

February 2025

Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>16</p> <p>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p <input type="checkbox"/> Movie Date with Scott: Runaway Bride (PG) (M)</p>	<p>17</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 10a <input type="checkbox"/> Stretch & Balance (M) 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 4p Songsters (Penrose)</p>	<p>18</p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 11a Caregiver Support Group (A) 1p <input type="checkbox"/> Have You No Sense of Decency? Shame in American Politics with Carolyn Long (M) 3p Tai Chi with Angela (M-S)</p>	<p>19</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 & Balance (M) 10a-12p Open Art Studio (CA) 10a-12p Computer Help Desk (CL) 11a <input type="checkbox"/> Interval Training (M) 12:15-5p Blues for an Alabama Sky at Bagley Wright Theater in Seattle 1p Heron's Key Sketchers (CA) 2:30-4:30p Pinochle (CA) 3p Food Committee (M) 7p <input type="checkbox"/> Classical Music Streamed Concert (M)</p>	<p>20</p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Marketing Event (M) 11a Grocery Shopping: Albertsons 1p Canasta (CA) 2:30p Qi Gong with Angela (M-P) 2:30-6:30p Washington State History Museum and Dinner at Zeek's Pizza in Tacoma 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M-S)</p>	<p>21</p> <p>8-10a Benevolent Brew (SY) 8a Resident Led Yoga (M) 9a Total Body Circuit (CZ) 10a <input type="checkbox"/> Stretch & Balance (M) 11a <input type="checkbox"/> Interval Training (M) 11:30a Mexican Train (CA) 1-3p Bridge (SP) 2p <input type="checkbox"/> Ageism and the Media with Dr. Laura Behling (M) 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 6:45-10p Xanadu at the Tacoma Musical Playhouse 7p Movie Night: Three Coins in the Fountain (M)</p>	<p>22</p> <p>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 1p <input type="checkbox"/> Broadway HD: Private Lives (M) 3p Syren's Grille Happy Hour (SY)</p>
<p>Bring your sunglasses and clear glasses to the Clubhouse Lobby for donation to the Northwest Lion's Eyeglass Recycling Center</p>						
<p>23</p> <p>10a-3p Sunday Brunch (SY) 1:30-4p Mythical Landscapes with the Tacoma Symphony 2p Penrose Church Service (SNF) 5:30p <input type="checkbox"/> Movie Date with Scott: Patton (PG) (M)</p>	<p>24</p> <p>8a Resident Led Yoga (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 9a Grocery Shopping: Target 10a <input type="checkbox"/> Stretch & Balance (M) 10a Co-Ed Bible Study 11:30a-2p Women's Lunch at Boathouse 19 in Tacoma 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 4p Songsters (CL)</p>	<p>25</p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 11:30a-2:30p Chez Lafayette Creole Brasserie in Tacoma 1p <input type="checkbox"/> Weird, Wonderful & Worrisome Objects in Washington State's Museums with Harriet Baskas (M) 3p Tai Chi with Angela (M-S) 3p Cancer Support Group (CA)</p>	<p>26</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 & Balance (M) 10a-12p Open Art Studio (CA) 10a-12p Computer Help Desk (CL) 11a <input type="checkbox"/> Interval Training (M) 11:30a Newcomers Café (SP) 1p Heron's Key Sketchers (CA) 2:30-4:30p Pinochle (CA) 3p Parkinson's Group (A) 3p Birthday Party (CL) 7p <input type="checkbox"/> Classical Music Streamed Concert (M)</p>	<p>27</p> <p>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 9a-2p Telephone Museum & Lunch at McMenamins in Tacoma 11a Grocery Shopping: Albertsons 11a Performing Arts Meeting (A) 1p Canasta (CA) 2:30p Qi Gong with Angela (M-P) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M-S) 7p Reading Aloud with Gee Heckscher & Your Neighbors (A)</p>	<p>28</p> <p>8-10a Benevolent Brew (SY) 8a Resident Led Yoga (M) 9a Total Body Circuit (CZ) 10a <input type="checkbox"/> Stretch & Balance (M) 11a <input type="checkbox"/> Interval Training (M) 11:30a Mexican Train (CA) 1-3p Bridge (SP) 2-4p Traditional Mah-Jongg (CR) 2p <input type="checkbox"/> Visual Images of the Elderly in Western Art with Dr. Alison Kettering (M) 3:30p Seated Core Strengthening (M) 7p Movie Night: Conclave PG (M)</p>	



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
- (M-S) Maritime Room Starboard
- (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 (must RSVP with Angela)

Streamed on HKTV 370

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8-10a Benevolent Brew (SY) **1**
9:15a Tai Chi (M)
3p Syren's Grille Happy Hour (SY)

2
10a-3p Sunday Brunch (SY)
2p Penrose Church Service (SNF)
4p 📺 Movie Date with Scott: *Foul Play* (PG)(M)
7p 📺 A Musical Soiree with the Washington State Music Teachers Association (M)

3
8a Resident Led Yoga (M)
9a Coffee Connections (SY)
9a Total Body Circuit (CZ)
9a Grocery Shopping: Safeway
10a 📺 Stretch & Balance (M)
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
4p Songsters (CL)

