

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 Room Port Side
- (M-S) Maritime Room Starboard Side
- (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



8a Resident Led Tai Chi (M) 1  
9a Coffee Connections (SY)  
9a Ladies Strength Training (CZ)  
**9a-4p Tulip Festival and Lunch at Roozengaarde in Mount Vernon**  
9:30a Clarinet Duo (CL)  
11a Green Group Meeting (A)  
1p Canasta (CA)  
2:30p Qi Gong (M)  
3p Fiber Arts Group (CA)  
3:30p Seated Core Strengthening (M)

8-10a Benevolent Brew (SY) 2  
9a Total Body Circuit (CZ)  
**9a Grocery Shopping: Trader Joe's in Silverdale**  
10a 📺 Stretch & Balance (M)  
11a 📺 Interval Training (M)  
11:30a Mexican Train (CA)  
1-3p 📺 Classic Programs from the 1940's with the Heron's Key Radio Players (M)  
1-3p Bridge (SP)  
2p Penrose Scenic Drive  
2p Traditional Mah-Jongg (CR)  
3:30p Seated Core Strengthening (M)  
7p Movie Night: *Hidalgo* PG-13 (M)

8-10a Benevolent Brew (SY) 3  
9:15a Tai Chi (M)  
3-4:30p Kentucky Derby Party (M)

10a-3p 4  
Sunday Brunch (SY)  
2p Penrose Church Service (SNF)  
2p 📺 Canadian Bacon PG (M)  
5:30p 📺 Movie Date with Scott: *The Poseidon Adventure* (M)

8a 📺 Yin Yoga with Paige (M) 5  
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

8a Resident Led Tai Chi (M) 6  
9a Coffee Connections (SY)  
9a Ladies Strength Training (CZ)  
**10a Gig Harbor Library**  
10a 📺 Stretch & Balance (M)  
11a Caregiver Support Group (A)  
11a 📺 Yoga Basics with Paige (M)  
1p 📺 Scams! Scams! Scams! with Karen Coles and Craig Russell (M)  
3p Tai Chi with Angela (M-S)  
4p Songsters (CL)

8-10a Benevolent Brew (SY) 7  
8a 📺 Gentle Yoga with Paige (M)  
9a Seated Core Strengthening (M)  
9a Men's Bible Study (A)  
10a 📺 Stretch & Balance (M)  
10a-12p Computer Help Desk (CL)  
10a-12p Open Art Studio (CA)  
**11a Grocery Shopping: Safeway**  
11a 📺 Interval Training (M)  
1p Heron's Key Sketchers (CA)  
1p 📺 Show and Share (M)  
2:15p Pinochle (CA)  
6:30p 📺 P&VA Presents: Shostakovich *Symphony No. 5 in D minor op. 47* (M)

8a Resident Led Tai Chi (M) 8  
9a Coffee Connections (SY)  
9a Ladies Strength Training (CZ)  
10a 📺 Resident Association Meeting (M)  
1p Canasta (CA)  
2:30p Qi Gong (M)  
3p Fiber Arts Group (CA)  
3:30p Seated Core Strengthening (M)  
**4-6p Come to the Cabaret: Benevolence Fund Party (SP)**

8-10a Benevolent Brew (SY) 9  
9a Total Body Circuit (CZ)  
**9a Grocery Shopping: Fred Meyer**  
10a 📺 Stretch & Balance (M)  
11a 📺 Interval Training (M)  
11:30a Mexican Train (CA)  
12p Key Quilters (SY)  
1-3p Bridge (SP)  
2p Traditional Mah-Jongg (CR)  
3:30p Seated Core Strengthening (M)  
**5:45-10p The Importance of Being Earnest at the Jewel Box Theater in Poulsbo**  
7p Movie Night: *I'll See You in My Dreams* (M)

8-10a Benevolent Brew (SY) 10  
9:15a Tai Chi (M)  
2p 📺 P&VA Presents: *The Andersonville Trial* (M)  
3p Syren's Grille Happy Hour (SY)

10a-3p 11  
Mother's Day Brunch (SY)  
2p Penrose Church Service (SNF)  
5:30p 📺 Movie Date with Scott: *The Thomas Crown Affair* (M)

