

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



August 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) (TR) 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)</p>	<p>4 9:00 Light & lively (AR) (TR) 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)</p>	<p>5 9:30 Bus Walmart 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Movie/Documentary (LV) 2:00 Noodle Ball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)</p>	<p>6 9:00 Light and lively (AR) (TR) 10:00 Episcopal Church Services (AR) 10:00 Tech Help (AR) 10:00 Fitness Class (LV) 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 5:30 Movie Cinema (TR)</p>	<p>7 9:00 Light & Lively (AR) (TR) 10:00 Bible Study w/Andy (AR) (TR) 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 Arthritis Exercise (TR) 2:00 Meet & Greet New Residents (AR) 3:30 Documentary Series (TR) 5:30 Movie Cinema (TR)</p>	<p>8 9:00 Light & Lively (AR) (TR) 10:00 VA Coffee Hour (AR) (TR) 10:00 Park Walk 1:00 Bingo (AR) 1:15 Qigong (TR) 2:00 Gym Fitness 2:30 AL Resident Meeting (AR) 4:00 Free Hearing Aid Cleaning (AR) 5:30 Movie Cinema (TR)</p>	<p>9 9:00 Light & Lively (AR) (TR) 10:00 VA Coffee Hour (AR) (TR) 10:00 Park Walk 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 2:00 Gym Fitness 3:00 Jason Lloyd Pianist (LV) 5:30 Movie Cinema (TR)</p>	<p>10 9:00 Light & lively (AR) (TR) 9:30 Coffee & News (AR) (TR) 10:00 Cornhole (AR) (TR) 1:00 Bingo (AR) (TR) 3:00 Trivia (AR) (TR) 5:30 Movie Cinema (TR) (TR)</p>
<p>11 9:00 Light & Lively (AR) (TR) 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)</p>	<p>12 9:30 Bus Haggens 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Movie/Documentary (LV) 2:00 Ladder Toss (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)</p>	<p>13 9:30 Mount Vernon Library (L) 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 5:30 Movie Cinema (TR)</p>	<p>14 9:00 Light Lively (AR) (TR) 10:00 Murder Mystery Game (LV) 10:00 Bible Study w/Andy (AR) (TR) 10:00 Book Club (B) 10:00 Movement & Balance (TR) 1:00 Sweet Sensations (AR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Arthritis Exercise (TR) 2:30 Stan Wing Keyboard (LV) 3:30 Documentary Series (TR) 5:30 Movie Cinema (TR)</p>	<p>15 9:00 Light & Lively (AR) (TR) 10:00 VA Coffee Hour (AR) (TR) 10:00 Park Walk 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 2:00 Gym Fitness 3:00 Jason Lloyd Pianist (LV) 5:30 Movie Cinema (TR)</p>	<p>16 9:00 Light & Lively (AR) (TR) 10:00 VA Coffee Hour (AR) (TR) 10:00 Park Walk 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 2:00 Gym Fitness 3:00 Jason Lloyd Pianist (LV) 5:30 Movie Cinema (TR)</p>	<p>17 9:00 Light & lively (AR) (TR) 9:30 Coffee & News (AR) (TR) 10:00 Cornhole (AR) (TR) 1:00 Bingo (AR) (TR) 3:00 Trivia (AR) (TR) 5:30 Movie Cinema (TR) (TR)</p>	
<p>18 9:00 Light & lively (AR) (TR) 10:00 TV church services (TR) 1:00 David Lee Howard celebrating Marie Watts 101st Birthday (LV) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)</p>	<p>19 9:30 Bus Fred Meyer 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Movie/Documentary (LV) 2:00 Noodle Ball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)</p>	<p>20 9:00 Light and lively (AR) (TR) 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 1:00 Bingo (AR) 1:00 Seahawks Blitz (ILDR) 2:00 Juice Bar w/Jana (B) 5:30 Movie Cinema (TR)</p>	<p>21 9:00 Light & Lively (AR) (TR) 10:00 Bible Study w/Andy (AR) (TR) 10:00 Movement & Balance (TR) 1:00 Sweet Sensations (AR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Arthritis Exercise (TR) 2:30 Music by Mary Whiton (LV) 3:30 Documentary Series (TR) 5:30 Movie Cinema (TR)</p>	<p>22 9:00 Foot Care Nurse 9:00 Light & Lively (AR) (TR) 10:00 VA Coffee Hour (AR) (TR) 10:00 Park Walk 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 2:00 Gym Fitness 3:00 WA Old Time Fiddlers (LV) 5:30 Movie Cinema (TR)</p>	<p>23 9:00 Light & Lively (AR) (TR) 10:00 VA Coffee Hour (AR) (TR) 10:00 Park Walk 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 2:00 Gym Fitness 3:00 WA Old Time Fiddlers (LV) 5:30 Movie Cinema (TR)</p>	<p>24 9:00 Light & lively (AR) (TR) 9:30 Coffee & News (AR) (TR) 10:00 Cornhole (AR) (TR) 1:00 Bingo (AR) (TR) 3:00 Trivia (AR) (TR) 5:30 Movie Cinema (TR) (TR)</p>	
<p>25 9:00 Light & Lively (AR) (TR) 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)</p>	<p>26 9:30 Bus 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Movie/Documentary (LV) 2:00 Ladder Toss (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)</p>	<p>27 9:00 Light and lively (AR) (TR) 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 5:30 Movie Cinema (TR)</p>	<p>28 9:00 Light & lively (AR) (TR) 10:00 Bible Study w/Andy (AR) (TR) 10:00 Book Club (B) 1:00 Sweet Sensations (AR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Arthritis Exercise (TR) 2:30 Birthday Bash w/The Esquires (LV) 5:30 Movie Cinema (TR)</p>	<p>29 8:00 Ladies Breakfast (AR) 10:00 VA Coffee Hour (AR) (TR) 1:00 Bingo (AR) 5:30 Movie Cinema (TR)</p>	<p>30 9:00 Light & Lively (AR) (TR) 10:00 VA Coffee Hour (AR) (TR) 10:00 Park Walk 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 2:00 Gym Fitness 3:00 WA Old Time Fiddlers (LV) 5:30 Movie Cinema (TR)</p>	<p>31 9:00 Light & lively (AR) (TR) 9:30 Coffee & News (AR) (TR) 10:00 Cornhole (AR) (TR) 1:00 Bingo (AR) (TR) 3:00 Trivia (AR) (TR) 5:30 Movie Cinema (TR) (TR)</p>	