

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

RENAISSANCE  
*A Premier Memory Care Community*



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR: JULY 2026



Happy July!

July always arrives with a sense of celebration—flags waving, fireworks lighting up the sky, and families gathering to enjoy the heart of summer. This year feels especially meaningful as our

nation marks its 250th anniversary, giving us all a chance to reflect on our country's history and the generations who have helped shape it—including many of our residents.

One of the greatest privileges of working in senior living is hearing the stories our residents share. Whether they're reminiscing about childhood Fourth of July celebrations, family traditions, military service, or the milestones they've witnessed, these memories remind us just how remarkable and meaningful each resident's life has been. Our residents have experienced history firsthand, and we're honored to learn from them every day.

As a memory care community, we know that reminiscing is about much more than looking back—it helps foster connection, purpose, and joy. Throughout the month, we'll celebrate with patriotic music, festive activities, familiar foods, and opportunities

to share stories together. These simple moments often spark smiles, meaningful conversations, and cherished memories for residents, families, and team members alike.

**We're also excited to kick off our monthly Summer BBQs on Wednesday, July 9!** We hope you'll join us for great food, good company, and quality time with your loved one as we enjoy summer together. Spending time with family is one of the greatest gifts you can give, and we always love seeing our community come together.

As always, thank you for your trust, partnership, and support. It's truly a privilege to care for your loved ones each day and to be part of their stories. We appreciate the opportunity to work alongside your families to create a community where every resident feels valued, respected, and at home.

We wish you and your family a safe, happy, and memorable Fourth of July, and we look forward to seeing many of you throughout the month!

Sincerely,

Executive Director

Celebrations & Milestones

- WELCOME HOME!  
•Mike B.
- RESIDENT BIRTHDAYS  
•July 17: Chuck H.
- TEAM MEMBER BIRTHDAYS  
•July 26: Othman Lewally  
•July 28: Cynthia Ncho  
•July 31: Tera Reeves
- RESIDENT ANNIVERSARIES  
•Walter R. – 3 years
- TEAM ANNIVERSARIES  
•Jose Aguilar – 7 years  
•Milagro Aguilar – 5 years  
•Akua Otiwaa – 3 years  
•Stella Aboagye – 3 years  
•Tsion Tefera – 2 years  
•Birtukan Mataferia – 2 years  
•Susan Juac – 2 years  
•Rugiatu Kamara – 2 years  
•Wilma Velasquez – 1 year  
•Zainab Sesay – 1 year



Check out our Chicks!  
The baby birds are cute too!



Steve Kingsley Heart of a Minnesotan, Spirit of a Renaissance Man

Steve Kingsley’s story begins on a farm in Harmony, Minnesota—the kind of place where you learn early how to work hard, share everything, and claim your spot at the dinner table fast, especially if you’re the oldest of ten children. Growing up at the top of a big, lively family, Steve learned resilience and teamwork before most kids his age could tie their shoes. Those lessons, along with a knack for finding humor in almost anything, shaped the man he’d become.

At college, Steve met Terri, and together they built a partnership that’s lasted more than fifty years. Marriage in 1974 was just the start; four children and a growing flock of grandchildren followed. No matter where life took him, family kept him grounded and gave him purpose.

Steve’s career path is full of interesting turns. He started out selling cameras at JCPenney, but it didn’t take long before he set his sights on public service. Years spent working for the State of Minnesota showed him the power of helping others. Then came a move to Virginia, where he worked as an administrative assistant for Congressman Tim Penny—getting a front-row seat to the world of politics. In 1988, Steve traveled to Taiwan with a congressional delegation, a trip he still talks about with pride. Later, he played a role in establishing TSA operations at airports across the country, helping keep travelers safe behind the scenes.

When he wasn’t working, Steve was usually in motion. He ran dozens of 5K and 10K races, collecting

ribbons and stories along the way. He spent years coaching youth baseball and softball, teaching kids the same lessons about teamwork and effort that shaped his own childhood. These days, he cheers hard for the Minnesota Vikings, Twins, LSU and the Washington Commanders—loyal to his teams, win or lose.

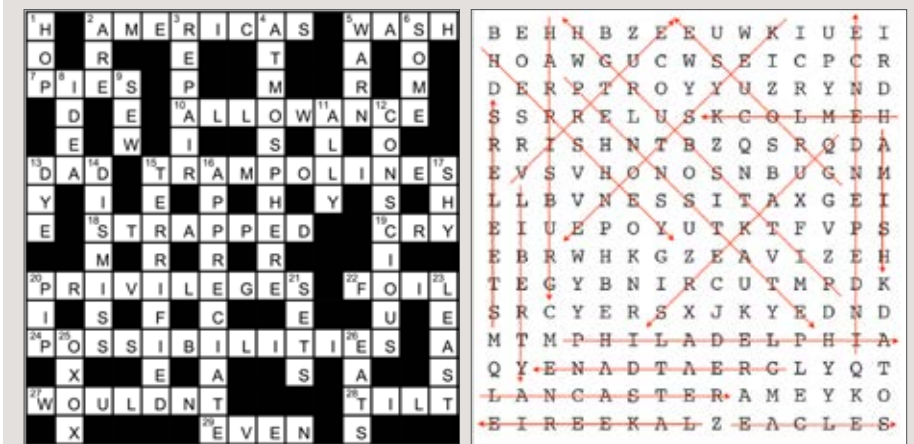
Steve’s interests are as wide-ranging as his experience. He loves scenic drives, reading, photography and adding to his collection of baseball caps—each one a little memory from a different chapter of his life. Music from the ‘60s, ‘70s, and ‘80s is the soundtrack to his days, especially The Beatles, The Eagles, and The Beach Boys. And wherever there’s a dog or a cat, Steve’s sure to be close by.