8a 📺 Yin Yoga with Paige (M) 12  
9a Coffee Connections (SY)  
9a Total Body Circuit (CZ)  
**9a Grocery Shopping: Walmart**  
**9:30-11:30a Ladies Breakfast at Big Apple Diner in Bremerton**  
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 Penrose Scenic Drive  
3p 📺 Fighting Day-to-Day Ableism with Elsa Sjunneson (M)

8a Resident Led Tai Chi (M) 13  
9a Coffee Connections (SY)  
9a Ladies Strength Training (CZ)  
10a 📺 Stretch & Balance (M)  
11a Monthly Food & Beverage Orientation (SP)  
11a 📺 Yoga Basics with Paige (M)  
**12-4p Hike at Foothills Trail in Orting**  
3p Cancer Support Group (CA)  
3p Tai Chi with Angela (M-S)  
4p Songsters (CL)

8-10a Benevolent Brew (SY) 14  
8a 📺 Gentle Yoga with Paige (M)  
9a Seated Core Strengthening (M)  
9a Men's Bible Study (A)  
10a 📺 Stretch & Balance (M)  
10a-12p Computer Help Desk (CL)  
10a-12p Open Art Studio (CA)  
11a 📺 Interval Training (M)  
**11a Grocery Shopping: Safeway**  
1p Heron's Key Sketchers (CA)  
1-2:30p Ladies Spring Tea (SY)  
*\* RSVP required to Dining Host Stand*  
2:15p Pinochle (CA)  
3p Parkinson's Support Group (A)  
3:30p Book Club (CR)  
6:30p 📺 P&VA Presents: Beethoven's *Creatures of Prometheus and Brahms-Serenade No. 2* (M)

8a Resident Led Tai Chi (M) 15  
9a Coffee Connections (SY)  
9a Ladies Strength Training (CZ)  
10a Genealogy Group Meeting (A)  
**9:30a-12:30p Rhododendron Botanical Garden in Federal Way**  
1p Canasta (CA)  
1-2:30p 📺 Great Decisions: International Climate Cooperation in an Era of Geopolitical Turmoil with John Kydd (M)  
2:30p Qi Gong (CL)  
3p Fiber Arts Group (CA)  
3:30p Seated Core Strengthening (M)

8-10a Benevolent Brew (SY) 16  
9a Total Body Circuit (CZ)  
**9a Grocery Shopping: Met Market**  
10a 📺 Stretch & Balance (M)  
11a 📺 Interval Training (M)  
11:30a Mexican Train (CA)  
1-3p Bridge (SP)  
**1-4p Ritchie Observatory on Bainbridge Island**  
2p Penrose Scenic Drive  
2p Traditional Mah-Jongg (CR)  
3:30p Seated Core Strengthening (M)  
7p Movie Night: *The Help* PG-13 (M)

8-10a Benevolent Brew (SY) 17  
9:15a Tai Chi (M)  
**11a-3p Daeho Korean BBQ with T.C. in Bellevue**  
3p Syren's Grille Happy Hour (SY)



