

October 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00am- Light & Lively (AR) 10:00am- Meet & Greet/ Coffee (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	**2** 9:00am- Light & Lively (AR) 9:30am- Bus Outing Ladies Only Encore Shoppe/ Lunch Gentlemen Gene's Pub 10:00am- Flyswatter (AR) 2:00pm- Happy Hour (AR) 5:00pm- Movie	**3** 9:00am- Light & Lively (AR) 9:30am- Coffee & News (LV) 10:00am- Residents Only Meeting (AR) 1:00pm- BINGO (AR) 2:00pm- Movie (TR) 3:00pm- Trivia (AR) Simchat Torah Begins
4 9:00am- Light & Lively (AR) 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)	**5** 9:00am- Light & Lively (AR) 9:30am- Bus Grocery Store "Fred Meyer" 10:00am- Coffee & Connections (B) 10:00am- Senior Life Champions (AR) 1:00pm- Bunco (B) 1:30pm- Tech Help (AR) 2:00pm- Flyswatter Volleyball 3:30- Music & Movement (LV) 5:00pm- Movie	**6** 9:00am- Light & Lively (AR) 10:00am- Noodle Hockey (AR) 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	**7** 9:00am-Light & Lively (AR) 10:00am- Dining Room Services Meeting w/ Josh (ILDR) 10:00am- Bible Study w/ Cindy (TR) 12:30pm- Sherry's Designs (L) 1:00pm Pinochle (B) 2:00pm- Sweet Sensations (LV) 2:00pm- David Lee Howard (LV) 3:00pm- Documentary (TR) 3:30pm-Music & Movement (LV) 5:00pm- Movie	**8** 9:00am- Light & Lively (AR) 10:00am- Veteran's Coffee Hour (AR) 10:00am- Town Hall AL&IL (LV) 1:00pm- BINGO (AR) 2:30pm- Craft w/ Diana (AR) 3:30pm- Free Hearing Aid Cleaning (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie	**9** 9:00am- Light & Lively (AR) 9:30am- Bus Outing Gordon's Skagit Farm 10:00am- Flyswatter (AR) 10:00am- Dory Pet Therapy (L) 2:00pm- Happy Hour (AR) 2:30pm- Judy Sweet Harmony (LV) 5:00pm- Movie	**10** 9:00am- Light & Lively (AR) 9:30am- Coffee & News (LV) 1:00pm- BINGO (AR) 2:00pm- Movie (TR) 3:00pm- Trivia (AR)
11 9:00am- Light & Lively (AR) 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)	**12** 9:00am- Light & Lively (AR) 9:30am- Bus Grocery Store "Walmart" 10:00am- Coffee & Connections (B) 10:00am- Senior Life Champions (AR) 10:00am-Book Club (L2) 1:00pm- Bunco (B) 1:30pm- Tech Help (AR) 2:00pm- Flyswatter Volleyball 3:30- Music & Movement (LV) 5:00pm- Movie Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	**13** 9:00am- Light & Lively (AR) 9:30am- Mount Vernon Library (L) 10:00am- Noodle Hockey (AR) 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	**14** 9:00am-Light & Lively (AR) 10:00am- Bible Study w/ Cindy (LV) 10:00am- Manicures (AR) 12:30pm- Sherry's Designs (L) 1:00pm Pinochle (B) 2:00pm- Lori H. Accordion (LV) 2:00pm- Sweet Sensation (LV) 2:00pm-Cocktails & Appetizers w/ Josie & Sally (B) 3:00pm- Documentary (TR) 3:30pm-Music & Movement (LV) 5:00pm- Movie	**15** 8:00am- Women's breakfast (AR) 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	**16** 9:00am- Light & Lively (AR) 9:30am- Bus Outing Applebee's 10:00am- Flyswatter (AR) 2:00pm- Happy Hour (AR) 5:00pm- Movie	**17** 9:00am- Light & Lively (AR) 9:30am- Coffee & News (LV) 1:00pm- BINGO (AR) 2:00pm- Movie (TR) 3:00pm- Trivia (AR)
18 9:00am- Light & Lively (AR) 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)	**19** 9:00am- Light & Lively (AR) 9:30am- Bus Grocery Store "Safeway" 10:00am- Coffee & Connections (B) 10:00am- Senior Life Champions (AR) 1:00pm- Bunco (B) 1:30pm- Tech Help (AR) 2:00pm- Flyswatter Volleyball 3:30- Music & Movement (LV) 5:00pm- Movie	**20** 9:00am- Light & Lively (AR) 10:00am- Noodle Hockey (AR) 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	**21** 9:00am-Light & Lively (AR) 10:00am- Bible Study w/ Cindy (LV) 10:00am- Manicures (AR) 12:30pm- Sherry's Designs (L) 1:00pm Pinochle (B) 2:00pm- Stan Wing (LV) 2:00pm- Sweet Sensation (LV) 3:00pm- Documentary (TR) 3:30pm-Music & Movement (LV) 5:00pm- Movie	**22** 9:00am- Light & Lively (AR) 10:00am- Polla's Java Social (B) 10:00am- Veteran's Coffee Hour (AR) 10:00am-Medicare 101 Presentation (LV) 1:00pm- BINGO (AR) 2:30pm- Craft w/ Diana (AR) 3:30pm- Music & Movement (LV) 5:00pm- Movie	**23** 9:00am- Light & Lively (AR) 9:30am- Bus Outing "Skagit Casino" 10:00am- Flyswatter (AR) 10:00am- Dory Pet Therapy (L) 2:00pm- Happy Hour (AR) 2:30pm- Mary Whiton (LV) 5:00pm- Movie **Take Away Table (LV)**	**24** **Craft Fair Only** **11am-3pm**
25 9:00am- Light & Lively (AR) 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)	**26** 9:00am- Light & Lively (AR) 9:30am- Bus Grocery Store "Haggen's" 10:00am- Senior Life Champions (AR) 10:00am-Book Club (L2) 1:00pm-Oldies But Goodies (LV) 1:00pm- Bunco (B) 1:30pm- Tech Help (AR) 2:00pm- Flyswatter Volleyball 5:00pm- Movie	**27** 9:00am- Light & Lively (AR) 10:00am- Noodle Hockey (AR) 1:00pm- BINGO (AR) 1:00pm- Card Games (B) 2:30pm- Cards & Boardgames (AR) 2:30pm- Bring Your Own Crafts (AR) 5:00pm- Movie	**28** 9:00am-Light & Lively (AR) 10:00am- Bible Study w/ Cindy (LV) 10:00am- Manicures (AR) 12:30pm- Sherry's Designs (L) 1:00pm Pinochle (B) 2:00pm- Esquires (LV) 2:00pm- Birthday Bash (LV) 3:00pm- Documentary (TR) 5:00pm- Movie	**29** 9:00am- Veteran's Breakfast (AR) 10:00am- Polla's Java Social (B) 10:00am- Veteran's Coffee Hour (AR) 1:00pm- BINGO (AR) 2:30pm- Craft w/ Diana (AR) 5:00pm- Movie	**30** 9:00am- Light & Lively (AR) 9:30am- Bus Outing Mt. Vernon Calico Cupboard Café & Bakery 10:00am- Flyswatter (AR) 2:00pm- Happy Hour (AR) 2:30pm- Steve Larsen (LV) 5:00pm- Movie	**31** 9:00am- Light & Lively (AR) 9:30am- Coffee & News (LV) 1:00pm- BINGO (AR) 2:00pm- Movie (TR) 3:00pm- Trivia (AR) 4:00pm- Trick or Treat (L) Halloween

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