But it’s his sense of humor that really sets Steve apart. At Renaissance, he’s famous for his quick wit and his signature “You-betcha!”—always ready with a joke or a story that gets everyone laughing. That spark of joy makes him a friend to all, and a vital part of community life.

Steve Kingsley’s life is full of family, public service and laughter. He’s never lost his curiosity or his heart for helping others. We’re grateful to have him at Renaissance, and we know—if you ever need a good story or a good laugh, Steve’s your guy.



CELEBRATING CNA WEEK



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

★★★★★

We appreciate your feedback.



"If anyone forces you to go one mile, go with them two miles." Matt. 5:41



MARIA MARTINEZ  
MAY WINNER

Please join us in congratulating Maria Martinez, our Going the Extra Mile Award Winner for May!

Maria's outstanding dedication has not gone unnoticed—she was nominated multiple times by her coworkers, which speaks volumes about the impact she has on our community. Day in and day out, Maria goes above and beyond to support both residents and fellow team members. Whether she's lending a hand to the activities staff with setting up and cleaning up after large events, making sure the dining room is spotless and inviting before programs start, or simply stepping in wherever she's needed, Maria brings a positive attitude and a smile to every task.

Residents benefit daily from Maria's patience, kindness, and attentive care. Her gentle, compassionate approach creates a warm and welcoming dining experience, and her supportive spirit makes her an invaluable teammate to everyone she works with. One nominator noted how Maria always ensures the dining room is ready for residents before activities begin, while another highlighted her willingness to help with event setup and cleanup. Across every nomination, the same qualities stood out—Maria is kind, dependable, supportive, and genuinely cares about those around her.

Maria's dedication, positivity, and willingness to help others truly embody what it means to Go the Extra Mile. We are grateful for her commitment and the positive energy she brings to our community.

Congratulations, Maria, on being our May GTEM Winner, and thank you for everything you do for our residents, families, and team!



LUCY AMOA-MARFO  
JUNE WINNER

Please join us in congratulating Lucy Amoa-Marfo, our June Going the Extra Mile Winner!

Lucy's recognition this month comes as no surprise to anyone who knows her. She was nominated multiple times by co-workers who see, firsthand, the remarkable impact she has on our team, residents, and the entire community. As one colleague put it, "Lucy needs to work at this community forever." Another praised her for always going above and beyond, providing care with genuine compassion, kindness, and love.

As one of our most experienced team members, Lucy brings a wealth of knowledge, organization, and professionalism to her role every single day. She stands out as a dependable leader among her peers—always willing to offer a helping hand, share her expertise, and step in wherever support is needed. Her collaborative spirit and dedication to teamwork help foster a positive, supportive environment for both residents and staff.

Lucy is known for her excellence in resident care and is consistently one of our top performers in resident and family satisfaction. Residents and their families know they can always count on her for compassionate, attentive care delivered with warmth and respect. She truly embodies our mission each day.

There's one thing everyone can agree on about Lucy: she is on time, ALL THE TIME! Her reliability and commitment set a wonderful example for the team and ensure our community runs smoothly.

Lucy's positive attitude, outstanding work ethic, and unwavering commitment to those we serve make Renaissance of Annandale a better place every day.

Congratulations, Lucy, and thank you for always going the extra mile!



LIFE ENRICHMENT  
*Connections*

Happy July!  
We hope you're ready for a star-spangled month of sunshine, smiles and summer fun! July is one of the most exciting times of the year as we celebrate the warmth of the season, enjoy time with friends and family and make the most of these bright days. From festive gatherings and sweet treats to music, games and special events, we have a full month of opportunities to connect, laugh and enjoy each other's company.

This year is especially exciting as our nation celebrates its 250th anniversary! As we gather for Independence Day, we'll be feeling extra patriotic and grateful for the freedoms, traditions and sense of community that bring us together. We're looking forward to a month sure to spark joy as we celebrate all things summer and USA.

As we soak up the sunshine and celebrate the season together, thank you to our residents, families and dedicated team members for bringing so much heart to our community. Your kindness, enthusiasm and support make every day brighter. Here's to a July filled with sunshine, celebration and plenty of reasons to smile!

