

June 2026

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) Syren's Grille

Fitness Classes in Green

Off Campus Trips in Orange

(HKTV) Streamed on HKTV 370



<p>8a Yin Yoga with Paige (M) 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) No Total Body Circuit 10a Men's Bible Study (CA) 10a-1p Tacoma Community House Tour 10a Grocery: Safeway 10a Men's Bible Study (CA) No Stretch & Balance 11a Zumba Gold (M) 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1:30p Women's Bible Study (AL) 2p Penrose Scenic Drive</p>	<p>1</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 + HKTV) 11a Caregiver Support Group (A) 1p Great Decisions: <i>US-China Relations</i> with Phil Wall (M + HKTV) 3p Tai Chi/Qi Gong (M-S) 4p Songsters (CL)</p>	<p>2</p> <p>8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 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 Interval Training (M + HKTV) 11a Heron's Key Sketchers (CA) 12-2:30p Co-ed Lunch at Hob Nob Café in Tacoma 2p Pinochle (CA) 3:30p Line Dancing (M)</p>	<p>3</p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 9:30a Clarinet Duo (CL) 1p Canasta (CA) 2:30p Tai Chi Fan (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)</p>	<p>4</p> <p>8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 11a Penrose Scenic Drive 1p Building Community with Tracey Sorenson of Tacoma/Pierce County Habitat for Humanity (M + HKTV) 1-3p Bridge (CA) 2p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 3:30p Wine & Cheese (CL and Patio) 7p Movie Night (M + HKTV)</p>	<p>5</p> <p>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)</p>	<p>6</p>
<p>7</p> <p>10a-3p Sunday Brunch (SP) 2p Penrose Church Service (SNF) 3:30p Traditional Mah Jongg (CR)</p>	<p>8</p> <p>8a Yin Yoga with Paige (M) 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (M) 9:30a-3p Northwest Trek & Lunch in Eatonville No Grocery Shopping 10a Men's Bible Study (CA) 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 Chef's Cooking Class (SP) *RSVP with Host Stand 2p Penrose Scenic Drive</p>	<p>9</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 + HKTV) 10a Gig Harbor Library 11a Monthly Food & Beverage Orientation (SP) 1p Evolution of Aircraft Materials with Jon Fehrenback (M + HKTV) 1p Piano with Kim (CL) 3p Tai Chi/Qi Gong (M-S) 3p Cancer Support Group (CA) 4p Songsters (CL)</p>	<p>10</p> <p>8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 9:30-11:30a Women's Breakfast at Jewel Box Café in Point Ruston 10a Stretch & Balance (M + HKTV) 10a Grocery: Safeway 10a-12p Computer Help Desk (CL) 11a Parkinson's Support Group (A) 11a Interval Training (M + HKTV) 11a Heron's Key Sketchers (CA) 1p Who Am I? Habitat for Humanity Panel (M + HKTV) 2p Pinochle (CA) 3:30p Book Club (CR) 3:30p Line Dancing (M)</p>	<p>11</p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Resident Council Meeting (M + HKTV) 1p Canasta (CA) 1p Survey Celebration! (CL) 2:30p Tai Chi Fan (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)</p>	<p>12</p> <p>8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 11a-1p International Tastings Group: The Seoul Korean BBQ in Silverdale 12p Key Quilters (SY) 1-3p Bridge (SP) 1p Men's Cognition Support (A) 2p Traditional Mah-Jongg (CR) 2p Penrose Scenic Drive 3:30p Seated Core Strengthening (M) 4p Karaoke (M) 7p Movie Night: (M + HKTV)</p>	<p>13</p> <p>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 12:45-6:45p Muckleshoot Indian Cup Relay at Emerald Downs in Auburn 3p Syren's Grille Happy Hour (SY)</p>

