

Sun

Mon

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KEY

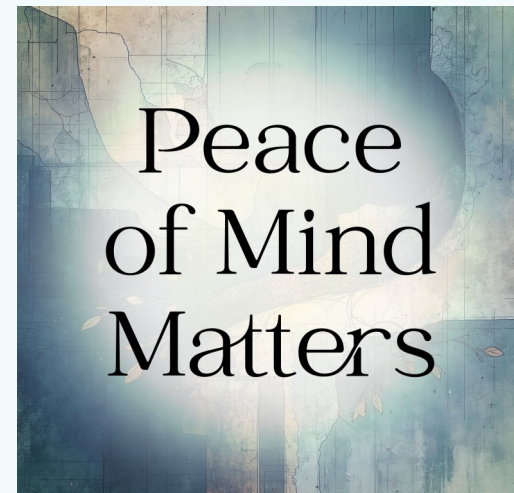
- (A) Anchor Room
- (CA) Creative Arts Studio
- (CL) Clubhouse Lobby
- (CR) Chart Room
- (CZ) Conditioning Zone
- (M) Maritime Room
- (M-P) Maritime Room Port
- (M-S) Maritime Room Starboard
- (SNF) Skilled Nursing in Penrose
- (SP) Spinnakers
- (SY) Syren's Grille

Fitness Classes in Green

Off Campus Trips in Orange

Penrose Featured Events in Blue
(call Austin Beauregard with questions)

(HKTV) Streamed on HKTV 370



			<p>8-10a Benevolent Brew (SY) 1</p> <p>8a Gentle Yoga with Paige (M)</p> <p>8a-2p Open Art Studio (CA)</p> <p>9a Seated Core Strengthening (M)</p> <p>9:45a-3p Suquamish Museum & Lunch at Sully's Bistro and Bar in Suquamish</p> <p>10a Stretch & Balance (M + HKTV)</p> <p>10a-12p Computer Help Desk (CL)</p> <p>10a Grocery: Safeway</p> <p>11a Interval Training (M + HKTV)</p> <p>11a Heron's Key Sketchers (CA)</p> <p>1p Pond Walk (CA Patio)</p> <p>2p Pinochle (CA)</p> <p>3:30p Line Dancing (M)</p> <p>6:30p PVA Presents: Ken Burns Series on Jazz Music (M + HKTV)</p>	<p>8a Resident Led Tai Chi (M) 2</p> <p>9a Coffee Connections (SY)</p> <p>9a Women's Strength Training (CZ)</p> <p>9:30a Clarinet Duo (CL)</p> <p>11a Rock Art (CA)</p> <p>1p Canasta (CA)</p> <p>2:30 Tai Chi Fan (M)</p> <p>3p Fiber Arts Group (CA)</p> <p>3:30p Seated Core Strengthening (M)</p> <p>4:15p Trivia (M)</p>	<p>8-10a Benevolent Brew (SY) 3</p> <p>9a Total Body Circuit (CZ)</p> <p>10a Grocery: Trader Joe's in University Place</p> <p>10:30a School-a-palooza with the Swiftwater Sensationals Choir (M)</p> <p>No Stretch & Balance</p> <p>No Interval Training</p> <p>11a Penrose Scenic Drive</p> <p>11:30a Lenten Devotionals (CR)</p> <p>1p Bridge (SP)</p> <p>2p Traditional Mah-Jongg (CR)</p> <p>2:30-4:30p Ice Cream at Ice Cream Social at Point Ruston</p> <p>3:30p Seated Core Strengthening (M)</p> <p>7p Movie Night</p>	<p>8-10a Benevolent Brew (SY) 4</p> <p>No Tai Chi</p> <p>3p Syren's Grille Happy Hour (SY)</p> <p>3:30p Easter Vigil Service (SNF)</p>
<p>10a-3p 5</p> <p>Sunday Brunch (SY)</p> <p>3:30p Traditional Mah Jongg (CR)</p>	<p>8a Yin Yoga with Paige (M) 6</p> <p>9a Yoga Basics with Paige (M)</p> <p>9a Coffee Connections (SY)</p> <p>9a Total Body Circuit (CZ)</p> <p>9:30a-4p Tulip Town & Lunch in Mount Vernon</p> <p>10a Grocery: Harbor Greens</p> <p>10a Stretch & Balance (M + HKTV)</p> <p>11a Zumba Gold (M)</p> <p>12-4p American Mah-Jongg (CA)</p> <p>1p Mindful Meditation (M-S)</p> <p>1p Neighborhood Walk (CL)</p> <p>1:30p Women's Bible Study (AL)</p> <p>2p Monthly Chef Demo (SP) <i>(*rsvp required to 253.313.0797)</i></p> <p>2p Penrose Scenic Drive</p>	<p>8a Resident Led Tai Chi (M) 7</p> <p>8:30-9:45a Men's Bible Study (CA)</p> <p>9a Coffee Connections (SY)</p> <p>9a Women's Strength Training (CZ)</p> <p>10a Stretch & Balance (M + HKTV)</p> <p>10a Mexican Train (SP)</p> <p>11a Monthly Food & Beverage Orientation (SP)</p> <p>11a Caregiver Support Group (A)</p> <p>1p Racializing Asians in U.S. History with Dr. Asao Inoue (M + HKTV)</p> <p>3p Tai Chi/Qi Gong (M-S)</p> <p>3p National Beer Day (SY) <i>*RSVP required on the Portal</i></p> <p>4p Songsters (CL)</p>	<p>8-10a Benevolent Brew (SY) 8</p> <p>8a Gentle Yoga with Paige (M)</p> <p>8a-2p Open Art Studio (CA)</p> <p>9a Seated Core Strengthening (M)</p> <p>9:30-11:30a Women's Breakfast at Rosewood Cafe in Tacoma</p> <p>10a Stretch & Balance (M + HKTV)</p> <p>10a-12p Computer Help Desk (CL)</p> <p>10a Grocery: Safeway</p> <p>11a Parkinson's Support Group (A)</p> <p>11a Interval Training (M + HKTV)</p> <p>11a Heron's Key Sketchers (CA)</p> <p>1p Who Am I? with Kathy (M + HKTV)</p> <p>2p Pinochle (CA)</p> <p>3:30p Book Club (CR)</p> <p>3:30p Line Dancing (M)</p> <p>6:30p PVA Presents: Ken Burns Series on Jazz Music (M + HKTV)</p>	<p>8a Resident Led Tai Chi (M) 9</p> <p>9a Coffee Connections (SY)</p> <p>9a Women's Strength Training (CZ)</p> <p>10a Resident Council Meeting (M + HKTV)</p> <p>1p Canasta (CA)</p> <p>1p Understanding Seasonal Affective Disorder with Dr. Neriza Mercado (M + HKTV)</p> <p>2:30p Tai Chi Fan (M)</p> <p>3p Fiber Arts Group (CA)</p> <p>3:30p Seated Core Strengthening (M)</p> <p>3:30p Wine and Cheese (CL)</p>	<p>8-10a Benevolent Brew (SY) 10</p> <p>9a Total Body Circuit (CZ)</p> <p>10a Grocery: Metropolitan Market</p> <p>10a Stretch & Balance (M + HKTV)</p> <p>11a Interval Training (M + HKTV)</p> <p>11a Penrose Scenic Drive</p> <p>12p Key Quilters (SY)</p> <p>1p A Full Circle Story with Cedar Grove Composting's Sierra Arredondo (M + HKTV)</p> <p>1p Bridge (SP)</p> <p>1p Men's Cognition Support Group (A)</p> <p>2p Traditional Mah-Jongg (CR)</p> <p>3:30p Seated Core Strengthening (M)</p> <p>4:15p Karaoke (M)</p> <p>7p Movie Night</p>	<p>8-10a Benevolent Brew (SY) 11</p> <p>9:15a Tai Chi (M)</p> <p>3p Syren's Grille Happy Hour (SY)</p>

