

May 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
- (M-S) Maritime Room Starboard
- (SNF) Skilled Nursing in Penrose
- (SP) Spinnakers
- (SY) Syren's Grille
- (W) Windward Room

Fitness Classes in Green

Penrose Events in Blue

Off Campus Trips in Orange

(HKTV) Streamed on HKTV370

**Get Moving.
Get Glowing.**



8-10a Benevolent Brew (SY) **1**
 9a Total Body Circuit (CZ)
 10a Stretch & Balance (M + HKTV)
11a-1p Reubens at Manny's Place in University Place
 11a Interval Training (M +HKTV)
 11a Penrose Scenic Drive
 1-3p Bridge (SP)
 2p Traditional Mah-Jongg (CR)
 3:30p Seated Core Strengthening (M)
 3:30p Wine & Cheese (CL)
6:45p-10:30p Sweet Charity at Tacoma Musical Playhouse
 7p Movie Night

8-10a Benevolent Brew (SY) **2**
 9:15a Tai Chi (M)
 3p Syren's Grille Happy Hour (SY)
3:30p Kentucky Derby Party (M)

10a-3p Sunday Brunch (SY) **3**
 2p Penrose Church Service (SNF)

8a Grounded Yoga with Paige (M) **4**
 9a Yoga Basics with Paige (M)
 9a Coffee Connections (SY)
 9a Total Body Circuit (CZ)
9a-4p Bainbridge Museum of Art, Lunch, and Shopping
 10-11:30a Men's Bible Study (CA)
10a Grocery Shopping: Target
 10a Stretch & Balance (M + HKTV)
 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

8a Resident Led Tai Chi (M) **5**
 9a Coffee Connections (SY)
 9a Women's Strength Training (CZ)
10a Gig Harbor Library
 10a Stretch & Balance (M + HKTV)
 10a Mexican Train (SP)
 11a Caregiver Support Group (A)
1p Great Decisions: U.S. Engagement with Africa with David Fenner (M + HKTV)
 3p Tai Chi/Qi Gong (M-S)
 3p Piano with Kim (CL)
 4p Songsters (CL)

8-10a Benevolent Brew (SY) **6**
 8a Gentle Yoga with Paige (M)
 8a-2p Open Art Studio (CA)
 9a Seated Core Strengthening (M)
10a-12p Coffee & Crepes at Jewel Box Café in Point Ruston
 10a Stretch & Balance (M + HKTV)
10a Grocery Shopping: Safeway
 10a-12p Computer Help Desk (CL)
 11a Heron's Key Sketchers (CA)
 11a Interval Training (M + HKTV)
1-2:30p Heron's Key Radio Players: Classic Radio Programs of the 1940's and 50's (M + HKTV)
 2p Pinochle (CA)
 3:30p Line Dancing (M)
 6:30 PVA Presents: *A Masterpiece by Midnight* with Ken Burns (M + HKTV)

8a Resident Led Tai Chi (M) **7**
 9a Coffee Connections (SY)
 9a Women's Strength Training (CZ)
 9:30a Clarinet Duo (CL)
 11a Green Group (A)
 1p Canasta (CA)
 2:30p Tai Chi Fan (M)
 3p Fiber Arts Group (CA)
 3:30p Seated Core Strengthening (M)
4-6 Sweet Sonota Benevolence Fund Party (SP)

8-10a Benevolent Brew (SY) **8**
 9a Total Body Circuit (CZ)
 10a Stretch & Balance (M + HKTV)
10a-1:30p Fort Lewis Army Museum in Lakewood
 11a Interval Training (M + HKTV)
 11a Penrose Scenic Drive
 12p Key Quilters (SY)
 1-3p Bridge (SP)
 1p Men's Cognition Support (A)
 2p Traditional Mah-Jongg (CR)
 3:30p Seated Core Strengthening (M)
4:15p Karaoke (M)
 7p Movie Night

