

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



June 2024



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

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

9:00 Light & Lively (AR) **2**
 10:00 TV Church Services (TR)
 1:00 Sunday Matinee (TR)
 3:00 Flyswatter Volleyball (AR)
 5:30 Movie Cinema (TR)

9:15 Bus Dollar Store/Target **3**
10:00 Meet & Greet Elder Care Chaplains (AR)
1:00 Flower Letter Reading (TR)
 1:00 Bunco (B)
 1:00 Movie/Documentary (LV)
2:00 Noodle Ball (AR)
 3:30 Zumba (LV)
 5:30 Movie Cinema (TR)

9:00 Light and lively (AR) **4**
 10:00 Episcopal Church Services (AR)
 10:00 Tech Help (AR)
 11:00 Bible Study (AR)
 1:00 Bingo (AR)
 2:00 Juice Shakes (B)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **5**
 10:00 Bible Study w/Judy (LV)
 10:00 Movement & Balance (TR)
10:00 Dining Room Service meeting w/Josh (ILDR)
 1:00 Pinochle (B)
 1:00 Sherry's Designs (L)
 1:15 Cardio Drumming (TR)
2:00 Meet & Greet (LV)
3:00 Music by David Lee Howard (LV)
3:00 Documentary Series (TR)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **6**
 10:00 VA Coffee Hour (AR)
 10:00 Gym Fitness
 1:00 Bingo (AR)
 1:00 Gym Fitness
 1:15 Tai-Chi (TR)
200 Park Walk
2:30 IL/AL Activity Meeting (AR)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **7**
 10:00 Flyswatter Volleyball (AR)
10:00 Manicure (AR)
2:30 Happy Hour (AR)
 5:30 Movie Cinema (TR)

9:00 Light & lively (AR) **8**
 9:30 Coffee & News (AR)
 1:00 Bingo (AR)
 3:00 Trivia (AR)
 5:30 Movie Cinema (TR)

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

9:15 Bus Haggen's **10**
10:00 Meet & Greet Elder Care Chaplains (AR)
1:00 Flower Letter Reading (TR)
 1:00 Bunco (B)
 1:00 Movie/Documentary (LV)
2:00 Ladder Toss (AR)
 3:30 Zumba (LV)
 5:30 Movie Cinema (TR)

9:00 Light and lively (AR) **11**
9:30 Mount Vernon Library (L)
 10:00 Episcopal Church Services (TR)
 10:00 Fitness Class (TR)
 10:00 Tech Help (AR)
 11:00 Bible Study (TR)
 1:00 Bingo (AR)
 2:00 Juice Shakes (B)
 5:30 Movie Cinema (TR)

9:00 Light Lively (AR) **12**
 10:00 Bible Study w/Judy (LV)
 10:00 Book Club (B)
 10:00 Movement & Balance (TR)
 1:00 Pinochle (B)
 1:00 Sherry's Designs (L)
 1:15 Cardio Drumming (TR)
2:00 Sweet Sensations w/music by Stan Wing (LV)
3:00 Documentary Series (TR)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **13**
 10:00 VA Coffee Hour (AR)
10:00 IL Residents Meeting (ILDR)
 10:00 Gym Fitness
 1:00 Bingo (AR)
 1:15 Qigong (TR)
2:00 Park Walk
2:30 AL Resident Meeting (AR)
3:00 Jason Lloyd Pianist (LV)
 5:30 Movie Cinema (TR)

Take Away Table **14**
 9:00 Light & Lively (AR)
9:30 Bus Swinomish Casino
10:00 Manicure (AR)
 10:00 Flyswatter Volleyball (AR)
2:30 Happy Hour (AR)
 5:30 Movie Cinema (TR)

9:00 Light & lively (AR) **15**
 9:30 Coffee & News (AR)
 1:00 Bingo (AR)
 3:00 Trivia (AR)
 5:30 Movie Cinema (TR)

HAPPY FATHER'S DAY **16**
 9:00 Light & Lively (AR)
 10:00 TV Church Services (TR)
 1:00 Sunday Matinee (TR)
 3:00 Flyswatter Volleyball (AR)
 5:30 Movie Cinema (TR)

