Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:00am** Light & Lively **10:00am** TV Church Services **1:00pm** Card Games **1:00pm** Sunday Matinee **1:30pm** Bring Your Own Crafts **3:00pm** Flyswatter Volleyball	2 **9:00am** Light & Lively **9:30am** Bus Grocery Store Fred Meyers **10:00am** Coffee & Connections **10:00am** Senior Life Champions **1:00pm** Bunco **1:30pm** Tech Help **2:00pm** Flyswatter **3:30pm** Music & Movement **5:00pm** Movie	3 **9:00am** Light & Lively **10:00am** Noodle Hockey **1:00pm** BINGO **1:00pm** Card Games **2:30pm** Bring Your Own Craft **2:30pm** Cards & Board Games **3:30pm** Music & Movement **5:00pm** Movie	4 **9:00am** Light & Lively **10:00am** Bible Study w/ Cindy **10:00am** Dining Room Services Meeting w/ Josh **10:00am** Manicures **1:00pm** Pinochle **3:00pm** Documentary **5:00pm** Movie	5 **9:00am** Light & Lively **10:00am** Meet & Greet/ Coffee **1:00pm** BINGO **2:30pm** Craft w/ Diana **3:30pm** Music & Movement **5:00pm** Movie	6 **9:00am** Light & Lively **9:30am** Bus Outing Museum of Northwest Art/ The Way Finder Cafe **10:00am** Flyswatter **2:00pm** Happy Hour **2:30pm** Steve Larsen **3:30pm** Music & Movement **5:00pm** Movie	7 **9:00am** Light & Lively **9:30am** coffee & News **10:00am** Residents Only Meeting **1:00pm** BINGO **2:00pm** Movie **3:00pm** Trivia
8 **9:00am** Light & Lively **10:00am** TV Church Services **1:00pm** Card Games **1:00pm** Sunday Matinee **1:30pm** Bring Your Own Crafts **1:30pm** Taste & Tell **3:00pm** Flyswatter Volleyball	9 **9:00am** Light & Lively **9:30am** Bus Grocery Store Walmart **10:00am** Book Club **10:00am** Coffee & Connections **10:00am** Senior Life Champions **1:00pm** Bunco **1:30pm** Tech Help **2:00pm** Flyswatter **3:30pm** Music & Movement **5:00pm** Movie	10 **9:00am** Light & Lively **10:00am** Noodle Hockey **1:00pm** BINGO **1:00pm** Card Games **2:30pm** Bring Your Own Craft **2:30pm** Cards & Board Games **3:30pm** Music & Movement **5:00pm** Movie	11 **9:00am** Light & Lively **10:00am** Bible Study w/ Cindy **10:00am** Manicures **1:00pm** Pinochle **2:00pm** Mary Whiton **2:00pm** Sweet Sensations **3:00pm** Documentary **5:00pm** Movie	12 **9:00am** Light & Lively **10:00am** Polla's Java Social **10:00am** Town Hall AL & IL **1:00pm** BINGO **2:30pm** Craft w/ Diana **3:30pm** Music & Movement **5:00pm** Movie	13 **9:00am** Light & Lively **9:30am** Bus Outing Ross dress for less/ Olive Garden **10:00am** Dory Pet Therapy **10:00am** Flyswatter **2:00pm** Happy Hour **2:30pm** Janie Kelley **3:30pm** Music & Movement **5:00pm** Movie Take Away Table	14 **9:00am** Light & Lively **9:30am** coffee & News **1:00pm** BINGO **2:00pm** Movie **3:00pm** Trivia
