



NOVEMBER 2026



SUN	MON	TUES	WED	THURS	FRI	SAT
10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p Int'l Mah Jongg (CR)	8a Yin Yoga with Paige (M) 9a Yoga Basics (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: Walmart 10a Stretch & Balance (M + HKTV) 10a Men's Bible Study (CA) 11:15-3p Library at Noon Concert at University of Puget Sound & Lunch at Cactus in Tacoma 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M) 2p Penrose Scenic Drive 3p Medicare Updates with Amber Valdovinos WMCP (M + HKTV)	8a Resident Led Tai Chi (M) 9a Coffee Connections (SP) 9a Women's Strength Training (CZ) 10a Mexican Train (SP) 10a Resident Dining Listening Session (SY) 10a Gig Harbor Library 10a Stretch & Balance (M + HKTV) 11a Caregiver Support Group (A) 1p Women in Art: The Body as Battleground with Alison Kettering (M + HKTV) 3p Tai Chi/Qi Gong (M) 4p Songsters Rehearsal (M)	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 (CL) 10a Stretch & Balance (M + HKTV) 10a Express Grocery: Safeway 11a Interval Training (M + HKTV) 11a HK Sketchers (CA) 1-3p Classic Radio Programs from the 1940's and 50's with the HK Radio Players (M + HKTV) 1p Drum Circle (A) 2p Pinochle (CA) 3:30p Line Dancing (M)	8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a-1p Museum of Glass Hot Shop featuring artist Josefina Munoz Torres in Tacoma 1p Canasta (CA) 2:30p Tai Chi Fan (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 3:30p Book Club (L) 4p Trivia (M)	8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Stretch & Balance (M + HKTV) 10a-1:30p Marine Life Center & Lunch at El Pueblito in Gig Harbor 11a Interval Training (M + HKTV) 1p Bridge (SP) 2-4p Traditional Mah-Jongg (CR) 2p Penrose Scenic Drive 2p Event Billing Essentials with Resident Services (M + HKTV) 3:30p Seated Core Strengthening (M) 7p Movie Night	8a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY) 3p Songs for the Journey with the Heron's Key Songsters (M)
10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p Int'l Mah Jongg (CR)	8a Yin Yoga with Paige (M) 9a Yoga Basics (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 10a Grocery: Winco 10a Stretch & Balance (M + HKTV) 10a Men's Bible Study (CA) 11a-2p Co-Ed Lunch at Dry Fly Cafe in Port Orchard 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M) 2p Chef's Cooking Class (SP) *RSVP required to Dining Host 2p Penrose Scenic Drive 3p Autumn Reflections (M)	8a Resident Led Tai Chi (M) 9a Coffee Connections (SP) 9a Women's Strength Training (CZ) 10a Mexican Train (SP) 10a Stretch & Balance (M + HKTV) 11a Resident Orientation to Dining Services (SY) 1-3p Veterans Day Sing-a-long with David Fenner (M + HKTV) 3p Cancer Support Group (CA) 3p Tai Chi/Qi Gong (M) 4p Songsters Sing-a-long (CL)	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 (CL) 10a Stretch & Balance (M + HKTV) 10a Express Grocery: Safeway 10:30a- 2p Veterans Day Brunch at the Gig Harbor Aero Museum 11a Interval Training (M + HKTV) 11a HK Sketchers (CA) 11a Parkinson's Support Group (A) 2p Pinochle (CA) 3:30p Line Dancing (M)	8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a Resident Association Meeting (M + HKTV) 1p Canasta (CA) 1p Alzheimer's Walk (CL) 2:30p Tai Chi Fan (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)	8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 1p Bridge (SP) 1p Men's Cognition Support Group (A) 2-4p Traditional Mah-Jongg (CR) 2p Penrose Scenic Drive 3:30p Seated Core Strengthening (M) 4p Karaoke (M) 7p Movie Night	8a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)

