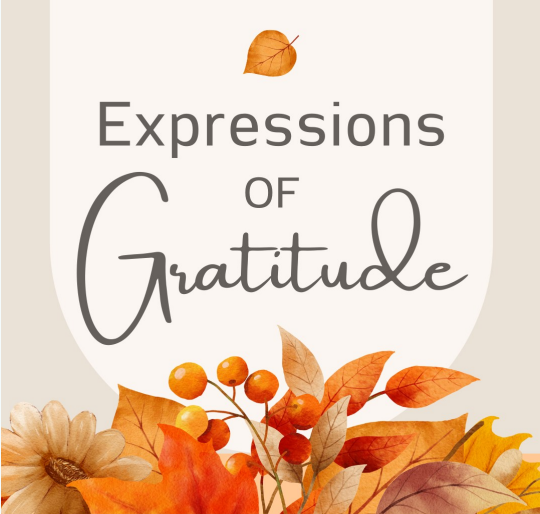
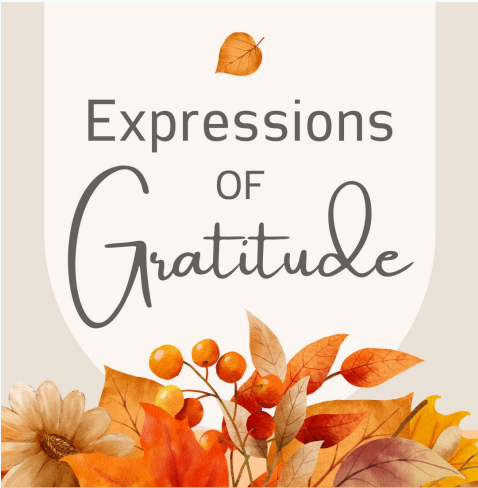


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	KEY (A) Anchor Room (CA) Creative Arts Studio (CL) Clubhouse Lobby (CR) Chart Room (CZ) Conditioning Zone (M) Maritime Room (M-P) Maritime Room Port Side (M-S) Maritime Room Starboard Side (SNF) Skilled Nursing in Penrose (SP) Spinnakers (SY) Syrens Grille	Fitness Classes in Green Off Campus Trips in Orange Penrose Featured Events in Blue (please RSVP with Austin Beauregard ext. 5766)				8-10a Benevolent Brew (SY) 1 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)
10a-3p 2 Sunday Brunch (SY) 1-4p We Come Together Fluidity of the South Sound Concert in Tacoma 2p Penrose Church Service (SNF) 3:30p International Mah-Jongg (CR) 5:30p Movie Date: An Affair to Remember (M + HKTV)	8a Yin Yoga with Paige (M) 3 9a Coffee Connections (SY) No Total Body Circuit 10a Grocery: Fred Meyer No Stretch & Balance 10:30a-2:30p Holiday Shopping & Lunch at the Tacoma Mall 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) No Neighborhood Walk No Women's Bible Study 2p Penrose Scenic Drive 3p Lifelong Learning Programming Meeting (A) 4p Live Music with Seattle Baritone Charles Robert Stephens (M)	8a Resident Led Tai Chi (M) 4 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch & Balance (M + HKTV) 11a Caregiver Support Group (A) 1p Geography is History with Knute Berger (M + HKTV) 3p Tai Chi & Qi Gong with Angela (M-S) 4p Songsters (CL)	8-10a Benevolent Brew (SY) 5 8a Gentle Yoga with Paige (M) 9a Seated Core Strengthening (M) 9a Men's Bible Study (A) 10a Grocery: Safeway No Stretch & Balance 10a-12p Computer Help Desk (CL) 10a-12p Open Art Studio (CA) No Interval Training No Grief & Loss Support Group 1p Heron's Key Sketchers (CA) 1-3p Classic Radio Programs from the 1940s with the HK Radio Players (M + HKTV) 2:15p Pinochle (CA) 3:30p Line Dancing with Cindy (M) 6:30p PVA Presents: Shostakovich's Symphony No. 5 and Elgar's Enigma Variations (M + HKTV)	8a Resident Led Tai Chi (M) 6 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 9:30a Clarinet Duo (CL) 10a Gig Harbor Library 11a Green Group Meeting (A) 12p Reuben Extravaganza (SP) * RSVP required to Dining Host Stand 1p Canasta (CA) 2p Medicare Changes and Updates with Ron Smith (M + HKTV) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)	8-10a Benevolent Brew (SY) 7 9a Total Body Circuit (CZ) 10a Grocery: Trader Joe's in Silverdale 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 1p Vision Support Group (A) 1-3p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) No Seated Core Strengthening 6:30-10p The Da Vinci Code at Tacoma Little Theater 7p Movie Night: Enter the Dragon R (M + HKTV)	8-10a Benevolent Brew (SY) 8 9:15a Tai Chi (M) 2p PVA Presents: Mozart's The Magic Flute (HKTV only) 3p Syren's Grille Happy Hour (SY)