Happy Mother's Day

# May 2025

## Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>10a-3p <b>18</b> Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p  Movie Date with Scott: <i>The Tourist</i> PG-13 (M)</p>	<p>8a  Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a <b>Grocery Shopping: Trader Joe's in University Place</b> 9a Total Body Circuit (CZ) 10a  Stretch &amp; Balance (M) <b>10a-1p Naval Ship USS Turner Joy &amp; Lunch at The Curry in Bremerton</b> 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>	<p>8a Resident Led Tai Chi (M) <b>19</b> 9a Coffee Connections (SY) <b>20</b> 9a Ladies Strength Training (CZ) 10a  Stretch &amp; Balance (M) <b>10a-12p Benevolence Fund Card Sale featuring Liz Johnson's handmade cards (CL)</b> 11a Caregiver Support Group (A) 11a  Yoga Basics with Paige (M) <b>1p  Boston Tillikum: The Yanks Arrive with Doug McDonnell</b> 3p Tai Chi with Angela (M-S) 4p Songsters (CL)</p>	<p>8a  Gentle Yoga with Paige (M) <b>21</b> 8-10a Benevolent Brew (SY) 9a Seated Core Strengthening (M) 9a Men's Bible Study (A) 10a  Stretch &amp; Balance (M) 10a-12p Computer Help Desk (CL) 10a-12p Open Art Studio (CA) <b>11a Grocery Shopping: Safeway</b> <b>11a  Interval Training (M)</b> <b>11a-1:30p International Tastings: Royal Tandoor in Port Orchard</b> 1p Heron's Key Sketchers (CA) 2p One Man Band with Michael Crain (CL) 2:15p Pinochle (CA) 4p Wine and Cheese (CL and Patio) 6:30p  P&amp;VA Presents: Mendelssohn's <i>Symphony No. 3 in A Minor</i> "Scottish" (M)</p>	<p>8a Resident Led Tai Chi (M) <b>22</b> 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) <b>11:30a-1:30p Co-Ed Lunch at Fondi Pizza in Gig Harbor</b> 1p Canasta (CA) 2:30p Qi Gong (M) 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 4:15-5p Campus Game Night (M) 7p Reading Aloud with Gee &amp; Your Neighbors (A)</p>	<p>8-10a Benevolent Brew (SY) <b>23</b> 9a Total Body Circuit (CZ) 9a <b>Grocery Shopping: Safeway</b> 10a  Stretch &amp; Balance (M) 11a  Interval Training (M) 11:30a Mexican Train (CA) 1p Bridge (SP) 2p Penrose Scenic Drive 2p Chocolate Tasting with "The Chocolate Lady" Marlene Bosanko (M) 2p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) <b>6:45-10p Grease the Musical at Tacoma Musical Playhouse</b> 7p Movie Night: <i>Good Morning, Vietnam</i> (M)</p>	<p>8-10a Benevolent Brew (SY) <b>24</b> 9:15a Tai Chi (M) 2p  P&amp;VA Presents: Beethoven's <i>Christ on the Mount of Olives</i>, Op. 85 (M) 3p Syren's Grille Happy Hour (SY)</p>
<p>10a-3p <b>25</b> Sunday Brunch (SY) 2p Penrose Church Service (SNF) 5:30p  Movie Date with Scott: <i>Air Force One</i> R (M)</p>	<p><b>26</b>  Happy Memorial Day  11a-3p Memorial Day Cook-Out Maritime and Clubhouse Patio RSVP at 253.313.0797  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">Administrative Offices Closed No Fitness or Shopping</div></p>	<p>8a Resident Led Tai Chi (M) <b>27</b> 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a  Stretch &amp; Balance (M) 11a  Yoga Basics with Paige (M) <b>1p  Polynesian Navigation with Frank Petrie (M)</b> <b>2p Ice Cream at Ice Cream Social in Point Ruston</b> 3p Cancer Support Group (CA) 3p Tai Chi with Angela (M-S) 4p Songsters (Penrose)</p>	<p><b>28</b> No Gentle Yoga with Paige Today. 8-10a Benevolent Brew (SY) No Seated Core Strengthening Today. 9-10a Floors 1 and Floor 6 Meeting (M) 9a Men's Bible Study (A) No Stretch &amp; Balance Today. 10-11a Floor 2 Meeting (M) 10a-12p Computer Help Desk (CL) 10a-12p Open Art Studio (CA) No Interval Training Today. <b>11a Grocery Shopping: Safeway</b> 11a-12p Floor 3 Meeting (M) 1p Heron's Key Sketchers (CA) 1-2p Floor 4 Meeting (M) 2:15p Pinochle (CA) 3p Parkinson's Support Group (A) 6:30p  P&amp;VA Presents: <i>An Evening of Baroque Classical Music</i> (M)</p>	<p>8a Resident Led Tai Chi (M) <b>29</b> 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Volunteer Meeting (CA) 10-11a Cottages Floor Meeting (M) 11a-12p 5th Floor Meeting (M) 11a Performing &amp; Visual Arts Meeting (A) 1p Canasta (CA) 2:30p Qi Gong (M) 3p Fiber Arts Group (CA) 3p Birthday Party (CL) 3:30p Seated Core Strengthening (M)</p>	<p>8-10a Benevolent Brew (SY) <b>30</b> 9a Total Body Circuit (CZ) 9a <b>Grocery Shopping: Target</b> <b>9:30a-3p Museum of Pop Culture &amp; Lunch at MOD Pizza in Seattle</b> 10a  Stretch &amp; Balance (M) 11a  Interval Training (M) 11:30a Mexican Train (CA) 1p Bridge (SP) 2p Penrose Scenic Drive 2p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 7p Movie Night: <i>Moonstruck</i> PG (M)</p>	<p>8-10a Benevolent Brew (SY) <b>31</b> 9:15a Tai Chi (M) 3p Syren's Grille Happy Hour (SY)</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
- (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)

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