

# 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 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)

(HKTV) Streamed on HKTV 370



1



Labor Day Cook-Out  
11a-3p (M and Patio)  
Reservations Required  
253.313.0797

## Administration Closed

2

8a Resident Led Tai Chi (M)  
9a Coffee Connections (SY)  
9a Ladies Strength Training (CZ)  
10a Gig Harbor Library  
10a Stretch & Balance (M + HKTV)  
11a Caregiver Support Group (A)  
11a Yoga Basics with Paige (M)  
1-2:30p ***Great Decisions: AI and  
American National  
Security*** with Bill Sams  
(M + HKTV)  
3-3:30p Piano in the Lobby with  
Kimberly (CL)  
3p Tai Chi with Angela (M-S)  
4p Songsters (CL)

3

8-10a Benevolent Brew (SY)  
8a Gentle Yoga with Paige (M)  
9a Seated Core Strengthening (M)  
9a Men's Bible Study (A)  
**9:30-11a Coffee at Kimball Coffeehouse in  
Gig Harbor**  
10a Stretch & Balance (M + HKTV)  
10a-12p Computer Help Desk (CL)  
10a-12p Open Art Studio (CA)  
**11a Express Shopping: Safeway**  
11a Interval Training (M + HKTV)  
1p Heron's Key Sketchers (CA)  
2:15p Pinochle (CA)  
**3-4p Homelessness Dialogue: A Tabletop  
Discussion (M)**  
No Line Dancing with Cindy  
6:30p PVA Presents: Beethoven's No. 2 and  
No. 4 (M + HKTV)

4

8a Resident Led Tai Chi (M)  
 9a Coffee Connections (SY)  
 9a Ladies Strength Training (CZ)  
 11a Green Group (A)  
 1p Canasta (CA)  
 2:30p Qi Gong (M)  
 3p Fiber Arts Group (CA)  
 3:30p Seated Core Strengthening (M)

5

8-10a Benevolent Brew (SY)  
9a Total Body Circuit (CZ)  
10a Stretch & Balance (M + HKTV)  
11a Interval Training (M + HKTV)  
11a Grocery Shopping: Harbor Greens  
11:30a Mexican Train (CA)  
1p Bridge (SP)  
1p ***Stay Strong, Steady, and Confident:  
Fall Prevention with Ron Tyler***  
(M + HKTV)  
2p Penrose Scenic Drive  
2-4p Traditional Mah-Jongg (CR)  
3:30p Seated Core Strengthening (M)  
7p Movie Night: *Ford v. Ferrari* PG-13  
(M + HKTV)

6

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

## Food Drive for FISH Food Bank (Clubhouse Lobby)

7

10a-3p  
Sunday Brunch (SY)  
2p Penrose Church  
Service (SNF)  
3:30p International  
Mah-Jong (CR)  
5:30p Movie Date:  
*Killers* PG-13  
(M + HKTV)

8

8a Yin Yoga with Paige (M)  
9a Coffee Connections (SY)  
9a Grocery Shopping: Fred Meyer  
9a Total Body Circuit (CZ)  
10a Stretch & Balance (M + HKTV)  
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  
2p Monthly Chef Demo:  
(\*rsvp required to 253.313.0797)  
3p Updates and Safety Steps with  
Prevention Division Chief Tom  
Westcott of Gig Harbor Fire and  
Medic One (M + HKTV)

9

8a Resident Led Tai Chi (M) 9  
9a Coffee Connections (SY)  
9a Ladies Strength Training (CZ)  
10a Stretch & Balance (M + HKTV)  
11a Monthly Food & Beverage  
Orientation (SY)  
11a Yoga Basics with Paige (M)  
1p ***Western American Landscape  
Art: Manifest Destiny to  
Present-Day Controversy  
with Alison Kettering  
(M + HKTV)***  
3p Cancer Support Group (CA)  
3p Tai Chi with Angela (M-S)  
4p Songsters (CL)

