

# July 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
- (W) Windward Room

Fitness Classes in Green

Off Campus Trips in Orange

Penrose Featured Events in Blue

(HKTV) Streamed on HKTV 370

## EXPLORE where you are



10a-3p **5**  
Sunday Brunch (SY)  
2p Penrose Church Service (SNF)  
3:30p Traditional Mah Jongg (CR)

8a Yin Yoga with Paige (M) **6**  
9a Yoga Basics with Paige (M)  
9a Coffee Connections (SY)  
9a Total Body Circuit (CZ)  
**10a-12:30p Sunnycrest Nursery in Lakebay**  
**10a Grocery : Trader Joe's in University Place**  
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)  
1:30p Women's Bible Study (AL)  
2p Penrose Scenic Drive  
3p Syren's Paint and Sip (SY)  
\*RSVP required to Dining Host Stand

8a Resident Led Tai Chi (M) **7**  
9a Coffee Connections (SY)  
9a Women's Strength Training (CZ)  
10a Mexican Train (SP)  
10a Stretch & Balance (M + HKTV)  
11a Resident Orientation to Dining Services (SP)  
**1p Interwar Germany and the USA Today: Are They Comparable Cases of the Failures of Democracy and Rise of Dictatorship? (M + HKTV)**  
3p Cancer Support Group (CA)  
3p Tai Chi/Qi Gong (M-S)  
4p Songsters (CL)

8-10a Benevolent Brew (SY) **1**  
8a Gentle Yoga with Paige (M)  
8a-2p Open Art Studio (CA)  
9a Seated Core Strengthening (M)  
**9a-3p Explore Port Townsend**  
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)  
2p Pinochle (CA)  
3:30p Line Dancing (M)

8a Resident Led Tai Chi (M-S) **2**  
9a Coffee Connections (SY)  
9a Women's Strength Training (CZ)  
9:30a Clarinet Duo (CL)  
11a Green Group (A)  
**12:45-2:30p Gig Harbor Farmers Market**  
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) **3**  
No Total Body Circuit  
No Stretch & Balance  
No Interval Training  
**11:15a-4p Concert in the Barn & Sack Lunch in Quilcene**  
1p Bridge (SP)  
2p Penrose Scenic Drive  
2-4p Traditional Mah-Jongg (CR)  
No Seated Core Strengthening  
7p Movie Night

  
**4**  
July 4th Cook-Out  
11a-3p  
(M and CL Patio)  
Reservations Required  
To Dining Host Stand

10a-3p **5**  
Sunday Brunch (SY)  
2p Penrose Church Service (SNF)  
3:30p Traditional Mah Jongg (CR)

8a Yin Yoga with Paige (M) **6**  
9a Yoga Basics with Paige (M)  
9a Coffee Connections (SY)  
9a Total Body Circuit (CZ)  
**10a-12:30p Sunnycrest Nursery in Lakebay**  
**10a Grocery : Trader Joe's in University Place**  
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)  
1:30p Women's Bible Study (AL)  
2p Penrose Scenic Drive  
3p Syren's Paint and Sip (SY)  
\*RSVP required to Dining Host Stand

8a Resident Led Tai Chi (M) **7**  
9a Coffee Connections (SY)  
9a Women's Strength Training (CZ)  
10a Mexican Train (SP)  
10a Stretch & Balance (M + HKTV)  
11a Resident Orientation to Dining Services (SP)  
**1p Interwar Germany and the USA Today: Are They Comparable Cases of the Failures of Democracy and Rise of Dictatorship? (M + HKTV)**  
3p Cancer Support Group (CA)  
3p Tai Chi/Qi Gong (M-S)  
4p Songsters (CL)

