

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 Mountain Glen Retirement & Assisted Living Community 1810 E Division St Mount Vernon WA 98274 (360) 424-7900			9:00am- Light & Lively (AR) 1 10:00am- Dining Room Service Meeting w/ Josh (ILDR) 10:00am- Manicures (AR) 1:00pm- Pinochle (B) 1:00pm-Bring Your Own Craft (AR) 2:00pm- Meet & Greet New Residents 3:00pm- Documentary (TR) 5:00pm- Movie (TR)	9:00am- Light & Lively (AR) 2 10:00am- Veteran's Coffee Hour (AR) 10:00am- Polla's Java Social (B) 1:00pm- BINGO (AR) 2:30pm-Craft w/ Diana (AR) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 3 9:30am-Bus Outing Skagit Discovery Garden/ Applebee's 10:00am-Flyswatter (AR) 2:00pm-Happy Hour (AR) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 4 9:30am-Coffee & News (LV) 10:00am-Residents Only Meeting (AR) 1:00pm-Bingo (AR) 2:00pm-Movie (TR) 3:00pm-Trivia (AR)
			Canada Day			Independence Day (U.S.)
9:00am-Light & Lively (AR) 5 10:00am-TV Church Services (TR) 1:00pm-Sunday Matinee (TR) 1:00pm-Card Games (B) 1:30pm-Bring Your Own Craft (AR) 3:00pm-Flyeswatter Volleyball (AR)	9:00am-Light & Lively (AR) 6 9:30-Bus Grocery Store "Safe Way" 10:00am-Senior Life Champion (AR) 1:00pm-Bunco (B) 1:30pm-Tech Help (AR) 2:00pm-Flyswatter Volleyball (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 7 10:00am-Noddle Hockey (AR) 12:00pm-Popcorn w/ Itzel (L) 1:00pm-Bingo (AR) 1:00pm-Card Games (B) 2:00pm-Juice Bar w/ Jana (B) 2:30pm-Cards & Boardgames (AR) 2:30pm-Bring Your Own Activity (AR) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 8 10:00am-Bible Study w/ Cindy (LV) 10:00am-Manicures (AR) 12:00pm-Popcorn w/ Itzel (L) 12:30pm-Sherry's Design (L) 1:00pm-Pinochle (B) 2:00pm-Sweet Sensation (LV) 2:00pm-Stan Wing (LV) 3:00pm-Documentary (TR) 5:00pm-Movie	9:00am-Light & Lively (AR) 9 10:00am-AL & IL Town Hall Meeting (LV) 10:00am-Veterans Coffee (AR) 12:00-Popcorn w/ Itzel (L) 1:00pm-BINGO (AR) 2:30-Craft w/ Diana (AR) 3:30pm-Free Hearing Aid Cleaning (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 10 9:30am-Bus Outing Lunch Angel Of The Winds Casino 10:00am-Flyswatter (AR) 2:00pm-Happy Hour (AR) 2:30pm-Gary Trombone (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 11 9:30am-Coffee & News (LV) 10:00am-Boardgames (AR) 1:00pm-BINGO (AR) 2:00pm-Movie (TR) 3:00pm-Trivia (AR)
					Give Away Table (LV)	
9:00am-Light & Lively (AR) 12 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)	9:00am-Light & Lively (AR) 13 9:30am- Bus Grocery Store "Haggen's" 10:00am-Senior Life Champions (AR) 10:00am-Book Club (L2) 12:00pm-Popcorn w/ Itzel (LV) 1:00pm-Bunco (B) 2:00pm-Flyswatter (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 14 9:30am-Mt Vernon Library (L) 10:00am-Noodle Hockey (AR) 12:00pm-Popcorn w/ Itzel (L) 1:00pm-BINGO (AR) 1:00pm-Card Games (B) 2:00pm-Juice Bar w/ Jana (B) 2:00pm-Sing Along (LV) 2:30pm-Cards & Boardgames (AR) 2:30pm-Bring Your Own Crafts (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 15 10:00am-Bible Study w/ Cindy (LV) 10:00am-Manicures (AR) 12:00pm-Popcorn w/ Itzel (L) 1:00pm-Pinochle (B) 2:00pm-Sweet Sensation (LV) 2:00pm-David Lee Howard (LV) 3:00pm-Documentary 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 16 10:00am-Polla's Java Social (B) 10:00am-Veterans Coffee (AR) 12:00pm-Popcorn w/ Itzel (L) 1:00pm-BINGO (AR) 2:30pm-Craft w/ Diana (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 17 9:30am-Bus Outing Rosario Beach Picnic/Sack Lunches 10:00am-Flyswatter Volleyball (AR) 2:00pm-Happy Hour (AR) 2:30pm-WAOTFA 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 18 9:30am-Coffee & News (LV) 10:00am-Boardgames (AR) 1:00pm-BINGO 2:00pm-Movie (TR) 3:00pm-Trivia (AR)