Father's Day

9:15 Bus Fred Meyer **17**
10:00 Meet & Greet Elder Care Chaplains (AR)
1:00 Flower Letter Reading Led by Trudy (TR)
 1:00 Bunco (B)
 1:00 Movie/Documentary (LV)
2:00 Noodle Ball (AR)
 3:30 Zumba (LV)
 5:30 Movie Cinema (TR)

9:00 Light and lively (AR) **18**
 10:00 Episcopal Church Services (TR)
 10:00 Fitness Class (TR)
 10:00 Tech Help (AR)
 11:00 Bible Study (TR)
 1:00 Bingo (AR)
 2:00 Juice Shakes (B)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **19**
 10:00 Bible Study w/Judy (LV)
 10:00 Movement & Balance (TR)
 1:00 Pinochle (B)
 1:00 Sherry's Designs (L)
 1:15 Benefits of Water w/Jana (TR)
2:00 Sweet Sensations w/Music by Mary Whiton (LV)
3:00 Documentary Series (TR)
5:30 Movie Cinema (TR)

Juneteenth

9:30 Veterans Breakfast (AR) **20**
Please sign up @ front desk!
 10:00 Gym Fitness
 1:00 Bingo (AR)
 1:15 Tai-Chi (TR)
2:00 Park Walk
3:00 Northwest Harmony Chorus (LV)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **21**
9:30 Bus Tour Deception Pass with sack lunch
 10:00 Flyswatter Volleyball (AR)
2:30 Happy Hour (AR)
 5:30 Movie Cinema (TR)

Flag Day (US)

9:00 Light & lively (AR) **22**
 9:30 Coffee & News (AR)
 10:00 Cornhole (AR)
 1:00 Bingo (AR)
 3:00 Trivia (AR)
 5:30 Movie Cinema (TR)

Father's Day Luncheon and games **23**
11 - 1
RSVP by June 17th With Polla or Priscilla

10:00 Meet & Greet Elder Care Chaplains (AR) **24**
1:00 Flower Letter Reading (TR)
 1:00 Bunco (B)
 1:00 Hand Massage (B)
 3:30 Zumba (LV)
 5:30 Movie Cinema (TR)

7:30 Men's Breakfast w/Maintenance Team (AR) **25**
 10:00 Episcopal Church Services (TR)
 10:00 Fitness Class (TR)
 10:00 Tech Help (AR)
 11:00 Bible Study (TR)
 1:00 Bingo (AR)
 2:00 Juice Shakes (B)
 5:30 Movie Cinema (TR)

9:00 Light & lively (AR) **26**
 10:00 Bible Study w/Judy (LV)
 10:00 Book Club (B)
 10:00 Movement & Balance (TR)
 1:00 Pinochle (B)
 1:00 Sherry's Designs (L)
 1:15 Cardio Drumming (TR)
2:00 Birthday Bash w/ The Esquires (LV)
3:00 Documentary Series (TR)
 5:30 Movie Cinema (TR)

7:30 Women's Breakfast (AR) **27**
9:00 Foot Care Nurse
 9:00 Light & Lively (AR)
 10:00 VA Coffee Hour (AR)
 1:00 Bingo (AR)
3:00 Music w/WA Old Time Fiddlers Assoc (LV)
 5:30 Movie Cinema (TR)

Take Away Table **28**
 9:00 Light & Lively (AR)
9:30 Bus Tour Samish Island with sack lunch
10:00 Manicure (AR)
 10:00 Flyswatter Volleyball (AR)
10:00 Manicures
2:30 Happy Hour
 5:30 Movie Cinema (AR)

9:00 Light & lively (AR) **29**
 9:30 Coffee & News (AR)
 10:00 Cornhole (AR)
 1:00 Bingo (AR)
 3:00 Trivia (AR)
 5:30 Movie Cinema (TR)

9:00 Light & Lively (AR) **30**
 10:00 TV Church Services (TR)
 1:00 Sunday Matinee (TR)
 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 Front Lobby

