

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

<p>9:00am-Light & Lively (AR) 1 10:00am- Tv Church Services (TR) 1:00pm-Sunday Matinee (TR) 1:00pm-Card Games (B) 1:30pm-Bring Your Own Crafts (AR) 3:00pm-Flyswatter Volleyball (AR)</p>	<p>9:00am-Light & Lively (AR) 2 9:30am-Bus Grocery Store (Grocery Outlet) 10:00am-Senior Life Champions (AR) 1:00pm-Flower Letters w/Trudy (TR) 1:00pm-Bunco (B) 2:00pm-Flyswatter Volleyball (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p> <p>Purim Begins</p>	<p>9:00am-Light & Lively (AR) 3 10:00am-Bible Study w/Andy (TR) 10:00am- Dining Room Service Meeting w/Josh (ILDR) 1:00pm-BINGO (AR) 1:00pm-Card Games (B) 2:30pm-Cards & Board Games (AR) 2:30pm-Bring Your Own Crafts (AR) 2:30pm-Tech Help w/ Unyque (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 4 10:00am-Bible Study w/Judy (TR) 10:00am-Manicures (AR) 12:30pm-Sherry's Designs (L) 1:00pm-Pinochle (B) 2:00pm-Meet & Greet New Residents (LV) 3:00pm-Documentary (TR) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 5 10:00am- VA Coffee Hour (AR) 10:00am-Polla's Java Social (B) 1:00pm-BINGO (AR) 2:30pm-Tech Help w/ Unyque (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 6 10:00am-Flyswatter Volleyball (AR) 10:30am-Bus Lunch (Jimmy Pizza) 2:00pm-Happy Hour (AR) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 7 9:30am-Coffee & News (AR) 10:00am-Residents Only Meeting (AR) 1:00pm-BINGO (AR) 2:00pm-Movie (TR) 2:00pm/4:00pm- American Heritage Girls (AR) 3:00pm-Trivia (AR)</p>
<p>9:00am-Light & Lively (AR) 8 10:00am- Tv Church Services (TR) 1:00pm-Sunday Matinee (TR) 1:00pm-Card Games (B) 1:30pm-Bring Your Own Crafts (AR) 1:30pm-Taste & Tell w/ Polla (AR) 3:00pm-Flyswatter Volleyball (AR)</p> <p>Daylight Saving Time Begins</p>	<p>9:00am-Light & Lively (AR) 9 9:30am-Bus Grocery Store (Dollar Store) 10:00am-Senior Life Champions (AR) 10:00am-Book Club (L2) 1:00pm-Flower Letters w/Trudy (TR) 1:00pm-Bunco (B) 2:00pm-Flyswatter Volleyball (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 10 9:30am-Mt Vernon Library (L) 10:00am-Bible Study w/Andy (TR) 1:00pm-BINGO (AR) 1:00pm-Card Games (B) 2:00pm-Sing Along (LV) 2:30pm-Cards & Board Games (AR) 2:30pm-Bring Your Own Crafts (AR) 2:30pm-Tech Help w/ Unyque (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 11 10:00am-Bible Study w/Judy (TR) 10:00am-Manicures (AR) 12:30pm-Sherry's Designs (L) 1:00pm-Pinochle (B) 2:00pm-Sweet Sensations (LV) 2:00pm-Lori Accordion (LV) 3:00pm-Documentary (TR) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 12 10:00am- VA Coffee Hour (AR) 10:00am-AL & IL Town Hall Meeting (LV) 1:00pm-BINGO (AR) 2:30pm-Tech Help w/ Unyque (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 13 9:00am-Take Away Table (LV) 10:00am-Flyswatter Volleyball (AR) 10:30am-Bus Lunch (Swinomish Casino) 2:00pm-Happy Hour (AR) 2:30pm-Janie Kelly (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 14 9:30am-Coffee & News (AR) 10:00am-Board Games (AR) 10:00am-Marcia Fort Eden Calming Stress Class (AR) 1:00pm-BINGO (AR) 2:00pm-Movie (TR) 3:00pm-Trivia (AR)</p>
