

Life. Love. Legacy.™  
7112 Braddock Rd  
Annandale, VA 22003  
Phone: (703) 256-2525

YOUR LEADERSHIP TEAM



Jessica Peters  
Executive Director



Jonathan Fitch  
Sales & Marketing  
Director



Tera Reeves, LPN  
Resident Services  
Director



Hamsatu  
Massaquoi, LPN  
Assistant Resident  
Services Director



Nataly  
Hernandez Reyes  
Life Enrichment  
Coordinator



David Martinez  
Maintenance  
Director



Nora Martinez  
Dining Services  
Director



Alicia Gailliot  
Business Office  
Manager



MESSAGE FROM YOUR EXECUTIVE DIRECTOR: FEBRUARY 2026

Dear Families and Friends of Renaissance of Annandale, Happy February! As we move through winter, our team remains focused on keeping residents safe, comfortable, and engaged. This month brings many opportunities to celebrate connection, culture, and community.

We will be honoring **Black History Month** with meaningful activities and reflection. As Dr. Martin Luther King, Jr. shared, “Life’s most persistent and urgent question is, ‘What are you doing for others?’” This message reflects the spirit of compassion and service at Renaissance.

Residents will also enjoy themed celebrations such as **Groundhog Day**, **Chinese New Year**, and **Valentine’s Day**, bringing fun and festive moments to our community.

We hope to see families and loved ones throughout the month, schedules permitting, and we welcome your continued partnership. I also encourage you to share feedback on the types of support, education, and social opportunities you would like to see offered this year—your input truly helps guide our planning. The survey is still open – [click here](#) or use the QR code below.

As always, thank you for your trust. Please remember to postpone visits if you are feeling unwell, as we continue to work together to keep everyone healthy.

Warm regards,  
*Jessica Peters*  
Executive Director  
Renaissance of Annandale

TAKE OUR  
SHORT  
SURVEY



Love is in  
the Air



Join us as we kick off our  
family education series!

Hearts in Mind:  
Meaningful Gifts that  
Deepen Connection  
presented by Melissa Long

FEB 11 4 PM

Discover heartfelt ways to choose gifts that foster connection, comfort, and meaningful moments for those living with dementia. After the presentation, join us for a mix-and-mingle happy hour where you’ll have the chance to explore and experience some of these thoughtful gifts firsthand.

RSVP: [receptionist@renaissanceannandale.net](mailto:receptionist@renaissanceannandale.net)





**February is often called the month of love—what does “love” mean to you?**  
*Love means affection from feelings, from people. I love lots of people, and I love to show them too.*

**How did you show kindness to your students?**  
*By the way you look at them. The way you answered their questions. Giving them attention. Making sure they felt appreciated and understood. Always having a smile on my face—it made them smile too!*

**What was your favorite thing to do in winter?**  
*Storytelling! It was cold, but the storytelling itself made all of us feel warm. I had lots of different stories I liked to read. It was a good time! I really did enjoy it!*

### Celebrations & Milestones

**Welcome to our newest residents!**

- Katherine M.
- Jack C.
- David T.
- Gloria S.

**Let's celebrate everyone marking a special moment this month!**

**RESIDENT BIRTHDAYS**

- Feb. 3: Connie W.
- Feb. 9: Jan W.
- Feb. 10: Joanne K.
- Feb. 24: Rebekah P.
- Feb. 25: Kim T.

**TEAM MEMBER BIRTHDAYS**

- Feb. 2: Adwoa Abrafi
- Feb. 7: Tsion Tefera
- Feb. 10: Farhiya Sheik

**RESIDENT ANNIVERSARIES**

- Rebekah P. – 5 years
- Vivian F. – 4 years
- Jack S. – 3 years
- Susan M. – 2 years

**TEAM ANNIVERSARIES**

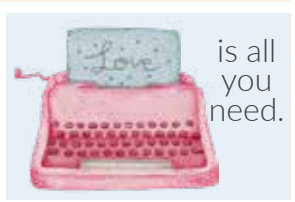
- Adelaide Danso – 4 years
- Sandra Damas – 4 years
- Rosa Rivas – 3 years
- Baromi Poteman – 1 year



**IF YOU LOVE WHAT WE DO, PLEASE LEAVE A REVIEW!**

WILL PHIL EMERGE TO BRIGHT OR GRAY, AND FIND HIS SHADOW ON DISPLAY?  
IF SUNBEAMS MEET HIS SLEEPY EYES, WINTER LINGERS, SNOW AND SKIES.  
BUT IF THE CLOUDS KEEP LIGHT AT BAY, HOORAY! SPRING MIGHT BE ON ITS WAY!

