

February 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

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
- (M-S) Maritime Room Starboard
- (SNF) Skilled Nursing in Penrose
- (SP) Spinnakers

Fitness Classes in Green

Off Campus Trips in Orange

Penrose Events in Blue

(must RSVP with Austin Beauregard)

(HKT) Streamed on HKT 370



1
10a-3p Sunday Brunch (SY)
2p Penrose Church Service (SNF)
3:30p Traditional Mah Jong (CR)

8a Yin Yoga with Paige (M)
9a Yoga Basics with Paige (M)
9a Coffee Connections (SY)
9a Total Body Circuit (CZ)
10a Grocery Shopping: Fred Meyer
10a Stretch & Balance (M + HKT)
11a-3p Library at Noon Concert at University of Puget Sound & Lunch at Duke's in Tacoma
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 (M)

New and Very Gently Used Sock Drive benefiting FISH and the Tacoma Rescue Mission (CL)

2

8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
9a Emergency Preparedness Group Damage Assessment Training (A)
10a Gig Harbor Library
10a Mexican Train (SP)
10a Floor 4 Meeting (M)
11a Floor 2 Meeting (M)
11a Caregiver Support Group (A)
1p Octopus of the Salish Sea with Rachel Easton of Harbor Wild Watch (M + HKT)
3p Tai Chi/Qi Gong with Angela (M)
3-3:30p Piano with Kimberly (CL)

3

8-10a Benevolent Brew (SY)
8a Gentle Yoga with Paige (M)
8a-2p Open Art Studio (CA)
No Seated Core Strengthening
10a Grocery Shopping: Safeway
10a Floors 1 & 6 Meeting (M)
11a Floor 5 Meeting (M)
11a Heron's Key Sketchers (CA)
1p Floor 3 Meeting (M)
2p Cottages Meeting (M)
2p Pinochle (CA)
3-4:15p Men's Bible Study (A)
3:30p Line Dancing with Cindy (M)
7p My Jazz Living Room Part 1 with Dr. David Lovner (M + HKT)

4

8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
9:30a Clarinet Duo (CL)
1p Canasta (CA)
1p Zumba Gold with Cindy (M)
2:30p Tai Chi Fan with Angela (M)
3p Fiber Arts Group (CA)
3:30p Seated Core Strengthening (M)

5

8-10a Benevolent Brew (SY)
9a Total Body Circuit (CZ)
10a Grocery Shopping: Trader Joe's in University Place
10a State of the Organization with Emerald Communities Senior Leadership (M + HKT)
No Stretch & Balance
No Interval Training
1-3p Bridge (SP)
2-4p Traditional Mah-Jongg (CR)
2p Penrose Scenic Drive
No Seated Core Strengthening
3:30p Wine and Cheese: Wear Red for Heart Health (CL)
7p Movie Night

6

8-10a Benevolent Brew (SY)
9a Total Body Circuit (CZ)
10a Grocery Shopping: Trader Joe's in University Place
10a State of the Organization with Emerald Communities Senior Leadership (M + HKT)
No Stretch & Balance
No Interval Training
1-3p Bridge (SP)
2-4p Traditional Mah-Jongg (CR)
2p Penrose Scenic Drive
No Seated Core Strengthening
3:30p Wine and Cheese: Wear Red for Heart Health (CL)
7p Movie Night

7

8
10a-3p Sunday Brunch (SY)
3p Super Bowl Viewing Party (M)
2p Penrose Church Service (SNF)
3:30p Traditional Mah Jong (CR)

8a Yin Yoga with Paige (M)
9a Yoga Basics with Paige (M)
9a Coffee Connections (SY)
9a Total Body Circuit (CZ)
10a Grocery Shopping: Trader Joe's in Silverdale
10a Stretch & Balance (M + HKT)
12-4p American Mah-Jongg (CA)
1p Mindful Meditation (M-S)
1p Neighborhood Walk (CL)
1:30p Women's Bible Study (AL)
2p Chef Demo: Small Plates and Tapas (SP) *RSVP required to Dining Host Stand
2p Penrose Scenic Drive
2-4p Frozen Yogurt at Menchie's in Gig Harbor

9

8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
9:30-11a Women's Breakfast at Hy Lu Hee Hee in Gig Harbor
10a Mexican Train (SP)
10a Stretch & Balance (M + HKT)
11a Resident Orientation to Dining Services (SP)
1p From Mail Order Brides to Swiping Right: A Generational Journey through Dating, Communication, and Connection with Dr. Riki Thompson (M + HKT)
3p Tai Chi & Qi Gong with Angela (M)
3p Cancer Support Group (CA)

10

8-10a Benevolent Brew (SY)
8a Gentle Yoga with Paige (M)
8a-2p Open Art Studio (CA)
9a Seated Core Strengthening (M)
10a Grocery Shopping: Safeway
10a Stretch & Balance (M + HKT)
10a-12p Computer Help Desk (CL)
11a Heron's Key Sketchers (CA)
11a Parkinson's Support Group (A)
11a Interval Training (M + HKT)
1-2:30p Nature in Ninety Minutes with Andy Mauro and Mike West (M + HKT)
2p Pinochle (CA)
3-4:15p Men's Bible Study (A)
3:30p Line Dancing with Cindy (M)
6:30p PBS Special

