

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Abbreviation Key (AR) Activities Room (L) Lobby (LV) Living Room (B) Bistro (TR)Teather Room (ILDR) Independent Living Dining Room (L2) 2nd		9:00am- Light & Lively (AR) 1 10:00am- Noodle Hockey (AR) 12:00pm- Popcorn w/ Itzel (L) 1:00pm- BINGO (AR) 1:00pm- Card Games (B) 2:30pm- Cards & Boardgames (AR) 2:30pm- Bring Your Own Crafts (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie	9:00am-Light & Lively (AR) 2 10:00am- Dining Room Services Meeting w/ Josh (ILDR) 10:00am- Bible Study w/ Cindy (TR) 12:00pm- Popcorn w/ Itzel (L) 12:30pm- Sherry's Designs (L) 1:00pm- Seahawks Event 1:00pm Pinochle (B) 3:00pm- Documentary (TR) 5:00pm- Movie	9:00am- Light & Lively (AR) 3 10:00am- Polla's Java Social (B) 10:00am- Veteran's Coffee Hour (AR) 1:00pm- BINGO (AR) 2:30pm- Craft w/ Diana (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie	9:00am- Light & Lively (AR) 4 10:00am- Meet & Greet (LV) 10:00am- Flyswatter (AR) 2:00pm- Happy Hour (AR) 5:00pm- Movie	9:00am- Light & Lively (AR) 5 9:30am- Coffee & News (LV) 10:00am- Residents Only Meeting (AR) 1:00pm- BINGO (AR) 2:00pm- Movie (TR) 3:00pm- Trivia (AR)
9:00am- Light & Lively (AR) 6 10:00am- TV Church Services (TR) 1:00pm- Sunday Matinee (TR) 1:00pm- Craft w/ Gail & Polla (AR) 1:30pm- Bring Your Own Crafts (AR) 3:00pm- Flyswatter Volleyball (AR)	9:00am- Light & Lively (AR) 7 9:30am- Bus Grocery Store "Fred Meyer" 10:00am- Senior Life Champions (AR) 12:00- Popcorn w/ Itzel (L) 1:00pm- Bunco (B) 1:30pm- Tech Help (AR) 2:00pm- Flyswatter Volleyball 3:30- Music & Movement (LV) 5:00pm- Movie <i>Labor Day</i>	9:00am- Light & Lively (AR) 8 9:30am- Mount Vernon Library (L) 10:00am- Noodle Hockey (AR) 12:00pm- Popcorn w/ Itzel (L) 1:00pm- BINGO (AR) 1:00pm- Card Games (B) 2:30pm- Cards & Boardgames (AR) 2:30pm- Bring Your Own Crafts (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie	9:00am-Light & Lively (AR) 9 10:00am- Bible Study w/ Cindy (LV) 10:00am- Manicures (AR) 10:00am- Reiki (TR) 12:00pm- Popcorn w/ Itzel (L) 12:30pm- Sherry's Designs (L) 1:00pm Pinochle (B) 2:00pm- Oldies But Goodies (LV) 2:00pm- Sweet Sensation (LV) 3:00pm- Documentary (TR) 5:00pm- Movie	9:00am- Light & Lively (AR) 10 10:00am- Polla's Java Social (B) 10:00am- Veteran's Coffee Hour (AR) 10.00 Town Hall Al&IL (LV) 1:00pm- BINGO (AR) 2:30pm- Craft w/ Diana (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie Give Away Table (LV) <i>Rosh Hashanah Begins</i>	9:00am-Light & Lively (AR) 11 10:00am- Flyswatter (AR) 10:00am- Dory Pet Therapy (L) 2:00pm- Happy Hour (AR) 2:30pm- Gary Trombone (LV) 5:00pm- Movie	9:00am-Light & Lively (AR) 12 9:30am- Coffee & News (LV) 10:00am- Cornhole (AR) 1:00pm- BINGO (AR) 2:00pm Movie (TR) 3:00pm- Trivia (AR)
9:00am- Light & Lively (AR) 13 10:00am- TV Church Services (TR) 1:00pm- Sunday Matinee (TR) 1:00pm- Card Games (AR) 1:30pm- Bring Your Own Crafts (AR) 1:30pm- Taste & Tell (B) 3:00pm- Flyswatter Volleyball (AR) <i>Grandparents Day</i>	9:00am- Light & Lively (AR) 14 9:30am- Bus Grocery Store "Walmart" 10:00am- Senior Life Champions (AR) 10:00am-Book Club (L2) 12:00- Popcorn w/ Itzel (L) 1:00pm- Bunco (B) 1:30pm- Tech Help (AR) 2:00pm- Flyswatter Volleyball 3:30- Music & Movement (LV) 5:00pm- Movie	9:00am- Light & Lively (AR) 15 10:00am- Noodle Hockey (AR) 12:00pm- Popcorn w/ Itzel (L) 1:00pm- BINGO (AR) 1:00pm- Card Games (B) 2:30pm- Cards & Boardgames (AR) 2:30pm- Bring