

October 2020

Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat




HERON'S KEY
GIG HARBOR
A MEMBER OF EMERALD COMMUNITIES

PERSONAL PREPAREDNESS MONTH
Prepare today for tomorrow's unknown.

For All Zoom Meetings:

Enter the Meeting ID listed below each event

Enter the following passcode: (removed for privacy)

For a direct hyperlink, visit the Resident Portal or KeyNotes.



1

9a Strength & Stability
10a Stretch & Balance
1p Eight-Part Course with David Smith: *Themes in Philosophy* (preregistration & payment required)
3p Fiber Arts Group

2

10a Stretch & Balance
1p Uncomfortable Conversations
1:30p Interval Training

3

10:30a Yoga

4

3p Syren's Café Available at the Host Stand

5

8a Yoga
9a Morning Moves
10a Stretch & Balance
11a Resident Council Open Forum
11a Bodies in Motion
1p Mindful Meditation
1:30p Interval Training
3p Lifelong Learning Programming Meeting
3p Syren's Café Cart: Cottages

6

9a Strength & Stability
10a Stretch & Balance
1p Virtual Chef's Demo: Mushroom Risotto
2:30p Writing Group
3p Syren's Café Cart: 1st & 6th Floors
4:30p Zoom Parties: 1st Floor

7

8a Yoga
9a Morning Moves
10a Stretch & Balance
11a Bodies in Motion
1:30p Interval Training
2p Who Am I: *Wood and Its Artistic Use*
3p Syren's Café Cart: 2nd Floor
5p New Recorded Message from Amy is available

8

9a Strength & Stability
10a Resident Council Meeting
10a Stretch & Balance
1p Eight-Part Course with David Smith: *Themes in Philosophy* (preregistration & payment required)
3p Fiber Arts Group
3p Syren's Café Cart: 3rd Floor
4:30p Zoom Parties: 2nd Floor

9

10a Stretch & Balance
1p Racial Justice Group
1:30p Interval Training
3p Syren's Café Cart: 4th Floor

10

3p Syren's Café Cart: 5th Floor

11

3p Syren's Café Available at the Host Stand

12

8a Yoga
9a Morning Moves
10a Stretch & Balance
10a Co-Ed Bible Study
11a Bodies in Motion
1p Mindful Meditation
1:30p Interval Training
3p Photography Group
3p Syren's Café Cart: Cottages

13

9a Strength & Stability
10a Stretch & Balance
11a Pierce County Emergency Management: *What Have I Learned From COVID?*
11a Veterans Group
1p *The Lost Footage* with Stephanie Lile
2-4p Benevolence Tree Ornament Class: *Snowman, Reindeer & Penguin (M)*
2:30p Writing Group
3p Syren's Café Cart: 1st & 6th Floors
4:30p Zoom Parties: 3rd Floor

14

8a Yoga
9a Morning Moves
10a Stretch & Balance
11a Bodies in Motion
1:30p Interval Training
2p Heron's Key Nature Hour
3p Book Club 1
3p Syren's Café Cart: 2nd Floor
5p New Recorded Message from Amy is available
7p HK Dialogues: What's In a Word?

15

9a Strength & Stability
10a Stretch & Balance
10:15a COVID-Smart Great Shakeout: Earthquake Drill
1p Eight-Part Course with David Smith: *Themes in Philosophy* (preregistration & payment required)
3p Fiber Arts Group
3p Syren's Café Cart: 3rd Floor
4:30p Zoom Parties: 4th Floor

16

10a Stretch & Balance
1p Uncomfortable Conversations
1:30p Interval Training
2-4p Benevolence Tree Ornament Class: *Pinecone Reindeer, Gingerbread Man & Happy Birthday Jesus (M)*
3p Syren's Café Cart: 4th Floor

17

3p Syren's Café Cart: 5th Floor

 "Guess the Pumpkin Weight" Begins

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18

3p Syren's Café Cart:
Available at the
Host Stand

19

8a Yoga
9a Morning Moves
10a Stretch & Balance
11a Bodies in Motion
1p Mindful Meditation
1:30p Interval Training
2p Meet the Sound Dental Care Team
3p Syren's Café Cart: Cottages
7p Monday Evening Music Series
with Matt DelCiampo

20

9a Strength & Stability
10a Stretch & Balance
2-4p Benevolence Tree
Ornament Class:
*Christmas Tree, Bell Wreath
& Button Wreath (M)*
2:30p Writing Group
3p Syren's Café Cart:
1st & 6th Floors
4:30p Zoom Parties: 5th Floor

21

8a Yoga
9a Morning Moves
10a Stretch & Balance
11a Bodies in Motion
1:30p Interval Training
1:30p Ballot Drop-Off
2:30p Ballot Drop-Off
3p Syren's Café Cart: 2nd Floor
5p New Recorded Message from Amy
is available
7p Corner of Love & AGROS with
Residents Bob & Anne DeLaney
and Dan & Lois Wilson

22

9a Strength & Stability
10a Stretch & Balance
1p Eight-Part Course with David Smith:
Themes in Philosophy
(preregistration & payment required)
3p Fiber Arts Group
3p Syren's Café Cart: 3rd Floor
3:30p Book Club 2
4:30p Zoom Parties: 6th Floor

23

10a Stretch & Balance
11a Medicare Informational Seminar
with Tony Albert
1p Racial Justice Group
1:30p Interval Training
1:30p Ballot Drop-Off
2-4p Benevolence Tree
Ornament Class:
*Red / White Candy &
Stamped Heart (M)*
2:30p Ballot Drop-Off
3p Syren's Café Cart: 4th Floor

24

3p Syren's Café Cart: 5th Floor

 Autumn Floor Walk
Enjoy your neighbor's decorations!

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25

3p Syren's Café Cart:
Available at the
Host Stand

26

8a Yoga
9a Morning Moves
10a Stretch & Balance
10a Co-Ed Bible Study
11a Bodies in Motion
1p Mindful Meditation
1:30p Interval Training
3p Syren's Café Cart: Cottages

27

9a Strength & Stability
10a Stretch & Balance
1p *Thru the Lens*
with Doug Soule
1:30p Ballot Drop-Off
2:30p Writing Group
2:30p Ballot Drop-Off
3p Syren's Café Cart:
1st & 6th Floors
4:30p Zoom Parties: Cottages

28

8a Yoga
9a Morning Moves
10a Stretch & Balance
11a Activities Standing Committee
11a Bodies in Motion
1:30p Interval Training
2p Storytelling: Memorable Treasures
3p Syren's Café Cart: 2nd Floor
5p New Recorded Message from Amy
is available

29

9a Strength & Stability
10a Stretch & Balance
1p Eight-Part Course with David Smith:
Themes in Philosophy
(preregistration & payment required)
3p Fiber Arts Group
3p Syren's Café Cart: 3rd Floor
6:30p Virtual Murder Mystery Event:
Ace in the Hole
(RSVP for Zoom ID)

30

10a Stretch & Balance
1p Uncomfortable Conversations
1:30p Interval Training
1:30p Ballot Drop-Off
2:30p Ballot Drop-Off
3p Syren's Café Cart: 4th Floor

31

3p Syren's Café Cart: 5th Floor

 Come vote for your favorite pumpkins!

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Happy 
HALLOWEEN



**PERSONAL
PREPAREDNESS
MONTH**

Prepare today for tomorrow's unknown.