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10a-3p Sunday Brunch (SY) 15 2p Penrose Church Service (SNF) 3:30p Int'l Mah Jongg (CR)	8a Yin Yoga with Paige (M) 9a Yoga Basics (M) 9a Coffee Connections (SY) 16 9a Total Body Circuit (CZ) 10a-1p Tacoma Mall & Lunch in Tacoma 10a Men's Bible Study (CA) 10a Grocery: Trader Joe's in UP 10a Stretch & Balance (M + HKTV) 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M) 2p Penrose Scenic Drive 3p An Update with Gig Harbor Fire's Division Chief Patrick Phillips (M + HKTV)	8a Resident Led Tai Chi (M) 9a Coffee Connections (SP) 17 9a Women's Strength Training (CZ) 10a Mexican Train (SP) 10a Stretch & Balance (M + HKTV) 11a Caregiver Support Group (A) 1p Being Human in the Age of AI with Dr. Chirag Shah (M + HKTV) 3-5 Hoppy Hour at 7 Seas Brewing 3p Tai Chi/Qi Gong (M) 4p Songsters Rehearsal (M)	8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 18 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10-12p Computer Help (CL) 10a Stretch & Balance (M + HKTV) 10a Express Grocery: Safeway 11a Interval Training (M + HKTV) 11a HK Sketchers (CA) 1-3p 24th Annual Fine Art Show at the Gig Harbor Aero Museum 1p Drum Circle (A) 2p Pinochle (CA) 3p Food Committee (M) No Line Dancing	8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 19 9a Women's Strength Training (CZ) 10a-12p Taming the Mouth Screening + Q&A (M + HKTV) 1p Canasta (CA) 2p Turkey Trot (CL) No Tai Chi Fan 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)	8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 20 No Stretch & Balance 10a Budget Presentation with Chief Financial Officer Denisa Feddersen (M + HKTV) No Interval Training 1p Bridge (SP) 2-4p Traditional Mah-Jongg (CR) 2p Birthday Party (CL) 3:30p Seated Core Strengthening (M) 6:15-10p Cat on a Hot Tin Roof in Poulsbo 7p Movie Night: <i>Planes, Trains, and Automobiles</i> (M + HKTV)	8a Benevolent Brew (SY) 21 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)
10a-3p Sunday Brunch (SY) 22 11:30a-5p Seattle Symphony: Mozart's Requiem with Xian 2p Penrose Church Service (SNF) 3:30p Int'l Mah Jongg (CR)	8a Yin Yoga with Paige (M) 9a Yoga Basics (M) 9a Coffee Connections (SY) 23 9a Total Body Circuit (CZ) No Grocery Shopping 10a Stretch & Balance (M + HKTV) 10a Men's Bible Study (CA) 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M) 2p Penrose Scenic Drive 3p Wine and Cheese (CL)	8a Resident Led Tai Chi (M) 9a Coffee Connections (SP) 24 9a Women's Strength Training (CZ) 10a Mexican Train (SP) 10a Stretch & Balance (M + HKTV) 3p Cancer Support Group (CA) 3p Tai Chi/Qi Gong (M) 4p Songsters Sing-a-long (P)	8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 25 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 10a-12p Computer Help (CL) 10a Stretch & Balance (M + HKTV) 10a Express Grocery: Safeway 11a Interval Training (M + HKTV) 11a HK Sketchers (CA) 11a Parkinson's Support Group (A) 2p Pinochle (CA) 3:30p Line Dancing (M)	happy Thanksgiving 26 Thanksgiving Buffet 11a-3p Reservation Required Administration Closed	8-10a Benevolent Brew (SY) No Total Body Circuit No Stretch & Balance No Interval Training 1p Bridge (SP) No Men's Cognition Support 2-4p Traditional Mah-Jongg (CR) 27 2p Penrose Scenic Drive No Seated Core Strengthening 7p Movie Night	8a Benevolent Brew (SY) 28 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)
10a-3p Sunday Brunch (SY) 29 2p Penrose Church Service (SNF) 3:30p Int'l Mah Jongg (CR)	No Yoga with Paige 9a Coffee Connections (SY) 30 9a Total Body Circuit (CZ) 10a Grocery: Trader Joe's in Silverdale 10a Men's Bible Study (CA) 10a Stretch & Balance (M + HKTV) 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M) 2p Penrose Scenic Drive		season of Gratitude	(A) Anchor Room (AL) Assisted Living (CA) Creative Arts Studio (CL) Clubhouse Lobby (CR) Chart Room (CZ) Conditioning Zone (L) Library (M) Maritime Room (P) Penrose (SN) Skilled Nursing (SP) Spinnakers (SY) Syren's Grille	Fitness Classes in Green Off Campus Trips in Orange Penrose Events in Blue (HKTV) Streamed on HKTV 370	