8-10a Benevolent Brew (SY) **9**
 9:15a Tai Chi (M)
10:15a-5:30p Lunch at Applebee's and Songs of Life with the NorthWest Women's Chorale in Sequim
 3p Syren's Grille Happy Hour (SY)

10a-3p Mother's Day Brunch (SY) **10**
 2p Penrose Church Service (SNF)

8a Grounded Yoga with Paige (M) **11**
 9a Yoga Basics with Paige (M)
 9a Coffee Connections (SY)
 9a Total Body Circuit (CZ)
10a Grocery Shopping: Walmart
 10-11:30a 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)
1-4p Hike at Kopachuck State Park in Gig Harbor
 1:30p Women's Bible Study (AL)
 2p Penrose Scenic Drive
4p Gospel Music Karaoke (M)

8a Resident Led Tai Chi (M) **12**
 9a Coffee Connections (SY)
 9a Women's Strength Training (CZ)
 10a Stretch & Balance (M + HKTV)
 10a Mexican Train (SP)
10a-3p T&T Supermarket in Bellevue
1p The Vanguard Generation: African American Artists with Daniel Atkinson (M + HKTV)
 3p Cancer Support Group (CA)
 3p Tai Chi/Qi Gong (M-S)
 4p Songsters (CL)

8-10a Benevolent Brew (SY) **13**
 8a Gentle Yoga with Paige (M)
 8a-2p Open Art Studio (CA)
 9a Seated Core Strengthening (M)
 10a Stretch & Balance (M + HKTV)
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 + HKTV)
2-3:30p Nature in Ninety Minutes with Rachel Easton of Harbor WildWatch (M + HKTV)
 2p Pinochle (CA)
 3:30p Book Club (CR)
 3:30p Line Dancing (M)
 6:30p PVA Presents: *Review of the Jazz Series* with Ken Burns (M + HKTV)

8a Resident Led Tai Chi (M) **14**
 9a Coffee Connections (SY)
 9a Women's Strength Training (CZ)
 10a Resident Association Meeting (M + HKTV)
 1p Canasta (CA)
 2:30p Tai Chi Fan (M)
 3p Fiber Arts Group (CA)
 3:30p Seated Core Strengthening (M)

8-10a Benevolent Brew (SY) **15**
 9a Total Body Circuit (CZ)
 10a Stretch and Balance (M + HKTV)
10:30a-4p International Tastings: Via Rosa 11 & Coppertop Office Park on Bainbridge Island
 11a Interval Training (M + HKTV)
 11a Penrose Scenic Drive
 1-3p Bridge (SP)
 2p Traditional Mah-Jongg (CR)
 3:30p Seated Core Strengthening (M)
 7p Movie Night

8-10a Benevolent Brew (SY) **16**
 9:15a Tai Chi (M)
 3p Syren's Grille Happy Hour (SY)

