

Sun

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### KEY

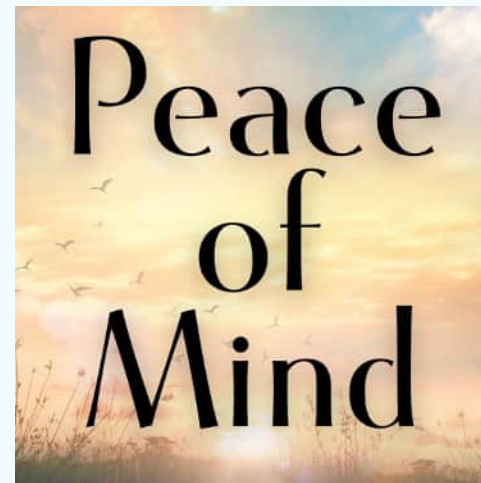
- (A) Anchor Room
- (CA) Creative Arts Studio
- (CL) Clubhouse Lobby
- (CR) Chart Room
- (CZ) Conditioning Zone
- (M) Maritime Room
- (M-P) Maritime Room Port
- (M-S) Maritime Room Starboard
- (SNF) Skilled Nursing in Penrose
- (SP) Spinnakers
- (SY) Syren's Grille

Fitness Classes in Green

Off Campus Trips in Orange

Penrose Featured Events in Blue  
*(must RSVP with Jackie Mondragon)*

📺 Streamed on HKTv 370



	<p>8a Resident Led Tai Chi (M) <b>1</b></p> <p>9a Coffee Connections (SY)</p> <p>9a Ladies Strength Training (CZ)</p> <p>10a Stretch &amp; Balance (M)</p> <p>10a Gig Harbor Library</p> <p>11a Caregiver Support Group (A)</p> <p>1-2p 📺 <i>The Ribbon of Highway: Wood Guthrie with Joel Underwood (M)</i></p> <p>3p Tai Chi with Angela (M-S)</p> <p>4p Songsters (CL)</p>	<p>8-10a Benevolent Brew (SY) <b>2</b></p> <p>8a Resident Led Yoga (M)</p> <p>9a Seated Core Strengthening (M)</p> <p>9a Men's Bible Study (A)</p> <p>9:30-11:30a <b>Women's Breakfast at The Homestead in Tacoma</b></p> <p>10a 📺 Stretch &amp; Balance (M)</p> <p>10a-12p Open Art Studio (CA)</p> <p>10a-12p Computer Help Desk (CL)</p> <p>11a 📺 Interval Training (M)</p> <p>11a <b>Grocery Shopping: Safeway</b></p> <p>1p Heron's Key Sketchers (CA)</p> <p>2p 📺 <i>Who Am I? Adventures in the Journey to Assisted Living with Don Egge (M)</i></p> <p>2:30p Pinochle (CA)</p> <p>6:30p 📺 Classical Music Concert: Mozart's No. 41 and Eine Kleine Nachtmusik (M)</p>	<p>8a Resident Led Tai Chi (M) <b>3</b></p> <p>9a Coffee Connections (SY)</p> <p>9a Ladies Strength Training (CZ)</p> <p>1p Canasta (CA)</p> <p>2:30 Qi Gong (M)</p> <p>3p Fiber Arts Group (CA)</p> <p>3:30p Seated Core Strengthening (M)</p>	<p>8-10a Benevolent Brew (SY) <b>4</b></p> <p>8a Resident Leg Yoga (M)</p> <p>9a Total Body Circuit (CZ)</p> <p>9a <b>Grocery Shopping: Trader Joe's in Silverdale</b></p> <p>10a 📺 Stretch &amp; Balance (M)</p> <p>11a 📺 Interval Training (M)</p> <p>11a-2p <b>Co-Ed Lunch at Zog's in Fox Island</b></p> <p>11:30a Mexican Train (CA)</p> <p>1p Bridge (SP)</p> <p>2p Traditional Mah-Jongg (CR)</p> <p>3:30p Seated Core Strengthening (M)</p> <p>6:45-10p <b>The Wedding Singer at Tacoma Musical Playhouse</b></p> <p>7p Movie Night: <i>Grumpier Old Men</i> PG-13 (M)</p>	<p>8-10a Benevolent Brew (SY) <b>5</b></p> <p>9:15a Tai Chi (M)</p> <p>3p Syren's Grille Happy Hour (SY)</p>	