**GROUNDHOG DAY • FEB. 2<sup>ND</sup>**



**REINDEER ANTLER TOSS ANTICS**

REWOTOCOUNLXSN  
SORCHIDUVGI ZHLK  
AERSPSDXNOGVRLQ  
GARDENCITYHZJAB  
MKLUSNLBFFT ZDFC  
SQYWTCTPPSSBTRH  
IYAMYPOOWRAEDEI  
ELECFLQLOSZFAETL  
DBCKLCRUKAACTAI  
UNINNDLTCDRHAWC  
BSOOFQNEGSIEOHR  
FINIDQMLAROSBYA  
LUSIKKRYNNLXMMB  
HHFLOWERDOMEUBW  
CXFLACIPORTKBPW

1 G R O W N U P 6 B A I L 6  
A A A U R T A I M S  
10 L O T 11 S W I M M E R N E  
A P M I E L F A  
X 15 P E E P E R S F 16 O H M  
Y L C 17 C A R R M U M  
18 C O N T I N U E I  
W A 21 L O G E A  
P R I N C I P A L E 24 D A Y  
O N U O A C R E  
26 D O G L E N A M S  
I F A R T H E S T U F O  
E L K R O O S N  
34 D I S A R M S S C S

**Alzheimer's Support Services**

A complimentary support service, designed to complement the care we provide. Schedule today with Dr. Ron Harvard.

**LEGACYSL.NET/  
ALZHEIMERS-SUPPORT**





# SHINING A LIGHT ON OUTSTANDING CARE!

At Renaissance of Annandale, we are committed to recognizing team members who consistently demonstrate outstanding dedication, compassion, and service. The Going the Extra Mile Award honors those who exceed expectations and make a meaningful impact on the lives of our residents, families, and community.

We invite residents, families, and visitors to participate in the nomination process. If you know a staff member who has shown exceptional care, professionalism, or commitment, we encourage you to submit a nomination.

How to Nominate:

- Nomination forms are available in the front lobby. Please complete a form and place it in the nomination box to recognize a deserving team member.
- Your participation helps us acknowledge and celebrate the individuals who go above and beyond every day to support our community.

CULINARY CLUB WITH NORA: SNICKERDOODLES



## ADMINISTRATION HOSTED ACTIVITIES

- Feb. 24 **Scenic Drive with David:**  
*National Harbor* 10:30am
- Feb. 10 **Valentine's Bingo with Alicia**  
2:00pm
- Feb. 17 **Field Trip with David:**  
*Dairy Queen* 10:30am
- Feb. 24 **Winter Olympics with Legacy**  
10:30am
- Feb. 25 **Culinary Club with Nora:**  
*Chocolate Covered Strawberry Cookies* 2:00pm



## LIFE ENRICHMENT Connections

February is all about love—and in our community, love shows up in so many beautiful ways.

This month, our focus is on connection, kindness, and moments that bring us together. Love shows itself in friendship, shared laughter, and the small acts of care we give and receive each day. From a smile in the hallway to a hand held during an activity, these moments remind us that love is something we live and celebrate together.

This February, we have so many ways to connect, share joy, and enjoy each other's company. Whether it's joining in our Sweethearts Social event, participating in cozy group activities, or simply spending time chatting with a neighbor, each interaction strengthens the bonds that make our community feel like home.

Let's fill this month with warmth, kindness, and a little extra love for everyone around us.

Here's to a February full of heart, happiness, and togetherness!

Nataly Hernandez-Reyes  
Life Enrichment Coordinator

## FEBRUARY HIGHLIGHTS

- |         |   |
|---------|---|
| Feb. 3  | 2PM Love You to Pieces Wreath                       |
| Feb. 5  | 2PM Creative Expression: <i>Heart Frames</i>        |
| Feb. 8  | 3PM Superbowl Social!                               |
| Feb. 9  | 2PM Abstract L.O.V.E Painting                       |
| Feb. 13 | 2PM Creative Expression: <i>Hearts &amp; Treats</i> |
| Feb. 15 | 2PM Baking Club: <i>Heart Brownies</i>              |
| Feb. 17 | 2PM Mardi Gras Mask Making                          |
| Feb. 18 | 2PM Sip & Paint: <i>Conversation Hearts</i>         |

## FROSTY ADVENTURES & COZY RETREATS: Winter AT ITS BEST



Please Join Us For Our

# Sweetheart Social

Please join us for a lovely afternoon filled with sweet treats, music, laughter, and heartfelt moments as we celebrate love and friendship together.

FEB 19

7112 Braddock Road  
Annandale, VA 22003

4 PM

Please RSVP by Feb 16<sup>th</sup> for our event by email at [receptionist@renaissanceannandale.net](mailto:receptionist@renaissanceannandale.net)

We look forward to celebrating the season of love with you!

