

May 2021

Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

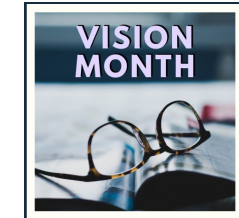
Sat

KEY

- (A) Anchor Room
- (CA) Creative Arts Studio
- (CL) Clubhouse Lobby
- (LE) Life Enrichment in Penrose
- (LIB) Library/Fireplace
- (M-P) Maritime Room Port
- (M-S) Maritime Room Starboard
- (SP) Spinnaker's
- (SY) Syren's Grille
- (W) Windward Room
- (SNF) Skilled Nursing in Penrose
- (CR) Chart Room
- (CZ) Conditioning Zone

Fitness Classes in Green
 ♦ Beginner Intensity
 ❖ Intermediate Intensity

(Off Campus in Orange meets in CL for Bus)



1
 8-10a Benevolent Brew (SY)
 9:15a Tai Chi (M) ♦
 10:30a Yin Yoga ♦❖
 (YouTube Video)

2
 8a Deadline for Submitting Grocery Lists for Afternoon Delivery.
 8a Gentle Yoga ♦❖ (YouTube Video)
 9a Morning Moves (M) ♦
 10a Stretch & Balance (M) ♦
 11a Bodies in Motion ♦❖
 1p Mindful Meditation
 1:30p Women's Bible Study (M-S)
 3p Lifelong Learning Programming Meeting

3
 8a Deadline for Submitting Grocery Lists for Afternoon Delivery.
 8a Gentle Yoga ♦❖ (YouTube Video)
 9a Morning Moves (M) ♦
 10a Stretch & Balance (M) ♦
 11a Bodies in Motion ♦❖
 1p Mindful Meditation
 1:30p Women's Bible Study (M-S)
 3p Lifelong Learning Programming Meeting

4
 7a Tai Chi (M) ♦
 9a Strength & Stability ♦❖
 10a Stretch & Balance (M) ♦
 11a Interval Training ❖
 2:30p Writing Group

5
 8a Senior Yoga Flow ♦❖ (YouTube Video) 8-10a Benevolent Brew (SY)
 9a Morning Moves (M) ♦
 10a Stretch & Balance (M) ♦
 10a-12p Grocery Shopping Trip: Fred Meyer Port Orchard
 10a-12p Computer Help Desk (CL)
 11a Bodies in Motion ♦❖
 2p Who Am I: What are Two Four-Letter Words that Start with J and End in Friendship?
 5p New Recorded Message from Amy is available

6
 7a Tai Chi (M) ♦
 9a Strength & Stability ♦❖
 1p Eight-Part Course with David Smith: Character Development (pre-registration required)
 3p Fiber Arts Group (CA)

7
 8-10a Benevolent Brew (SY)
 10a Stretch & Balance (M) ♦
 10-12p Grocery Shopping Trip: Trader Joe's Silverdale
 11a Interval Training ❖
 1p Mind Matters (M)
 7p Movie Night: Casablanca (PG) (M)

8
 8-10a Benevolent Brew (SY)
 9:15a Tai Chi (M) ♦
 10:30a Yin Yoga ♦❖
 (YouTube Video)

9

10
 8a Deadline for Submitting Grocery Lists for Afternoon Delivery.
 8a Gentle Yoga ♦❖ (YouTube Video)
 9a Morning Moves (M) ♦
 10a Stretch & Balance (M) ♦
 10a Co-Ed Bible Study
 11a Bodies in Motion ♦❖
 1p Mindful Meditation (M)
 3p Photography Group
 3p Syren's Café Cart: Cottages

11
 7a Tai Chi (M) ♦
 9a Strength & Stability ♦❖
 10a Stretch & Balance (M) ♦
 11a Interval Training ❖
 1p Grief Support Group (A)
 1p American Author Judith Ann Jance
 2:30p Writing Group
 3p Cancer Support Group (M)
 3p Syren's Café Cart: 1st & 6th Floors

12
 8a Senior Yoga Flow ♦❖ (YouTube Video) 8-10a Benevolent Brew (SY)
 9a Morning Moves (M) ♦
 10a Stretch & Balance (M) ♦
 10a-12p Grocery Shopping Trip: Fred Meyer Port Orchard
 10a-12p Computer Help Desk (CL)
 11a Bodies in Motion ♦❖
 11a Veterans Group

1p Gig Harbor Lions Club: Changing Lives One Pair of Eyeglasses at a Time

1p Weigh to Go (A)
 3p Book Clubs 1 & 2
 3p Syren's Café Cart: 2nd Floor
 5p New Recorded Message from Amy is available

13
 7a Tai Chi (M) ♦
 9a Strength & Stability ♦❖
 10a Residents' Association Meeting
 1p Eight-Part Course with David Smith: Character Development (pre-registration required)
 3p Fiber Arts Group (CA)
 3p Syren's Café Cart: 3rd Floor

