

September 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

Fitness Classes in Green

Off Campus Trips in Orange

Penrose Featured Events in Blue
(Please contact Austin Beauregard with questions ext. 5766)

(HKTv) Streamed on HKTv 370



		8a Resident Led Tai Chi (M) 1 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Stretch & Balance (M + HKTv) 10a Mexican Train (SP) 11a Caregiver Support Group (A) 1p Communism: Its Origins and History with Bill (M & HKTv) No Tai Chi/Qi Gong 4p Songsters Rehearsal (CL)	8-10a Benevolent Brew (SY) 2 8a-2p Open Art Studio (CA) No Gentle Yoga with Paige 9a-1:30p Sequelitchew Creek Trail in Dupont 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) No Line Dancing Maritime Room is closed 8a-5p for deep cleaning	8a Resident Led Tai Chi (M) 3 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 9a-3p Tour & Lunch at Emerald Heights in Redmond 11a Green Group (A) 1p Canasta (CA) 1p Drum Circle with Ebb (A) 2:30p Tai Chi Fan (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 3:30p Book Club (CR)	8-10a Benevolent Brew (SY) 4 9a Total Body Circuit (CZ) 10a Stretch & Balance (M + HKTv) 10a Grocery: Trader Joe's Silverdale 11a Interval Training (M + HKTv) 1p Bridge (SP) 1p Globus Sensation: What is Stuck in My Throat? with PA Katherine Kurtz (M + HKTv) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CA) 3:30p Seated Core Strengthening (M) 7p Movie Night	8-10a Benevolent Brew (SY) 5 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)
10a-3p 6 Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jong (CA)	7 HAPPY LABOR Day Labor Day Cook-Out (M + Patio) 11am-3pm Reservations encouraged to Dining Host Stand	8a Resident Led Tai Chi (M) 8 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Stretch & Balance (M + HKTv) 10a Mexican Train (SP) 10a Gig Harbor Library 10:45a-12:30p Harbor Hope Center Open House in Tacoma 11a Monthly Food & Beverage Orientation (SY) 1p Doomscrolling Detox: Finding Your Balance in the Digital Age with Andrew Wahl (M + HKTv) 3p Cancer Support Group (CA) 3p Tai Chi/Qi Gong (M-S) 4p Songsters Sing-a-long (CL)	8-10a Benevolent Brew (SY) 9 No Yoga 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a Stretch & Balance (M + HKTv) 10a Express Shopping: Fred Meyer 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? The Writers Next Door (M + HKTv) 2p Pinochle (CA) 3:30p Line Dancing (M)	8a Resident Led Tai Chi (M) 10 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Resident Council Meeting (M + HKTv) 11a-1p International Tastings: Kamei Sushi in Tacoma 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) 11 No Total Body Circuit 9:30a-1p Lakewold Gardens Tour in Lakewood No Stretch & Balance No Interval Training 12p Key Quilters (SY) 1p Bridge (SP) 1p Men's Cognition Support Group (A) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CA) No Seated Core Strengthening 7p Movie Night	8-10a Benevolent Brew (SY) 12 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jong (CA) 13	No Yoga 9a Coffee Connections (SY) No Total Body Circuit 10a-2p Washington State Fair in Puyallup 10a Grocery: Target 10a Men's Bible Study (CA) 10a Stretch & Balance with Cindy (M) 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1:30p Women's Bible Study (AL) 2p Penrose Scenic Drive 3p Composting Forum with Zero Waste Bainbridge's Diane Landry and Barbara Ochota (M + HKTV) 14	8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) No Women's Strength Training No Stretch & Balance 10a Mexican Train (SP) 11a Caregiver Support Group (A) 1p Little Red Dots and Other Space Mysteries with Franke Petrie and Peter Moseley (M + HKTV) 3p Tai Chi/Qi Gong (M-S) 4p Songsters Rehearsal (CL) 15	8-10a Benevolent Brew (SY) 8a-2p Open Art Studio (CA) No Yoga 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) 1p Vision Matters with Nick May (M + HKTV) 2p Pinochle (CA) 3p Food Committee Meeting (M) No Line Dancing 16	8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) No Women's Strength Training 1p Drum Circle with Ebb (A) 1p Canasta (CA) No Tai Chi Fan 3p Fiber Arts Group (CA) No Seated Core Strengthening 6:15-10p AbbaMania at the Rialto Theater in Tacoma 17	8-10a Benevolent Brew (SY) No Total Body Circuit 10a Grocery: Trader Joe's in University Place 10a Stretch & Balance with Cindy (M) No Interval Training 1p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CA) No Seated Core Strengthening 3:30p Wine and Cheese (CL) 7p Movie Night 18	8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY) 19
Food Drive for Food4All (CL)						
10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jong (CA) 20	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 11a-1p International Tastings: El Pulgarcito III in Lakewood 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1:30p Women's Bible Study (AL) 2p Penrose Scenic Drive 3p Wildlife Interaction with Old-School Exotics & Reptiles (M) 21	8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) No Women's Strength Training 9-11a Women's Breakfast at The Pinecone in Tacoma 10a Stretch & Balance (M + HKTV) 10a Mexican Train (SP) 1p The Levant Writ Large: Lebanon, Syria, Israel, Palestine, and Turkey with David Fenner (M + HKTV) 3p Cancer Support Group (CA) 3p Tai Chi/Qi Gong (M-S) 4p Songsters Sing-a-long (Penrose) 22	8-10a Benevolent Brew (SY) 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 Express Shopping: Safeway 11a Parkinson's Support Group (A) No Interval Training Today 11a Heron's Key Sketchers (CA) 1-2:30p Interest Group Fair (M) 2p Pinochle (CA) 3:30p Line Dancing (M) 23	8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) No Women's Strength Training 9:30a-1p Tacoma Art Museum "SOLA" Exhibit Tour & Lunch 1p Canasta (CA) 1p DEI: Returning to the Fundamentals (M + HKTV) 2:30p Tai Chi Fan (M) 3p Fiber Arts Group (CA) No Seated Core Strengthening 7p Reading Aloud with Gee & Your Neighbors (A) 24	8-10a Benevolent Brew (SY) No Total Body Circuit No Stretch & Balance No Interval Training 1p Bridge (SP) 1p Men's Cognition Support Group (A) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CA) No Seated Core Strengthening 4p Karaoke (M) 7p Movie Night 25	8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY) 26
Food Drive for Food4All (CL)						
10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jong (CA) 27	8a Yin Yoga with Paige (M) 9a Yoga Basics with Paige (M) 9a Coffee Connections (SY) No Total Body Circuit 10a Grocery: Trader Joe's in University Place No Stretch & Balance 10a Men's Bible Study (CA) 11a-2:30p Shopping & Lunch at Emish Ukrainian Market in Fife 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) 28	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) 1p Capitalism: It's Evolution and Features with Bill (M & HKTV) 2p Birthday Party (CL) No Tai Chi/Qi Gong 3p Balance Matters with Courtney Soran (M + HKTV) 29	8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a-12p Computer Help Desk (CL) 10a Stretch & Balance (M + HKTV) 10a Express Shopping: Safeway 11a Interval Training (M + HKTV) 11a Heron's Key Sketchers (CA) 1p Preventing and Recovering from Scams with Matthew Santelli (M + HKTV) 2p Pinochle (CA) 3:30p Line Dancing (M) 30	 HERON'S KEY GIG HARBOR A MEMBER OF EMERALD COMMUNITIES 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 Featured Events in Blue (Please contact Austin Beauregard with questions ext. 5766) (HKTV) Streamed on HKTV 370