

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div>KEY</div> <div>(A) Anchor Room</div> <div>(CA) Creative Arts Studio</div> <div>(CL) Clubhouse Lobby</div> <div>(CR) Chart Room</div> <div>(CZ) Conditioning Zone</div> <div>(M) Maritime Room</div> <div>(M-P) Maritime Room Port Side</div> <div>(M-S) Maritime Room Starboard Side</div> <div>(SNF) Skilled Nursing in Penrose</div> <div>(SP) Spinnakers</div>	<div>Fitness Classes in Green</div> <div>Off Campus Trips in Orange</div> <div>Penrose Event Questions</div> <div>(Please call Austin Beauregard ext. 5766)</div>	<div></div>	<div></div> <div>A MEMBER OF EMERALD COMMUNITIES</div>		
	<div>8a Yin Yoga with Paige (M)</div> <div>9a Coffee Connections (SY)</div> <div>No Total Body Circuit</div> <div>10a Grocery: Fred Meyer</div> <div>No Stretch &amp; Balance</div> <div>12-4p American Mah-Jongg (CA)</div> <div>1p Mindful Meditation (M-S)</div> <div>No Neighborhood Walk</div> <div>1:30p Women's Bible Study (AL)</div> <div>2p Penrose Scenic Drive</div> <div>2:30-4:30p Gift Wrapping Party (M)</div> <div>1</div>	<div>8a Resident Led Tai Chi (M)</div> <div>9a Coffee Connections (SY)</div> <div>9a Ladies Strength Training (CZ)</div> <div>10a Gig Harbor Library</div> <div>10a Stretch &amp; Balance (M + HKTV)</div> <div>11a Caregiver Support Group (A)</div> <div>11a-1p International Tastings: Beirut Bites in University Place</div> <div>3p Tai Chi &amp; Qi Gong with Angela (M-S)</div> <div>4p Songsters (CL)</div> <div>2</div>	<div>8-10a Benevolent Brew (SY)</div> <div>8a Gentle Yoga with Paige (M)</div> <div>9a Seated Core Strengthening (M)</div> <div>9a Men's Bible Study (A)</div> <div>10a Express Grocery: Safeway</div> <div>10a Social Accountability Award Ceremony (M + HKTV)</div> <div>No Stretch &amp; Balance</div> <div>10a-12p Computer Help Desk (CL)</div> <div>10a-12p Open Art Studio (CA)</div> <div>No Interval Training</div> <div>1p Heron's Key Sketchers (CA)</div> <div>2-3:30p Who Am I? Resident Cruisers Panel (M + HKTV)</div> <div>2:15p Pinochle (CA)</div> <div>No Line Dancing with Cindy</div> <div>3</div>	<div>8a Resident Led Tai Chi (M-S)</div> <div>9a Coffee Connections (SY)</div> <div>9a Ladies Strength Training (CZ)</div> <div>9:30a Clarinet Duo (CL)</div> <div>1p Canasta (CA)</div> <div>3p Fiber Arts Group (CA)</div> <div>3:30p Seated Core Strengthening (M)</div> <div>6-6:45p Harbor Hill Christmas Decoration Drive</div> <div>4</div>	<div>8-10a Benevolent Brew (SY)</div> <div>9a Total Body Circuit (CZ)</div> <div>9:30a-11:30a Women's Breakfast at The Waffle Stop in Tacoma</div> <div>10a Grocery: Trader Joe's in Silverdale</div> <div>10a Stretch &amp; Balance (M + HKTV)</div> <div>11a Interval Training (M + HKTV)</div> <div>1-3p Bridge (SP)</div> <div>2-4p Traditional Mah-Jongg (CR)</div> <div>No Seated Core Strengthening</div> <div>6p Christmas Recital with the Con Brio Youth Pianists (M)</div> <div>No Movie Night</div> <div>5</div>	<div>8-10a Benevolent Brew (SY)</div> <div>No Tai Chi</div> <div>2p "Hark!" with the Northwest Women's Chorale (M)</div> <div>3p Syren's Grille Happy Hour (SY)</div> <div>6</div>