With stars, stripes and smiles,  
Nataly Hernandez Reyes  
Life Enrichment Coordinator



JULY HIGHLIGHTS

- 1<sup>st</sup> 2:00pm Making Americana Wreaths
- 2<sup>nd</sup> 2:00pm Creative Expression: Patriotic Mason Jar Luminaries
- 3<sup>rd</sup> 2:00pm Stars & Stripes Bingo!
- 4<sup>th</sup> 1:30pm Fizzing Fireworks
- 6<sup>th</sup> 10:30am Ballroom Dancing with Garrey
- 7<sup>th</sup> 10:30am Scenic Drive with David: Washington D.C.
- 9<sup>th</sup> 4:00 Patriotic BBQ Social
- 13<sup>th</sup> 2:00pm Sweet Creations: Homemade Ice Cream
- 14<sup>th</sup> 10:30am Tai Chi with Rhonda
- 21<sup>st</sup> 10:30am Field Trip with David: Chick-Fil-A Shakes
- 28<sup>th</sup> 10:30am Echoes of Nature: Going on a Bug Hunt!
- 29<sup>th</sup> 2:00pm Culinary Club with Nora: Blue Raspberry Shaved Ice

250 YEARS OF CELEBRATING  
WHAT BRINGS US TOGETHER.

1776 ★ 2026



ALZHEIMER'S  
SUPPORT SERVICES

LEGACYSL.NET/  
ALZHEIMERS-SUPPORT

Happy 4th of July

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> Sun.)  
• 10:15am - The Harbor  
• 11:00am - The Harbor Plus
- Movie Night!  
• 5:30pm
- 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 at 10:30am
- .....
- Topical Events  
ARMCHAIR TRAVEL CLUB (1PM)  
18<sup>th</sup> Nova Scotia (National Fishing Day)  
30<sup>th</sup> Fiji (International Day of Friendship)
- TOPICAL TRIVIA & GAMES (11AM)  
13<sup>th</sup> Jeopardy  
20<sup>th</sup> Spin it to Win It  
27<sup>th</sup> Friendly Feud



Team Spotlight JOSE AGUILAR

We are proud to celebrate Jose Aguilar for reaching an incredible milestone—seven years of dedicated service at Renaissance.

Reflecting on his time at Renaissance, Jose shares that the experiences he’s gained here have helped him grow both personally and professionally. His willingness to learn and his dedication to the community shine through in everything he does.

Originally from Usulután, El Salvador, Jose is a proud father of five. Family is at the heart of his life, and he cherishes every moment he can spend with them. Outside of work, Jose is a devoted dog lover—currently caring for nine dogs—and he follows soccer passionately, especially as a fan of Real Madrid.

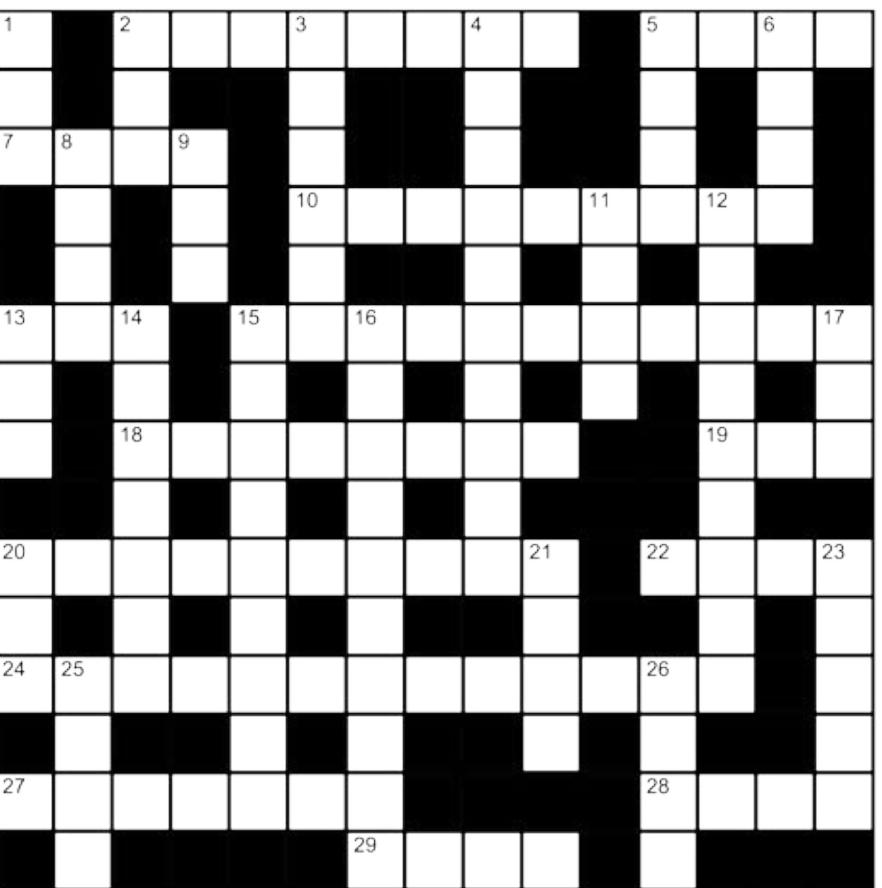
Jose, thank you for your seven years of dedication, compassion, and service to Renaissance. Your positive spirit and genuine care make a difference every single day. We are honored to celebrate this special milestone with you and look forward to many more years together!



Honoring the Men who Inspire Us.