<p>10a-3p <b>6</b></p> <p>Sunday Brunch (SY)</p> <p>2p 📺 <b>Penrose Church Service (SNF)</b></p> <p>2p 📺 Movie Date with Scott: <i>Bird On a Wire (M)</i></p> <p>5p 📺 <b>A Musical Soiree with the Washington State Music Teachers Association (M)</b></p>	<p>8a Resident Led Yoga (M) <b>7</b></p> <p>9a Coffee Connections (SY)</p> <p>9a Total Body Circuit (CZ)</p> <p>9a <b>Grocery Shopping: Fred Meyer</b></p> <p>10a 📺 Stretch &amp; Balance (M)</p> <p>12-4p American Mah-Jongg (CA)</p> <p>1p Mindful Meditation (M-S)</p> <p>1p <b>Neighborhood Walk (CL)</b></p> <p>1:30p Women's Bible Study (A)</p> <p>2p <b>Monthly Chef Demo (SP)</b> (*rsvp required to 253.313.0797)</p> <p>2p <b>Penrose Scenic Drive</b></p> <p>3p Lifelong Learning Meeting (A)</p>	<p>8a Resident Led Tai Chi (M) <b>8</b></p> <p>9a Coffee Connections (SY)</p> <p>9a Ladies Strength Training (CZ)</p> <p>10a Stretch &amp; Balance (M)</p> <p>10a <b>Dollar Tree &amp; Cost Less Pharmacy in Purdy</b></p> <p>11a Monthly Food &amp; Beverage Orientation (SP)</p> <p>1-3p <b>Virtual Reality and Healing with Continuum Hospice (M)</b></p> <p>3p Cancer Support Group (CA)</p> <p>3p Tai Chi with Angela (M-S)</p> <p>4p Songsters (CL)</p>	<p>8-10a Benevolent Brew (SY) <b>9</b></p> <p>8a Resident Led Yoga (M)</p> <p>9a Seated Core Strengthening (M)</p> <p>9a Men's Bible Study (A)</p> <p>10a 📺 Stretch &amp; Balance (M)</p> <p>10a-12p Open Art Studio (CA)</p> <p>10a-12p Computer Help Desk (CL)</p> <p>11a 📺 Interval Training (M)</p> <p>11a <b>Grocery Shopping: Safeway</b></p> <p>11:30 Newcomer's Café (SP)</p> <p>1p Heron's Key Sketchers (CA)</p> <p>2p Raised Garden Bed Meeting (M)</p> <p>2:30p Pinochle (CA)</p> <p>3p Parkinson's Support Group (A)</p> <p>3:30p Book Club (CR)</p> <p>6:30p 📺 Classical Music Concert: Mozart's Clarinet Concerto, Bassoon Concerto, and Overture to Don Giovanni (M)</p>	<p>8a Resident Led Tai Chi (M) <b>10</b></p> <p>9a Coffee Connections (SY)</p> <p>9a Ladies Strength Training (CZ)</p> <p>10a 📺 Resident Council Meeting (M)</p> <p>1p Canasta (CA)</p> <p>1-2:30p 📺 <b>Let It Not Happen Again - Lessons from the Japanese American Exclusion with Clarence Moriwaki (M)</b></p> <p>2:30p Qi Gong (M)</p> <p>2:30-10:30p <b>Lunch at McMenamins and Pacific Northwest Ballet Dress Rehearsal: Romeo et Juliette in Seattle</b></p> <p>3p Fiber Arts Group (CA)</p> <p><b>No Seated Core Strengthening Today</b></p> <p>4p Artists Gallery Wine and Cheese (M)</p>	<p>8-10a Benevolent Brew (SY) <b>11</b></p> <p>8a Resident Led Yoga (M)</p> <p>9a Total Body Circuit (CZ)</p> <p>9a <b>Grocery Shopping: Safeway Uptown</b></p> <p>10a 📺 Stretch &amp; Balance (M)</p> <p>11a 📺 Interval Training (M)</p> <p>11:30a Mexican Train (CA)</p> <p>12p Key Quilters (SY)</p> <p>1p Bridge (SP)</p> <p>2p Traditional Mah-Jongg (CR)</p> <p>2p 📺 <b>Transitions Seminar: Navigating the Different Levels of Care at Heron's Key (M)</b></p> <p>3:30p Seated Core Strengthening (M)</p> <p>7p Movie Night: <i>Harold and Maude</i> PG (M)</p>	<p>8-10a Benevolent Brew (SY) <b>12</b></p> <p>9:15a Tai Chi (M)</p> <p>1p 📺 <b>Broadway HD: Swan Lake (M)</b></p> <p>3p Syren's Grille Happy Hour (SY)</p>