10

1

- 8-10a Benevolent Brew (SY)
- 8a Gentle Yoga with Paige (M)
- 9a Seated Core Strengthening (M)
- 9a Men's Bible Study (A)
- 10a Stretch & Balance (M + HKTV)
- 10a-12p Computer Help Desk (CL)
- 10a-12p Open Art Studio (CA)
- 11a Parkinson's Support Group (A)
- 11a-1p Women's Lunch at Duke's on Point Ruston
- 11a Express Shopping: Safeway
- 11a Interval Training (M + HKTV)
- 1p Heron's Key Sketchers (CA)
- 2:15p Pinochle (CA)
- 3:30p Book Club (CR)
- 3:30p Line Dancing with Cindy (M)
- 6:30p PVA Presents: Beethoven's No. 6 and No. 8 (M + HKTV)

11

8a Resident Led Tai Chi (M)  
9a Coffee Connections (SY)  
9a Ladies Strength Training (CZ)  
10a Resident Council Meeting  
(M + HKTV)  
1p Canasta (CA)  
**1-2p *Reflections on 9/11 at the World Trade Center* with William Lowkey (M + HKTV)**  
2:30p Qi Gong (M)  
3p Fiber Arts Group (CA)  
**3:30p Seated Core Strengthening (M)**  
4p Wine and Cheese: Wine and Wigs!  
(CL and Patio)

12

8-10a Benevolent Brew (SY)  
9a Total Body Circuit (CZ)  
**9:30a 2p Seattle Art Museum**  
10a Stretch & Balance (M + HKTV)  
**No Grocery Shopping**  
11a Interval Training (M + HKTV)  
11:30a Mexican Train (CA)  
12p Key Quilters (SY)  
1p Bridge (SP)  
2p **Penrose Scenic Drive**  
2-4p Traditional Mah-Jongg (CR)  
**3-4:30p School Board Candidate Forum**  
**(M + HKTV)**  
**No Seated Core Strengthening Today**  
7p Movie Night: *A Haunting in Venice*  
PG-13 (M + HKTV)

13

8-10a Benevolent  
Brew (SY)  
9:15a Tai Chi (M)  
2p PVA Presents: London  
Royal Ballet's  
*Cinderella* (M + HKTV)  
3p Syren's Grille  
Happy Hour (SY)