June 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>10a-3p 14 Sunday Brunch (SP) 2p Penrose Church Service (SNF) 3:30p Traditional Mah Jongg (CR)</p>	<p>8a Yin Yoga with Paige (M) 15 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: WinCo 10a Men's Bible Study (CA) 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 4p Trivia (M)</p>	<p>8a Resident Led Tai Chi (M) 16 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 9:30a-12:30p An Afternoon of Art: Manchester State Park Picnic Lunch in Port Orchard 10a Mexican Train (SP) 10a Stretch & Balance (M + HKTV) 11a Caregiver Support Group (A) 1p Power and Politics in the Age of AI with Onur Bakiner (M + HKTV) 3p Tai Chi/Qi Gong (M-S) 4p Songsters (CL)</p>	<p>8a Gentle Yoga with Paige (M) 17 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 Interval Training (M + HKTV) 11a Heron's Key Sketchers (CA) 2p Pinochle (CA) 3:30p Line Dancing (M)</p>	<p>8a Resident Led Tai Chi (M) 18 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 1p Canasta (CA) 2:30p Tai Chi Fan (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)</p>	<p>8-10a Benevolent Brew (SY) 19 9a Total Body Circuit (CZ) 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 12p FIFA World Cup Viewing: USA v. Australia (M) 1-3p Bridge (SP) 1p Pride Parade (CL) 2-4p Traditional Mah-Jongg (CR) 2p Penrose Scenic Drive 3:30p Seated Core Strengthening (M) 6:45-11p Anything Goes at Tacoma Musical Playhouse 7p Movie Night (M + HKTV)</p>	<p>20 8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (CL and Patio)</p>
<p>21 Father's Day Cook-Out 11a-3p (M and Patio) Reservations can be made with the Dining Host Stand 2p Penrose Church Service (SNF)</p>	<p>8a Yin Yoga with Paige (M) 22 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 9a-1p Nisqually Estuary Hike in Olympia with Chuck 10a Grocery: Trader Joe's in University Place 10a Men's Bible Study (CA) 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 3p A Legislative Update with Deb Krishnadasan and Adison Richards (M + HKTV)</p>	<p>No Resident Led Tai Chi 23 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) No Stretch & Balance 10a Stoughton High School Norwegian Dancers (M) 10a Mexican Train (SP) No Interval Training 1p Great Decisions: 100+ Years of US Foreign Policy—Multilateral Institutions in a Changing World Order with David Fenner (M + HKTV) 3p Cancer Support Group (CA) 3p Tai Chi/Qi Gong (M-S) 4p Songsters (Penrose)</p>	<p>8-10a Benevolent Brew (SY) 24 8a Gentle Yoga with Paige (M) 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 Interval Training (M + HKTV) 11a Parkinson's Support Group (A) 11a Heron's Key Sketchers (CA) 2p Ice Cream at Couple of Scoops in Gig Harbor 2p Pinochle (CA) 3:30p Line Dancing (M)</p>	<p>8a Resident Led Tai Chi (M) 25 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 11a Community Engagement Meeting (A) 11a-1p International Tastings: Harbor City Restaurant in Tacoma 1p Canasta (CA) 2p Birthday Party (CL) No Tai Chi Fan 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (A) 7p Reading Aloud with Gee & Your Neighbors (A)</p>	<p>8-10a Benevolent Brew (SY) 26 9a Total Body Circuit (CZ) 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 1-3p Bridge (SP) 1p Men's Cognition Support (A) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) No Seated Core Strengthening 4p Drag Cabaret! featuring Melody (M + HKTV) 7p Movie Night (M + HKTV)</p>	<p>27 8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 2p Harbor Wild Watch Ribbon Cutting (Pond) 3p Syren's Grille Happy Hour (SY)</p>

10a-3p **28**
Sunday Brunch (SP)
2p Penrose Church Service (SNF)
3:30p Traditional Mah Jongg (CR)

8a Yin Yoga with Paige (M) **29**
9a Coffee Connections (SY)
10a Grocery: Fred Meyer
9a Total Body Circuit (CZ)
10a Stretch & Balance (M + HKTV)
10a Men's Bible Study (CA)
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 Figurative Sculpture with Mardie Reese (M + HKTV)

8a Resident Led Tai Chi (M) **30**
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
9a-1p Huff n' Puff Trail in Shelton with Paige
10a Mexican Train (SP)
10a Stretch & Balance (M)
11a Yoga Basics with Paige (M)
1p Museum of Flight: The Mighty 8th D-Day plus 82 Years and 3 Days with Jon Fehrenback (M + HKTV)
3p Cancer Support Group (CA)
No Tai Chi/Qi Gong
3:30-5p Phase 2 Groundbreaking



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
(W) Windward Room

Fitness Classes in Green
Off Campus Trips in Orange
Penrose Events in Blue
(HKTV) Streamed on