

January 2022

Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

8-10a Benevolent Brew (SY)

9:15a Tai Chi ♦ (M)



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

📺 Streamed on HKTV

(Off Campus in Orange meets in CL for Bus)

2

- 9a Coffee Connections (SY)
- 9a Total Body Circuit ❖ (CZ)
- 10a Stretch & Balance ♦ (M)
- 10a-12p Grocery Shopping Trip: Fred Meyer Gig Harbor & Metropolitan Market
- 1p Mindful Meditation (M-S)
- 1:30p Women's Bible Study (A)
- 3p Lifelong Learning Programming Meeting (M)

3

- 7a Tai Chi ♦ (M)
- 9a Coffee Connections (SY)
- 10a Stretch & Balance ♦ (M)
- 11a Interval Training ❖ (M)
- 11a Grief Support Group (CR)
- 2:30p Writing Group
- 3p Cancer Support Group (CA)
- 3:30p Self-Myofascial Release Class ♦ (M-S)

4

- 8-10a Benevolent Brew (SY)
- 10a Stretch & Balance ♦ (M)
- 10a-12p Computer Help Desk (CL)
- 2p 📺 Who Am I: The Mystery Guest (M)
- 5p New Recorded Message from Amy is available

5

- 7a Tai Chi ♦ (M)
- 9a Coffee Connections (SY)
- No Neighborhood Walk today.
- 1p Eight Part Course with David Smith: The Old Testament & Tanakh (preregistration required)
- 3p Fiber Arts Group (CA)
- No Self-Myofascial Release Class today.

6

- 8-10a Benevolent Brew (SY)
- No Total Body Circuit today.
- No Stretch & Balance today.
- 10-12p Grocery Shopping Trip: Trader Joe's Silverdale
- No Interval Training today.
- 11a Performing Arts Group (A)
- 1p Mind Matters (M)
- No Neighborhood Walk today.
- 3p Syren's Grille Happy Hour (SY)

7

7p Movie Night: Emma. (PG) (M)

8

8-10a Benevolent Brew (SY)

9:15a Tai Chi ♦ (M)

9

- 9a Coffee Connections (SY)
- 9a Total Body Circuit ❖ (CZ)
- 10a Stretch & Balance ♦ (M)
- 10a-12p Grocery Shopping Trip: Fred Meyer Gig Harbor & Metropolitan Market
- 10a Co-Ed Bible Study
- 1p Mindful Meditation (M-S)

10

- 7a Tai Chi ♦ (M)
- 9a Coffee Connections (SY)
- 10a Stretch & Balance ♦ (M)
- 11a Interval Training ❖ (M)
- 11a Pet Partners
- 1p 📺 Kwabi Amoah-Forson: Founder of Peace Bus (M)
- 2:30p Writing Group
- 3:30p Self-Myofascial Release Class ♦ (M-S)

11

- 8-10a Benevolent Brew (SY)
- 10a Stretch & Balance ♦ (M)
- 10a-12p Computer Help Desk (CL)
- 2p 📺 Nature 90 Minutes: Baby It's Cold Outside (M)
- 3:30p Book Club (CR)
- 5p New Recorded Message from Amy is available

12

- 7a Tai Chi ♦ (M)
- 9a Coffee Connections (SY)
- 10a Neighborhood Walk ♦ (CL)
- 10a Resident Council Meeting
- New! 2p Quilt Club (A)
- 3p Fiber Arts Group (CA)
- 3:30p Self-Myofascial Release Class ♦ (M-S)
- 4p Wine & Cheese (SP)

13

- 8-10a Benevolent Brew (SY)
- 9a Total Body Circuit ❖ (CZ)
- 10a Stretch & Balance ♦ (M)
- 10-12p Grocery Shopping Trip: Trader Joe's Silverdale
- 11a Interval Training ❖ (M)
- 1p Mind Matters (M)
- 1p Neighborhood Walk ♦ (CL)
- 3p Syren's Grille Happy Hour (SY)

14

7p Movie Night The Father (PG-13) (M)

15

8-10a Benevolent Brew (SY)

