

August 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

Penrose Featured Events in Blue
(Questions: contact Austin
Beauregard ext. 5766)

(HKTv) Streamed on HKTv 370



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

2

8a Yin Yoga with Paige (M)
9a Yoga Basics with Paige (M)
9a Coffee Connections (SY)
9a Total Body Circuit (CZ)
10a Grocery: Metropolitan Market
10a Men's Bible Study (CA)
10a Stretch & Balance (M + HKTv)
10:30a-1p Co-ed Brunch at Farm12
in Puyallup
12-4p American Mah-Jongg (CA)
1p Mindful Meditation (M-S)
1:30p Women's Bible Study (AL)
2p Penrose Scenic Drive

3

8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
10a Mexican Train (SP)
10a Gig Harbor Library
10a Stretch & Balance (M + HKTv)
11a Caregiver Support Group (A)
3p Tai Chi/Qi Gong (M-S)
4p Songsters Rehearsal (CL)
5-7p "Summer Sounds at Skansie"
Concert Series: The Mixed
Tape Band

4

8-10a Benevolent Brew (SY)
8a Gentle Yoga with Paige (M)
8a-2p Open Art Studio (CA)
8:15a-3p Skookum Flats North
Trail Hike in Enumclaw
No Seated Core Strengthening
No Stretch & Balance
10a-12p Computer Help Desk (CL)
10a Express Shopping: Safeway
No Interval Training
11a Heron's Key Sketchers (CA)
2p Pinochle (CA)
3:30p Line Dancing (M)

5

8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
9:15a-2p Freedom Plane National
Tour: Documents That
Forged a Nation at the
Museum of History and
Industry in Seattle
1p Canasta (CA)
2:30p Tai Chi Fan (M)
3p Fiber Arts Group (CA)
3:30p Seated Core Strengthening (M)
4p Trivia (M)

6

8-10a Benevolent Brew (SY)
No Total Body Circuit
No Stretch & Balance
10a Grocery: Trader Joe's in University
Place
No Interval Training
12:45-2:45p Wine Tasting at Spruce Hill
Winery in Gig Harbor
1p Bridge (SP)
2p Penrose Scenic Drive
2-4p Traditional Mah-Jongg (CR)
No Seated Core Strengthening
7p Movie Night

7

8-10a Benevolent
Brew (SY)
9:15a Tai Chi (M)
10:30a-2:30p
"In the Spirit"
Glass Arts Market
& Northwest
Native Festival in
Tacoma
3p Syren's Grille
Happy Hour (SY)

8

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

9

8a Yin Yoga with Paige (M)
9a Yoga Basics with Paige (M)
9a Coffee Connections (SY)
No Total Body Circuit
10a Grocery: WinCo
10a Men's Bible Study (CA)
No Stretch & Balance
12-4p American Mah-Jongg (CA)
1p Mindful Meditation (M-S)
1p Plant Swap! (CL Patio)
1:30p Women's Bible Study (AL)
2p Penrose Scenic Drive
4p Gospel Karaoke (M)

10

8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
10a Mexican Train (SP)
No Stretch & Balance
10a State of the Organization
with Emerald Communities
(M + HKTv)
11a Resident Orientation to Dining
Services (SY)
3p Cancer Support Group (CA)
3p Tai Chi/Qi Gong (M-S)
4p Songsters Sing-a-long (CL)

11

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-12p Computer Help Desk (CL)
10a Express Shopping: Safeway
11a Interval Training (M + HKTv)
11a Parkinson's Support Group (A)
11a Heron's Key Sketchers (CA)
2p Pinochle (CA)
2-4p Campus Summer BBQ
(M, CL, and Patio)
3:30p Book Club (CR)
No Line Dancing

12

8a Resident Led Tai Chi (M-S)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
10a Resident Council Meeting
(M + HKTv)
1p Canasta (CA)
2:30p Tai Chi Fan (M)
3p Fiber Arts Group (CA)
3:30p Wine and Cheese (CL)
3:30p Seated Core Strengthening (M)

13

8-10a Benevolent Brew (SY)
9a Total Body Circuit (CZ)
10a Stretch & Balance (M + HKTv)
10a Grocery: Fred Meyer in Port Orchard
11a Interval Training (M + HKTv)
12p Key Quilters (SY)
1p Bridge (SP)
1p Men's Cognition Support Group (A)
2p Penrose Scenic Drive
2-4 Traditional Mah-Jongg (CR)
3:30p Seated Core Strengthening (M)
5:30-10p Tacoma Rainiers Paint the
Park Purple at Cheney
Stadium
7p Movie Night

14

8-10a Benevolent
Brew (SY)
9:15a Tai Chi (M)
2-4p Ice Cream Social
(Athena Park)
3p Syren's Grille
Happy Hour (CL and
Patio)

15

Mon

Tue

Wed

Thu

Fri

Sat



HERON'S KEY
GIG HARBOR
A MEMBER OF EMERALD COMMUNITIES