## SIP & PAINT CARDINALS IN THE SNOW





HIGHLIGHTS & HAPPENINGS

Recurring Events

- SUNDAYS  
Guided Worship Services  
(1<sup>st</sup> & 3<sup>rd</sup> Sundays)  
•10:15am - The Harbor  
•11:00am - The Harbor Plus
- Spiritual Engagement with  
Chaplain Marcus (2<sup>nd</sup> & 4<sup>th</sup> Sundays)  
•10:15am - The Harbor  
•11:00am - The Harbor Plus
- Movie Night!  
•5:30pm
- MONDAYS  
Fitness with Legacy Healthcare  
•10:30am - The Harbor  
Chair Exercise  
•10:30am - The Harbor Plus
- TUESDAYS  
Tai Chi with Rhonda  
•10:30am - 2<sup>nd</sup> Tuesday
- FRIDAYS  
Music Therapy (every other week)  
•10:30am - The Harbor  
•11:00am - The Harbor Plus

- SATURDAYS  
Walking Club  
•10:30am  
.....

Topical Events

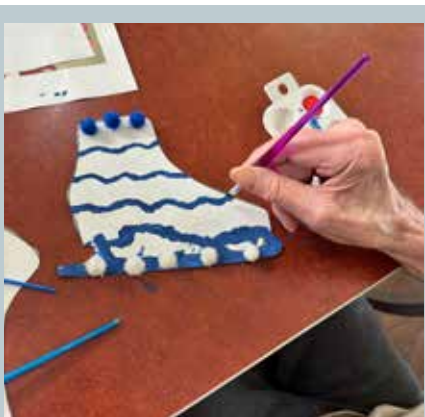
- ARMCHAIR TRAVEL CLUB  
14<sup>th</sup> 11:00am Paris  
17<sup>th</sup> 11:00am New Orleans

- TOPICAL TRIVIA  
6<sup>th</sup> 1pm Winter Olympics Trivia  
9<sup>th</sup> 11am Valentine's Friendly Feud  
16<sup>th</sup> 11am Presidential Riddle  
23<sup>rd</sup> 11am Around the World Jeopardy

what was your  
most memorable  
valentine's day?



WALKING (& SNACKING) IN A WINTER WONDERLAND



SKATING INTO CREATIVITY

ACROSS

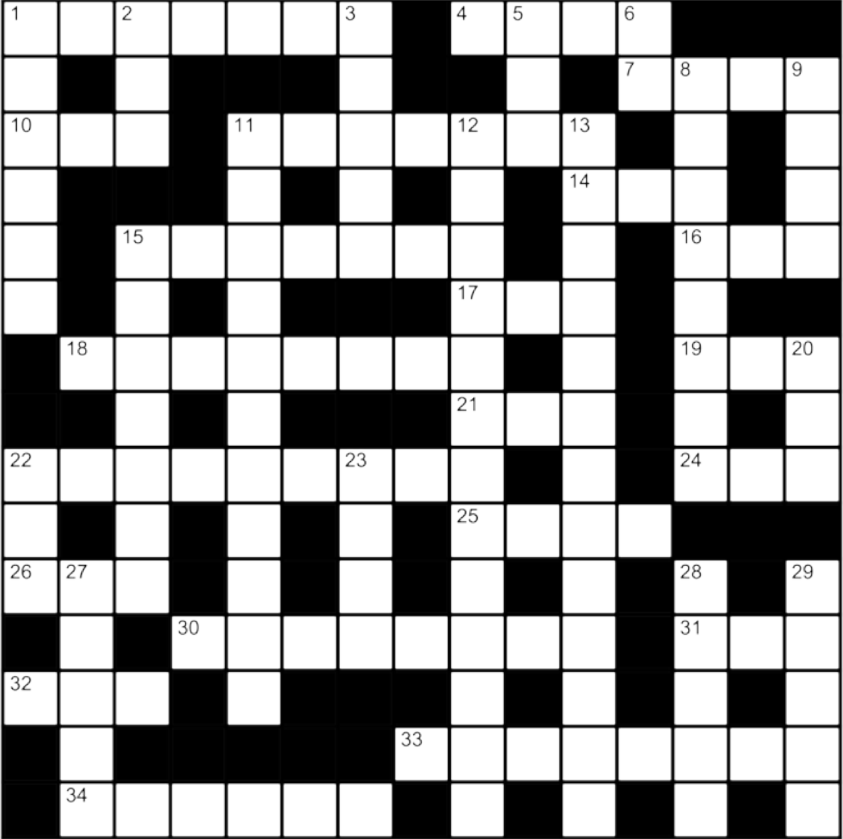
1. Adult  
4. Event attended by Cinderella  
7. Goals  
10. Auction unit  
11. Aquatic athlete  
14. Pointy-eared figure of fantasy  
15. "Jeepers, creepers, where'd you get those \_\_\_?"  
16. Electrical unit  
17. Garage contents  
18. To carry on  
19. It's "the word" (Hint: keeping a secret)  
21. Captain's journal  
22. Teacher's superior  
24. Doris \_\_\_ (Hint: "Que Sera, Sera")  
25. A measure of land  
26. Man's best friend  
30. Most remote  
31. E.T.'s craft  
32. Caribou kin  
33. Rushing  
34. Render harmless

DOWN

1. Milky Way, for one  
2. Kind of bran  
3. 8:00 p.m. is \_\_\_\_-time TV  
5. Chowd down  
6. Pie a-\_\_-mode  
8. Well-versed

9. A petticoat's junction  
11. Amazing, sensational  
12. Mixed, varied  
13. Chilling appliances  
15. Readying a field, say  
20. "\_\_\_ I help you?"