9:15a Tai Chi (M) ♦

New Rotating Art Show Display
See newsletter for details

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16

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9a Coffee Connections (SY)
9a Total Body Circuit ❖ (CZ)
10a Stretch & Balance ♦ (M)
10a-12p Grocery Shopping Trip:
Fred Meyer Gig Harbor &
Metropolitan Market
1p Mindful Meditation (M-S)
1:30p Women's Bible Study (A)

17

7a Tai Chi ♦ (M)
9a Coffee Connections (SY)
10a Stretch & Balance ♦ (M)
11a Interval Training ❖ (M)
11a Grief Support Group (CR)
1p 📺 Gregg Olsen:
Starvation Heights &
Olalla Bay Market (M)
2:30p Writing Group
3p Cancer Support Group (CA)
3:30p Self-Myofascial
Release Class ♦ (M-S)

18

8-10a Benevolent Brew (SY)
9-11a Harbor Audiology (Penrose)
10a Stretch & Balance ♦ (M)
10a-12p Computer Help Desk (CL)
1-3p Interest Group Fair (M)

3p Food Committee Meeting
5p New Recorded Message from Amy
is available

19

7a Tai Chi ♦ (M)
9a Coffee Connections (SY)
10a Neighborhood Walk ♦ (CL)
1p Eight Part Course with David Smith:
The Old Testament & Tanakh
(preregistration required)
3p Fiber Arts Group (CA)
3:30p Self-Myofascial
Release Class ♦ (M-S)

20

8-10a Benevolent Brew (SY)
9a Total Body Circuit ❖ (CZ)
10a Stretch & Balance ♦ (M)
10-12p Grocery Shopping Trip:
Trader Joe's Silverdale
11a Interval Training ❖ (M)
1p Mind Matters (M)
1p Neighborhood Walk ♦ (CL)
3p Syren's Grille
Happy Hour (SY)

7p Movie Night:
Judas and the Black Messiah (R) (M)

22

8-10a Benevolent Brew (SY)
9:15a Tai Chi ♦ (M)

23

New Rotating Art Show Display
See newsletter for details

9a Coffee Connections (SY)
9a Total Body Circuit ❖ (CZ)
10a Stretch & Balance ♦ (M)
10a-12p Grocery Shopping Trip:
Fred Meyer Gig Harbor &
Metropolitan Market
10a Co-Ed Bible Study
1p Mindful Meditation (M-S)
2:30p Transportation Options
at Heron's Key (M-P)

24

7a Tai Chi ♦ (M)
9a Coffee Connections (SY)
10a Stretch & Balance ♦ (M)
11a Interval Training ❖ (M)
2:30p Writing Group
3:30p Self-Myofascial
Release Class ♦ (M-S)

25

8-10a Benevolent Brew (SY)
10a Stretch & Balance ♦ (M)
10a-12p Computer Help Desk (CL)
1-3p Fleece Day Projects (M)
2p Wordplay 2.0
5p New Recorded Message from Amy
is available

26

7a Tai Chi ♦ (M)
9a Coffee Connections (SY)
10a Neighborhood Walk ♦ (CL)
1p Eight Part Course with David Smith:
The Old Testament & Tanakh
(preregistration required)
3p Fiber Arts Group (CA)
3p Birthday Celebration (SP)
3:30p Self-Myofascial
Release Class ♦ (M-S)

27

8-10a Benevolent Brew (SY)
9a Total Body Circuit ❖ (CZ)
10a Stretch & Balance ♦ (M)
10-12p Grocery Shopping Trip:
Trader Joe's Silverdale
11a Interval Training ❖ (M)
1p Mind Matters (M)
1p Neighborhood Walk ♦ (CL)
3p Syren's Grille
Happy Hour (SY)
6:30p Tacoma Musical Playhouse:
Disenchanted

7p Movie Night:
Never Rarely
Sometimes Always (PG-13) (M)

7p Reading Aloud with
Gee Heckscher & Friends (M)

29

8-10a Benevolent Brew (SY)
9:15a Tai Chi ♦ (M)

30

9a Coffee Connections (SY)
9a Total Body Circuit ❖ (CZ)
10a Stretch & Balance ♦ (M)
10a-12p Grocery Shopping Trip:
Fred Meyer Gig Harbor &
Metropolitan Market
1p Mindful Meditation (M-S)

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Fitness Classes in Green
♦ Beginner Intensity
❖ Intermediate Intensity

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A MEMBER OF EMERALD COMMUNITIES