April 2026

Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>10a-3p 12 Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p Traditional Mah Jongg (CR)</p>	<p>8a Yin Yoga with Paige (M) 13 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: WinCo 10a Stretch & Balance (M + HKTV) 11a Zumba Gold (M) 11a-3p Library at Noon Concert at University of Puget Sound & Lunch at E9 Firehouse & Gastropub 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 Raised Garden Bed Meeting (A)</p>	<p>8a Resident Led Tai Chi (M) 14 8:30a-9:45a Men's Bible Study (CA) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 9a Campus Bird Watching (CL) 10a Gig Harbor Library 10a Mexican Train (SP) 10a Stretch & Balance (M + HKTV) 1p All Over the Map: Stories Behind the Names of Washington Places and Things with Feliks Banel (M + HKTV) 3p Tai Chi/Qi Gong (M-S) 3p Cancer Support Group (CA) 4p Songsters (CL)</p>	<p>8a Gentle Yoga with Paige (M) 15 8-10a Benevolent Brew (SY) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a Stretch & Balance (M + HKTV) 10a Grocery: Safeway 10a-12p Computer Help Desk (CL) 11a Heron's Key Sketchers (CA) 11a Interval Training (M + HKTV) 11a Celebrating Our Volunteers (SP) *RSVP required on the Resident Portal 2p Pinochle (CA) 3p Food Committee (M) No Line Dancing 6:30p PVA Presents: Ken Burns Series on Jazz Music (M + HKTV)</p>	<p>8a Resident Led Tai Chi (M) 16 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10:30a-3p Historical Tacoma: Buffalo Soldiers Museum, Lunch At Cook's Tavern, & Old St. Peter's Church 1p Canasta (CA) 2:30p Tai Chi Fan (M) 3p Fiber Arts Group (CA) No Seated Core Strengthening 4p Figurative Sculpting with Mardi Rees (M + HKTV)</p>	<p>8-10a Benevolent Brew (SY) 17 9a Total Body Circuit (CZ) 10a Grocery: Trader Joe's in Silverdale 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 11a Penrose Scenic Drive 1p Bridge (SP) 2p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) Dinner Theater: 5p Northwest Indian Buffet (SP) *RSVP required to Dining Host Stand 6p Movie (M)</p>	<p>18 8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)</p>
<p>Eye-glass and Hearing Aid Drive for Northwest Lion's Recycling Center</p>						
<p>10a-3p 19 Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p Traditional Mah Jongg (CR)</p>	<p>8a Yin Yoga with Paige (M) 20 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: Trader Joe's in University Place 10a Stretch & Balance (M + HKTV) 11a Zumba Gold (M) 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)</p>	<p>8a Resident Led Tai Chi (M) 21 8:30a-9:45a Men's Bible Study (CA) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 9:45a-3:30p Washington State Capitol Tour & Lunch at Anthony's in Olympia 10a Stretch & Balance (M + HKTV) 10a Mexican Train (SP) 11a Caregiver Support Group (A) 1p Great Decisions: The Future of Human Rights and International Law, Section 8 with Ken Roth (M + HKTV) 3p Tai Chi/Qi Gong (M-S)</p>	<p>8a Gentle Yoga with Paige (M) 22 8-10a Benevolent Brew (SY) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a Grocery: Safeway 10a Stretch & Balance (M + HKTV) 10a-12p Computer Help Desk (CL) 11a Parkinson's Support Group (A) 11a Interval Training (M + HKTV) 11a Heron's Key Sketchers (CA) 1p Estate Planning for Peace of Mind with Bryana Cross Bean (M + HKTV) 2p Birthday Party (CL) 2p Pinochle (CA) 3:30p Line Dancing (M) 6:30p PVA Presents: Ken Burns Series on Jazz Music (M + HKTV)</p>	<p>8a Resident Led Tai Chi (M) 23 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a-1p Afternoon at Chambers Bay & Sack Lunch 1p Canasta (CA) No Tai Chi Fan 3p Fiber Arts Group (CA) No Seated Core Strengthening 7p Reading Aloud (A)</p>	<p>8-10a Benevolent Brew (SY) 24 No Total Body Circuit No Grocery Shopping 9:30a-4p Hama Hama Oyster Saloon in Lilliwaup No Stretch & Balance No Interval Training 11a Penrose Scenic Drive 1p Bridge (SP) 1p Men's Cognition Support Group (A) 2p Traditional Mah-Jongg (CR) No Seated Core Strengthening 7p Movie Night</p>	<p>25 8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)</p>
<p>10a-3p 26 Sunday Brunch (SY) 2p Penrose Church Service (SNF) 2p PVA Presents: Streamed Ballet (M + HKTV) 3:30p Traditional Mah Jongg (CR)</p>	<p>8a Yin Yoga with Paige (M) 27 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: Walmart in Port Orchard 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 (A) 2p Penrose Scenic Drive 3p Aging with Peace & Purpose with Dan Whitmarsh (M + HKTV)</p>	<p>8:30-9:45a Men's Bible Study (CA) 28 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Stretch & Balance (M + HKTV) 10a Mexican Train (SP) 10-11:30a Windshield Tour of Gig Harbor 11a Community Engagement Meeting (A) 1p Racializing African Americans in U.S. History with Dr. Asao Inoue (M + HKTV) 3p Cancer Support Group (CA) 3p Tai Chi/Qi Gong (M-S)</p>	<p>8a Gentle Yoga with Paige (M) 29 8-10a Benevolent Brew (SY) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a Stretch & Balance (M + HKTV) 10a-12p Computer Help Desk (CL) 10a Grocery: Safeway 11a Interval Training (M + HKTV) 11a Heron's Key Sketchers (CA) 1-3p Cupcake Bake-Off Competition (M + HKTV) 2p Pinochle (CA) 3:30p Line Dancing (M) 6:30p PVA Presents: Ken Burns Series on Jazz Music (M + HKTV)</p>	<p>8a Resident Led Tai Chi (M) 30 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Volunteer Meeting (CA) 1p Zumba Gold (M) 1p Canasta (CA) 2:30 Tai Chi Fan (M) 3p Fiber Arts Group (CA) No Seated Core Strengthening 4:30p Peninsula Youth Orchestra Concert (M)</p>	<p style="text-align: center;">KEY</p> <p>(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 (SY) Syren's Grille</p>	<p>Fitness Classes in Green Off Campus Trips in Orange Penrose Events in Blue (Call Austin Beaugard with questions) (HKTV) Streamed on HKTV 370</p>