

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Light & Lively (AR) 1 10:00 Fitness Class (LV) 10:00 Bible Study w/Andy (TR) 1:00 Bingo (AR) 1:00 Card Games (B) 2:00 Juice Bar w/Jana (B) 2:30 Cards & Board games (AR) 5:30 Movies (TR)	9:00 Light & Lively (AR) 2 10:00 Dining room services Meeting w/Josh (ILDR) 10:00 Bible Study w/Denise(LV) 10:00 Tech Help (AR) 1:00 Pinochle (B) 1:00 Sherry's Desings (L) 1:00 Bring your own crafts (AR) 2:00 Meet and Greet (LV) 5:30 Movie (TR)	9:00 Light & Lively (AR) 3 10:00 VA Coffee Hour (AR) 10:00 Balance & Qigong (TR) 1:00 Bingo (AR) 1:15 Park Walk w/Jana 2:30 Card Games (UNO) (AR) 2:30 Bring your own crafts (AR) 5:30 Movies (TR)	9:00 Light & Lively (AR) 4 10:00 Manicure (AR) 10:00 Flyswatter Volleyball (AR) 1:00 Independence Day Celebration (LV) 2:00 Happy Hour (LV) (AR) 5:30 Movie (TR)	9:00 Light & Lively (AR) 5 9:30 Coffee & News (LV) 10:00 Boardgames (AR) 1:00 Bingo (AR) 2:00 Movie (TR) 3:00 Triva (AR)
		Canada Day			Independence Day (US)	
	9:00 Light & Lively (AR) 6 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 1:00 Card Games (B) 1:30 Bring your own Crafts (AR) 3:00 Flyswatter Volleyball (AR)	9:30 Bus Walmart 7 10:00 Meet & Greet Life Advocates Chaplains (AR) 1:00 A Novel Reading "The Women" (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie (TR)	9:00 Light & Lively (AR) 8 9:30 Mount Vernon Library (L) 10:00 Fitness Class (LV) 10:00 Bible Study w/Andy (TR) 1:00 Bingo (AR) 1:00 Card Games (B) 2:00 Juice Bar w/Jana (B) 2:30 Cards & Board games (AR) 3:00 Sing Along (LV) 5:30 Movies (TR)	9:00 Light & Lively (AR) 9 10:00 Manicure (AR) 1:00 Pinochle (B) 1:00 Sherry's Desings (L) 1:00 Bring your own crafts (AR) 2:00 Sweet Sensation w/Music by Mountain Blue Birds (LV) 5:30 Movie (TR)	9:00 Light & Lively (AR) 10 10:00 AL & IL Town Hall (LV) 10:00 Balance & Qigong (TR) 1:00 Bingo (AR) 1:15 Park Walk w/Jana 2:30 VA Coffee Hour (AR) 2:30 Gym Visits 3:30 Free Hearing Aid Cleaning (AR) 5:30 Movie (TR)	9:00 Light & Lively (AR) 12 9:30 Coffee & News (LV) 10:00 Newly Formed Resident Only Meeting (AR) 1:00 Bingo (AR) 2:00 Movie (TR) 3:00 Triva (AR)
	9:00 Light & Lively (AR)) 13 10:00 TV Church Services (TR) 1:00 Sunday Matine (TR) 1:00 Card Games (B) 1:30 Taste & Tell w/Polla (AR) 1:30 Bring your own Crafts (AR) 3:00 Flyswatter Volleyball (AR)	9:30 Bus Haggen 14 10:00 Meet & Greet Life Advocates Chaplains (AR) 10:00 Book Club (B) 1:00 A Novel Reading "The Women" (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie (TR)	9:00 Light & Lively (AR) 15 10:00 Fitness Class (LV) 10:00 Bible Study w/Andy (TR) 1:00 Bingo (AR) 1:00 Card Games (B) 2:00 Juice Bar w/Jana (B) 2:30 Cards & Board games (AR) 3:00 Pro Flyswatter Volleyball (LV) 5:30 Movies (TR)	9:00 Light & Lively (AR) 16 10:00 Manicure (AR) 1:00 Pinochle (B) 1:00 Sherry's Desings (L) 1:00 Bring your own crafts (AR) 2:00 Sweet Sensation w/music by Stan Wing (LV) 5:30 Movie (TR)	9:00 Veterans Breakfast (AR) 17 10:00 Balance & Qigong (TR) 1:00 Bingo (AR) 1:15 Park Walk w/Jana 2:30 Card Games (UNO) (AR) 2:30 Bring your own crafts (AR) 2:30 Gym Visits 5:30 Movie (TR)	9:00 Light & Lively (AR) 19 9:30 Coffee & News (LV) 10:00 Boardgames (AR) 1:00 Bingo (AR) 2:00 Movie (TR) 3:00 Triva (AR)