- ACROSS
- 2. Brazil, Mexico, and Canada are in these
  - 5. Laundry load
  - 7. Key lime and apple are some
  - 10. Schoolboy’s stipend
  - 13. Andy Taylor to Opie
  - 15. Bouncing platforms
  - 18. Pressed for cash
  - 19. Shed tears
  - 20. Special benefits
  - 22. Alternative to plastic wrap; aluminum \_\_\_\_
  - 24. Potential choices
  - 27. Beach Boys hit “\_\_\_\_ It Be Nice”
  - 28. Pinball mishap
  - 29. Two, four, or six
- DOWN
- 1. \_\_\_\_, skip, and jump
  - 2. “The best things in life \_\_\_\_ free”
  - 3. Fix
  - 4. Ambience
  - 5. Alert someone about danger
  - 6. “\_\_\_\_ Like It Hot”
  - 8. “Eureka! What a great \_\_\_\_!”
  - 9. Stitch a seam
  - 11. Comrade in arms
  - 12. Alert and awake
  - 13. Hair coloring
  - 14. Throw out, as in a court case
  - 15. Extremely scared
  - 16. Value
  - 17. Timid
  - 20. Protagonist in Dickens’ Great Expectations
  - 21. Adjusts, as in a clock
  - 23. Smallest
  - 25. Hugs and kisses; cutesy letter-closer
  - 26. Dines



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| H | O | A | W | G | U | C | W | S | E | I | C | P | C | R |
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PENNSYLVANIA

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

|              |              |
|--------------|--------------|
| AMISH        | LAKE ERIE    |
| EAGLES       | LANCASTER    |
| GREAT DANE   | LIBERTY      |
| GROUSE       | PENN STATE   |
| HARRISBURG   | PHILADELPHIA |
| HEMLOCK      | PITTSBURGH   |
| HERSHEY      | QUAKERS      |
| INDEPENDENCE | STEELERS     |
| KEYSTONE     | VIRTUE       |