22. Like two peas in a \_\_\_  
23. Verse writer  
27. Applied lubricant  
28. Something to face? (Hint: accept unpleasant consequences)  
29. Karaoke choices



R	E	W	O	T	O	C	O	U	G	N	L	X	S	N
S	O	R	C	H	I	D	U	V	G	I	Z	H	L	K
A	E	R	S	P	S	D	X	N	O	G	V	R	L	Q
G	A	R	D	E	N	C	I	T	Y	H	Z	J	A	B
M	K	L	U	S	N	L	B	F	F	T	Z	D	F	C
S	Q	Y	W	T	C	T	P	P	S	S	B	T	R	H
I	Y	A	M	Y	P	O	O	W	R	A	E	D	E	I
E	L	E	C	F	Q	L	O	S	Z	F	A	E	T	L
D	B	C	K	L	C	R	U	K	A	A	C	T	A	I
U	N	I	N	N	D	L	T	C	D	R	H	A	W	C
B	S	O	O	F	O	N	E	G	S	I	E	O	H	R
F	I	N	I	D	Q	M	L	A	R	O	S	B	Y	A
L	U	S	I	K	K	R	Y	N	N	L	X	M	M	B
H	H	F	L	O	W	E	R	D	O	M	E	U	B	W
C	X	F	L	A	C	I	P	O	R	T	K	B	P	W

Gingapore The words listed can be found vertically, horizontally, diagonally, forward, and backward.



- |             |              |            |
|-------------|--------------|------------|
| BEACHES     | GARDEN CITY  | ORCHID     |
| BUMBOAT     | GUOCO TOWER  | SCULPTURES |
| CHILI CRAB  | LAWS         | SENTOSA    |
| CLEAN       | LION         | SWORDFISH  |
| CYCLING     | MONKEYS      | TROPICAL   |
| FLOWER DOME | NIGHT SAFARI | WATERFALLS |