8-10a Benevolent Brew (SY) **8**  
8a Gentle Yoga with Paige (M)  
8a-2p Open Art Studio (CA)  
No Seated Core Strengthening  
No Stretch & Balance  
10a-12p Computer Help Desk (CL)  
**10a Grocery: Safeway**  
No Interval Training  
11a Parkinson's Support Group (A)  
11a Heron's Key Sketchers (CA)  
**1-2:30p Who Am I? Roger Williams: Tales From the Desert (M + HKTV)**  
2p Pinochle (CA)  
**3-5p Hoppy Hour: 7 Seas Brewing in Gig Harbor**  
3:30p Line Dancing (M)  
3:30p Book Club (CR)

8a Resident Led Tai Chi (M-S) **9**  
9a Coffee Connections (SY)  
No Women's Strength Training  
10a Resident Council Meeting (M + HKTV)  
1p Canasta (CA)  
2:30p Tai Chi Fan (M)  
3p Fiber Arts Group (CA)  
No Seated Core Strengthening  
3:30p Wine & Cheese (CL + Patio)

8-10a Benevolent Brew (SY) **10**  
No Total Body Circuit  
No Stretch & Balance  
**10:45a-2p Co-Ed Lunch at Woven in Point Ruston**  
No Interval Training  
1p Bridge (SP)  
1p Men's Cognition Support (A)  
2p Penrose Scenic Drive  
2-4p Traditional Mah-Jongg (CR)  
No Seated Core Strengthening  
4p Karaoke (M)  
7p Movie Night

8-10a Benevolent Brew (SY) **11**  
9:15a Tai Chi (M)  
3p Syren's Grille Happy Hour (SY)