| Sunday                                                                                                                                                                                                                                                                                                                         | Monday                                                                                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                                                                                                          | Saturday                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <h1>July 2026</h1> <h2>Harbor at Renaissance of Annandale</h2>                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                     | 9:30 Morning Greetings<br>10:00 Daily Chronicle<br>10:30 Walking Club/ Hydration<br>11:00 Fill the Category<br><b>1:00 Canada or the U.S?</b> / Hydration<br><b>2:00 Making Americana Wreaths</b><br>3:00 Snack & Hydration<br>3:45 Indoor Golf<br>5:30 Guided Sensory Mediation<br>Canada Day | 9:30 Tabletime Chat<br>10:00 Sunrise Bulletin<br>10:30 Hockey Ball/ Hydration<br>11:00 Scattergories<br>1:00 Manicures & Massages/ Hydration<br>1:30 Stronger Memory: Math & Journaling<br><b>2:00 Creative Expression: Patriotic Mason Jar Luminaires</b><br>3:00 Snack & Hydration<br>3:45 Cup Pong<br>5:30 Classic TV Shows                                            | 9:30 Rise & Connect<br>10:00 Morning Headlines<br><b>10:30 Music Therapy with NeuroSound</b><br>11:00 Balloon Swatters/ Hydration<br><b>11:30 Name the State</b><br><b>1:00 Stars, Stripes, &amp; Stories/</b> Hydration<br><b>2:00 4<sup>th</sup> of July Bingo!</b><br>3:00 Snack & Hydration<br>3:45 Frisbee Toss<br>5:30 Travel Video Night | 9:30 Coffee & Good Mornings<br>10:00 Daybreak Digest<br>10:30 Walking Club/ Hydration<br><b>11:00 Patriotic Songs &amp; Sunshine in Courtyard</b><br><b>11:30 Red, White, &amp; Blue</b> Trivia<br>1:00 Individual Engagement/ Hydration<br><b>1:30 Fizzing Fireworks!</b><br>2:00 Corn Hole<br>3:00 Snack & Hydration<br><b>3:45 &amp; Above: Independence Day Movie Marathon</b><br>Independence Day (U.S.) |
| 9:30 Start the Day Social<br>10:00 Hymn Sing<br>10:15 Today in History<br>10:30 Daily Devotions & Prayers<br>11:00 Pool Noodle Exercises/ Hydration<br><b>11:30 Bible Study</b><br>1:00 Name 5/ Hydration<br>2:00 Qwirkle<br>3:00 Snack & Hydration<br>3:45 Ring Toss<br>5:30 Movie Night!                                     | 9:30 Coffee & Good Mornings<br>10:00 Morning Headlines<br><b>10:30 Ballroom Dancing with Garrey/</b> Hydration<br>1:30 Stronger Memory: Reading/ Hydration<br><b>2:00 Creative Expression: Popsicle Affirmation Magnets</b><br>3:00 Snack & Hydration<br>3:45 Bocce Ball<br>5:30 Read Aloud Story Session | 9:30 Rise & Connect<br>10:00 Sunrise Bulletin<br><b>10:30 Scenic Drive with David: Washington D.C.</b><br>(*Walking Club/ Hydration at Renaissance)<br>*11:00 Word Ladder<br>1:00 Simple-C / Hydration<br>2:00 Balloon Volleyball<br>3:00 Snack & Hydration<br>3:45 Axe Throwing<br>5:30 Classic TV Shows                           | 9:30 Breakfast Club<br>10:00 Daybreak Digest<br>10:30 Beach Ball Toss/ Hydration<br>11:00 Odd One Out<br>1:00 Individual Engagement/ Hydration<br>1:30 Water Painting<br>2:00 Crazy Eights<br>3:00 Snack & Hydration<br>3:45 Water Darts<br>5:30 Travel Video Night                            | 9:30 Morning Company Corner<br>10:00 Daily Chronicle<br>10:30 Football Pass/ Hydration<br>11:00 A to Z Race<br>1:00 Manicures & Massages/ Hydration<br>1:30 Stronger Memory: Math & Journaling<br>2:00 Fact or Fiction<br>3:00 Balloon Toss<br><b>4:00 Patriotic BBQ Social</b><br>5:30 Evening Melodies                                                                  | 9:30 Tabletime Chat<br>10:00 Memory Lane News<br><b>10:30 Hymn Sing-Alongs/ Bible Study</b><br>11:00 Ball Bounce/ Hydration<br>11:30 Rhyming Chain<br>1:00 Individual Engagement/ Hydration<br>1:30 Charades<br>2:00 Puzzle Paradise<br>3:00 Snack & Hydration<br>3:45 Hoop Shootin'<br>5:30 Tabletop Games                                     | 9:30 Morning Greetings<br>10:00 Today's Gazette<br>10:30 Walking Club/ Hydration<br><b>11:00 Songs &amp; Sunshine in Courtyard</b><br>11:30 Would You Rather?<br>1:00 Roll & Race/ Hydration<br>2:00 Initial Abstract Art<br>3:00 Snack & Hydration<br>3:45 Horseshoes<br>5:30 Guided Sensory Mediation                                                                                                       |
| 9:30 Rise & Connect<br>10:00 Daily Devotions & Prayers<br><b>10:15 Spiritual Engagement with Chaplain Marcus</b><br>11:00 Hymn Sing<br>11:15 Daybreak Digest<br>11:30 Toss & Catch/ Hydration<br>1:00 Life Skills Club/ Hydration<br>2:00 Common Threads<br>3:00 Snack & Hydration<br>3:45 Frisbee Toss<br>5:30 Movie Night!   | 9:30 Morning Company Corner<br>10:00 Memory Lane News<br><b>10:30 Fitness with Legacy/</b> Hydration<br>11:00 Jeopardy<br>1:30 Stronger Memory: Reading/ Hydration<br><b>2:00 Sweet Creations: Blue Raspberry Shaved Ice</b><br>3:00 Snack & Hydration<br>3:45 Corn Hole<br>5:30 Evening Melodies         | 9:30 Morning Greetings<br>10:00 Today in History<br><b>10:30 Tai Chi with Rhonda/</b> Hydration<br>11:30 Conversation Dice!<br>1:00 Individual Engagement/ Hydration<br>1:30 Ker Plunk<br><b>2:00 Nature Printing</b><br>3:00 Snack & Hydration<br>3:45 Twister Water Balloon Toss<br>5:30 Tabletop Games<br>Bastille Day           | 9:30 Tabletime Chat<br>10:00 Morning Headlines<br>10:30 Walking Club/ Hydration<br>11:00 Guess in 3<br>1:00 Finish the Phrase/ Hydration<br><b>2:00 Sip &amp; Paint: Under the Sea</b><br>3:00 Snack & Hydration<br>3:45 Sticky Darts<br>5:30 Classic TV Shows                                 | 9:30 Start the Day Social<br>10:00 Today's Gazette<br>10:30 Chair Exercises/ Hydration<br>11:00 Riddle Rally<br>1:00 Manicures & Massages/ Hydration<br>1:30 Stronger Memory: Math & Journaling<br>2:00 Giant UNO!