# February 2026

## Harbor at Renaissance of Annandale

<div>9:30 Tabletime Chat</div> <div>10:00 Daily Devotions &amp; Prayers</div> <div>10:15 Pool Noodle Exercises/ Hydration</div> <div>10:45 Guided Worship Services</div> <div>11:00 Hymn Sing</div> <div>11:15 Memory Lane News</div> <div>11:30 Bible Study</div> <div>1:00 Who Am I?- Black History Month</div> <div>2:00 Giant UNO!</div> <div>3:00 Snacks &amp; Hydration</div> <div>3:45 Axe Throwing</div> <div>5:30 Movie Night!</div> <div>Tu B'Shevat Begins</div>	<div>9:30 Rise &amp; Connect</div> <div>10:00 Today's Gazette</div> <div>10:30 Ballroom Dancing with Garrey/ Hydration</div> <div>1:30 Stronger Memory: Reading</div> <div>2:00 Groundhog Day Shadow Art</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Ring Toss</div> <div>5:30 Read Aloud Story Session</div> <div>Groundhog Day</div>	<div>9:30 Morning Greetings</div> <div>10:00 Daybreak Digest</div> <div>10:30 Walking Club/ Hydration</div> <div>11:00 Finish the Phrase Trivia</div> <div>1:00 Simple-C</div> <div>2:00 Love You to Pieces Wreath</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Indoor Golf</div> <div>5:30 Guided Sensory Mediation</div>	<div>9:30 Coffee &amp; Good Mornings</div> <div>10:00 Daily Chronicle</div> <div>10:30 Hockey Ball/ Hydration</div> <div>11:00 Friendly Feud</div> <div>1:00 Individual Engagement</div> <div>1:30 Olympic Rings Craft</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Skee Ball</div> <div>5:30 Tabletop Games</div>	<div>9:30 Breakfast Club</div> <div>10:00 Today in History</div> <div>10:30 Ball Bounce/ Hydration</div> <div>11:00 Name 5</div> <div>1:00 Manicures &amp; Massages</div> <div>1:30 Stronger Memory: Math &amp; Journaling</div> <div>2:00 Creative Expression: Heart Frames</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Horseshoes</div> <div>5:30 Evening Melodies</div>	<div>9:30 Start the Day Social</div> <div>10:00 Morning Headlines</div> <div>10:30 Hymn Sing-Alongs/ Bible Study</div> <div>11:00 Olympic Torch Relay/ Hydration</div> <div>11:30 A to Z Race</div> <div>1:00 Individual Engagement</div> <div>1:30 Winter Olympics Trivia</div> <div>2:00 Qwirkle</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Corn Hole</div> <div>5:30 Classic TV Shows</div>	<div>9:30 Morning Company Corner</div> <div>10:00 Sunrise Bulletin</div> <div>10:30 Walking Club/ Hydration</div> <div>11:00 Riddle Rally</div> <div>1:00 Puzzle Paradise</div> <div>2:00 Bingo!</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Bocce Ball</div> <div>5:30 Travel Video Night</div>
<div>9:30 Rise &amp; Connect</div> <div>10:00 Daily Devotions &amp; Prayers</div> <div>10:15 Spiritual Engagement with Chaplain Marcus</div> <div>11:00 Hymn Sing</div> <div>11:15 Daily Chronicle</div> <div>11:30 Move &amp; Groove/ Hydration</div> <div>1:00 Life Skills Club</div> <div>2:00 Twister Trivia</div> <div>3:00 Superbowl Prep Rally!</div> <div>3:45 Football Catch</div> <div>6:30 Superbowl LX</div>	<div>9:30 Start the Day Social</div> <div>10:00 Morning Headlines</div> <div>10:30 Fitness with Legacy/ Hydration</div> <div>11:00 Valentine's Friendly Feud</div> <div>1:30 Stronger Memory: Reading</div> <div>2:00 Abstract L.O.V.E Painting</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Frisbee Toss</div> <div>5:30 Tabletop Games</div>	<div>9:30 Breakfast Club</div> <div>10:00 Sunrise Bulletin</div> <div>10:30 Tai Chi with Rhonda/ Hydration</div> <div>11:30 Fill the Category</div> <div>1:00 Individual Engagement</div> <div>1:30 Roll-A-Heart</div> <div>2:00 Valentine's Day Bingo with Alicia</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Hoop Shootin'</div> <div>5:30 Read Aloud Story Session</div>	<div>9:30 Morning Company Corner</div> <div>10:00 Today's Gazette</div> <div>10:30 Walking Club/ Hydration</div> <div>11:00 Jeopardy!</div> <div>1:00 Common Threads</div> <div>2:00 3 Up, 3 Down!</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Arctic Archery</div> <div>5:30 Classic TV Shows</div>	<div>9:30 Tabletime Chat</div> <div>10:00 Memory Lane News</div> <div>10:30 Melodies with Steve/ Hydration</div> <div>1:00 Manicures &amp; Massages</div> <div>1:30 Stronger Memory: Math &amp; Journaling</div> <div>2:00 Crazy Eights</div> <div>3:00 Sweet Welcome Social</div> <div>3:45 Target Practice</div> <div>5:30 Travel Video Night</div>	<div>9:30 Morning Greetings</div> <div>10:00 Daybreak Digest</div> <div>10:30 Music Therapy</div> <div>11:00 Balloon Swatters/ Hydration</div> <div>11:30 Word Ladder</div> <div>1:00 Guess in 3</div> <div>2:00 Creative Expression: Sweet Cards &amp; Treats</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Shuffle Board</div> <div>5:30 Guided Sensory Mediation</div> <div>Valentine's Day</div>	<div>9:30 Coffee &amp; Good Mornings</div> <div>10:00 Today in History</div> <div>10:30 Walking Club/ Hydration</div> <div>11:00 Armchair Travel: Paris</div> <div>1:00 Individual Engagement</div> <div>1:30 Love in the Air Trivia</div> <div>2:00 Fingerprint Heart Magnets</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Table Bowling</div> <div>5:30 Evening Melodies</div>