<div>10a-3p Santa Brunch (SY)</div> <div>1-3p Photos with Santa (CL)</div> <div>2p Penrose Church Service (SNF)</div> <div>3:30p International Mah-Jongg (CR)</div> <div>5:30p Movie Date: The Sting (PG) (M + HKTV)</div> <div>7</div>	<div>8a Yin Yoga with Paige (M)</div> <div>9a Coffee Connections (SY)</div> <div>9a Total Body Circuit (CZ)</div> <div>10a Grocery: Metropolitan Market</div> <div>10a Stretch &amp; Balance (M + HKTV)</div> <div>10a Co-Ed Bible Study</div> <div>12-4p American Mah-Jongg (CA)</div> <div>1p Mindful Meditation (M-S)</div> <div>1p Neighborhood Walk (CL)</div> <div>1:30p Women's Bible Study (AL)</div> <div>2p Penrose Scenic Drive</div> <div>3:30p Wine and Cheese (CL)</div> <div>6:30-9:30p Directors' Lab: Festival of Scenes at University of Puget Sound in Tacoma</div> <div>8</div>	<div>8a Resident Led Tai Chi (M)</div> <div>9a Coffee Connections (SY)</div> <div>9a Ladies Strength Training (CZ)</div> <div>10a Stretch &amp; Balance (M + HKTV)</div> <div>3p Tai Chi &amp; Qi Gong with Angela (M-S)</div> <div>3p Cancer Support Group (A)</div> <div>4p Songsters (CL)</div> <div>9</div>	<div>8-10a Benevolent Brew (SY)</div> <div>8a Gentle Yoga with Paige (M)</div> <div>9a Seated Core Strengthening (M)</div> <div>9a Men's Bible Study (A)</div> <div>9:30a-3p Holiday Shopping at Bellevue Square Mall</div> <div>10a Express Grocery: Safeway</div> <div>10a Stretch &amp; Balance (M + HKTV)</div> <div>10a-12p Computer Help Desk (CL)</div> <div>10a-12p Open Art Studio (CA)</div> <div>11a Interval Training (M + HKTV)</div> <div>11a Parkinson's Support Group (A)</div> <div>1p Heron's Key Sketchers (CA)</div> <div>2:15 Pinochle (CA)</div> <div>3:30p Book Club (CR)</div> <div>3:30p Line Dancing with Cindy (M)</div> <div>6:30p PVA Presents: Fiddler's Journey to the</div> <div>10</div>	<div>8a Resident Led Tai Chi (M-S)</div> <div>9a Coffee Connections (SY)</div> <div>9a Ladies Strength Training (CZ)</div> <div>10a Resident Council Meeting (M + HKTV)</div> <div>1p Canasta (CA)</div> <div>1-3p Resident Holiday Open House</div> <div>3p Fiber Arts Group (CA)</div> <div>3:30p Seated Core Strengthening (M)</div> <div>6:30p Traditions of Christmas Concert (M + HKTV)</div> <div>11</div>	<div>8-10a Benevolent Brew (SY)</div> <div>9a Total Body Circuit (CZ)</div> <div>10a Stretch &amp; Balance (M + HKTV)</div> <div>10a Grocery: Harbor Greens in Gig Harbor</div> <div>11a Interval Training (M + HKTV)</div> <div>12p Key Quilters (SP)</div> <div>1-3p Bridge (SP)</div> <div>1p Men's Cognition Support Group (A)</div> <div>2-4p Traditional Mah-Jongg (CR)</div> <div>3:30p Seated Core Strengthening (M)</div> <div>5p Cocktails &amp; Candy Canes (SY)</div> <div>*RSVP required to Host Stand</div> <div>7p Movie Night: Home Alone (PG) (M + HKTV)</div> <div>12</div>	<div>8-10a Benevolent Brew (SY)</div> <div>9:15a Tai Chi (M)</div> <div>12p Army v. Navy Football Game (M)</div> <div>3p Syren's Grille Happy Hour (SY)</div> <div>6:30pm PVA Presents: Fiddler on the Roof (HKTV only)</div> <div>13</div>
	Holiday Coffee Bar 2-4pm (CL): come see what special treat we're serving each day!					