<br>3:00 Snack & Hydration<br>3:45 Table Bowling<br>5:30 Guided Sensory Mediation                                                                       | 9:30 Coffee & Good Mornings<br>10:00 Daily Chronicle<br><b>10:30 Music Therapy with NeuroSound</b><br>11:00 Hockey Ball/ Hydration<br>11:30 Word Unscramble<br>1:00 Left, Right, Center/ Hydration<br>2:00 Drum Circle<br>3:00 Snack & Hydration<br>3:45 Target Practice<br>5:30 Read Aloud Story Session                                       | 9:30 Breakfast Club<br>10:00 Sunrise Bulletin<br>10:30 Walking Club/ Hydration<br><b>11:00 Songs &amp; Sunshine in Courtyard</b><br>11:30 Fill the Category<br>1:00 Individual Engagement/ Hydration<br>1:30 Matching Mania<br><b>2:00 Armchair Travel: Nova Scotia</b><br>3:00 Snack & Hydration<br>3:45 Indoor Fishing<br>5:30 Travel Video Night<br>National Fishing Day                                   |
| 9:30 Coffee & Good Mornings<br>10:00 Hymn Sing<br>10:15 Daily Chronicle<br>10:30 Daily Devotions & Prayers<br>11:00 Balloon Toss/ Hydration<br><b>11:30 Bible Study</b><br>1:00 Simple-C / Hydration<br><b>2:00 World Cup Bingo!</b><br>3:00 Snack & Hydration<br>3:45 Axe Throwing<br>5:30 Movie Night!                       | 9:30 Morning Greetings<br>10:00 Sunrise Bulletin<br><b>10:30 Fitness with Legacy/</b> Hydration<br>11:00 Spin the Wheel!<br>1:30 Stronger Memory: Reading/ Hydration<br>2:00 Hummingbird Suncatchers<br>3:00 Snack & Hydration<br>3:45 Horseshoes<br>5:30 Tabletop Games                                  | 9:30 Breakfast Club<br>10:00 Morning Headlines<br><b>10:30 Field Trip: Chick-Fil-A Milkshakes</b><br>(*Walking Club/ Hydration at Renaissance)<br>*11:00 Odd One Out<br>1:00 What's the Verdict?/ Hydration<br><b>2:00 Creative Expression: Seashell Frames</b><br>3:00 Snack & Hydration<br>3:45 Cup Pong<br>5:30 Evening Melodies | 9:30 Morning Company Corner<br>10:00 Today's Gazette<br>10:30 Football Pass/ Hydration<br>11:00 Scattergories<br>1:00 Individual Engagement/ Hydration<br><b>1:30 Sunny Minute it to Win it!</b><br>2:00 Qwirkle<br>3:00 Snack & Hydration<br>3:45 Bocce Ball<br>5:30 Read Aloud Story Session | 9:30 Rise & Connect<br>10:00 Daybreak Digest<br><b>10:30 Melodies with Steve/</b> Hydration<br>11:30 Rhyming Chain<br>1:00 Manicures & Massages/ Hydration<br>1:30 Stronger Memory: Math & Journaling<br><b>2:00 Flower Bouquet Craft</b><br>3:00 Snack & Hydration<br>3:45 Water Darts<br>5:30 Travel Video Night                                                        | 9:30 Start the Day Social<br>10:00 Today in History<br><b>10:30 Hymn Sing-Alongs/ Bible Study</b><br>11:00 Beach Ball Toss / Hydration<br>11:30 A to Z Race<br>1:00 Individual Engagement/ Hydration<br>1:30 Connect 4<br>2:00 Balloon Volleyball<br>3:00 Snack & Hydration<br>3:45 Space Darts<br>5:30 Classic TV Shows                        | 9:30 Tabletime Chat<br>10:00 Memory Lane News<br>10:30 Walking Club/ Hydration<br><b>11:00 Songs &amp; Sunshine in Courtyard</b><br>11:30 Table Topics<br>1:00 Twister Trivia/ Hydration<br>2:00 Summer Magazine Collages<br>3:00 Snack & Hydration<br>3:45 Skee Ball<br>5:30 Classic TV Shows                                                                                                                |
| 9:30 Morning Company Corner<br>10:00 Daily Devotions & Prayers<br><b>10:15 Spiritual Engagement with Chaplain Marcus</b><br>11:00 Hymn Sing<br>11:15 Today's Gazette<br>11:30 Hockey Ball/ Hydration<br>1:00 Riddle Rally/ Hydration<br>2:00 Giant UNO!<br>3:00 Snack & Hydration<br>3:45 Target Practice<br>5:30 Movie Night! | 9:30 Start the Day Social<br>10:00 Daily Chronicle<br><b>10:30 Fitness with Legacy/</b> Hydration<br>11:00 Friendly Feud<br>1:30 Stronger Memory: Reading/ Hydration<br>2:00 Crazy Eights<br>3:00 Snack & Hydration<br>3:45 Ring Toss<br>5:30 Guided Sensory Mediation                                    | 9:30 Tabletime Chat<br>10:00 Memory Lane News<br><b>10:30 Echoes of Nature: Going on a Bug Hunt</b><br>1:00 Individual Engagement/ Hydration<br>1:30 Matching Mania<br><b>2:00 Resident Council</b><br>3:00 Snack & Hydration<br>3:45 Hoop Shootin'<br>5:30 Travel Video Night                                                      | 9:30 Rise & Connect<br>10:00 Today in History<br>10:30 Walking Club/ Hydration<br>11:00 Guess in 3<br>1:00 Then vs. Now/ Hydration<br><b>2:00 Culinary Club with Nora: Homemade Ice Cream</b><br>3:00 Snack & Hydration<br>3:45 Twister Water Balloon Toss<br>5:30 Tabletop Games              | 9:30 Coffee & Good Mornings<br>10:00 Morning Headlines<br>10:30 Ball Bounce/ Hydration<br><b>11:00 Armchair Travel: Fiji</b><br>1:00 Manicures & Massages/ Hydration<br>1:30 Stronger Memory: Math & Journaling<br><b>2:00 DIY Friendship Bracelets</b><br>3:00 Snack & Hydration<br>3:45 Indoor Golf<br>5:30 Read Aloud Story Session<br>International Day of Friendship | 9:30 Breakfast Club<br>10:00 Sunrise Bulletin<br><b>10:30 Music Therapy with NeuroSound</b><br>11:00 Balloon Swatters/ Hydration<br>11:30 Word Ladder<br>1:00 Life Skills Club/ Hydration<br>2:00 Beach Bingo!<br>3:00 Snack & Hydration<br>3:45 Sticky Darts<br>5:30 Evening Melodies                                                          |                                                                                                                                                                                                                                                                                                                                                                                                               |