14
 8-10a Benevolent Brew (SY)
 10a Stretch & Balance (M) ♦
 10-12p Grocery Shopping Trip: Trader Joe's Silverdale
 11a Interval Training ❖
 11a Reading Aloud with Gee Heckscher & Friends
 1p Mind Matters (M)
 3p Syren's Café Cart: 4th Floor
 7p Movie Night: Slumdog Millionaire (R) (M)

15
 8-10a Benevolent Brew (SY)
 9:15a Tai Chi (M) ♦
 10:30a Yin Yoga ♦❖
 (YouTube Video)
 2p 2nd Floor Art Walk (registration required)
 3p Syren's Café Cart: 5th Floor

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16

17
8a Deadline for Submitting Grocery Lists for Afternoon Delivery.
8a Gentle Yoga ♦♦ (YouTube Video)
9a Morning Moves (M)♦
10a Stretch & Balance (M) ♦
11a Bodies in Motion ♦♦
1p Mindful Meditation
1:30p Women's Bible Study (M-S)

18

7a Tai Chi (M) ♦
9a Strength & Stability ♦♦
10a Stretch & Balance (M) ♦
11a Pet Partners
11a Interval Training ♦
**1p Vision Matters Presents:
The Latest in Low-Vision Devices (M)**
2:30p Writing Group

5p Loss and Light (Patio)

19

8a Senior Yoga Flow ♦♦ (YouTube Video)
8-10a Benevolent Brew (SY)
9a Morning Moves (M)♦
9-11a Harbor Audiology (Penrose)
10a Stretch & Balance (M) ♦
**10a-12p Grocery Shopping Trip:
Fred Meyer Port Orchard**
10a-12p Computer Help Desk (CL)
11a Bodies in Motion ♦♦
1p Weigh to Go (A)
1:50p Point Defiance Park Hike
5p New Recorded Message from Amy is available

20

7a Tai Chi (M) ♦
9a Strength & Stability ♦♦
10:30a Through Our Eyes:
A Gathering for Those
Living with Vision Loss (M)
11a Virtual Chef's Demo:
Strawberry Jam
1p Eight-Part Course with David Smith:
Character Development
(pre-registration required)
3p Fiber Arts Group (CA)

21

8-10a Benevolent Brew (SY)
9a May Birding Challenge (CA Patio)
10a Stretch & Balance (M) ♦
**10-12p Grocery Shopping Trip:
Trader Joe's Silverdale**
11a Who Am I: Staff Interview
with Dave Molenda
11a Interval Training ♦
1p Mind Matters (M)

7p Movie Appreciation Night:
Under the Same Moon (PG-13) (M)

22

8-10a Benevolent Brew (SY)
9:15a Tai Chi (M) ♦
10:30a Yin Yoga ♦♦
(YouTube Video)

23

24
8a Deadline for Submitting Grocery Lists for Afternoon Delivery.
8a Gentle Yoga ♦♦ (YouTube Video)
9a Morning Moves (M)♦
10a Stretch & Balance (M) ♦
10a Co-Ed Bible Study
11a Bodies in Motion ♦♦
1p Mindful Meditation (M)

25

7a Tai Chi (M) ♦
9a Strength & Stability ♦♦
10a Stretch & Balance (M) ♦
11a Interval Training ♦
1p Reflections of an Old Judge
with Judge Robert Bryan
1p Grief Support Group (A)
**1p Select Rehab Presents:
How Occupational Therapy Supports
Those with Low Vision (M)**
2:30p Writing Group
3p Cancer Support Group (M)

7p Living Room Concert
with Don Ransom (M)

26

8a Senior Yoga Flow ♦♦ (YouTube Video)
8-10a Benevolent Brew (SY)
9a Morning Moves (M)♦
10a Stretch & Balance (M) ♦
**10a-12p Grocery Shopping Trip:
Fred Meyer Port Orchard**
10a-12p Computer Help Desk (CL)
11a Bodies in Motion ♦♦
1p Weigh to Go (A)
2p Looking Forward with Amy
5p New Recorded Message from Amy is available

7p Living Room Concert
with Don Ransom (M)

27

7a Tai Chi (M) ♦
9a Strength & Stability ♦♦
11a Performing Arts Group
3p Fiber Arts Group (CA)

7p Living Room Concert
with Don Ransom (M)

28

8-10a Benevolent Brew (SY)
10a Stretch & Balance (M) ♦
**10-12p Grocery Shopping Trip:
Trader Joe's Silverdale**
11a Interval Training ♦
11a Reading Aloud
with Gee Heckscher & Friends
1p Mind Matters (M)
2p Match Wits with Will Shortz
with Ron Magid

7p Movie Night:
Driving Miss Daisy (PG) (M)

29

8-10a Benevolent Brew (SY)
9:15a Tai Chi (M) ♦
10:30a Yin Yoga ♦♦
(YouTube Video)

30

31
— Administrative Offices Closed —
No Fitness
No Grocery Shopping

Fitness Classes in Green
♦ Beginner Intensity
❖ Intermediate Intensity

**(Off Campus in Orange
meets in CL for Bus)**

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A MEMBER OF EMERALD COMMUNITIES