


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2024</h1>		9:00 Light & Lively (AR) <b>1</b> 10:00 Episcopal Church Services (AR) 10:00 Tech Help (AR) 10:00 Fitness Class (LV) 11:00 Bible Study w/Andy 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) <b>2</b> 10:00 Bible Study w/Judy (LV) 10:00 Movement & Balance (TR) <b>10:00 Dining Room Service meeting w/Josh (ILDR)</b> 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Arthritis Exercise (TR) 2:00 <b>Meet &amp; Greet New Residents (AR)</b> <b>3:00 Documentary Series (TR)</b> 5:30 Movie Cinema (TR) <small>Rosh Hashanah Begins</small>	9:00 Light & Lively (AR) <b>3</b> 10:00 VA Coffee Hour (AR) 1:00 Bingo (AR) 1:15 Qigong (TR) 2:00 Gym Fitness 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) <b>4</b> <b>9:30 Bus IL Pharmacy for Immunizations</b> 10:00 Flyswatter Volleyball (AR) <b>10:00 Manicure (AR)</b> <b>2:30 Happy Hour (AR)</b> 5:30 Movie Cinema (TR)	9:00 Light & lively (AR) <b>5</b> 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 2:30 Zumba (LV) 3:00 Trivia (AR) 5:30 Movie Cinema (TR)
9:00 Light & lively (AR) <b>6</b> 10:00 TV church services (TR) <b>1:30Taste &amp; Tell w/Polla (AR)</b> 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	9:30 Bus Fred Meyer <b>7</b> <b>10:00 Meet &amp; Greet Eldercare Chaplains (AR)</b> 1:00 Bunco (B) <b>1:00 Flower Letter Reading w/Trudy (TR)</b> <b>2:00 Flyswatter Volleyball (AR)</b> 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) <b>8</b> <b>9:30 Mount Vernon Library (L)</b> 10:00 Episcopal Church Services (TR) <b>10:00 Veteran's Affairs Presentation: Home &amp; Health Aide Program (AR)</b> 10:00 Fitness Class (LV) 10:00 Veteran's Benefits (AR) 11:00 Bible Study w/Andy 1:00 Bingo (AR) <b>2:00 Juice Bar w/Jana (B)</b> 5:30 Movie Cinema (TR)	9:00 Light Lively (AR) <b>9</b> 10:00 Bible Study w/Judy (LV) 10:00 Book Club (B) 10:00 Movement & Balance (TR) <b>1:00 Sweet Sensations (AR)</b> 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Arthritis Exercise (TR) <b>2:00 Pianist Jason Lloyd (LV)</b> <b>3:00 Documentary Series (TR)</b> 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) <b>10</b> 10:00 VA Coffee Hour (AR) <b>10:00 IL Residents Meeting (ILDR)</b> 10:00 Hand Massage w/Jana (B) 1:00 Bingo (AR) 1:15 Qigong (TR) 2:00 Gym Fitness <b>2:30 AL Resident Meeting (AR)</b> <b>4:00 Free Hearing Aid Cleaning (AR)</b> 5:30 Movie Cinema (TR)	<b>Take Away Table</b> <b>11</b> 9:00 Light & Lively (AR) <b>9:30 Bus IL Pharmacy for Immunizations</b> <b>10:00 Manicure (AR)</b> 10:00 Flyswatter Volleyball (AR) <b>2:00 Happy Hour (AR)</b> <b>2:30 Music by David Lee Howard (LV)</b> 5:30 Movie Cinema (TR) <small>Yom Kippur Begins</small>	9:00 Light & lively (AR) <b>12</b> 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) <b>13</b> 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	9:30 Bus Safeway <b>14</b> <b>10:00 Meet &amp; Greet Eldercare Chaplains (AR)</b> 1:00 Bunco (B) <b>1:00 Flower Letter Reading w/Trudy (AR)</b> <b>2:00 Flyswatter Volleyball (AR)</b> <b>3:30 Zumba (LV)</b> 5:30 Movie Cinema (TR) <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	9:00 Light and lively (AR) <b>15</b> 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 11:00 Bible Study w/Andy 1:00 Bingo (AR) <b>2:00 Juice Bar w/Jana (B)</b> 