| Sunday                                                                                                                                                                                                                                                                                                                         | Monday                                                                                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                                                                                                                                           | Saturday                                                                                                                                                                                                                                                                                                                                                                                                    |
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|  <h1>July 2026</h1> <p>Harbor Plus at Renaissance of Annandale</p>                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                | 9:30 Morning Greetings<br>10:00 Daily Chronicle<br>10:30 Walking Club/ Hydration<br>11:00 Fill the Category<br><b>1:00 Canada or the U.S?</b> / Hydration<br><b>2:00 Making Americana Wreaths</b><br>3:00 Snack & Hydration<br>3:45 Indoor Golf<br>5:30 Guided Sensory Mediation<br>Canada Day                       | 9:30 Tabletime Chat<br>10:00 Sunrise Bulletin<br>10:30 Ball Bounce/ Hydration<br>11:00 3-Topic Scattergories<br>1:00 Manicures & Massages/ Hydration<br>1:30 Stronger Memory: Math & Journaling<br><b>2:00 Creative Expression: Patriotic Mason Jar Luminaires</b><br>3:00 Snack & Hydration<br>3:45 Cup Pong<br>5:30 Classic TV Shows                                     | 9:30 Rise & Connect<br>10:00 Morning Headlines<br>10:30 Beach Ball Toss / Hydration<br><b>11:00 Music Therapy with NeuroSound</b><br><b>11:30 Finish the Patriotic Song Lyric</b><br><b>1:00 Stars, Stripes, &amp; Stories/</b> Hydration<br><b>2:00 4<sup>th</sup> of July Bingo!</b><br>3:00 Snack & Hydration<br>3:45 Frisbee Toss<br>5:30 Travel Video Night | 9:30 Coffee & Good Mornings<br>10:00 Daybreak Digest<br>10:30 Walking Club/ Hydration<br><b>11:00 Patriotic Songs &amp; Sunshine in Courtyard</b><br><b>11:30 Independence Day Discussion</b><br>1:00 Individual Engagement/ Hydration<br><b>1:30 Fizzing Fireworks!</b><br>2:00 Corn Hole<br>3:00 Snack & Hydration<br><b>3:45 &amp; Above: Independence Day Movie Marathon</b><br>Independence Day (U.S.) |
| 9:30 Start the Day Social<br>10:00 Today in History<br>10:15 Hymn Sing<br>10:30 Balloon Swatters/ Hydration<br>11:00 Daily Devotions & Prayers<br><b>11:30 Bible Study</b><br>1:00 Name 5/ Hydration<br>2:00 Qwirkle<br>3:00 Snack & Hydration<br>3:45 Ring Toss<br>5:30 Movie Night                                           | 9:30 Coffee & Good Mornings<br>10:00 Morning Headlines<br><b>10:30 Ballroom Dancing with Garrey/</b> Hydration<br>1:30 Stronger Memory: Reading/ Hydration<br><b>2:00 Creative Expression: Popsicle Affirmation Magnets</b><br>3:00 Snack & Hydration<br>3:45 Bocce Ball<br>5:30 Read Aloud Story Session | 9:30 Rise & Connect<br>10:00 Sunrise Bulletin<br><b>10:30 Scenic Drive with David: Washington D.C.</b><br>(*Walking Club/ Hydration at Renaissance)<br>*11:00 Word Ladder<br>1:00 Simple-C / Hydration<br>2:00 Skee Ball<br>3:00 Snack & Hydration<br>3:45 Axe Throwing<br>5:30 Classic TV Shows                               | 9:30 Breakfast Club<br>10:00 Daybreak Digest<br>10:30 Balloon Swatters/ Hydration<br>11:00 Odd One Out<br>1:00 Individual Engagement/ Hydration<br>1:30 Sensory Station<br>2:00 Crazy Eights<br>3:00 Snack & Hydration<br>3:45 Water Darts<br>5:30 Travel Video Night                                                | 9:30 Morning Company Corner<br>10:00 Daily Chronicle<br>10:30 Hockey Ball/ Hydration<br>11:00 A to Z Race<br>1:00 Manicures & Massages/ Hydration<br>1:30 Stronger Memory: Math & Journaling<br>2:00 Guess the Animal<br>3:00 Balloon Toss<br><b>4:00 Patriotic BBQ Social</b><br>5:30 Evening Melodies                                                                    | 9:30 Tabletime Chat<br>10:00 Memory Lane News<br><b>10:30 Hymn Sing-Alongs/ Bible Study</b><br>11:00 Chair Exercises/ Hydration<br>11:30 Rhyming Chain<br>1:00 Individual Engagement/ Hydration<br>1:30 Grooving with Instruments<br>2:00 Balloon Volleyball<br>3:00 Snack & Hydration<br>3:45 Hoop Shootin'<br>5:30 Tabletop Games                              | 9:30 Morning Greetings<br>10:00 Today's Gazette<br>10:30 Walking Club/ Hydration<br><b>11:00 Songs &amp; Sunshine in Courtyard</b><br>11:30 Would You Rather?<br>1:00 Roll & Race/ Hydration<br>2:00 Initial Abstract Art<br>3:00 Snack & Hydration<br>3:45 Horseshoes<br>5:30 Guided Sensory Mediation                                                                                                     |