4
No Tai Chi Today
8a-12p Maritime Closed for Maintenance
9a Coffee Connections (SY)
9a Ladies Strength Training (CZ)
10a Gig Harbor Library
11a Caregiver Support Group (A)
1p 📺 *Sharks of the Salish Sea* with Rachel Easton of Harbor Wild Watch (M)
3p Tai Chi with Angela (M-S)

5
8-10a Benevolent Brew (SY)
8a Resident Led Yoga (M)
9a Seated Core Strengthening (M)
9a Men's Bible Study (A)
9a-12p Co-Ed Breakfast at The Garage in Bremerton
10a 📺 Stretch & Balance (M)
10a-12p Open Art Studio (CA)
10a-12p Computer Help Desk (CL)
11a 📺 Interval Training (M)
1p Heron's Key Sketchers (CA)
2-3:30p 📺 *Who Am I? Hiking with David Pine* (M)
2:30-4:30p Pinochle (CA)
7p 📺 Mint Theater Stream: Hindle Wakes (M)

6
8a Resident Led Tai Chi (M-S)
9a Coffee Connections (SY)
9a Ladies Strength Training (CZ)
9:30a Clarinet Duo (CL)
11a Grocery Shopping: Albertsons
1p Canasta (CA)
2:30p Qi Gong with Angela (M-P)
3p Fiber Arts Group (CA)
3-6:30p Duckpin Bowling & Dinner at Ocean5 in Gig Harbor
3:30p Seated Core Strengthening (M-S)

7
8-10a Benevolent Brew (SY)
8a Resident Led Yoga (M)
9a Total Body Circuit (CZ)
10a 📺 Stretch & Balance (M)
10a-2p LeMay Car Collection & Lunch at Garfield 208 in Parkland
11a 📺 Interval Training (M)
11:30a Mexican Train (CA)
1-3p Bridge (SP)
2-4p Traditional Mah-Jongg (CR)
3:30p Seated Core Strengthening (M)
6:30p 📺 *Hot Club Swing with Ranger and the Re-Arrangers* (M)
No Movie Night Tonight.

8
8-10a Benevolent Brew (SY)
9:15a Tai Chi (M)
1p 📺 Broadway HD: *Present Laughter* (M)
3p Syren's Grille Happy Hour (SY)
6:30p 📺 Movie Date with Scott: *The Day of the Jackal* (PG)(M)

9
10a-3p Sunday Brunch (SY)
2p Penrose Church Service (SNF)
3:30p Superbowl LIX Viewing (M)

10
8a Resident Led Yoga (M)
9a Coffee Connections (SY)
9a Total Body Circuit (CZ)
9a Grocery Shopping: Walmart in Port Orchard
10a 📺 Stretch & 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 Chef Demo: Cocktails with Dana (*rsvp required to Host Stand) (SP)
2p Penrose Scenic Drive
3p 📺 *Living Well with Parkinson's: How Therapy Can Help* with Courtney Soran (M)
4p Songsters (CL)

11
8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Ladies Strength Training (CZ)
10a-12p Coffee & Crepes at Jewel Box Café in Point Ruston
11a Monthly Food & Beverage Orientation (SP)
3p Tai Chi with Angela (M-S)
3p Cancer Support Group (CA)

12
8-10a Benevolent Brew (SY)
8a Resident Led Yoga (M)
9a Seated Core Strengthening (M)
9a Men's Bible Study (A)
10a 📺 Stretch & Balance (M)
10a-12p Open Art Studio (CA)
10a-12p Computer Help Desk (CL)
11a 📺 Interval Training (M)
11:30a Newcomers Café (SP)
12:45-6p Bingo & Dinner at The Point Casino in Kingston
1p Heron's Key Sketchers (CA)
2:30-4:30p Pinochle (CA)
3p Parkinson's Group (A)
4p Wine & Cheese (M)
7-8:30p 📺 *In the Pink—The Music and Career of Henry Mancini* with Dr. David Joyner (M)

13
8a Resident Led Tai Chi (M-S)
9a Coffee Connections (SY)
9a Ladies Strength Training (CZ)
10a 📺 Resident Association Meeting (M)
11a Grocery Shopping: Albertsons
1p Canasta (CA)
1-3p 📺 Shakespeare in Opera with Glenn Guhr (M)
2:30p Qi Gong with Angela (CL)
3p Fiber Arts Group (CA)
3:30p Seated Core Strengthening (M-S)
3:30p Valentines Sing-a-long with Bob Delaney (CL)

14
8-10a Benevolent Brew (SY)
8a Resident Led Yoga (M)
9a Total Body Circuit (CZ)
10a 📺 Stretch & Balance (M)
11a 📺 Interval Training (M)
11:30a Mexican Train (CA)
12p Key Quilters (SY)
1p 📺 Celtic Sounds with Magical Strings (M)
1-3p Bridge (SP)
2-3p Valentine's High Tea (SY) (*rsvp required to Host Stand)
2-4p Traditional Mah-Jongg (CR)
3:30p Seated Core Strengthening (M)
7p Movie Night: *The Jersey Boys R* (M)

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

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