

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|---|---|---|---|---|---|--|
| 9:00 Light & lively (AR) 1 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) | 9:30 Bus Fred Meyer 2 10:00 Meet & Greet Eldercare Chaplains (AR) 11:00 Roman Rocks (L) 1:00 Bunco (B) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Flyswatter Volleyball (AR) 2:00 Movie Cinema (TR) 3:30 Zumba (LV) | 9:00 Light & Lively (AR) 3 10:00 Episcopal Church Services (TR) 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) 2:00 Movie Cinema (TR) | 9:00 Light & Lively (AR) 4 10:00 Bible Study w/Judy (LV) 10:00 Balance Class (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) | 9:00 Light & Lively (AR) 5 10:00 Veteran's Coffee Hour (AR) 10:00 Gym Fitness (TR) 1:00 Bingo (AR) 1:15 Cardio Drumming (TR) 1:30 Santa & Elf visit from Eden (LV) 3:00 Janie Kelly singing w/accompaniment (LV) 5:00 Lights of Christmas for Assisted Living Residents | 9:00 Light & Lively (AR) 6 9:30 Bus Skagit Casino 10:00 Flyswatter Volleyball (AR) 10:00 Manicure (AR) 1:00 Movie Cinema (TR) 2:00 Happy Hour (AR) 2:30 David Lee Howard (LV) | 9:00 Light & lively (AR) 7 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 2:30 Movie Cinema (TR) 3:00 Trivia (AR) | |
| 9:00 Light & Lively (AR) 8 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) | 9:30 Bus Safeway 9 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Flower Letter Reading w/Trudy (AR) 1:00 Flyswatter Volleyball (AR) 2:00 Movie Cinema (TR) 3:30 Zumba (LV) | 9:00 Light & Lively (AR) 10 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 (TR) 11:00 Nativity Share (L) 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 2:00 Movie Cinema (TR) 3:00 WA Old Time Fiddlers (LV) | 9:00 Light Lively (AR) 11 10:00 Bible Study w/Judy (LV) 10:00 Book Club (B) 10:00 Balance Class (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Cardio Drumming (TR) 2:00 Sweet Sensation w/Music by Mary Whiton (LV) 3:00 Documentary Series (TR) 6:00 Cub Scouts Craft & Game Night (AR) | 9:00 Light & Lively (AR) 12 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) 4:00 Free Hearing Aid Cleaning (AR) 5:00 Lights of Christmas for Independent Living Residents | Take Away Table 13 9:00 Light & Lively (AR) 10:00 Manicure (AR) 10:30 Immaculate Conception Middle School Band (LV) 10:00 Flyswatter Volleyball (AR) 1:00 Movie Cinema (TR) 2:00 Happy Hour (AR) 2:30 Harmony NW Chorus | 9:00 Light & lively (AR) 14 9:30 Coffee & News (AR) 10:00 Eden Calming Stress & Anxiety Class led by Marcia (LV) 1:00 Bingo (AR) 2:30 Christ the King Carolers (LV) 2:30 Movie Cinema (TR) | |
| 9:00 Light & lively (AR) 15 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) | 9:30 Bus Walmart 16 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Bunco (B) 1:00 Flyswatter Volleyball (AR) 2:00 Movie Cinema (TR) 3:30 Zumba (LV) | MOUNTAIN GLEN 17 RESIDENTS & THEIR FAMILY  4:00PM – 7:00PM | | 9:00 Light & Lively (AR) 18 10:00 Sing a Long w/Judy (LV) 10:00 Balance Class (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Qigong (TR) 2:00 Sweet Sensation w/music Stan Wing (LV) 3:00 Documentary Series (TR) | 9:30 Veteran & Surviving Spouse Breakfast & Benefit Presentation (AR) 19 1:00 Bingo (AR) 2:15 Gym Fitness 3:00 Jason Lloyd Pianist (LV) | 9:00 Light & lively (AR) 20 10:00 Flyswatter Volleyball (AR) 10:00 Manicure (AR) 10:30 Bus Lunch Mestizo Mexican Restaurant 1:00 Movie Cinema (TR) 2:00 Happy Hour (AR) 2:30 Marcia Kester (LV) | 9:00 Light & lively (AR) 21 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 2:30 Movie Cinema (TR) 3:00 Trivia (AR) |
| 9:00 Light & Lively (AR) 22 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) | 9:30 Bus Grocery Outlet 23 10:00 Meet & Greet Eldercare Chaplains (AR) 10:00 Hand Massage w/Jana (B) 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Bunco (B) 1:15 Gym Fitness 1:00 Flyswatter Volleyball (AR) 2:00 Movie Cinema (TR) 3:30 Zumba (LV) | 9:00 Light & Lively (AR) 24 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (LV) 10:00 Tech Help (AR) 11:00 Bible Study w/Andy (TR) 1:00 Bingo (AR) 2:00 Juice Bar w/Jana (B) 2:00 Movie Cinema (TR) |  <i>Merry Christmas</i> | | 9:00 Foot Care Nurse 26 9:00 Light & Lively (AR) 10:00 VA Coffee Hour (AR) 1:00 Bingo (AR) 1:00 Gym Fitness | 8:00 Ladies Breakfast w/Activity Department (AR) 27 Take Away Table 9:00 Light & Lively (AR) 10:00 Manicure (AR) 10:00 Flyswatter Volleyball (AR) 1:00 Movie Cinema (TR) 2:00 Happy Hour (AR) | 9:00 Light & lively (AR) 28 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 2:30 Movie Cinema (TR) 3:00 Trivia (AR) |
| 9:00 Light & Lively (AR) 29 10:00 TV Church Services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) | 9:30 Bus Fred Meyer 30 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Gym Fitness 1:00 Flower Letter Reading w/Trudy (TR) 1:00 Bunco (B) 2:00 Birthday Bash w/music by The Esquires (LV) | 9:00 Light & Lively (AR) 31 10:00 Episcopal Church Services (TR) 10:00 Tech Help (AR) 11:00 Bible Study w/Andy 1:00 Bingo (AR) 2:00 Movie Cinema (TR) 2:00 Juice Bar w/Jana (B) | New Year's Eve | | | | |

December 2024

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

(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