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>14</div> <div>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 2:15-5p South Sound Classical Choir Winter Concert Series in Tacoma 3:30p International Mah-Jongg (CR) 5:30p Movie Date: Mr. and Mrs. Smith (PG-13) (M + HKTV)</div>	<div>15</div> <div>No Yoga with Paige 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: Winco 10a Stretch &amp; 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 3p Immigration Dialogue: A Tabletop Discussion (M)</div>	<div>16</div> <div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) No Stretch &amp; Balance 11a Caregiver Support Group (A) 2-3p An Afternoon of Piano with Jim Meck (M) 3p Tai Chi &amp; Qi Gong with Angela (A) 4p Songsters (CL)</div>	<div>17</div> <div>8-10a Benevolent Brew (SY) No Yoga with Paige 9a Seated Core Strengthening (M) 9a Men's Bible Study (A) 10a Express Grocery: Safeway 10a Stretch &amp; 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) 2:15p Pinochle (CA) 3:30p Line Dancing with Cindy (M) 6:30p PVA Presents: Grieg's Piano Concerto in A minor and Dvorak's Symphony No. 7 (HKTV only)</div>	<div>18</div> <div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 1p Canasta (CA) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 5-11p Come From Away at the Seattle Rep Theater</div>	<div>19</div> <div>8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Stretch &amp; Balance (M + HKTV) No Grocery Shopping 10:30a-2p Holiday Shopping at Silverdale Mall &amp; Lunch Olive Garden 11a Interval Training (M + HKTV) 1-3p Bridge (SP) 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 6:30p Solstice Celebration: From Darkness to Light (M) No Movie Night</div> <div>Wear Your (Ugly) Holiday Sweater!</div>	<div>20</div> <div>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Holiday Happy Hour (SY)</div>
<div>21</div> <div>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jongg (CR) 5:30p Movie Date: The Family Man (PG-13) (M + HKTV)</div>	<div>22</div> <div>8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: Walmart in Port Orchard 10a Stretch &amp; Balance (M + HKTV) 10a Co-Ed Bible Study 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 4p Blue Christmas: Finding Joy Amid the Holiday Season with Ebb (M)</div>	<div>23</div> <div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch &amp; Balance (M + HKTV) 2p Holiday Treat Potluck (CL) 3p Tai Chi &amp; Qi Gong with Angela (M-S) 3p Cancer Support Group (CA) 3p Christmas Sing-a-long with Bob Delaney (CL) No Songsters</div>	<div>24</div> <div>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 &amp; 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) 2:15p Pinochle (CA) No Line Dancing with Cindy 6:30p PVA Presents: Tchaikovsky's Ballet "The Nutcracker" with the NYC Ballet (M + HKTV)</div>	<div>25</div> <div>  Administrative Offices Closed</div>	<div>26</div> <div>8-10a Benevolent Brew (SY) No Total Body Circuit No Grocery Shopping No Stretch &amp; Balance No Interval Training 1-3p Bridge (SP) 1p Men's Cognition Support Group (A) 2-4p Traditional Mah-Jongg (CR) No Seated Core Strengthening 7p Movie Night: When Harry Met Sally (R) (M + HKTV)</div>	<div>27</div> <div>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 2p PVA Presents: Mendelssohn's Violin Concerto in E minor, Tchaikovsky's Swan Lake, and Liszt's Hungarian Rhapsody No. 2 (HKTV only) 3p Syren's Grille Happy Hour (SY)</div>
<div>28</div> <div>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jongg (CR) 5:30p Movie Date: Christmas in Connecticut (M + HKTV)</div>	<div>29</div> <div>8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: Target 10a Stretch &amp; 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 3p Birthday Party (CL)</div>	<div>30</div> <div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch &amp; Balance (M + HKTV) 2-4p Dairy Queen in Port Orchard 3p Tai Chi &amp; Qi Gong with Angela (M-S)</div>	<div>31</div> <div>8a Gentle Yoga with Paige (M) 8-10a Benevolent Brew (SY) 9a Seated Core Strengthening (M) 9a Men's Bible Study (A) 10a Express Grocery: Safeway 10a Stretch &amp; 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) 2:15p Pinochle (CA) 3:30p Line Dancing with Cindy (M) 6:30p PVA Presents: Stravinsky's The Rite of Spring (M + HKTV) 8-10p New Year's Eve Party (SP)</div>	<div>KEY</div> <div>(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</div>		<div>Fitness Classes in Green</div> <div>Off Campus Trips in Orange</div> <div>Penrose Questions (Please call Austin Beauregard ext. 5766)</div> <div>(HKTV) Streamed on HKTV 370</div>