleyball (AR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>10:00 Meet & Greet Elder Care Chaplains (AR) 27</p> <p>1:00 Flower Letter Reading Led by Trudy (TR)</p> <p>1:00 Bunco (B)</p> <p>3:30 Zumba (LV)</p> <p>5:30 Movie Cinema (TR)</p> <p><small>Memorial Day</small></p>	<p>7:30 Men's Breakfast w/Maintenance Team (AR) 28</p> <p>10:00 Episcopal Church Services (TR)</p> <p>10:00 Fitness Class (TR)</p> <p>10:00 Tech Help (AR)</p> <p>11:00 Bible Study (TR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Stretch Class (L2)</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light & lively (AR) 29</p> <p>10:00 Bible Study w/Denise (LV)</p> <p>10:00 Book Club (B)</p> <p>10:00 Movement & Balance (TR)</p> <p>1:00 Pinochle (B)</p> <p>1:00 Sherry's Designs (L)</p> <p>1:15 Cardio Drumming (TR)</p> <p>2:00 Birthday Bash w/ The Esquires (LV)</p> <p>3:00 Documentary Series (TR)</p> <p>5:30 Movie Cinema (TR)</p>	<p>7:30 Women's Breakfast (AR) 30</p> <p>9:00 Foot Care Nurse</p> <p>10:00 Manicure (AR)</p> <p>10:00 VA Coffee Hour (AR)</p> <p>1:00 Bingo (AR)</p> <p>1:15 Chair Dance (TR)</p> <p>2:00 Park Walk</p> <p>5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 31</p> <p>9:30 Bus Tour Discovery Gardens w/Lunch @ Tepic</p> <p>10:00 Manicure (AR)</p> <p>10:00 Flyswatter Volleyball (AR)</p> <p>2:30 Happy Hour (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 2nd Floor (L1) Library 1st Floor
Activities are Subject to change. Sign up for bus outings at Front Lobby