

October 2026

SunMonTueWedThuFriSat

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
(Contact Austin Beauregard with questions ext. 5766)

(HKTV) Streamed on HKTV 370



8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
1p Canasta (CA)
2-4p Hoppy Hour at 7 Seas Brewing in Gig Harbor
2:30p Tai Chi Fan (M)
3p Fiber Arts Group (CA)
3:30p Seated Core Strengthening (M)
3:30p Book Club (A)

8-10a Benevolent Brew (SY)
9a Total Body Circuit (CZ)
10a Stretch & Balance (M + HKTV)
11a Interval Training (M + HKTV)
1p Bridge (SP)
1p Phase 2 Update with GLY Construction (M + HKTV)
2-4p Traditional Mah-Jongg (CR)
2p Penrose Scenic Drive
3:30p Seated Core Strengthening (M)
7p Movie Night (M + HKTV)

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

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

8a Yin Yoga with Paige (M)
9a Coffee Connections (SY)
9a Total Body Circuit (CZ)
9a Yoga Basics with Paige (M)
10a Men's Bible Study (CA)
10a Stretch & Balance (M + HKTV)
12-4p American Mah-Jongg (CA)
1p Mindful Meditation (M-S)
1:30p Women's Bible Study (AL)
2p Penrose Scenic Drive
3-5p Taming the Mouth Documentary Screening and Q&A (M + HKTV)

8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
10a Gig Harbor Library
10a Resident Listening Session (SY)
10a Mexican Train (SP)
10a Stretch & Balance (M + HKTV)
11a Caregiver Support Group (A)
1p Women in Art: The Exceptions to the Rule with Alison Kettering (M + HKTV)
3p Tai Chi/Qi Gong (M-S)
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 Computer Help Desk (CL)
10a Stretch & Balance (M + HKTV)
10a Express Grocery: Safeway
11a Interval Training (M + HKTV)
11a Heron's Key Sketchers (CA)
12:45p-3p Harbor History Museum in Gig Harbor
1-2p Floor Meetings: 4th Floor (M)
1p Timeless Rhythms Drum Circle (A)
2p Monthly Kitchen Tour (SY)
2-3p Floor Meetings: 2nd Floor (M)
2p Pinochle (CA)
3-4p Floor Meetings: 1st and 6th Floors (M)

8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
10a Resident Council Meeting (M + HKTV)
1p Canasta (CA)
1-2p Floor Meetings: 3rd Floor (M)
2-3p Floor Meetings: 5th Floor (M)
No Tai Chi Fan
3-4p Floor Meetings: Cottages (M)
3p Fiber Arts Group (CA)
No Seated Core Strengthening

8-10a Benevolent Brew (SY)
9a Total Body Circuit (CZ)
10a Stretch & Balance (M + HKTV)
11a Interval Training (M + HKTV)
11:30a-3p Oktoberfest at the Puyallup Fairgrounds
12p Key Quilters (SY)
1p Bridge (SP)
1p Men's Cognition Support Group (A)
2p Penrose Scenic Drive
2-4p Traditional Mah-Jongg (CR)
3p Building a More Inclusive Community with Lorna Hernandez Jarvis (M + HKTV)
No Seated Core Strengthening
7p Movie Night (M + HKTV)

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

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

8a Yin Yoga with Paige (M)
9a Coffee Connections (SY)
9a Total Body Circuit (CZ)
9a Yoga Basics with Paige (M)
10a Men's Bible Study (CA)
10a Grocery: Walmart
10a Stretch & Balance (M + HKTV)
12-4p American Mah-Jongg (CA)
12-12:20p Fitness Expo: Cottages & Floor 1 (M)
12:20-12:40p Fitness Expo: Floor 2 (M)
12:40-1p Fitness Expo: Floor 3 (M)
No Mindful Meditation
1-1:20p Fitness Expo: Floor 4 (M)
1:20-1:40p Fitness Expo: Floors 5 & 6 (M)
1:30p Women's Bible Study (A)

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)
11a Monthly Food & Beverage Orientation (SP)
1p Spooky, Scary Skeletons with Rachel Easton of Harbor Wild Watch (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)
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 Grocery: Safeway
11a Parkinson's Support Group (A)
11a Interval Training (M) + HKTV
11a Heron's Key Sketchers (CA)
1p Who Am I? Heron's Key Physical Therapists (M + HKTV)
2p Pinochle (CA)
3:30p Line Dancing (M)