Your Own Crafts (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie	9:00am-Light & Lively (AR) 16 10:00am- Bible Study w/ Cindy (LV) 10:00am- Manicures (AR) 12:00pm- Popcorn w/ Itzel (L) 12:30pm- Sherry's Designs (L) 1:00pm Pinochle (B) 2:00pm- Stan Wing (B) 2:00pm- Sweet Sensation (LV) 3:00pm- Documentary (TR) 5:00pm- Movie	9:00am- Light & Lively (AR) 17 10:00am- Polla's Java Social (B) 10:00am- Veteran's Coffee Hour (AR) 1:00pm- BINGO (AR) 2:30pm- Craft w/ Diana (AR) 3:30pm- Free Hearing Aid (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie	9:00am- Light & Lively (AR) 18 10:00am- Flyswatter (AR) 2:00pm- Happy Hour (AR) 5:00pm- Movie	9:00am-Light & Lively (AR) 19 9:30am- Coffee & News (LV) 10:00am- Cornhole (AR) 1:00pm- BINGO (AR) 2:00pm Movie (TR) 3:00pm- Trivia (AR) <i>Oktoberfest Begins</i>
9:00am- Light & Lively (AR) 20 10:00am- TV Church Services (TR) 1:00pm- Sunday Matinee (TR) 1:00pm- Card Games (AR) 1:30pm- Bring Your Own Crafts (AR) 3:00pm- Flyswatter Volleyball (AR) <i>Yom Kippur Begins</i>	9:00am- Light & Lively (AR) 21 9:30am- Bus Grocery Store "Safeway" 10:00am- Senior Life Champions (AR) 12:00- Popcorn w/ Itzel (L) 1:00pm- Bunco (B) 1:30pm- Tech Help (AR) 2:00pm- Flyswatter Volleyball 3:30- Music & Movement (LV) 5:00pm- Movie	9:00am- Light & Lively (AR) 22 10:00am- Noodle Hockey (AR) 12:00pm- Popcorn w/ Itzel (L) 1:00pm- BINGO (AR) 1:00pm- Card Games (B) 2:30pm- Cards & Boardgames (AR) 2:30pm- Bring Your Own Crafts (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie <i>Autumn Begins</i>	9:00am-Light & Lively (AR) 23 10:00am- Bible Study w/ Cindy (LV) 10:00am- Manicures (AR) 12:00pm- Popcorn w/ Itzel (L) 12:30pm- Sherry's Designs (L) 1:00pm Pinochle (B) 2:00pm- Mary Whiton (LV) 2:00pm- Sweet Sensation (LV) 3:00pm- Documentary (TR) 5:00pm- Movie	9:00am- Veteran's Breakfast (AR) 24 1:00pm- BINGO (AR) 2:30pm- Craft w/ Diana (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie	9:00am- Light & Lively (AR) 25 9:30am- Bus Outing "Skagit Casino" 10:00am- Flyswatter (AR) 10:00am- Dory Pet Therapy (L) 2:00pm- Happy Hour (AR) 5:00pm- Movie Give Away Table (LV) <i>Sukkot Begins</i>	9:00am-Light & Lively (AR) 26 9:30am- Coffee & News (LV) 10:00am- Cornhole (AR) 1:00pm- BINGO (AR) 2:00pm Movie (TR) 3:00pm- Trivia (AR)
9:00am- Light & Lively (AR) 27 10:00am- TV Church Services (TR) 1:00pm- Sunday Matinee (TR) 1:00pm- Card Games (AR) 1:30pm- Bring Your Own Crafts (AR) 1:30pm- Taste & Tell (B) 3:00pm- Flyswatter Volleyball (AR)	9:00am- Light & Lively (AR) 28 9:30am- Bus Grocery Store "Haggen's" 10:00am- Senior Life Champions (AR) 10:am-BOOK Club (L2) 12:00- Popcorn w/ Itzel (L) 1:00pm- Bunco (B) 1:30pm- Tech Help (AR) 2:00pm- Flyswatter Volleyball 3:30- Music & Movement (LV) 5:00pm- Movie	9:00am- Light & Lively (AR) 29 10:00am- Noodle Hockey (AR) 12:00pm- Popcorn w/ Itzel (L) 1:00pm- BINGO (AR) 1:00pm- Card Games (B) 2:30pm- Cards & Boardgames (AR) 2:30pm- Bring Your Own Crafts (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie	9:00am-Light & Lively (AR) 30 10:00am- Bible Study w/ Cindy (LV) 10:00am- Manicures (AR) 12:00pm Popcorn w/ Itzel (L) 12:30pm- Sherry's Designs (L) 1:00-pm Pinochle (B) 2:00pm- Birthday Bash/ Esquires (LV) 3:00pm- Documentary (TR) 5:00pm- Movie	September 2026 Mountain Glen Retirement & Assisted Living Community 1810 E Division St Mount Vernon WA 98274 (360) 424-7900		

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