# April 2025

# Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p><b>13</b></p> <p>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p <input type="checkbox"/> Movie Date with Scott: <i>The Fugitive</i> (M)</p>	<p><b>14</b></p> <p>8a Resident Led Yoga (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 9a Grocery Shopping: Walmart 10a Co-Ed Bible Study 10a <input type="checkbox"/> Stretch &amp; Balance (M) 11:30-2p Lunch at Freighthouse Square in Seattle 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1p Neighborhood Walk (CL) 1:30p Women's Bible Study (A) 2p Penrose Scenic Drive 2:15-3p Sound Bathing with Dee Mulder (M)</p>	<p><b>15</b></p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 9a Bird Watching with Mike West and Joyce Meyer (CL) 10a Stretch &amp; Balance (M) 11a Caregiver Support Group (A) 1p <input type="checkbox"/> Human Composting with Laura Cassidy of Recompose (M) 3p Tai Chi with Angela (M-S) 4p Songsters (CL)</p>	<p><b>16</b></p> <p>8a Resident Led Yoga (M) 8-10a Benevolent Brew (SY) 9a Seated Core Strengthening (M) 9a Men's Bible Study (A) 10-11:30a Windshield Tour of Gig Harbor 10a <input type="checkbox"/> Stretch &amp; Balance (M) 10a-12p Open Art Studio (CA) 10a-12p Computer Help Desk (CL) 11a <input type="checkbox"/> Interval Training (M) 11a Grocery Shopping: Safeway 1p Heron's Key Sketchers (CA) 2:30p Pinochle (CA) 3p Food Committee (M) 5p Dinner Theater: Thai Buffet (SP) *RSVP required to Host Stand 6p Dinner Theater: <i>The King and I</i> (M)</p>	<p><b>17</b></p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Genealogy Group Meeting (A) 10a Marketing Event (M) 1p Canasta (CA) 1-2:30p <input type="checkbox"/> Great Decisions: The Future of NATO and European Security with John Koenig (M) 2:30p Qi Gong (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)</p>	<p><b>18</b></p> <p>8-10a Benevolent Brew (SY) 8a Resident Led Yoga (M) 9a Total Body Circuit (CZ) 9a Grocery Shopping: Safeway Uptown 10a <input type="checkbox"/> Stretch &amp; Balance (M) 11a <input type="checkbox"/> Interval Training (M) 11:30a Mexican Train (CA) 1p Bridge (SP) 1-4p Japanese Exclusion Memorial on Bainbridge 2p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 7p Movie Night: <i>Dead Poets Society</i> PG (M)</p>	<p><b>19</b></p> <p>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)</p>	
<p><b>20</b></p> <p>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p <input type="checkbox"/> Movie Date with Scott: <i>An American in Paris</i> (M)</p>  <p>Happy Easter!</p>	<p><b>21</b></p> <p>8a Resident Led Yoga (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 9a Grocery Shopping: Trader Joe's in University Place 9a-2p Tour of Recompose in Seattle 10a <input type="checkbox"/> Stretch &amp; Balance (M) 10a Co-Ed Bible Study 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1p Neighborhood Walk (CL) 1:30p Women's Bible Study (A) 2p Penrose Scenic Drive 3p <input type="checkbox"/> Exploring Ableism: An Invitation to Create an Inclusive Society video presentation with Gagan Chhabra (M)</p>	<p><b>22</b></p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch &amp; Balance (M) 11a Community Engagement Meeting (A) 1p <input type="checkbox"/> Gig Harbor History: The British are Coming with Doug McDonnell (M) 3p Tai Chi with Angela (M-S) 3p Cancer Support Group (CA) 4p Songsters (Penrose)</p>	<p><b>23</b></p> <p>8a Resident Led Yoga (M) 8-10a Benevolent Brew (SY) 9a Seated Core Strengthening (M) 9a Men's Bible Study (A) 10a <input type="checkbox"/> Stretch &amp; Balance (M) 10a-12p Open Art Studio (CA) 10a-12p Computer Help Desk (CL) 11a <input type="checkbox"/> Interval Training (M) 11a Grocery Shopping: Safeway 11:30a Newcomers Café (SP) 1p Heron's Key Sketchers (CA) 2p <input type="checkbox"/> Estate Planning with Bryana Cross Bean (M) 2:30p Pinochle (CA) 3p Parkinson's Support Group (A) 6:30p <input type="checkbox"/> Classical Music Concert: Johannes Brahms's Symphony No. 4, No 5., and No 2 (M)</p>	<p><b>24</b></p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Volunteer Meeting (CA) 10a RASC Meeting (A) 11a Performing &amp; Visual Arts Meeting (A) 11a-2p Day at Chambers Bay Park 1p Canasta (CA) 2:30 Qi Gong (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 7p Reading Aloud with Gee &amp; Your Neighbors (A)</p>	<p><b>25</b></p> <p>8-10a Benevolent Brew (SY) 8a Resident Led Yoga (M) No Total Body Circuit Today 9a Grocery Shopping: Safeway Uptown No Stretch &amp; Balance Today No Interval Training Today 11:30a Mexican Train (CA) 1p Bridge (SP) 1-2:30p Ice Cream at Dairy Queen in Gig Harbor 2p Traditional Mah-Jongg (CR) No Seated Core Strengthening Today 7p Movie Night: <i>The Killing</i> (M)</p>	<p><b>26</b></p> <p>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 1p <input type="checkbox"/> Broadway HD: <i>The Car Man</i> (M) 3p <input type="checkbox"/> Streamed PNB "Romeo et Juliette" (M) 3p Syren's Grille Happy Hour (SY) 6:45p <i>Beyond the Shores with Symphony Tacoma in Tacoma</i></p>	
<p><b>27</b></p> <p>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p <input type="checkbox"/> Movie Date with Scott: <i>Just Like Heaven</i> (M)</p>	<p><b>28</b></p> <p>8a Resident Led Yoga (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 9a Shopping: Target 10a <input type="checkbox"/> Stretch &amp; Balance (M) 10a Co-Ed Bible Study 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1p Neighborhood Walk (CL) 1:30p Women's Bible Study (A) 2p Penrose Scenic Drive 3p <input type="checkbox"/> The Great Cake Off &amp; Birthday Party (M)</p>	<p><b>29</b></p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch &amp; Balance (M) 1p <input type="checkbox"/> Book Publishing with Rick Bleiweiss (M) 3p Tai Chi with Angela (M-S)</p>	<p><b>30</b></p> <p>8a Resident Led Yoga (M) 8-10a Benevolent Brew (SY) 9a Seated Core Strengthening (M) 9a Men's Bible Study (A) 10a <input type="checkbox"/> Stretch &amp; Balance (M) 10a-12p Computer Help Desk (CL) 10a-12p Open Art Studio (CA) 11a <input type="checkbox"/> Interval Training (M) 11a Grocery Shopping: Safeway 1p Heron's Key Sketchers (CA) 2:30p Pinochle (CA) 6:30p <input type="checkbox"/> Classical Music Concert: <i>Eroica</i> (M)</p>	<p><b>KEY</b></p> <p>(A) Anchor Room (AL) Assisted Living in Penrose (CA) Creative Arts Studio (CL) Clubhouse Lobby (CR) Chart Room (CZ) Conditioning Zone (M-P) Maritime Room Port (M-S) Maritime Room Starboard (SNF) Skilled Nursing in Penrose (SP) Spinnakers (SY) Syren's Grille (W) Windward Room</p> 			<p>Fitness Classes in Green Off Campus Trips in Orange Penrose Events in Blue (must RSVP with Jackie Mondragon) <input type="checkbox"/> Streamed on HKTv 370</p>