10a-3p 9 Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jongg (CR) 5:30p Movie Date: Mission Impossible 2 PG-13 (M + HKTV)	8a Yin Yoga with Paige (M) 10 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: Met Market 10a Stretch & Balance (M + HKTV) 10:30-11:30a A Salute to Our Veterans with Swiftwater School (M) 10a Co-Ed Bible Study 12-4p American Mah-Jongg (CA) No Mindful Meditation 1-2:30p Veterans Day Sing-a-long with David Fenner (M + HKTV) 1p Neighborhood Walk (CL) 1:30p Women's Bible Study (AL) 2p Penrose Scenic Drive 2p Chef's Cooking Class (SP) * RSVP required to Dining Host Stand	8a Resident Led Tai Chi (M) 11 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch & Balance (M + HKTV) 10:15a-2p Veterans Day Brunch at the Gig Harbor Aero Museum 11a Monthly Food & Beverage Orientation (SP) 3p Tai Chi & Qi Gong with Angela (M-S) 3p Cancer Support Group (CA) 4p Songsters (CL)	8-10a Benevolent Brew (SY) 12 8a Gentle Yoga with Paige (M) 9a Seated Core Strengthening (M) 9a Men's Bible Study (A) 9:30a-11:30a Women's Breakfast at Sunset Grill in Gig Harbor 10a Grocery: Safeway 10a Stretch & Balance (M + HKTV) 10a-12p Computer Help Desk (CL) 10a-12p Open Art Studio (CA) 11a Parkinson's Support Group (A) 11a Interval Training (M + HKTV) 1p Heron's Key Sketchers (CA) 1p Sea to Sun Fiesta (M) 2:15p Pinochle (CA) 3:30p Line Dancing with Cindy (M) 3:30p Book Club (CR) 6:30p PVA Presents: Marcello, Dvorak, and	8a Resident Led Tai Chi (M) 13 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Resident Association Meeting (M + HKTV) 1p Serendipity and Finding Your People: Finding Home in Tacoma and Gig Harbor in 1910 with Laurie Cherian (M + HKTV) 1p Canasta (CA) 3p Fiber Arts Group (CA) 3p Birthday Party (CL) 3:30p Seated Core Strengthening (M)	8-10a Benevolent Brew (SY) 14 9a Total Body Circuit (CZ) 10a Grocery: Harbor Greens in Gig Harbor 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 12p Key Quilters (SY) 1p Leading with Love: A Pastor's Role in Immigrant Support with Reverend Jan Bolerjack (M + HKTV) 1p Men's Cognition Support Group (A) 1-3p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3p Turkey Trot (Garden Patio) 3:30p Seated Core Strengthening (M) 7p Movie Night: Murder on the Orient Express PG-13 (M + HKTV)	8-10a Benevolent Brew (SY) 15 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16 10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jongg (CR) 5:30p Movie Date: <i>And Then There Were None</i> (M + HKTV)	17 8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) No Grocery Shopping 10a Stretch & Balance (M + HKTV) 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1p Neighborhood Walk (CL) 1:30p Women's Bible Study (AL) 2p Penrose Scenic Drive 2:15p Sound Bathing with Dee Mulder (M) 3-4p Piano in the Lobby with Kim (CL)	18 8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch & Balance (M + HKTV) 11a Caregiver Support Group (A) 11a-2p Lunch at JJ's Fish House in Poulsbo 3p Tai Chi & Qi Gong with Angela (M-S) 4p Songsters (CL)	19 8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 9a Seated Core Strengthening (M) 9a Men's Bible Study (A) 10a Grocery: Safeway 10a Stretch & Balance (M + HKTV) 10a-12p Computer Help Desk (CL) 10a-12p Open Art Studio (CA) 11a Interval Training (M + HKTV) 1p Heron's Key Sketchers (CA) 1p HK Transportation Information & Updates (M + HKTV) 1p Grief & Loss Support Group (A) 2:15p Pinochle (CA) 3p Food Committee Meeting (M) No Line Dancing with Cindy 6:30p PVA Presents: Mendelssohn—Symphonies