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<p>10a-3p <b>12</b> Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p Traditional Mah Jongg (CR)</p>	<p>8a Yin Yoga with Paige (M) <b>13</b> 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) No Total Body Circuit <b>9:45a-3:30p Point No Point Lighthouse</b> <b>Tour &amp; Lunch in Hansville</b> 10a Grocery: Fred Meyer No Stretch &amp; Balance 10a Men's Bible Study (CA) 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1:30p Women's Bible Study (AL) 2p Chef's Cooking Class (SP) <i>*RSVP required to Dining Host Stand</i> 2p Penrose Scenic Drive</p>	<p>8a Resident Led Tai Chi (M) <b>14</b> 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Mexican Train (SP) 10a Gig Harbor Library 10a Stretch &amp; Balance (M + HKTV) 11a Caregiver Support Group (A) 1p Heart of Glass: Art and Innovation at 2100 Degrees with Katie Buckingham (M + HKTV) 3p Tai Chi/Qi Gong (M-S) 4p Songsters (CL)</p>	<p>8-10a Benevolent Brew (SY) <b>15</b> 8a Gentle Yoga with Paige (M) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) <b>9:30a-3:30p Bellevue Square Mall &amp; Lunch in Bellevue</b> 10a Stretch &amp; Balance (M + HKTV) 10a Express Grocery: Safeway 11a Interval Training (M + HKTV) 11a Heron's Key Sketchers (CA) 2p Pinochle (CA) 3p Food Committee Meeting (M) No Line Dancing Dinner Theater: 5p Irish Buffet (SP) *Reservation Required 6p Movie (M + HKTV)</p>	<p>8a Resident Led Tai Chi (M) <b>16</b> 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) <b>9:30a-1p Lakewold Gardens Tour &amp; Sound Chapter of Women Painters Exhibit in Lakewood</b> 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) <b>17</b> 9a Total Body Circuit (CZ) 10a Stretch &amp; Balance (M + HKTV) 11a Interval Training (M + HKTV) 1p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 7p Movie Night</p>	<p>8-10a Benevolent Brew (SY) <b>18</b> 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (CL and Patio)</p>
Clothing Drive for Food4All (CL)						
<p>10a-3p <b>19</b> Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p Traditional Mah Jongg (CR)</p>	<p>8a Yin Yoga with Paige (M) <b>20</b> 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) <b>9:30-11:30a Women's Breakfast at Sunset Grill in Gig Harbor</b> 10a Grocery: Target 10a Stretch &amp; Balance (M + HKTV) 10a Men's Bible Study (CA) 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 3p Maritime Mysteries of Tacoma and Gig Harbor with Chris</p>	<p>8a Resident Led Tai Chi (M) <b>21</b> 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Mexican Train (SP) 10a Stretch &amp; Balance (M + HKTV) 1p Great Decisions: Trump Tariffs and the Future of the World Economy (M + HKTV) 3p Cancer Support Group (CA) 3p Tai Chi/Qi Gong (M-S) 4p Songsters (CL)</p>	<p>8-10a Benevolent Brew (SY) <b>22</b> 8a Gentle Yoga with Paige (M) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a-12p Computer Help Desk (CL) <b>10:30a-4:30p Mariners Game</b> 10a Stretch &amp; Balance (M + HKTV) 10a Express Grocery: Safeway 11a Interval Training (M + HKTV) 11a Parkinson's Support Group (A) 11a Heron's Key Sketchers (CA) 2p Pinochle (CA) 3:30p Line Dancing (M) 3:30p Book Q+A with Rick Bleiweiss (A) 6:30p PVA Presents</p>	<p>8a Resident Led Tai Chi (M) <b>23</b> 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 11a Performing &amp; Visual Arts Interest Group Meeting (A) 1p Canasta (CA) 2p Birthday Party (CL and Patio) No Tai Chi Fan 3p Fiber Arts Group (CA) No Seated Core Strengthening 7p Reading Aloud with Gee &amp; Your Neighbors (A)</p>	<p>8-10a Benevolent Brew (SY) <b>24</b> 9a Total Body Circuit (CZ) <b>9:30a-12:30p Lunch at Bair Hardware &amp; Drug Store in Steilacoom</b> 10a Stretch &amp; Balance (M + HKTV) 11a Interval Training (M + HKTV) 1p Bridge (SP) 1p Men's Cognition Support (A) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 5p Chef Dinner (SP) <i>*RSVP required to Dining Host Stand</i> 7p Movie Night</p>	<p>8-10a Benevolent Brew (SY) <b>25</b> 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY) 5p Chef Dinner (SP) <i>*RSVP Required to Dining Host Stand</i></p>
<p>10a-3p <b>26</b> Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p Traditional Mah Jongg (CR)</p>	<p>8a Yin Yoga with Paige (M) <b>27</b> 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) <b>9a-2:30p Explore Seattle</b> 10a Grocery: Trader Joe's in Silverdale 10a Stretch &amp; Balance (M + HKTV) 10a Men's Bible Study (CA) 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1:30p Women's Bible Study (AL) 2p Penrose Scenic Drive 3p The Harbor Hope Center with Daniel Johnson (M + HKTV)</p>	<p>8a Resident Led Tai Chi (M) <b>28</b> 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Mexican Train (SP) 10a Stretch &amp; Balance (M + HKTV) <b>1-2:30p Blowin' in the Wind: Songs and Stories of Bob Dylan with Joel Underwood (M)</b> No Tai Chi/Qi Gong 4p Songsters (Penrose)</p>	<p>8-10a Benevolent Brew (SY) <b>29</b> 8a Gentle Yoga with Paige (M) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a Express Grocery: Safeway 10a Stretch &amp; Balance (M + HKTV) 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) <b>30</b> 9a Coffee Connections (SY) <b>9a-3p High Steel Bridge Hike &amp; Lunch at 2 Margaritas in Union</b> 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) 4p Trivia (M)</p>	<p>8-10a Benevolent Brew (SY) <b>31</b> 9a Total Body Circuit (CZ) 10a Stretch &amp; Balance (M + HKTV) 11a Interval Training (M + HKTV) 1p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) <b>6:45-10p Hairspray the Musical at Tacoma Musical Playhouse</b> 7p Movie Night</p>	