15 **9:00am** Light & Lively **10:00am** TV Church Services **1:00pm** Card Games **1:00pm** Sunday Matinee **1:30pm** Bring Your Own Crafts **1:30pm** Taste & Tell **3:00pm** Flyswatter Volleyball	16 **9:00am** Light & Lively **9:30am** Bus Grocery Store Safeway **10:00am** Coffee & Connections **10:00am** Senior Life Champions **1:00pm** Bunco **1:30pm** Tech Help **2:00pm** Flyswatter **3:30pm** Music & Movement **5:00pm** Movie	17 **9:00am** Light & Lively **10:00am** Noodle Hockey **1:00pm** BINGO **1:00pm** Card Games **2:30pm** Bring Your Own Craft **2:30pm** Cards & Board Games **3:30pm** Music & Movement **5:00pm** Movie	18 **9:00am** Light & Lively **10:00am** Bible Study w/ Cindy **10:00am** Manicures **1:00pm** Pinochle **2:00pm** Stan Wing **2:00pm** Sweet Sensations **3:00pm** Documentary **5:00pm** Movie	19 **9:00am** Light & Lively **10:00am** Polla's Java Social **1:00pm** BINGO **2:30pm** Craft w/ Diana **3:30pm** Music & Movement **5:00pm** Movie	20 **9:00am** Light & Lively **9:30am** Bus Outing Skagit Casino **10:00am** Flyswatter **2:00pm** Happy Hour **2:30pm** David Lee Howard **3:30pm** Music & Movement **5:00pm** Movie	21 **9:00am** Light & Lively **9:30am** coffee & News **1:00pm** BINGO **2:00pm** Movie **3:00pm** Trivia
22 **9:00am** Light & Lively **10:00am** TV Church Services **1:00pm** Card Games **1:00pm** Sunday Matinee **1:30pm** Bring Your Own Crafts **1:30pm** Taste & Tell **3:00pm** Flyswatter Volleyball	23 **9:00am** Light & Lively **9:30am** Bus Grocery Store Haggen's **10:00am** Coffee & Connections **10:00am** Senior Life Champions **1:00pm** Bunco **1:30pm** Tech Help **2:00pm** Flyswatter **3:30pm** Music & Movement **5:00pm** Movie	24 **9:00am** Light & Lively **10:00am** Noodle Hockey **1:00pm** BINGO **1:00pm** Card Games **2:30pm** Bring Your Own Craft **2:30pm** Cards & Board Games **3:30pm** Music & Movement **5:00pm** Movie	25 **9:00am** Light & Lively **10:00am** Bible Study w/ Cindy **10:00am** Manicures **1:00pm** Pinochle **2:00pm** Birthday Bash **2:00pm** Esquires **3:00pm** Documentary **5:00pm** Movie	26 **9:00am** Veteran's Breakfast **10:00am** Polla's Java Social **1:00pm** BINGO **2:30pm** Craft w/ Diana **3:30pm** Music & Movement **5:00pm** Movie	27 **9:00am** Light & Lively **9:30am** Bus Outing ? **10:00am** Flyswatter **2:00pm** Happy Hour **2:30pm** Gary & Connie Trombone **3:30pm** Music & Movement **5:00pm** Movie Take Away Table	28 **9:00am** Light & Lively **9:30am** coffee & News **1:00pm** BINGO **2:00pm** Movie **3:00pm** Trivia
29 **9:00am** Light & Lively **10:00am** TV Church Services **1:00pm** Card Games **1:00pm** Sunday Matinee **1:30pm** Bring Your Own Crafts **1:30pm** Taste & Tell **3:00pm** Flyswatter Volleyball	30 **9:00am** Light & Lively **9:30am** Bus Grocery Store Targer/ Dollar Store **10:00am** Coffee & Connections **10:00am** Senior Life Champions **1:00pm** Bunco **1:00pm** Oldies But Goodies **1:30pm** Tech Help **2:00pm** Flyswatter **3:30pm** Music & Movement **5:00pm** Movie					

November 2026

Mountain Glen Retirement & Assisted Living Community
1810 E Division St Mount Vernon WA 98274
(360) 424-7900

Happy Birthday!

Jan Anderson
Eloise Christansen
Susan Dukis
Janice Heidt
Emily Olson
Delores Ostrum
Nilda Del Ciello
David Brown
Elsa Stone
Dianne White
Nancy Hedges
Marlene West
Ruth Thompkins

(AR) Activities Rom (TR) Theater Room (L) Lobby (B) Bistro (LV) Living Room (L2) 2nd Floor Library