		Bastille Day				
9:00am-Light & Lively (AR) 19 10:00am-TV Church Services (TR) 1:00pm-Sunday Matinee (TR) 1:00pm-Card Gmes (B) 1:30pm-Bring Your Own Crafts (AR) 3:00pm-Flyswatter (AR)	9:00am-Light & Lively (AR) 20 9:30am-Bus Grocery Store "Walmart" 10:00am-Senior Life Champion (AR) 12:00pm-Popcorn w/ Itzel (L) 1:00pm-Bunco (B) 2:00pm-Flyswatter Volleyball (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 21 12:00pm-Popcorn w/ Itzel (L) 1:00pm-BINGO (AR) 1:00pm-Card Games (B) 2:00pm-Juice Bar w/ Jana (B) 2:30pm-Cards & Boardgames (AR) 2:30pm-Bring Your Own Crafts (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 22 10:00am-Bible Study w/ Cindy (LV) 10:00am-Manicures (AR) 12:00pm-Popcorn w/ Itzel (L) 1:00pm-Pinochle (B) 2:00pm-Sweet Sensation (LV) 2:00pm-Mary Whiton (LV) 3:00pm-Documentary (TR) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 23 10:00am-Veterans Coffee Hour (AR) 12:00pm-Popcorn w/ Itzel (L) 1:00pm-BINGO (AR) 2:30pm-Craft w/ Diana (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 24 9:30am-Bus Outing Snow Goose Ice cream 10:00am-Flyswatter Volleyball (AR) 2:00pm-Happy Hour (AR) 5:00pm-Movie	9:00am-Light & Lively (AR) 25 9:30am-Coffee & News (LV) 10:00am-Boardgames (AR) 1:00pm-BINGO (AR) 2:00pm-Movie (TR) 3:00pm-Trivia (AR)
					Give Away Table (LV)	
9:00am-Light & Lively (AR) 26 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)	9:00am-Light & Lively (AR) 27 9:30am-Bus Grocery Store "Target/Dollar Store" 10:00am-Senior Life Champions (AR) 10:00am-Book Club (L2) 12:00pm-Popcorn w/ Itzel (L) 1:00pm-Bunco (B) 1:00pm-Sing Along (LV) 2:00pm-Flyswatter Volleyball (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 28 12:00pm-Popcorn w/ Itzel (L) 1:00pm-BINGO (AR) 1:00pm-Card Gmes (B) 2:00pm-Juice Bar w/ Jana (B) 2:30pm-Card & Board Games (AR) 2:30pm-Bring Your Own Crafts (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 29 10:00am-Bible Study w/ Cindy (LV) 10:00am-Manicures (AR) 12:00pm-Popcorn w/ Itzel (L) 1:00pm-Pinochle (B) 2:00pm-Birthday Bash (LV) 2:00pm-Esquires (LV) 3:00pm-Documentary (TR) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 30 9:00am-Veteran's Breakfast (AR) 12:00pm-Popcorn w/ Itzel (L) 1:00pm-BINGO (AR) 2:30pm-Craft w/ Diana (AR) 3:30pm-Music & Movement (LV) 5:00pm-Movie (TR)	9:00am-Light & Lively (AR) 31 9:30am-Bus Outing River front park/Sack Lunch 10:00am-Flyswatter Volleyball (AR) 2:00pm-Happy Hour (AR) 5:00pm-Movie (TR)	Abbreviation Key (AR) Activities Room (L) Lobby (LV) Living Room (B) Bistro (TR) Theater Room (ILDR) Independent Living Dining Room (ALDR) Assisted Living Dining Room (L2) 2 nd Floor Library
					Lavander Farm Pending	

Type the name, address, and other information about your community/company here.