May 2026

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| <p>10a-3p 17 Sunday Brunch (SY) 2p Penrose Church Service (SNF) 2p "Another!" Afternoon of Live Jazz with JazzVox (M)</p> | <p>8a Grounded Yoga with Paige (M) 9a Yoga Basics with Paige (M) 18 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery Shopping: Trader Joe's in University Place 10-11:30a Men's Bible Study (CA) 10a Stretch & Balance (M + HKTV) 11a Zumba Gold (M) 11a-1p Women's Lunch at Royal Tandoor in Port Orchard 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1:30p Women's Bible Study (AL) 2p Penrose Scenic Drive 4p Trivia! (M)</p> | <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 19 9a Women's Strength Training (CZ) 10a Stretch & Balance (M + HKTV) 10a Mexican Train (SP) 11a Caregiver Support Group (A) 1p Great Decisions: Ruptured Alliances and the Risk of Nuclear Proliferation with Seth Weinberger (M + HKTV) No Tai Chi/Qi Gong 4p Songsters (CL)</p> | <p>8a Gentle Yoga with Paige (M) 8-10a Benevolent Brew (SY) 20 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a Stretch & Balance (M) 10a Grocery Shopping: Safeway 10a-12p Computer Help Desk (CL) 11a Interval Training (M + HKTV) 11a Heron's Key Sketchers (CA) 2p Pinochle (CA) 3p Food Committee (SP) No Line Dancing</p> | <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 21 9a Women's Strength Training (CZ) 1p Canasta (CA) 1p So Much Beautiful Science in the Beautiful Game: Soccer Balls with John Goff (M + HKTV) 2p Birthday Party (CL) No Tai Chi Fan 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)</p> | <p>8-10a Benevolent Brew (SY) 22 9a Total Body Circuit (CZ) 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 11a Penrose Scenic Drive 11:30a-1:30p Co-ed Lunch at Hops and Drops in Gig Harbor 1-3p Bridge (SP) 2p Traditional Mah-Jongg (CR) No Seated Core Strengthening 4p Music, Fun, and Connection: Drag Cabaret with Queen Time Entertainment (M) 7p Movie Night</p> | <p>8-10a Benevolent Brew (SY) 23 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)</p> |
| <p>10a-3p 24 Sunday Brunch (SY) 2p Penrose Church Service (SNF)</p> | <p> 25 Happy Memorial Day 11a-3p Memorial Day Cook-Out Maritime and Clubhouse Patio RSVP at 253.313.0797 <div style="border: 2px solid blue; padding: 5px; width: fit-content; margin: 10px auto;">Administrative Offices Closed No Fitness or Shopping</div></p> | <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 26 9a Women's Strength Training (CZ) 9a-12p Hike at Waughop Lake at Fort Steilacoom Park 10a Stretch & Balance (M + HKTV) 10a Mexican Train (CA) 1p From the Crater to the Courtroom with Bill Lokey (M + HKTV) 3p Cancer Support Group (CA) No Tai Chi/Qi Gong Today 3p Guard Your Glow: Skin Health for Seniors with Christina Borselli ARNP (M + HKTV) 4p Songsters (Penrose)</p> | <p>No Yoga with Paige 27 8-10a Benevolent Brew (SY) 8a-2p Open Art Studio (CA) 9a Floors 1 & 6 Meeting (M) No Seated Core Strengthening 10a Floor 2 Meeting (M) 10a Grocery Shopping: Safeway 10:45a-1p Gig Harbor Gondola Ride 11a Floor 3 Meeting (M) 10a-12p Computer Help Desk (CL) 11a Heron's Key Sketchers (CA) 11a Parkinson's Support Group (A) 1p Floor 4 Meeting (M) 2p Pinochle (CA) No Line Dancing 4p Wine Tasting with Spruce Hill Winery (M)</p> | <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 28 9a Women's Strength Training (CZ) 10a Volunteer Meeting (CA) 10:45a-1p Gig Harbor Gondola Ride 11a Cottages Meeting (M) 1p Canasta (CA) No Zumba Gold 1p Hair with Heart with Judi of William Collier Design (M) No Tai Chi Fan 3p Floor 5 Meeting (M) 3p Fiber Arts Group (CA) No Seated Core Strengthening 7p Reading Aloud with Gee & Your Neighbors (A)</p> | <p>8-10a Benevolent Brew (SY) 29 No Total Body Circuit No Stretch & Balance No Interval Training 11a Penrose Scenic Drive 1-3p Bridge (SP) 1:30-3:30p Ice Cream at Big Apple Diner in Bremerton 2p Traditional Mah-Jongg (CR) No Seated Core Strengthening 4p Sidemen Unleashed with Dr. David Joyner (M + HKTV) No Movie Tonight</p> | <p>8-10a Benevolent Brew (SY) 30 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)</p> |

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| <p>31 10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF)</p> |
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- (AL) Assisted Living in Penrose
- (CA) Creative Arts Studio
- (CL) Clubhouse Lobby
- (CR) Chart Room
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