<div>9:30 Breakfast Club</div> <div>10:00 Daily Devotions &amp; Prayers</div> <div>10:15 Football Pass/ Hydration</div> <div>10:45 Guided Worship Services</div> <div>11:00 Hymn Sing</div> <div>11:15 Morning Headlines</div> <div>11:30 Bible Study</div> <div>1:00 Guess the Decade?</div> <div>2:00 Winter Roll-and-Race</div> <div>3:00 Snacks &amp; Hydration</div> <div>3:45 Skee Ball</div> <div>5:30 Movie Night!</div>	<div>9:30 Morning Company Corner</div> <div>10:00 Today in History</div> <div>10:30 Fitness with Legacy/ Hydration</div> <div>11:00 Presidential Riddles</div> <div>1:30 Stronger Memory: Reading</div> <div>2:00 U.S. Presidents' Bingo</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Indoor Golf</div> <div>5:30 Classic TV Shows</div> <div>Presidents' Day (U.S.)</div>	<div>9:30 Coffee &amp; Good Mornings</div> <div>10:00 Today's Gazette</div> <div>10:30 Field Trip with David: Dairy Queen (*Walking Club/ Hydration at Renaissance)</div> <div>*11:00 Armchair Travel: New Orleans</div> <div>1:00 Mardi Gras Candy Dice Game</div> <div>2:00 Mardi Gras Mask Making</div> <div>3:00 Mardi Gras Treats &amp; Hydration</div> <div>3:45 Bead Toss</div> <div>5:30 Travel Video Night</div> <div>Ramadan Begins</div> <div>Mardi Gras</div> <div>Chinese New Year (Year of the Horse)</div>	<div>9:30 Rise &amp; Connect</div> <div>10:00 Daybreak Digest</div> <div>10:30 Ball Bounce/ Hydration</div> <div>11:00 Scattergories</div> <div>1:00 Individual Engagement</div> <div>1:30 Minute to Win it: Winter Olympic Games</div> <div>2:00 Sip &amp; Paint: Conversation Hearts</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Bocce Ball</div> <div>5:30 Read Aloud Story Session</div>	<div>9:30 Start the Day Social</div> <div>10:00 Daily Chronicle</div> <div>10:30 Melodies with Steve/ Hydration</div> <div>1:00 Manicures &amp; Massages</div> <div>1:30 Stronger Memory: Math &amp; Journaling</div> <div>2:00 Name that Tune</div> <div>3:00 Balloon Swatters/ Hydration</div> <div>4:00 Sweetheart Social</div>	<div>9:30 Tabletime Chat</div> <div>10:00 Sunrise Bulletin</div> <div>10:30 Hymn Sing-Alongs/ Bible Study</div> <div>11:00 Hockey Ball/ Hydration</div> <div>11:30 Learning about Chinese New Year</div> <div>1:00 Individual Engagement</div> <div>1:30 Fortune Sticks</div> <div>2:00 Chinese New Year Horse Drum Craft</div> <div>3:00 Chinese New Year Treats &amp; Hydration</div> <div>3:45 Horseshoes</div> <div>5:30 Evening Melodies</div>	<div>9:30 Morning Greetings</div> <div>10:00 Memory Lane News</div> <div>10:30 Walking Club/ Hydration</div> <div>11:00 Rhyming Chain</div> <div>1:00 Charades</div> <div>2:00 Life Skills Club</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Axe Throwing</div> <div>5:30 Guided Sensory Mediation</div>
<div>9:30 Coffee &amp; Good Mornings</div> <div>10:00 Daily Devotions &amp; Prayers</div> <div>10:15 Spiritual Engagement with Chaplain Marcus</div> <div>11:00 Hymn Sing</div> <div>11:15 Today's Gazette</div> <div>11:30 Ball Bounce / Hydration</div> <div>1:00 Riddle Rally</div> <div>2:00 Creative Expression: Olympic Medals</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Table Bowling</div> <div>5:30 Movie Night!</div>	<div>9:30 Tabletime Chat</div> <div>10:00 Daily Chronicle</div> <div>10:30 Winter Olympics with Legacy/ Hydration</div> <div>11:00 Around the World Jeopardy!</div> <div>1:30 Stronger Memory: Reading</div> <div>2:00 Crazy Eights</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Shuffle Board</div> <div>5:30 Travel Video Night</div>	<div>9:30 Start the Day Social</div> <div>10:00 Memory Lane News</div> <div>10:30 Scenic Drive with David: National Harbor (* Parachute Waves/ Hydration at Renaissance)</div> <div>11:00 A to Z Race</div> <div>1:00 Individual Engagement</div> <div>1:30 Guess in 3</div> <div>2:00 Resident Council</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Corn Hole</div> <div>5:30 Evening Melodies</div>	<div>9:30 Morning Greetings</div> <div>10:00 Sunrise Bulletin</div> <div>10:30 Walking Club/ Hydration</div> <div>11:00 Friendly Feud</div> <div>1:00 Simple-C</div> <div>2:00 Culinary Club with Nora: Chocolate Covered Strawberry Cookies</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Cup Pong</div> <div>5:30 Guided Sensory Mediation</div>	<div>9:30 Rise &amp; Connect</div> <div>10:00 Morning Headlines</div> <div>10:30 Football Pass/ Hydration</div> <div>11:00 Tunes with The SongMasters</div> <div>1:00 Manicures &amp; Massages</div> <div>1:30 Stronger Memory: Math &amp; Journaling</div> <div>2:00 Qwirkle</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Hoop Shootin'</div> <div>5:30 Classic TV Shows</div>	<div>9:30 Morning Company Corner</div> <div>10:00 Today in History</div> <div>10:30 Music Therapy</div> <div>11:00 Move &amp; Groove/ Hydration</div> <div>11:30 Fill the Category</div> <div>1:00 Twister Trivia</div> <div>2:00 3 Up, 3 Down!</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Indoor Fishing</div> <div>5:30 Tabletop Games</div>	<div>9:30 Breakfast Club</div> <div>10:00 Daybreak Digest</div> <div>10:30 Walking Club/ Hydration</div> <div>11:00 Word Ladder</div> <div>1:00 Individual Engagement</div> <div>1:30 What's the Verdict?</div> <div>2:00 Giant UNO!</div> <div>3:00 Snack &amp; Hydration</div> <div>3:45 Target Practice</div> <div>5:30 Read Along Story Session</div>



