

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 Light & lively (AR) 1 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)	10:00 Episcopal Church Services (AR) 3 10:00 Fitness Class (LV) 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) 4 10:00 Bible Study w/Andy (AR) 10:00 Movement & Balance (TR) 10:00 Dining Room Service meeting w/Josh (ILDR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:30 Meet & Greet New Residents (AR) 3:00 Music w/Mary Whiton (LV) 3:30 Documentary Series (TR) 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) 5 10:00 VA Coffee Hour (AR) 10:00 Garden Walk w/Jana 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 2:00 Gym Fitness 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) 6 9:30 Bus Lake Cavanaugh w/sack lunch 10:00 Flyswatter Volleyball (AR) 10:00 Manicure (AR) 2:30 Happy Hour (AR) 5:30 Movie Cinema (TR)	9:00 Light & lively (AR) 7 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) 8 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	<small>Labor Day</small> 9:30 Bus Fred Meyer 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Safety First (TR) 1:00 Flower Letter Reading w/Trudy (AR) 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)	9:30 Mount Vernon Library (L) 10:00 Episcopal Church Services (TR) 10 10:00 Fitness Class (LV) 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 5:30 Movie Cinema (TR)	9:00 Light Lively (AR) 11 10:00 Murder Mystery Game (LV) 10:00 Bible Study w/Andy (AR) 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 Pianist Jason Lloyd (LV) 3:30 Documentary Series (TR) 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) 12 10:00 VA Coffee Hour (AR) 10:00 IL Residents Meeting (ILDR) 10:00 Hand Massage w/Jana (B) 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)	Take Away Table 13 9:00 Light & Lively (AR) 9:30 Bus Maple Grove Camano Island w/sack lunch 10:00 Manicure (AR) 10:00 Flyswatter Volleyball (AR) 2:30 Happy Hour (AR) 5:30 Movie Cinema (TR)	9:00 Light & lively (AR) 14 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 3:00 Trivia (AR) 5:30 Movie Cinema (TR)	
<small>Grandparents Day</small> 9:00 Light & lively (AR) 15 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	9:30 Bus Haggan 16 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)	9:00 Light and lively (AR) 17 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)	9:00 Light & Lively (AR) 18 10:00 Bible Study w/Andy (AR) 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 w/Stan Wing (LV) 3:30 Documentary Series (TR) 5:30 Movie Cinema (TR)	9:30 VA Breakfast (AR) 19 10:00 Garden Walk w/Jana 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 2:00 Gym Fitness 5:30 Movie Cinema (TR)	20 End of Summer Event & Craft Fair !!!! 10am – 3pm		9:00 Light & lively (AR) 21 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) 22 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	9:30 Bus Walmart 23 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)	8:00 Men's Breakfast w/Maintenance Team (AR) 24 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)	9:00 Light & lively (AR) 25 10:00 Bible Study w/Judy(LV) 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 Birthday Bash w/The Esquires (LV) 3:30 Fun w/Mira Vista (B) 5:30 Movie Cinema (TR)	9:00 Foot Care Nurse 26 9:00 Light & Lively (AR) 10:00 VA Coffee Hour (AR) 10:00 Hand Massage w/Jana (B) 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 5:30 Movie Cinema (TR)	Take Away Table 27 9:00 Light & Lively (AR) 10:00 Manicure (AR) 10:00 Flyswatter Volleyball (AR) 11:00 Bus Lunch Fortune 2:00 Happy Hour (AR) 2:30 Harmony NW Chorus (LV) 5:30 Movie Cinema (TR)	<small>Oktoberfest Begins</small> 9:00 Light & lively (AR) 28 9:30 Coffee & News (AR) 10:00 Paparazzi (L) 10:00 Cornhole (AR) 1:00 Bingo (AR) 3:00 Trivia (AR) 5:30 Movie Cinema (TR)	
<small>Autumn Begins</small> 9:00 Light & lively (AR) 29 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	9:30 Bus Safeway 30 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)	 <h1 style="margin: 0;">September 2024</h1> <p style="margin: 0;">Mountain Glen Retirement Living & Assisted Living Community 1810 E Division St. Mount Vernon, WA. 98274; 360-424-7900</p>					