

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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
- (SY) Syren's Grille
- (W) Windward Room

Fitness Classes in Green

Off Campus Trips in Orange

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

U Streamed on HKTv 370



10a-3p Sunday Brunch (SY) **6**
2p Penrose Church Service (SNF)
5:30p U Movie Date With Scott: *The Russians Are Coming the Russians Are Coming* (M)

8a Yin Yoga with Paige (M) **7**
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)

8a Resident Led Tai Chi (M) **8**
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)

8-10a Benevolent Brew (SY) **9**
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)

8a Resident Led Tai Chi (M-S) **10**
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)

Happy Independence Day **4**
July 4th Cook-Out 11a-3p (M and Patio)
Reservations Required 253.313.0797

Admini... ..losed

8-10a Benevolent Brew (SY) **12**
9:15a Tai Chi (M)
2p U PVA Presents: *Debussy's Opera - Pelleas et Melisande* (M)
3p Syren's Grille Happy Hour (SY)

10a-3p Sunday Brunch (SY) **6**
2p Penrose Church Service (SNF)
5:30p U Movie Date With Scott: *The Russians Are Coming the Russians Are Coming* (M)

8a Yin Yoga with Paige (M) **7**
9a Coffee Connections (SY)
9a Total Body Circuit (CZ)
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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)
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8a Resident Led Tai Chi (M-S) **10**
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)

8-10a Benevolent Brew (SY) **11**
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)

8-10a Benevolent Brew (SY) **12**
9:15a Tai Chi (M)
2p U PVA Presents: *Debussy's Opera - Pelleas et Melisande* (M)
3p Syren's Grille Happy Hour (SY)

July 2025

Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>10a-3p 13 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)</p>	<p>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) <i>*reservation required</i> 3p Line Dancing with Art Tiffin (M) 3-4p The Spirituality of Aging (A)</p>	<p>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 Woody Guthrie II with Joel Underwood (M) 3p Tai Chi with Angela (M-S) 4p Songsters (CL)</p>	<p>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)</p>	<p>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: India Between China, the West and the Global South 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)</p>	<p>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 Mary Poppins at Tacoma Musical Playhouse 7p Movie Night: <i>Crazy, Stupid Love</i> PG-13 (M)</p>	<p>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (CL and Patio)</p>
<p>10a-3p 20 Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p U Movie Date with Scott: <i>Nine Months</i> PG (M)</p>	<p>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)</p>	<p>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)</p> <p>Leavenworth!</p>	<p>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></p>	<p>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 Themes in Philosophy, Part One: Rationality 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)</p>	<p>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) <i>*reservation required</i> 7p Movie Night: <i>Radio Days</i> PG (M)</p>	<p>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) <i>*reservation required</i></p>
<p>10a-3p 27 Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p U Movie Date with Scott: <i>Private Benjamin</i> R (M)</p>	<p>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 The Spirituality of Aging (A) 3:15p Line Dancing with Art Tiffin (M)</p>	<p>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 Hate Speech on College Campuses with Chris Damaske (M) 3p Tai Chi with Angela (M-S)</p>	<p>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 Splash of Summer Mini Concert (CL) 2:15p Pinochle (CA) Dinner Theater: 5p Ball Park Concession Buffet (SP) 6p U Field of Dreams (M)</p>	<p>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</p>	<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 Side (M-S) Maritime Room Starboard Side (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 Featured Events in Blue (must RSVP with Jackie Mondragon) U Streamed on HKTV 370</p>