8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Women's Strength Training (CZ)
10:15a The Great Shake-Out Exercise
1p Canasta (CA)
2:30p Tai Chi Fan (M)
3p Fiber Arts Group (CA)
3:30p Seated Core Strengthening (M)

Covid/Flu Clinic (SP) (Registration Required)

8-10a Benevolent Brew (SY)
9a Total Body Circuit (M)
9:30a-12:30p Meeker Mansion Tour in Puyallup
10a Stretch & Balance (M + HKTV)
11a Interval Training (M + HKTV)
1p Bridge (SP)
2p Walk-a-thon Party: Santa Monica (M)
2p Penrose Scenic Drive
2-4p Traditional Mah-Jongg (CR)
3:30p Seated Core Strengthening (M)
7p Movie Night (M + HKTV)

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

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
18 10a-3p Sunday Brunch (SY) 3p Pacificato Trio Concert (M + HKTV) 2p Penrose Church Service (SNF) 3:30p International Mah-Jongg (CR)	19 8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 9a Yoga Basics with Paige (M) 10a Men's Bible Study (CA) 10a Grocery: WinCo 10a Stretch & Balance (M + HKTV) 11a-2p Co-Ed Lunch at The Garage in Bremerton 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1:30p Women's Bible Study (AL) 2p Penrose Scenic Drive 3p Self Defense with Bob (M + HKTV) 4p Raised Bed Garden Meeting (A)	20 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) 11a Caregiver Support Group (A) 1p Women in Art: Modernity and the Domestic Sphere (M + HKTV) 3p Tai Chi/Qi Gong (M-S) 4p Songsters Rehearsal (M)	21 8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 9:15a-3p Squaxin Museum Tour in Shelton and Lunch at Little Creek Casino 10a Stretch & Balance (M + HKTV) 10a-12p Computer Help Desk (CL) 10a Express Grocery: Safeway 11a Interval Training (M + HKTV) 11a Parkinson's Support Group (A) 11a Heron's Key Sketchers (CA) 1p Timeless Rhythms Drum Circle (A) 2p Pinochle (CA) 3p Food Committee (M) No Line Dancing	22 8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 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 7p Reading Aloud with Gee & Your Neighbors (A)	23 8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 1-3p Bridge (SP) 1p Men's Cognition Support (A) 1p An Update with St. Anthony's Leadership Interim President, Keith Sprague, and Director of Nursing, Sunny Lay (M + HKTV) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 4p Karaoke! (M) 7p Movie Night (M + HKTV)	24 8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)
25 10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jongg (CR)	26 8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 9a Yoga Basics with Paige (M) 10a Men's Bible Study (A) 10a Grocery: Trader Joe's in University Place 10a Stretch & Balance (M + HKTV) 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1:30p Women's Bible Study (A) 2p Penrose Scenic Drive 3-5p Fleece Hat Making (M)	27 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 Facing Turmoil with Integrity: What Gandhi and MLK Learned From an Ancient Masterpiece with Thomas Hitoshi Pruiksma (M + HKTV) 3p Cancer Support Group (CA) 3p Tai Chi/Qi Gong (M-S) 4p Songsters Sing-a-long (Penrose)	28 8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 8a-2p Open Art Studio (CA) 9a Seated Core Strengthening (M) 9:30a-2:30p Explore the Ballard Locks, Botanical Garden, and Sack Lunch in Ballard 10a Stretch & Balance (M + HKTV) 10a-12p Computer Help Desk (CL) 10a Express Grocery: Safeway 11a Interval Training (M + HKTV) 11a Heron's Key Sketchers (CA) 2p Pinochle (CA) 2p Birthday Party (CL) 3:30p Line Dancing (M)	29 8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Women's Strength Training (CZ) 10a-12p Women's Breakfast at Sunset Grill in Gig Harbor 10a RASC Meeting (A) 11a Performing Arts Meeting (A) 1-3p Election 2026: State Legislature Candidates Forum (M + HKTV) 1p Canasta (CA) No Tai Chi Fan 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 6:45p Neighborhood Halloween Decoration Drive	30 8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Stretch & Balance (M + HKTV) 11a Interval Training (M + HKTV) 11a Halloween Costume Parade (CL) 1-3p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3p Hallo-Wine and Cheese (CL) 3:30p Seated Core Strengthening (M) 7p Movie Night (M + HKTV)	31 8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY) 
					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	Fitness Classes in Green Off Campus Trips in Orange (Contact Austin Beauregard with questions ext. 5766) (HKTV) Streamed on HKTV 370