

March 2025

Clubhouse

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
- (M-P) Maritime - Port
- (M-S) Maritime - 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 Angela)

📺 Streamed on HKTv 370



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

2
10a-3p Sunday Brunch (SY)
1p Wicked (M)
2p Penrose Church Service (SNF)
5:30p 📺 Movie Date with Scott: *Forbidden Planet 1956* G (M)

3
8a Resident Led Yoga (M)
9a Coffee Connections (SY)
9a Total Body Circuit (CZ)
9a Grocery Shopping: Safeway
10a 📺 Stretch & Balance (M)
10:15a-7p Titanic: The Exhibition and Lunch at Ivar's 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

4
8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Ladies Strength Training (CZ)
10a Gig Harbor Library
10a Genealogy Interest Group Meeting (M-P)
11a Caregiver Support Group (A)
1p 📺 Chris Damaske: Defining Hate Speech (M)
3p Tai Chi with Angela (M-S)
4p Songsters (CL)

5
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 Computer Help Desk (CL)
11a Grocery Shopping: Albertsons
11a 📺 Interval Training (M)
11a-1:30p Co-Ed Lunch at the RAM in Point Ruston
1p Heron's Key Sketchers (CA)
2p Monthly Kitchen Tour (SP)
2:30-4:30p Pinochle (CA)
7p 📺 Mint Theater's: *Hindle Wakes* (M)

6
8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Ladies Strength Training (CZ)
9-1:30p Nordic Museum & Lunch at Freya in Ballard
9:30a Clarinet Duo (CL)
1p Canasta (CA)
2-3:30p 📺 Winter Nature in Ninety Minutes with Andy Mauro and Mike West (M)
No Qi Gong Today.
3p Fiber Arts Group (CA)
3:30p Seated Core Strengthening (M)

7
8-10a Benevolent Brew (SY)
8a Resident Led Yoga (M)
9a Total Body Circuit (CZ)
9a Grocery Shopping: Trader Joe's in Silverdale
10a 📺 Stretch & Balance (M)
11a 📺 Interval Training (M)
11:30a Lenten Devotionals (CR)
11:30a Mexican Train (CA)
1p 📺 Animal Assisted Therapy with Caitlin Ehli of Franciscan Health (M)
1-3p Bridge (SP)
2-4p Traditional Mah-Jongg (CR)
3:30p Seated Core Strengthening (M)
7p Movie Night: *Grumpy Old Men 1993* PG-13 (M)

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

9
10a-3p Sunday Brunch (SY)
2p Penrose Church Service (SNF)
5:30p 📺 Movie Date with Scott: *Eraser 1996* R (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)
1-2:30p Ice Cream at Carter and Company in Port Orchard
1:30p Women's Bible Study (A)
2p Monthly Chef Demo (SP)
2p Penrose Scenic Drive
3p Sound Bathing with Dee Mulder (M)

11
8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Ladies Strength Training (CZ)
11a 📺 School-a-Palooza with Swiftwater Elementary (M)
11a Monthly Food & Beverage Orientation (SP)
No Tai Chi Today.
3p Cancer Support Group (CA)
6:30p 📺 The Timeless Art of the Song with Don Ransom (M)

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 Computer Help Desk (CL)
11a Grocery Shopping: Albertsons
11a 📺 Interval Training (M)
11:30a Newcomers Café (SY)
1p Heron's Key Sketchers (CA)
2:30-4:30p Pinochle (CA)
3:30p Book Club (CR)
4p Wine and Cheese (CL)
7p 📺 Classical Music Concert—Mozart: Two Symphonies (M)

13
8a Resident Led Tai Chi (M)
9a Coffee Connections (SY)
9a Ladies Strength Training (CZ)
10a 📺 Resident Council Meeting (M)
1p Canasta (CA)
1-3p 📺 Great Decisions Series: *Gaza: American Foreign Policy in the Middle East: Taking Stock and Looking Ahead* with David Fenner (M)
No Qi Gong Today.
3p Fiber Arts Group (CA)
3:30p Seated Core Strengthening (M)

10a-2p
Food Drive for Backpacks 4 Kids (CL)

14
8-10a Benevolent Brew (SY)
8a Resident Led Yoga (M)
9a Total Body Circuit (CZ)
9a Grocery Shopping: Safeway
10a 📺 Stretch & Balance (M)
11a 📺 Interval Training (M)
11:30a Lenten Devotionals (CR)
11:30a Mexican Train (CA)
11:30a-2p Oyster Lovers at Amelia's Hanger in Bremerton
12p Key Quilters (SY)
1-3p Bridge (SP)
2p Pi(e) Day Celebration (CL)
2-4p Traditional Mah-Jongg (CR)
3:30p Seated Core Strengthening (M)
7p Movie Night: *Evil Under the Sun 1982* PG (M)