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) <b>16</b> 10:00 Bible Study w/Judy (LV) 10:00 Movement & Balance (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Arthritis Exercise (TR) <b>2:00 Sweet Sensation w/music Stan Wing (LV)</b> <b>3:00 Documentary Series (TR)</b> 5:30 Movie Cinema (TR) <small>Sukkot Begins</small>	<b>9:30 Veteran &amp; Surviving Spouse Breakfast &amp; Benefit Presentation (AR)</b> <b>17</b> 10:00 Garden Walk w/Jana 1:00 Bingo (AR) 1:15 Qigong (TR) 2:00 Gym Fitness 5:30 Movie Cinema (TR)	9:00 Light & Lively (AR) <b>18</b> <b>9:30 Bus Schuh Farms Pumpkin Patch</b> 10:00 Flyswatter Volleyball (AR) <b>10:00 Manicure (AR)</b> <b>2:30 Happy Hour (AR)</b> 5:30 Movie Cinema (TR)	9:00 Light & lively (AR) <b>19</b> 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) <b>20</b> 10:00 TV church services (TR) <b>1:30Taste &amp; Tell w/Polla (AR)</b> 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)	9:30 Bus Haggen <b>21</b> <b>10:00 Meet &amp; Greet Eldercare Chaplains (AR)</b> <b>10:00 Hand Massage w/Jana(B)</b> <b>1:00 Flower Letter Reading w/Trudy (TR)</b> 1:00 Bunco (B) <b>2:00 Flyswatter Volleyball (AR)</b> <b>3:30 Zumba (LV)</b> 5:30 Movie Cinema (TR)	9:00 Light and lively (AR) <b>22</b> 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 11:00 Bible Study w/Andy 1:00 Bingo (AR) <b>2:00 Juice Bar w/Jana (B)</b> 5:30 Movie Cinema (TR)	9:00 Light & lively (AR) <b>23</b> 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 Arthritis Exercise (TR) <b>2:00 Sweet Sensation w/Music by Mary Whiton (LV)</b> <b>3:00 Documentary Series (TR)</b> <b>3:00 Brain Teaser Game w/Mira Vista Team (B)</b> 5:30 Movie Cinema (TR) <small>Simchat Torah Begins</small>	<b>9:00 Foot Care Nurse</b> <b>24</b> 9:00 Light & Lively (AR) 10:00 VA Coffee Hour (AR) 1:00 Bingo (AR) <b>3:00 WA Old Time Fiddlers Assoc. (LV)</b> 5:30 Movie Cinema (TR)	<b>Take Away Table</b> <b>25</b> 9:00 Light & Lively (AR) <b>10:00 Manicure (AR)</b> 10:00 Flyswatter Volleyball (AR) <b>11:00 Bus Chuckanut. Drive w/Sack Lunch</b> <b>2:00 Happy Hour (AR)</b> <b>2:30 Music by Marcia Kester (LV)</b> 5:30 Movie Cinema (TR)	9:00 Light & lively (AR) <b>26</b> 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) <b>27</b> 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 <b>28</b> <b>10:00 Meet &amp; Greet Eldercare Chaplains (AR)</b> <b>1:00 Flower Letter Reading w/Trudy (TR)</b> 1:00 Bunco (B) <b>2:00 Flyswatter Volleyball (AR)</b> <b>3:30 Zumba (LV)</b> 5:30 Movie Cinema (TR)	9:00 Light and lively (AR) <b>29</b> 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 11:00 Bible Study w/Andy 1:00 Bingo (AR) <b>2:00 Juice Bar w/Jana (B)</b> 5:30 Movie Cinema (TR)	9:00 Light & lively (AR) <b>30</b> 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 Arthritis Exercise (TR) <b>2:30 Birthday Bash w/The Esquires (LV)</b> 5:30 Movie Cinema (TR)	<b>8:00 Ladies Breakfast w/Activity Department (AR)</b> <b>31</b> <b>1:00 Halloween Party (LV)</b> 5:30 Movie Cinema (TR) <small>Halloween</small>	<b>Mountain Glen Retirement Living &amp; Assisted Living Community</b> <b>1810 E Division St. Mount Vernon, WA 98274; 360-424-7900</b>  (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 2 <sup>nd</sup> Floor (L1) Library 1 <sup>st</sup> Floor  <b>Activities are subject to change!</b>	