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026



## Harbor Plus at Renaissance of Annandale

9:30 Tabletime Chat 10:00 Memory Lane News 10:15 Hymn Sing 10:30 Pool Noodle Exercises/ Hydration 11:00 Daily Devotions & Prayers <b>11:30 Bible Study</b> <b>1:00 Who Am I?- Black History Month</b> 2:00 Giant UNO! 3:00 Snacks & Hydration 3:45 Axe Throwing 5:30 Movie Night  Tu B'Shevat Begins	1	9:30 Rise & Connect 10:00 Today's Gazette <b>10:30 Ballroom Dancing with Garrey/ Hydration</b> 1:30 Stronger Memory: Reading <b>2:00 Groundhog Day Shadow Art</b> 3:00 Snack & Hydration 3:45 Ring Toss 5:30 Read Aloud Story Session  Groundhog Day	2	9:30 Morning Greetings 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 Finish the Phrase Trivia 1:00 Simple-C <b>2:00 Valentine's Heart Wreath</b> 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Guided Sensory Mediation	3	9:30 Coffee & Good Mornings 10:00 Daily Chronicle 10:30 Ball Bounce/ Hydration 11:00 Friendly Feud 1:00 Individual Engagement <b>1:30 Olympic Rings Craft</b> 2:00 Drum Circle 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Tabletop Games	4	9:30 Breakfast Club 10:00 Today in History 10:30 Balloon Swatters/ Hydration 11:00 Name 3 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling <b>2:00 Creative Expression: Heart Frames</b> 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Evening Melodies	5	9:30 Start the Day Social 10:00 Morning Headlines 10:30 Hymn Sing-Alongs/ Bible Study <b>11:00 Olympic Torch Relay/ Hydration</b> 11:30 A to Z Race 1:00 Individual Engagement <b>1:30 Winter Olympics Sports Bingo!</b> 2:00 Grooving with Instruments 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Classic TV Shows	6	9:30 Morning Company Corner 10:00 Sunrise Bulletin 10:30 Walking Club/ Hydration 11:00 Riddle Rally 1:00 Puzzle Paradise 2:00 Bingo! 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Travel Video Night	7
9:30 Rise & Connect 10:00 Daily Chronicle 10:15 Hymn Sing 10:30 Daily Devotions & Prayers <b>11:00 Spiritual Engagement with Chaplain Marcus</b> 11:30 Move & Groove/ Hydration 1:00 Life Skills Club 2:00 Twister Trivia <b>3:00 Superbowl Prep Rally!</b> 3:45 Bottle Ring Toss <b>6:30 Superbowl LX</b>	8	9:30 Start the Day Social 10:00 Morning Headlines 10:30 Chair Exercises/ Hydration <b>11:00 Valentine's Friendly Feud</b> 1:30 Stronger Memory: Reading <b>2:00 Abstract L.O.V.E Painting</b> 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Tabletop Games	9	9:30 Breakfast Club 10:00 Sunrise Bulletin <b>10:30 Tai Chi with Rhonda/ Hydration</b> 11:30 Fill the Category 1:00 Individual Engagement <b>1:30 Heart Toss!</b> <b>2:00 Valentine's Day Bingo with Alicia</b> 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Read Aloud Story Session	10	9:30 Morning Company Corner 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Yes or No Trivia 1:00 Yarn String Art 2:00 Balloon Volleyball 3:00 Snack & Hydration <b>3:45 Arctic Archery</b> 5:30 Classic TV Shows	11	9:30 Tabletime Chat 10:00 Memory Lane News <b>10:30 Melodies with Steve/ Hydration</b> 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Indoor Fishing <b>3:00 Sweet Welcome Social</b> 3:45 Target Practice 5:30 Travel Video Night	12	9:30 Morning Greetings 10:00 Daybreak Digest 10:30 Football Pass/ Hydration <b>11:00 Music Therapy with Neurosound</b> 11:30 Word Ladder 1:00 Sensory Station <b>2:00 Creative Expression: Marbled Heart Cards</b> 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Guided Sensory Mediation	13	9:30 Coffee & Good Mornings 10:00 Today in History 10:30 Walking Club/ Hydration <b>11:00 Armchair Travel: Paris</b> 1:00 Individual Engagement <b>1:30 Love Songs Sing-Along</b> <b>2:00 Fingerprint Heart Magnets</b> 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Evening Melodies  Valentine's Day	14