11

8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
10a Resident Association Meeting (M + HKT)
11:15a-1p International Tastings: Lechon Loco in Tacoma
1p Canasta (CA)
2:30p Tai Chi Fan with Angela (M)
3p Fiber Arts Group (CA)
3:30p Seated Core Strengthening (M)

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8-10a Benevolent Brew (SY)
9a Total Body Circuit (CZ)
10a Grocery Shopping: Met Market
10a Stretch & Balance (M + HKT)
11a Interval Training (M + HKT)
11a-1p "Pal"entines High Tea (SY)
*RSVP required to Dining Host Stand
12p Key Quilters (SY)
1-3p Bridge (SP)
2-4p Traditional Mah-Jongg (CR)
2p Penrose Scenic Drive
3:30p Seated Core Strengthening (M)
6:30p Hot Club Swing with Ranger and the Re-Arrangers (M)
No Movie Night

13

8-10a Benevolent Brew (SY)
9:15a Tai Chi (M)
3p Syren's Grille Happy Hour (SY)

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<p>15</p> <p>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p Traditional Mah Jong (CR)</p> <p>16</p> <p>8a Yin Yoga with Paige (M) 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery Shopping: Winco in Bremerton 10a Stretch & Balance (M + HKT) 12-4p American Mah-Jongg (CA) 1p From the Heart: A Heart-Healthy Cooking Demo (SP) *RSVP required on Resident Portal 1p Mindful Meditation (M-S) 1p Neighborhood Walk (CL) 1:30p Women's Bible Study (AL) 2p Penrose Scenic Drive 2:30p Emergency Preparedness Group Triage Training (M)</p>	<p>17</p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Mexican Train (SP) 10a Stretch & Balance (M + HKT) 11a Caregiver Support Group (A) 1p Gondola, Gondole! With John Synco (M + HKT) 3p Tai Chi & Qi Gong with Angela (M) 4p Songsters (CL)</p>	<p>18</p> <p>8a Gentle Yoga with Paige (M) 8-10a Benevolent Brew (SY) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a Stretch & Balance (M + HKT) 10a Grocery Shopping: Safeway 10a-12p Computer Help Desk (CL) 11a Heron's Key Sketchers (CA) 11a Interval Training (M + HKT) 1p Creating Space for Everyone: Navigating Gender in Our World (M + HKT) 2p Pinochle (CA) 3-4:15p Men's Bible Study (A) 3p Food Committee (M) No Line Dancing with Cindy 7p My Jazz Living Room Part 2 with Dr. David Joyner (M + HKT)</p>	<p>19</p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 9:30a-11:30a Catfeinated Cat Lounge in Puyallup 1p Canasta (CA) 2p Birthday Party (CL) 2:30p Tai Chi Fan with Angela (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)</p>	<p>20</p> <p>8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Grocery Shopping: Safeway 10a Stretch & Balance (M + HKT) 11a Interval Training (M + HKT) 11:30a Lenten Devotionals (CR) 1-3p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 7p Movie Night</p>	<p>21</p> <p>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Mardi Gras Mixer (SY)</p>
<p>22</p> <p>10a-3p Sunday Brunch (SY) 1:15-4p "Sound Beneath and Above" Concert with Fluidity of the South Sound in Tacoma 2p Penrose Church Service (SNF) 2p An Afternoon of Live Jazz (M) 3:30p Traditional Mah Jong (CR)</p>	<p>23</p> <p>8a Yin Yoga with Paige (M) 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery Shopping: Walmart in Port Orchard 10a Stretch & Balance (M + HKT) 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 Nate Jester: Ace of Illusions (M)</p>	<p>24</p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Mexican Train (SP) 10a Stretch & Balance (M + HKT) 1p The Dawn of Flight with Paul Harvey (M + HKT) 3p Tai Chi & Qi Gong with Angela (M) 3p Cancer Support Group (CA) 4p Songsters (Penrose)</p>	<p>25</p> <p>8a Gentle Yoga with Paige (M) 8-10a Benevolent Brew (SY) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a Stretch & Balance (M + HKT) 10a Grocery Shopping: Safeway 10a-12p Computer Help Desk (CL) 11a Heron's Key Sketchers (CA) 11a Parkinson's Support Group (A) 11a Interval Training (M + HKT) 1p Heart Health with Dr. Raed Fahmy of Franciscan Health (M + HKT) 2p Pinochle (CA) 3-4:15p Men's Bible Study (A) 3:30p Line Dancing with Cindy (M) 6:30p PBS Special</p>	<p>26</p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 11a Performing Arts Meeting (A) 1p Canasta (CA) 2:30p Tai Chi Fan with Angela (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 3-6p Duckpin Bowling and Dinner at Ocean5 in Gig Harbor 7p Reading Aloud with Gee Heckscher & Your Neighbors (A) 7:30p PVA Presents</p>	<p>27</p> <p>8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 9a-3p Quilting Group (CA) 10a Stretch & Balance (M + HKT) 10a Grocery Shopping: Target 11a Interval Training (M + HKT) 11:30a Lenten Devotionals (CR) 1p Keep the Beat: How Do Changes to the Dietary Guidelines for Americans Impact Cardiovascular Health with Dietician Amber Hall (M + HKT) 1-3p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 6:45-10p Dear Evan Hansen at the Tacoma Musical Playhouse 7p Movie Night</p>



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