<p>9:00am-Light & Lively (AR) 15 10:00am- Tv Church Services (TR) 1:00pm-Sunday Matinee (TR) 1:00pm-Card Games (B) 1:30pm-Bring Your Own Crafts (AR) 3:00pm-Flyswatter Volleyball (AR)</p>	<p>9:00am-Light & Lively (AR) 16 9:30am-Bus Grocery Store (Target) 10:00am-Senior Life Champions (AR) 1:00pm-Flower Letters w/Trudy (TR) 1:00pm-Bunco (B) 2:00pm-Flyswatter Volleyball (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 17 10:00am-Bible Study w/Andy (TR) 1:00pm-BINGO (AR) 1:00pm-Card Games (B) 2:30pm-St Patrick's Day Craft (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p> <p>HAPPY ST. PATRICK'S DAY  St. Patrick's Day</p>	<p>9:00am-Light & Lively (AR) 18 10:00am-Bible Study w/Judy (TR) 10:00am-Manicures (AR) 12:30pm-Sherry's Designs (L) 1:00pm-Pinochle (B) 2:00pm-Sweet Sensations (LV) 2:00pm-Stan Wing (LV) 3:00pm-Documentary (TR) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 19 10:00am- VA Coffee Hour (B) 10:00am- Mt Vernon Christian School Choir (LV) 10:00am-12:00pm- Health & Wellness Expo (L/AR/TR/LV/) 1:00pm-BINGO (AR) 2:30pm-Card Craft w/Phyllis (AR) 2:30pm-Tech Help w/ Unyque (AR) 3:30pm-Music & Movement (LV) 3:30pm-Free Hearing Aid Cleaning (AR) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 20 10:00am- Dory Pet Therapy Dog (L) 10:00am-Flyswatter Volleyball (AR) 10:30am-Bus Lunch (Double Barrel BBQ) 2:00pm-Happy Hour (AR) 2:30pm-David Lee Howard (LV) 5:00pm-Movie (TR)</p> <p>Spring Begins</p>	<p>9:00am-Light & Lively (AR) 21 9:30am-Coffee & News (AR) 10:00am-Board Games (AR) 1:00pm-BINGO (AR) 2:00pm-Movie (TR) 3:00pm-Trivia (AR)</p>
<p>9:00am-Light & Lively (AR) 22 10:00am- Tv Church Services (TR) 1:00pm-Sunday Matinee (TR) 1:00pm-Card Games (B) 1:30pm-Bring Your Own Crafts (AR) 1:30pm-Taste & Tell w/ Polla (AR) 3:00pm-Flyswatter Volleyball (AR)</p>	<p>9:00am-Light & Lively (AR) 23 9:30am-Bus Grocery Store (Haggen's) 10:00am-Senior Life Champions (AR) 1:00pm-Flower Letters w/Trudy (TR) 10:00am-Book Club (L2) 1:00pm-Bunco (B) 2:00pm-Flyswatter Volleyball (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 24 10:00am-Bible Study w/Andy (TR) 1:00pm-BINGO (AR) 1:00pm-Card Games (B) 2:30pm-Cards & Board Games (AR) 2:30pm-Bring Your Own Crafts (AR) 2:30pm-Tech Help w/ Unyque (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 25 10:00am-Bible Study w/Judy (TR) 10:00am-Manicures (AR) 12:30pm-Sherry's Designs (L) 1:00pm-Pinochle (B) 2:00pm-Birthday Bash (LV) 2:00pm-Esquires (LV) 3:00pm-Documentary (TR) 5:00pm-Movie (TR)</p>	<p>9:00am-VA Breakfast (AR) 26 9:00am-Foot Care Nurse (BeautySalon) 10:00am-Card & Boardgames (AR) 1:00pm-BINGO (AR) 2:30pm-Tech Help w/ Unyque (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 27 9:00am-Take Away Table (LV) 10:00am-Flyswatter Volleyball (AR) 10:30am-Bus Lunch (Cascade Pizza) 2:00pm-Happy Hour (AR) 2:30pm-Mary Whiton (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 28 9:30am-Coffee & News (AR) 10:00am-Board Games (AR) 1:00pm-BINGO (AR) 2:00pm-Movie (TR) 3:00pm-Trivia (AR)</p>
<p>9:00am-Light & Lively (AR) 29 10:00am- Tv Church Services (TR) 1:00pm-Sunday Matinee (TR) 1:00pm-Card Games (B) 1:30pm-Bring Your Own Crafts (AR) 3:00pm-Flyswatter Volleyball (AR)</p> <p>Palm Sunday</p>	<p>9:00am-Light & Lively (AR) 30 9:30am-Bus Grocery Store (Walmart) 10:00am-Senior Life Champions (AR) 1:00pm-Flower Letters w/Trudy (TR) 1:00pm-Bunco (B) 2:00pm-Flyswatter Volleyball (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<p>9:00am-Light & Lively (AR) 31 10:00am-Bible Study w/Andy (TR) 1:00pm-BINGO (AR) 1:00pm-Card Games (B) 2:30pm-Book Vase Craft w/ Gayle (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)</p>	<h1>March 2026</h1> <p>Mountain Glen Retirement & Assisted Living Community 1810 E Division St Mount Vernon WA 98274 (360) 424-7900</p>			

(AR)-Activity Room (L)-Lobby (LV)-Living Room (B)-Bistro (TR)-Theater Room (ILDR)-Independent Dining Room (ALDR)-Assisted Living Dining Room (L2)-2nd Floor Library