9:30 Breakfast Club 10:00 Morning Headlines 10:15 Hymn Sing 10:30 Football Pass/ Hydration 11:00 Daily Devotions & Prayers <b>11:30 Bible Study</b> 1:00 Guess the Decade 2:00 Winter Roll-and-Race 3:00 Snacks & Hydration 3:45 Skee Ball 5:30 Movie Night!	15	9:30 Morning Company Corner 10:00 Today in History 10:30 Chair Exercises/ Hydration <b>11:00 Presidential Jokes &amp; Riddles</b> 1:30 Stronger Memory: Reading <b>2:00 U.S. Presidents' Bingo</b> 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Classic TV Shows  Presidents' Day (U.S.)	16	9:30 Coffee & Good Mornings 10:00 Today's Gazette <b>10:30 Field Trip with David: Dairy Queen</b> (*Walking Club/ Hydration at Renaissance) <b>*11:00 Armchair Travel: New Orleans</b> <b>1:00 Mardi Gras Candy Dice Game</b> <b>2:00 Mardi Gras Mask Making</b> <b>3:00 Mardi Gras Treats &amp; Hydration</b> <b>3:45 Bead Toss</b> 5:30 Travel Video Night  Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	17	9:30 Rise & Connect 10:00 Daybreak Digest 10:30 Hockey Ball/ Hydration 11:00 3-Topic Scattergories 1:00 Individual Engagement <b>1:30 Minute to Win It: Winter Olympics Games</b> <b>2:00 Sip &amp; Paint: Conversation Hearts</b> 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Read Aloud Story Session	18	9:30 Start the Day Social 10:00 Daily Chronicle <b>10:30 Melodies with Steve/ Hydration</b> 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Name that Tune 3:00 Balloon Swatters/ Hydration <b>4:00 Sweetheart Social</b>	19	9:30 Tabletime Chat 10:00 Sunrise Bulletin 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Ball Bounce/ Hydration <b>11:30 Learning about Chinese New Year</b> 1:00 Individual Engagement <b>1:30 Fortune Sticks</b> <b>2:00 Chinese New Year Horse Drum Craft</b> 3:00 Chinese New Year Treats & Hydration <b>3:45 Horseshoes</b> 5:30 Evening Melodies	20	9:30 Morning Greetings 10:00 Memory Lane News 10:30 Walking Club/ Hydration 11:00 Rhyming Chain 1:00 Charades 2:00 Life Skills Club 3:00 Snack & Hydration 3:45 Axe Throwing 5:30 Guided Sensory Mediation	21
9:30 Coffee & Good Mornings 10:00 Today's Gazette 10:15 Hymn Sing 10:30 Daily Devotions & Prayers <b>11:00 Spiritual Engagement with Chaplain Marcus</b> 11:30 Ball Bounce/ Hydration 1:00 Riddle Rally 2:00 Magazine Collages 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Movie Night!	22	9:30 Tabletime Chat 10:00 Daily Chronicle <b>10:30 Winter Olympics with Legacy/ Hydration</b> 11:00 Around the World Jeopardy! 1:30 Stronger Memory: Reading 2:00 Parachute Waves 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Travel Video Night	23	9:30 Start the Day Social 10:00 Memory Lane News <b>10:30 Scenic Drive with David: National Harbor</b> (*Chair Exercises/ Hydration at Renaissance) <b>*11:00 A to Z Race</b> 1:00 Individual Engagement 1:30 Grooving with Instruments <b>2:00 Resident Council</b> 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Evening Melodies	24	9:30 Morning Greetings 10:00 Sunrise Bulletin 10:30 Walking Club/ Hydration 11:00 Friendly Feud 1:00 Simple-C <b>2:00 Culinary Club with Nora: Chocolate Covered Strawberry Cookies</b> 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Guided Sensory Mediation	25	9:30 Rise & Connect 10:00 Morning Headlines 10:30 Football Pass/ Hydration <b>11:00 Tunes with The SongMasters</b> 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Sensory Station 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Classic TV Shows	26	9:30 Morning Company Corner 10:00 Today in History 10:30 Move & Groove/ Hydration <b>11:00 Music Therapy with Neurosound</b> 11:30 Fill the Category 1:00 Match-Up Sayings Game 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Indoor Fishing 5:30 Tabletop Games	27	9:30 Breakfast Club 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 Word Ladder 1:00 Individual Engagement 1:30 Balloon Art Stamping 2:00 Twister Bean Bag Toss 3:00 Snack & Hydration 3:45 Target Practice 5:30 Read Aloud Story Session	28