




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div>HERON'S KEY GIG HARBOR A MEMBER OF EMERALD COMMUNITIES</div></div>	<div><div>KEY</div><div>(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 (SY) Syren's Grille (W) Windward Room</div></div>	<div><div>Fitness Classes in Green</div><div>Off Campus Trips in Orange</div><div>Penrose Featured Events in Blue <i>(must RSVP with Jackie Mondragon)</i></div><div>U Streamed on HKTV 370</div></div>	<div><div>OUTDOOR Adventures</div></div>			
		<div><div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 9:30a-12p Naval Ship USS Turner Joy in Bremerton 10a Gig Harbor Library 10a U Stretch & Balance (M) 11a Yoga Basics with Paige (M) 11a Caregiver Support Group (A) 1p U First Amendment Theories: Arguments and Counter Arguments with Chris Damaske (M) 3p Tai Chi with Angela (M-S) 4p Songsters (CL)</div><div>1</div></div>	<div><div>8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 9a Seated Core Strengthening (M) 9a Men's Bible Study (A) 10a U Stretch & Balance (M) 10a-12p Open Art Studio (CA) 10a-12p Computer Help Desk (CL) 11a Express Shopping: Safeway 11a U Interval Training (M) 11:30a-1:30p Lunch at Firehouse E9 Gastropub in Tacoma 1p Heron's Key Sketchers (CA) 2:15p Pinochle (CA) 6:30p U PVA Presents: Stravinsky's "Firebird and Rite of Spring" (M)</div><div>2</div></div>	<div><div>8a Resident Led Tai Chi (M-S) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 9:30a Clarinet Duo (CL) 11a Green Group (A) 12:45-2:45p Gig Harbor Farmers Market 1p Canasta (CA) 2:30p Qi Gong (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)</div><div>3</div></div>	<div><div>Happy Independence Day</div><div>July 4th Cook-Out 11a-3p (M and Patio) Reservations Required 253.313.0797</div><div><div>Admini..... closed</div></div><div>4</div></div>	<div><div>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)</div><div>5</div></div>
<div><div>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p U Movie Date With Scott: The Russians Are Coming the Russians Are Coming (M)</div><div>6</div></div>	<div><div>8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 9a Grocery Shopping: Trader Joe's in University Place 10a U 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) 3p Lifelong Learning Meeting (A) 3p U DEI Video Presentation: "One Day" - Portland's Homeless Crisis (M)</div><div>7</div></div>	<div><div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a U Stretch & Balance (M) 10:30a-12:30p Women's Brunch at Devoted Kiss in Gig Harbor 11a Resident Orientation to Dining Services (SP) 11a Yoga Basics with Paige (M) 1p U The Story-Telling Power of Comic Books with Josh Tuininga (M) 3p Cancer Support Group (CA) 3p Tai Chi with Angela (M-S) 4p Songsters (CL)</div><div>8</div></div>	<div><div>8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 9a No Seated Core Today (M) 9a Men's Bible Study (A) 10a Stretch & Balance (M) 10a-12p Open Art Studio (CA) 10a-12p Computer Help Desk (CL) 10:30a-12:30p Picnic at Point Defiance Park in Tacoma 11a Express Shopping: Safeway 11a U Interval Training (M) 11a Parkinson's Support Group (A) 1p Heron's Key Sketchers (CA) 2p U Legislative Update with Deb Krishnadasan and Adison Richard (M) 2:15p Pinochle (CA) 3:30p Book Club (CR) 6:30p U PVA Presents: Mahler's Symphony No. 2 "Ressurrection" (M)</div><div>9</div></div>	<div><div>8a Resident Led Tai Chi (M-S) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a U Resident Council Meeting (M) 1p Canasta (CA) 1:30-3p Milkshakes and Malts at Big Apple Diner in Bremerton 2:30p Qi Gong (A) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M)</div><div>10</div></div>	<div><div>8-10a Benevolent Brew (SY) No Total Body Circuit 10a U Stretch & Balance (M) 10a-5p Concerts in the Barn & Lunch in Quince 11a Grocery Shopping: Safeway 11a U Interval Training (M) 11:30a Mexican Train (CA) 1p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) No Seated Core Strengthening 7p Movie Night: Sneakers PG-13 (M)</div><div>11</div></div>	<div><div>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 2p U PVA Presents: Debussy's Opera - Pelleas et Melisande (M) 3p Syren's Grille Happy Hour (SY)</div><div>12</div></div>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>13</div> <div>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p U Movie Date with Scott: <i>Indiana Jones and the Raiders of the Lost Ark</i> PG (M)</div>	<div>14</div> <div>8a Yin Yoga with Paige (M) 9a Total Body Circuit (CZ) 9a Coffee Connections (SY) 9a Grocery Shopping: Fred Meyer 9:30-2:30p Woodland Park Zoo & Lunch in Seattle No Stretch & Balance 10a Co-Ed Bible Study 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) No Neighborhood Walk 1:30p Women’s Bible Study (A) 2p Chef Demo (SP) *reservation required 3p Line Dancing with Art Tiffin (M) 3-4p <i>The Spirituality of Aging</i> (A)</div>	<div>15</div> <div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) No Ladies Strength Training 9:30-11:30a Co-Ed Breakfast at Sunset Grill in Gig Harbor 10a U Stretch & Balance (M) 11a Caregiver Support Group (A) 11a Yoga Basics with Paige (M) 1p U <i>Woody Guthrie II</i> with Joel Underwood (M) 3p Tai Chi with Angela (M-S) 4p Songsters (CL)</div>	<div>16</div> <div>8a Gentle Yoga with Paige (M) 8-10a Benevolent Brew (SY) No Seated Core Strengthening 9a Men’s Bible Study (A) 9:30a-3p Bellevue Square Mall & Lunch in Bellevue No Stretch & Balance 10a-12p Open Art Studio (CA) 10a-12p Computer Help Desk (CL) 11a Express Shopping: Safeway No Interval Training 1p Heron’s Key Sketchers (CA) 2:15p Pinochle (CA) 3p Food Committee Meeting (M) 6:30p U PVA Presents: Latin American Classics with Daniel Barenboim and John Williams (M)</div>	<div>17</div> <div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) No Ladies Strength Training 10a Genealogy Group Meeting (A) 1p Canasta (CA) 1-2:30p U Great Decisions: <i>India Between China, the West and the Global South</i> with David Fenner (M) 2:30p Qi Gong (M) 3p Fiber Arts Group (CA) No Seated Core Strengthening 4p Wine and Cheese (CL and Patio)</div>	<div>18</div> <div>8-10a Benevolent Brew (SY) No Total Body Circuit 10a U Stretch & Balance (M) 11a Grocery Shopping: Walmart 11a U Interval Training (M) 11:30a Mexican Train (CA) 1p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) No Seated Core Strengthening 6:45-10p <i>Mary Poppins at Tacoma Musical Playhouse</i> 7p Movie Night: <i>Crazy, Stupid Love</i> PG-13 (M)</div>	<div>19</div> <div>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren’s Grille Happy Hour (CL and Patio)</div>
<div>20</div> <div>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p U Movie Date with Scott: <i>Nine Months</i> PG (M)</div>	<div>21</div> <div>8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) No Total Body Circuit 9a Grocery Shopping: Trader Joe’s in Silverdale No Stretch & Balance 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) No Neighborhood Walk 1:30p Women’s Bible Study (A) 3p Line Dancing with Art Tiffin (M)</div>	<div>22</div> <div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a U Stretch & Balance (M) 11a Yoga Basics with Paige (M) 1-4:30p Hike at Cedar River Trail in Maple Valley 3p Cancer Support Group (CA) 3p Tai Chi with Angela (M-S) 4p Songsters (Penrose)</div> <div>Leavenworth!</div>	<div>23</div> <div>8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 9a Seated Core Strengthening (M) 9a Men’s Bible Study (A) 10a-12p Open Art Studio (CA) 10a-12p Computer Help Desk (CL) 10a U Stretch & Balance (M) 11a Express Shopping: Safeway 11a U Interval Training (M) 11a Parkinson’s Support Group (A) 1p Heron’s Key Sketchers (CA) 2:15p Pinochle (CA) 6:30p U PVA Presents: Beethoven’s Piano Concertos No. 3 and No. 5 and Helen Grimes’ <i>Elegiac Inflections</i></div>	<div>24</div> <div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Rock Art! (CA) 11a Performing Arts Meeting (M) 1p Canasta (CA) 1-3p U <i>Themes in Philosophy, Part One: Rationality</i> with Dr. David Smith (M) 2:30p Qi Gong (A) 3p Fiber Arts Group (CA) 3p Birthday Party (CL and Patio) 3:30p Seated Core Strengthening (M) 7p Reading Aloud with Gee & Your Neighbors (A)</div>	<div>25</div> <div>8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a U Stretch & Balance (M) 10:30a-3:30p The Bite of Seattle Food Festival 11a Grocery Shopping: Target 11a U Interval Training (M) 11:30a Mexican Train (CA) 1p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 5p Chef Dinner (SP) *reservation required 7p Movie Night: <i>Radio Days</i> PG (M)</div>	<div>26</div> <div>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 2p U PVA Presents: Ballet—<i>Peer Gynt</i> by Edward Clug (M) 3p Syren’s Grille Happy Hour (SY) 5p Chef Dinner (SP) *reservation required</div>
<div>27</div> <div>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p U Movie Date with Scott: <i>Private Benjamin</i> R (M)</div>	<div>28</div> <div>8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 9a Grocery Shopping: Met Market 10a U Stretch & Balance (M) 10a Co-Ed Bible Study 11:30a-2:30p Ax Throwing at Brainy Actz in Tacoma 12-4p American Mah-Jongg (CA) 1p Mindful Meditation (M-S) 1p Neighborhood Walk (CL) 1:30p Women’s Bible Study (A) 2:15p Sound Bathing with Dee Mulder (M) 3-4p <i>The Spirituality of Aging</i> (A)3:15p Line Dancing with Art Tiffin (M)</div>	<div>29</div> <div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a U Stretch & Balance (M) 11a Yoga Basics with Paige (M) 1p U <i>Hate Speech on College Campuses</i> with Chris Damaske (M) 3p Tai Chi with Angela (M-S)</div>	<div>30</div> <div>8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) No Seated Core Strengthening 9a Men’s Bible Study (A) 9a-12p Hike at Illahee Preserve Heritage Park in Bremerton 10a-12p Open Art Studio (CA) No Stretch & Balance No Interval Training 1p Heron’s Key Sketchers (CA) 2-2:30p A <i>Splash of Summer</i> Mini Concert (CL) 2:15p Pinochle (CA) Dinner Theater: 5p Ball Park Concession Buffet (SP) 6p U <i>Field of Dreams</i> (M)</div>	<div>31</div> <div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) No Ladies Strength Training 10a-1p Wildfire Evacuation Preparedness Exercise 1p Canasta (CA) 2:30p Qi Gong (M) 3p Fiber Arts Group (CA) No Seated Core Strengthening 5:30-9p Sunset Cruise with Riviera Cruises in Gig Harbor</div>	<div>KEY</div> <div>(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</div> <div>Fitness Classes in Green</div> <div>Off Campus Trips in Orange</div> <div>Penrose Featured Events in Blue (must RSVP with Jackie Mondragon)</div> <div>U Streamed on HKTV 370</div>	