## Fish Food Drive for FISH Food Bank (Clubhouse Lobby)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jong (CR) 5:30p Movie Date: <i>The Man Who Knew Too Much</i> PG (M + HKTV)</div> <div>14</div>	<div>8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Grocery Shopping: Met Market 9a Total Body Circuit (CZ) 10a Stretch &amp; Balance (M + HKTV) 10a-2:30p Washington State Fair &amp; Lunch in Puyallup 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</div> <div>15</div>	<div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch &amp; Balance (M + HKTV) 11a Caregiver Support Group (A) 11a Yoga Basics with Paige (M) 1-2:30p State Senate Candidate Forum (M + HKTV) 3p Tai Chi with Angela (M-S) 4p Songsters (CL)</div> <div>16</div>	<div>8-10a Benevolent Brew (SY) 8a Gentle Yoga with Paige (M) 9a Seated Core Strengthening (M) 9a Men’s Bible Study (A) 9:30-11:30a Co-Ed Breakfast at The Float in Gig Harbor 10a Stretch &amp; Balance (M + HKTV) 10a-12p Computer Help Desk (CL) 10a-12p Open Art Studio (CA) 11a Interval Training (M + HKTV) 11a Express Shopping: Safeway 1p Heron’s Key Sketchers (CA) 2:15p Pinochle (CA) 3p Food Committee Meeting (M) No Line Dancing with Cindy 6:30p PVA Presents: Anton Bruckner - Symphony #3 in D minor (M + HKTV)</div> <div>17</div>	<div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Genealogy Group Meeting (A) 1p Canasta (CA) 1-3p Themes in Philosophy, Part 2: Philosophy of Language with David Smith (M + HKTV) No Qi Gong 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 7-8:30p Karaoke! (M)</div> <div>18</div>	<div>8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Stretch &amp; Balance (M + HKTV) 11a Interval Training (M + HKTV) 11a Grocery Shopping: Walmart 11:30a Mexican Train (CA) 1p Bridge (SP) 2p Penrose Scenic Drive 2-3:30p Ice Cream at Iscreamery in Gig Harbor 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 7p Movie Night: <i>The Post</i> PG-13 (M + HKTV)</div> <div>19</div>	<div>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 3p Syren’s Grille Happy Hour (SY)</div> <div>20</div>
<div>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jong (CR) 5:30p Movie Date: <i>Romancing the Stone</i> PG (M + HKTV)</div> <div>21</div>	<div>8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Grocery Shopping: Trader Joe’s in Silverdale 9a Total Body Circuit (CZ) 10a Stretch &amp; Balance (M + HKTV) 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 2:15p Sound Bathing with Dee Mulder (M)</div> <div>22</div>	<div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch &amp; Balance (M + HKTV) 11a Yoga Basics with Paige (M) 1-2p Hate Speech Part 5/6: Hate Speech and Social Media with Chris Damaske (M + HKTV) 3p Cancer Support Group (CA) No Tai Chi with Angela 4p Songsters (Penrose)</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 Stretch &amp; Balance (M + HKTV) 10a-12p Open Art Studio (CA) 11a Parkinson’s Support Group (A) 11a Express Shopping: Safeway No Interval Training Today 11a-12p Meet and Greet with Incoming President and CEO Ron Schaefer (SP) 1p Heron’s Key Sketchers (CA) 1-3p Familiar Touch Film Screening &amp; Discussion (M) 2:15p Pinochle (CA) 3:30p Line Dancing with Cindy (M) 6:30p PVA Presents: Rimsky-Korsakov: Scheherazade op. 35 (M + HKTV)</div> <div>24</div>	<div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 9-9:45a Fitness Expo: Cottages and Floor 1 (M) 10-10:45a Fitness Expo: Floor 2 (M) 11-11:45a Fitness Expo: Floor 3 (M) 1-1:45p Fitness Expo: Floor 4 (M) 1p Canasta (CA) 2-2:45p Fitness Expo: Floors 5 and 6 (M) No Qi Gong 3p Fiber Arts Group (CA) 3:30p Seated Core Strengthening (M) 7p Reading Aloud with Gee &amp; Your Neighbors (A)</div> <div>25</div>	<div>8-10a Benevolent Brew (SY) 9a Total Body Circuit (CZ) 10a Stretch &amp; Balance (M + HKTV) 11a Interval Training (M + HKTV) 11a Grocery Shopping: Target 11:30a Mexican Train (CA) 1p Bridge (SP) 2p Penrose Scenic Drive 2-4p Traditional Mah-Jongg (CR) 3:30p Seated Core Strengthening (M) 6:45-10:30p Annie the Musical at Tacoma Musical Playhouse 7p Movie Night: <i>The Call of the Wild</i> PG (M+HKTV)</div> <div>26</div>	<div>8-10a Benevolent Brew (SY) 9:15a Tai Chi (M) 2p PVA Presents: Tchaikovsky Symphony #5 in E Minor (HKTV only) 3p Syren’s Grille Happy Hour (SY)</div> <div>27</div>
<div>10a-3p Sunday Brunch (SY) 2p Penrose Church Service (SNF) 3:30p International Mah-Jong (CR) 5:30p Movie Date: <i>Housesitter</i> PG (M + HKTV)</div> <div>28</div>	<div>8a Yin Yoga with Paige (M) 9a Coffee Connections (SY) 9a Grocery Shopping: Trader Joe’s in University Place 9a Total Body Circuit (CZ) 10a Stretch &amp; Balance (M + HKTV) 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 3-5:30p Laser Tag &amp; Dinner at Ocean5 in Gig Harbor</div> <div>29</div>	<div>8a Resident Led Tai Chi (M) 9a Coffee Connections (SY) 9a Ladies Strength Training (CZ) 10a Stretch &amp; Balance (M + HKTV) 11a Yoga Basics with Paige (M) 11a-1p International Tastings: Kizuki Ramen &amp; Izakaya in Tacoma 1-2p Sasquatch: Man-Ape or Myth with David George Gordon (M + HKTV) 3p Tai Chi with Angela (M-S) 3p Birthday Party (CL)</div> <div>30</div>	<div><div><div>SAFE practices &amp; injury AWARENESS</div></div><div><div>HERON’S KEY GIG HARBOR</div><div>A MEMBER OF EMERALD COMMUNITIES</div></div></div>			<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> <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>(HKTV) Streamed on HKTV 370</div></div>