No. 2 and No. 5	20 8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Genealogy Group Meeting (A) 11a Performing Arts Meeting (A) 1p Canasta (CA) 1-3p Themes in Philosophy Part 4: The Process of Belief Formation with David Smith (M + HKTV) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 4-8p Dinner at Indochine in Tacoma & "This is Native Land" Exhibit at the Washington State History Museum	21 8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Grocery: Trader Joe's in University Place 10a HK Budget Presentation with Chris Lucero and Emerald Communities (M + HKTV) No Stretch & Balance No Interval Training 1-3p Bridge (SP) 1-3p HK Resident Arts & Crafts Fair (M) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 6:45-10p Holiday Inn at the Tacoma Musical Playhouse 7p Movie Night: <i>Jaws</i> PG (M + HKTV)	22 8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 2p PVA Presents: Dmitrij Schostakovitsch Symphony No. 7 (HKTV only) 3p Give Thanks Happy Hour (SY)
Check out the Thankful Tree in the Clubhouse Lobby						
23 10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jongg (CR) 5:30p Movie Date: <i>Oceans 11</i> (M + HKTV)	24 8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: Walmart in Port Orchard 10a Stretch & Balance (M + HKTV) 10a Co-Ed Bible Study 12-4p American Mah-Jongg (CA) 1p Neighborhood Walk (CL) 1p Mindful Meditation (M) 1:30p Women's Bible Study (AL) 2p Penrose Scenic Drive 3:30p Autumn Reflections with Ebb (M)	25 8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch & Balance (M + HKTV) 2:30-4:30p Ice Cream & Pie at Family Pancake House in Port Orchard 3p Tai Chi & Qi Gong with Angela (M-S) 3p Cancer Support Group (CA) 4p Songsters (Penrose)	26 8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) No Seated Core Strengthening 9a Men's Bible Study (A) 10a Grocery: Safeway No Stretch & Balance 10a-12p Computer Help Desk (CL) 10a-12p Open Art Studio (CA) 11a Parkinson's Support Group (A) No Interval Training 1p Heron's Key Sketchers (CA) 2:15p Pinochle (CA) 3:30p Line Dancing with Cindy (M) 4p Wine and Cheese: Beards and Brews (CL) 6:30p PVA Presents: Strauss—Ein Heldenleben (HKTV only)	27  11a-3p Thanksgiving Buffet (SP) *RSVP required to Dining Host Stand Administration Closed	28 8-10a Benevolent Brew (SY) No Total Body Circuit No Grocery Shopping No Stretch & Balance No Interval Training 1-3p Bridge (SP) 1p Men's Cognition Support Group (A) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) No Seated Core Strengthening 7p Movie Night: <i>A Charlie Brown Christmas</i> G (M + HKTV)	29 8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)
30 10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jongg (CR) 5:30p Movie Date: <i>Divorce American Style</i> (M + HKTV)						KEY (A) Anchor Room (AL) Assisted Living in Penrose (CA) Creative Arts Studio (CL) Clubhouse Lobby (CR) Chart Room (CZ) Conditioning Zone (M) Maritime Room (M-P) Maritime Room Port Side (M-S) Maritime Room Starboard Side (SNF) Skilled Nursing in Penrose (SP) Spinnakers (SY) Syren's Grille Fitness Classes in Green Off Campus Trips in Orange Penrose Featured Events in Blue (please RSVP with Austin Beauregard ext. 5766)