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

March 2025

Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>10a-3p 16 Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p <input type="checkbox"/> Movie Date with Scott: <i>Seems Like Old Times</i> 1980 PG (M)</p>	<p>8a Resident Led Yoga (M) 17 9a Coffee Connections (SY) 9a Grocery Shopping: Trader Joe's in University Place 9a Total Body Circuit (CZ) 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 St. Patrick's Day Mixer (CL) 2p Penrose Scenic Drive 3p Raised Garden Bed Meeting (M)</p>	<p>8a Resident Led Tai Chi (M) 18 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 11a Caregiver Support Group (A) 1p <input type="checkbox"/> A Sense of Place Series: <i>Discovering the Rich Heritage of the Greater Gig Harbor Area - From Ice Age to Stone Age (Part 1)</i> 3p Tai Chi with Angela (M-S) 4p Songsters (CL)</p>	<p>8a Resident Led Yoga (M) 19 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 Computer Help Desk (CL) 11a Grocery Shopping: Albertsons 11a <input type="checkbox"/> Interval Training (M) 1p Heron's Key Sketchers (CA) 2:30-4:30p Pinochle (CA) 3p Food Committee (M) 7p <input type="checkbox"/> Classical Music Concert: <i>Alma Deutscher, A Modern-Day Child Prodigy</i> (M)</p>	<p>8a Resident Led Tai Chi (M) 20 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Marketing Event (M) 1p Canasta (CA) 2:30p Qi Gong (M-P) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 3:30-6:30p Laser Tag and Dinner at Ocean5 in Gig Harbor</p>	<p>8-10a Benevolent Brew (SY) 21 8a Resident Led Yoga (M) 9a Total Body Circuit (CZ) 9a Grocery Shopping: Albertsons 9a-12p Women's Breakfast at Hy Lu Hee Hee in Gig Harbor 10a <input type="checkbox"/> Stretch & Balance (M) 11a <input type="checkbox"/> Interval Training (M) 11:30a Mexican Train (CA) 11:30a Lenten Devotionals (CR) 1-3p Bridge (SP) 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 6:15-10p Ghost Writer at Jewel Box Theater in Poulsbo 7p Movie Night: <i>The Bucket List 2007</i> PG-13 (M)</p>	<p>22 8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 1p <input type="checkbox"/> Broadway HD: <i>The Andersonville Trial</i> (M) 3p Syren's Grille Happy Hour (SY)</p>
<p>10a-3p 23 Sunday Brunch (SY) 2p Penrose Church Service (SNF) 2p Peninsula Men's Gospel Singers Concert (M) 5:30p <input type="checkbox"/> Movie Date with Scott: <i>To Catch A Thief</i> 1955 PG (M)</p>	<p>8a Resident Led Yoga (M) 24 9a Coffee Connections (SY) 9a Total Body Circuit (CZ) 9a Grocery Shopping: Fred Meyer 10a <input type="checkbox"/> 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 Penrose Scenic Drive 3p Nate Jester: Ace of Illusions (M)</p>	<p>8a Resident Led Tai Chi (M) 25 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 1p <input type="checkbox"/> National Parks with Bob Crist (M) 3p Tai Chi with Angela (M-S) 3p Cancer Support Group (CA)</p>	<p>26 No Resident Led Yoga Today. 8-10a Benevolent Brew (SY) No Seated Core Today. 9a Men's Bible Study (A) No Stretch & Balance Today. 10a-12p Computer Help Desk (CL) 11a Grocery Shopping: Albertsons No Interval Training Today. 11:30a Newcomers Café (SY) 1p Heron's Key Sketchers (CA) 2:30-4:30p Pinochle (CA) 6:30p <input type="checkbox"/> Classical Music Concert: <i>Amadeus</i> (M)</p>	<p>8a Resident Led Tai Chi (M) 27 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a <input type="checkbox"/> Native Trees of Western Washington with Kevin Zobrist (M) 11a Volunteer Meeting (CA) 11a Performing Arts Meeting (A) 1p Canasta (CA) 2:30p Qi Gong (M-P) 3p Birthday Party (CL) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 7p Reading Aloud with Gee Heckscher & Your Neighbors (A)</p>	<p>8-10a Benevolent Brew (SY) 28 8a Resident Led Yoga (M) 9a Total Body Circuit (CZ) 9a Grocery Shopping: Albertsons 10a <input type="checkbox"/> Stretch & Balance (M) 10a-3p UW Cherry Blossoms & Lunch at Ivar's in Seattle 11a <input type="checkbox"/> Interval Training (M) 11:30a Mexican Train (CA) 11:30a Lenten Devotionals (CR) 1-3p Bridge (SP) 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 7p Movie Night: <i>Driving Miss Daisy</i> 1998 PG (M)</p>	<p>29 8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)</p>

10a-3p **30**
Sunday Brunch (SY)
2p Penrose Church Service (SNF)
5:30p Movie Date with Scott: *The Terminal* 2004 PG-13 (M)

8a Resident Led Yoga (M) **31**
9a Coffee Connections (SY)
9a Total Body Circuit (CZ)
9a Grocery Shopping: **Target**
10a Stretch & Balance (M)
10a Co-Ed Bible Study
11:30a-2p **Reubens at Dry Fly Café in Port Orchard**
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



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 Molly McGinn)
 Streamed on HKTV 370