

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



November 2024

Mountain Glen Retirement Living & Assisted Living Community
1810 E Division St. Mount Vernon, WA 98274; 360-424-7900

<p>9:00 Light & lively (AR) 3 10:00 TV church services (TR) 1:30 Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)</p> <p>Daylight Saving Time Ends</p>	<p>9:30 Bus Fred Meyer 4 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Flower Letter Reading w/Trudy (TR) 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 5 10:00 Episcopal Church Services (AR) 10:00 Tech Help (AR) 10:00 Fitness Class (LV) 11:00 Bible Study w/Andy 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 6 10:00 Bible Study w/Judy (LV) 10:00 Movement & Balance (TR) 10:00 Dining Room Service meeting w/Josh (ILDR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Arthritis Exercise (TR) 2:00 Meet & Greet New Residents (AR) 3:00 Documentary Series (TR) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 7 10:00 IL Residents Meeting (ILDR) 10:00 VA Coffee Hour (AR) 10:00 Qigong (TR) 1:00 Bingo (AR) 1:00 Gym Fitness 2:30 AL Resident Meeting (AR) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 1 9:30 Bus Skagit Casino 10:00 Flyswatter Volleyball (AR) 10:00 Manicure (AR) 2:00 Happy Hour (AR) 5:30 Movie Cinema (TR)</p> <p>Diwali (Hindu)</p>	<p>9:00 Light & lively (AR) 2 9:30 Coffee & News (AR) 10:00 Eden Relieve Stress & Anxiety Class led by Marcia (LV) 1:00 Bingo (AR) 3:00 Trivia (AR) 5:30 Movie Cinema (TR)</p> <p>HOLIDAY CRAFT FAIR 11AM – 3PM</p>
<p>9:00 Light & Lively (AR) 10 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)</p>	<p>9:30 Bus Safeway 11 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Flower Letter Reading w/Trudy (AR) 1:30 Veterans Program (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)</p> <p>Veterans Day Remembrance Day (Canada)</p>	<p>9:00 Light & Lively (AR) 12 9:30 Mount Vernon Library (L) 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 11:00 Bible Study w/Andy 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 3:00 WA Old Time Fiddlers (LV) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light Lively (AR) 13 10:00 Bible Study w/Judy (LV) 10:00 Book Club (B) 10:00 Movement & Balance (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Cardio Drumming (TR) 2:00 Sweet Sensation w/Music by Jason Lloyd (LV) 3:00 Documentary Series (TR) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 14 10:00 Hand Massage w/Jana (B) 1:00-3:00 Veteran's Cocktail Reception (AR) 1:15 Qigong (TR) 2:00 Qigong (TR) 4:00 Free Hearing Aid Cleaning (AR) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 15 10:00 Flyswatter Volleyball (AR) 10:00 Manicure (AR) 10:40 Bus Lunch Applebee's 2:00 Happy Hour (AR) 2:30 Music by Mary Whiton (LV) 5:30 Movie Cinema (TR)</p>	<p>Christmas Decorating</p>
<p>9:00 Light & lively (AR) 17 10:00 TV church services (TR) 1:30 Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)</p>	<p>9:30 Bus Grocery Outlet 18 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Bunco (B) 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light and lively (AR) 19 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 11:00 Bible Study w/Andy 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light & Lively (AR) 20 10:00 Bible Study w/Judy (LV) 10:00 Movement & Balance (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Arthritis Exercise (TR) 2:00 Sweet Sensation w/music Stan Wing (LV) 3:00 Documentary Series (TR) 5:30 Movie Cinema (TR)</p>	<p>9:00 Foot Care Nurse 21 9:30 Veteran & Surviving Spouse Breakfast & Benefit Presentation (AR) 10:00 Hand Massage w/Jana (B) 1:00 Bingo (AR) 1:15 Cardio Drumming (TR) 3:00 Music by David Lee Howard (LV) 5:30 Movie Cinema (TR)</p>	<p>Take Away Table 22 9:00 Light & Lively (AR) 9:30 Bus Mount Vernon Library 10:00 Manicure (AR) 10:00 Flyswatter Volleyball (AR) 2:00 Happy Hour (AR) 2:30 Music by Marcia Kester (LV) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light & lively (AR) 23 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 3:00 Trivia (AR) 5:30 Movie Cinema (TR)</p>
<p>9:00 Light & Lively (AR) 24 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR)</p>	<p>9:30 Bus Walmart 25 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Bunco (B) 1:15 Gym Fitness 2:00 Flyswatter Volleyball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR)</p>	<p>8:00 Men's Breakfast w/Maintenance Team (AR) 26 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 11:00 Bible Study w/Andy 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light & lively (AR) 27 10:00 Bible Study w/Judy(LV) 10:00 Book Club (B) 10:00 Movement & Balance (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Qigong (TR) 2:00 Birthday Bash w/The Esquires (LV) 3:00 Fun w/Mira Vista (B) 5:30 Movie Cinema (TR)</p>		<p>9:00 Light & Lively (AR) 29 10:00 Flyswatter Volleyball (AR) 10:00 Manicure (AR) 2:00 Happy Hour (AR) 5:30 Movie Cinema (TR)</p>	<p>9:00 Light & lively (AR) 30 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 3:00 Trivia (AR) 5:30 Movie Cinema (TR)</p>

(AR) Activity Room (L) Lobby (LV) Living Room (B) Bistro (TR) Theatre Room (ILDR) Independent Living Dining Room (ALDR) Assisted Living Dining Room (L2) Library 2nd Floor (L1) Library 1st Floor

Activities are subject to change. Sign up for bus outings at Front Lobby