	9:00 Light & Lively (AR) 20 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 1:00 Card Games (B) 1:30 Bring your own Crafts (AR) 3:00 Flyswatter Volleyball (AR)	9:30 Bus Fred Meyer 21 10:00 Meet & Greet Life Advocates Chaplains (AR) 1:00 A Novel Reading "The Women" (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie (TR)	9:00 Light & Lively (AR) 22 10:00 Bible Study w/Andy (TR) 10:00 Fitness Class (LV) 1:00 Bingo (AR) 1:00 Card Games (B) 2:30 Juice Bar w/Jana (B) 2:30 Cards & Board games (AR) 3:00 Sing Along (LV) 5:30 Movies (TR)	9:00 Light & Lively (AR) 23 10:00 Manicure (AR) 10:00 Tech Help (AR) 1:00 Pinochle (B) 1:00 Sherry Designs (L) 1:00 Bring your own crafts (AR) 2:00 Sweet Sensation w/music by Mary Whiton (LV) 3:00 Fun & Games w/Mira Vista (B) 5:30 Movie (TR)	9:00 Light & Lively (AR) 24 9:00 Footcare Nurse in Beauty Shop 10:00 VA Coffee Hour (AR) 10:00 Park Walk w/Jana 1:00 Bingo (AR) 1:15 Cardio Drumming (TR) 2:30 Card Games (UNO) (AR) 2:30 Bring your own crafts (AR) 5:30 Movie (TR)	9:00 Light & Lively (AR) 25 9:00 Take Away Table 9:00 Bus Tour Discovery Gardens w/lunch @ Fortune 10:00 Flyswatter Volleyball (AR) 2:00 Happy Hour (AR) 5:30 Movie (TR)
	9:00 Light & Lively (AR)) 27 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 1:00 Card Games (B) 1:30 Taste & Tell w/Polla (AR) 1:30 Bring your own Crafts (AR) 3:00 Flyswatter Volleyball (AR)	9:30 Bus Grocery Outlet 28 10:00 Meet & Greet Life Advocates Chaplains (AR) 10:00 Book Club (B) 1:00 A Novel Reading "The Women" (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie (TR)	8:00 Men's Breakfast w/Maintenance Team (AR) 29 10:00 Bible Study w/Andy (TR) 10:00 Fitness Class (LV) 1:00 Bingo (AR) 1:00 Card Games (B) 2:30 Juice Bar w/Jana (B) 2:30 Cards & Board games (AR) 5:30 Movies (TR)	9:00 Light & Lively (AR) 30 10:00 Manicure (AR) 10:00 Tech Help (AR) 1:00 Pinochle (B) 1:00 Sherry Designs (L) 1:00 Bring your own crafts (AR) 2:00 Birthday Bash w/ The Esquires (LV) 5:30 Movie (TR)	9:00 Light & Lively (AR) 31 10:00 VA Coffee Hour (AR) 10:00 Park Walk w/Jana 1:00 Bingo (AR) 1:15 Gym Visits 2:30 Card Games (UNO) (AR) 2:30 Bring your own crafts (AR) 5:30 Movie (TR)	Mountain Glen Retirement & Assisted Living Community 1810 E Division St Mount Vernon, WA 98274 360-424-7900 

(AR) - Activity Room (L) - Lobby (LV) - Living Room (B) - Bistro (TR) - Theater Room (ILDR) - Independent Living Dining Room (ALDR) - Assisted Living Dining Room