

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 Mountain Glen Retirement & Assisted Living Community 1810 E Division St Mount Vernon, WA 98274						9:00 Light & Lively (AR) 1 9:30 Coffee & News (LV) 10:00 Resident Only Meeting (AR) 1:00 Bingo (AR) 2:00 Movie (TR) 3:00 Triva (AR)
9:00 Light & Lively (AR) 2 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 1:00 Card Games (B) 1:30 Bring your crafts (AR) 3:00 Flyswatter Volleyball (AR) Daylight Saving Time Ends	9:30 Bus Haggan 3 10:00 Senior Life Champions meet and greet (AR) 1:00 Flower Letters, Orchid Mae (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Music & Movement (LV) 5:00 Movie (TR)	9:00 Light & Lively (AR) 4 10:00 Bible Study w/Andy (TR) 10:00 Fitness Class (LV) 1:00 Bingo (AR) 1:00 Card Games (B) 2:00 Juice Bar w/Jana (B) 2:30 Cards & Board games (AR) 2:30 Bring your crafts (AR) 2:30 Tech Help (AR) 3:30 Music & Movement (LV) 5:00 Movies (TR)	9:00 Light & Lively (AR) 5 10:00 Dining room services Meeting w/Josh (ILDR) 10:00 Bible Study w/Judy (LV) 10:00 Manicure (AR) 12:30 Sherry's Designs (L) 1:00 Pinochle (B) 1:00 Hand Massage w/Jana (B) 1:30 Skagit Transit Presentation (LV) 3:00 Documentary (TR) 5:00 Movie (TR)	9:00 Light & Lively (AR) 6 10:00 AL & IL Town Hall (LV) 10:00 Gym Fitness 1:00 Bingo (AR) 1:00 Chair Chi & Balance (TR) 2:30 VA Coffee Hour (AR) 2:30 Bring your crafts (AR) 3:30 Music & Movement (LV) 5:00 Movies (TR)	9:00 Light & Lively (AR) 7 10:00 Flyswatter Volleyball (AR) 10:40 Bus Lunch @ Lorenzo's 2:00 Happy Hour (AR) 2:30 Harmony NW Chorus (LV) 5:00 Movie (TR)	Holiday Craft Fair 11:00am – 3:00pm 8
9:00 Light & Lively (AR) 9 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 Crafts (AR) 3:00 Flyswatter Volleyball (AR)	9:30 Bus Fred Meyer 10 10:00 Senior Life Champions meet and greet (AR) 10:00 Book Club (B) 1:00 Flower Letters, Orchid Mae (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Music & Movement (LV) 5:00 Movie (TR)	10:00 Bible Study w/Andy (TR) 11 10:00 Ambassador Coffee (B) 11:00 Fitness Class (TR) 1:00 Card Games (B) Veteran's Cocktail Hour (AR) 1:00pm – 3:00pm 2:00 Juice Bar w/Jana (B) 3:00 Sing Along (LV) 5:00 Movie (TR) Veterans Day Remembrance Day (Canada)	10:00 Bible Study w/Judy (LV) 12 12:30 Sherry's Designs (L) 1:00 Cardio Drumming (TR) 1:00 Pinochle (B) 2:00 Sweet Sensation w/music by Mary Whiton (LV) 5:00 Movie (TR)	Christmas Decorating 13 8:30am – 5:00pm 10:00 Fitness Class (TR) 1:00 Chair Chi & Balance (TR) 3:30 Free Hearing Aid Clinic (AR) 3:30 Music & Movement (LV) 5:00 Movie (TR)	9:00 Take Away Table 14 9:00 Light & Lively (AR) 10:00 Dory Pet Therapy Dog (L) 2:00 Happy Hour (AR) 2:30 David Lee Howard (LV) 5:00 Movie (TR)	9:00 Light & Lively (AR) 15 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) 16 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 1:00 Card Games (B) 1:30 Bring your crafts (AR) 3:00 Flyswatter Volleyball (AR)	9:30 Bus Walmart 17 10:00 Senior Life Champions meet and greet (AR) 1:00 Flower Letters, Orchid Mae (TR) 1:00 Bunco (B) 2:00 Super Supplements Presentation (LV) 2:00 Flyswatter Volleyball (AR) 3:30 Music & Movement (LV) 5:00 Movie (TR)	9:00 Light & Lively (AR) 18 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 Santa Treat Box w/Phyllis (AR) 3:30 Music & Movement (LV) 5:00 Movies (TR)	9:00 Light & Lively (AR) 19 10:00 Bible Study w/Judy (LV) 10:00 Manicure (AR) 12:30 Sherry's Designs (L) 1:00 Pinochle (B) 1:00 Hand Massage w/Jana (B) 1:00 Bring your crafts (AR) 2:00 Sweet Sensation w/music by Stan Wing (LV) 3:00 Documentary (TR) 5:00 Movie (TR)	9:00 Light & Lively (AR) 20 10:00 VA Coffee Hour (AR) 10:00 Gym Fitness 1:00 Bingo (AR) 1:00 Chair Chi & Balance (TR) 2:30 Card Games (UNO) (AR) 3:30 Music & Movement (LV) 5:00 Movie (TR)	9:00 Light & Lively (AR) 21 9:30 Skagit Casino 10:00 Flyswatter Volleyball (AR) 2:00 Happy Hour (AR) 2:30 WA Old Time Fiddlers Assoc. (LV) 5:00 Movie (TR)	9:00 Light & Lively (AR) 22 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) 23 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 Crafts (AR) 3:00 Flyswatter Volleyball (AR)	9:30 Bus Safeway 24 10:00 Senior Life Champions meet and greet (AR) 1:00 Flower Letters, Orchid Mae (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Music & Movement (LV) 5:00 Movie (TR)	9:00 Light & Lively (AR) 25 10:00 Bible Study w/Andy (TR) 10:00 Fitness Class (LV) 1:00 Bingo (AR) 1:00 Card Games (B) 2:00 Juice Bar w/Jana (B) 2:30 Bring your crafts (AR) 3:30 Music & Movement (LV) 5:00 Movies (TR)	9:00 Light & Lively (AR) 26 10:00 Bible Study w/Judy (LV) 10:00 Manicure (AR) 12:30 Sherry's Designs (L) 1:00 Pinochle (B) 2:00 Birthday Bash w/music by the Esquires (LV) 3:00 Documentary (TR) 5:00 Movie (TR)		9:00 Light & Lively (AR) 28 9:00 Take Away Table 10:00 Flyswatter Volleyball (AR) 10:00 Dory Pet Therapy Dog (L) 2:00 Happy Hour (AR) 2:30 Gary Trombone player accompanied by Connie (LV) 5:00 Movie (TR)	9:00 Light & Lively (AR) 29 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) 30 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 1:00 Card Games (B) 1:30 Bring your Craft (AR) 3:00 Flyswatter Volleyball (AR)	(AR) - Activity Room (L) - Lobby (LV) - Living Room (B) - Bistro (TR) - Theater Room (ILDR) - Independent Living Dining Room (ALDR) - Assisted Living Dining Room Activities are subject to change. Sign up for bus outings at front lobby.					