| 9:30 Rise & Connect<br>10:00 Daybreak Digest<br>10:15 Hymn Sing<br>10:30 Daily Devotions & Prayers<br><b>11:00 Spiritual Engagement with Chaplain Marcus</b><br>11:30 Toss & Catch/ Hydration<br>1:00 Life Skills Club/ Hydration<br>2:00 Common Threads<br>3:00 Snack & Hydration<br>3:45 Frisbee Toss<br>5:30 Movie Night!   | 9:30 Morning Company Corner<br>10:00 Memory Lane News<br>10:30 Chair Exercises/ Hydration<br>11:00 Jeopardy<br>1:30 Stronger Memory: Reading/ Hydration<br><b>2:00 Sweet Creations: Blue Raspberry Shaved Ice</b><br>3:00 Snack & Hydration<br>3:45 Corn Hole<br>5:30 Evening Melodies                    | 9:30 Morning Greetings<br>10:00 Today in History<br><b>10:30 Tai Chi with Rhonda/</b> Hydration<br>11:30 Conversation Dice!<br>1:00 Individual Engagement/ Hydration<br>1:30 Matching Mania<br><b>2:00 Nature Printing</b><br>3:00 Snack & Hydration<br>3:45 Twister Water Balloon Toss<br>5:30 Tabletop Games<br>Bastille Day | 9:30 Tabletime Chat<br>10:00 Morning Headlines<br>10:30 Walking Club/ Hydration<br>11:00 Guess in 3<br>1:00 Finish the Phrase/ Hydration<br>2:00 Color & Sticker by Number<br>3:00 Snack & Hydration<br>3:45 Sticky Darts<br>5:30 Classic TV Shows                                                                   | 9:30 Start the Day Social<br>10:00 Today's Gazette<br>10:30 Beach Ball Toss/ Hydration<br>11:00 Riddle Rally<br>1:00 Manicures & Massages/ Hydration<br>1:30 Stronger Memory: Math & Journaling<br>2:00 Drum Circle<br>3:00 Snack & Hydration<br>3:45 Table Bowling<br>5:30 Guided Sensory Mediation                                                                       | 9:30 Coffee & Good Mornings<br>10:00 Daily Chronicle<br>10:30 Ball Bounce / Hydration<br><b>11:00 Music Therapy with NeuroSound</b><br>11:30 3-Letter Word Unscramble<br>1:00 Yes or No Trivia/ Hydration<br>2:00 Puzzle Paradise<br>3:00 Snack & Hydration<br>3:45 Target Practice<br>5:30 Read Aloud Story Session                                             | 9:30 Breakfast Club<br>10:00 Sunrise Bulletin<br>10:30 Walking Club/ Hydration<br><b>11:00 Songs &amp; Sunshine in Courtyard</b><br>11:30 Fill the Category<br>1:00 Individual Engagement/ Hydration<br>1:30 Ker Plunk<br><b>2:00 Armchair Travel: Nova Scotia</b><br>3:00 Snack & Hydration<br>3:45 Indoor Fishing<br>5:30 Travel Video Night<br>National Fishing Day                                      |
| 9:30 Coffee & Good Mornings<br>10:00 Daily Chronicle<br>10:15 Hymn Sing<br>10:30 Balloon Swatters/ Hydration<br>11:00 Daily Devotions & Prayers<br><b>11:30 Bible Study</b><br>1:00 Simple-C / Hydration<br><b>2:00 World Cup Bingo!</b><br>3:00 Snack & Hydration<br>3:45 Axe Throwing<br>5:30 Movie Night!                   | 9:30 Morning Greetings<br>10:00 Sunrise Bulletin<br>10:30 Chair Exercises/ Hydration<br>11:00 Spin the Wheel!<br>1:30 Stronger Memory: Reading/ Hydration<br>2:00 Hummingbird Suncatchers<br>3:00 Snack & Hydration<br>3:45 Horseshoes<br>5:30 Tabletop Games                                             | 9:30 Breakfast Club<br>10:00 Morning Headlines<br><b>10:30 Field Trip: Chick-Fil-A Milkshakes</b><br>(*Walking Club/ Hydration at Renaissance)<br>*11:00 Odd One Out<br>1:00 True or False/ Hydration<br><b>2:00 Creative Expression: Seashell Frames</b><br>3:00 Snack & Hydration<br>3:45 Cup Pong<br>5:30 Evening Melodies  | 9:30 Morning Company Corner<br>10:00 Today's Gazette<br>10:30 Balloon Swatters/ Hydration<br>11:00 3-Topic Scattergories<br>1:00 Individual Engagement/ Hydration<br><b>1:30 Sunny Minute it to Win it!</b><br>2:00 Balloon Volleyball<br>3:00 Snack & Hydration<br>3:45 Bocce Ball<br>5:30 Read Aloud Story Session | 9:30 Rise & Connect<br>10:00 Daybreak Digest<br><b>10:30 Melodies with Steve/</b> Hydration<br>11:30 Rhyming Chain<br>1:00 Manicures & Massages/ Hydration<br>1:30 Stronger Memory: Math & Journaling<br><b>2:00 Flower Bouquet Craft</b><br>3:00 Snack & Hydration<br>3:45 Water Darts<br>5:30 Travel Video Night                                                         | 9:30 Start the Day Social<br>10:00 Today in History<br><b>10:30 Hymn Sing-Alongs/ Bible Study</b><br>11:00 Hockey Ball/ Hydration<br>11:30 A to Z Race<br>1:00 Individual Engagement/ Hydration<br>1:30 Sensory Station<br>2:00 Qwirkle<br>3:00 Snack & Hydration<br>3:45 Space Darts<br>5:30 Classic TV Shows                                                   | 9:30 Tabletime Chat<br>10:00 Memory Lane News<br>10:30 Walking Club/ Hydration<br><b>11:00 Songs &amp; Sunshine in Courtyard</b><br>11:30 Table Topics<br>1:00 Twister Trivia/ Hydration<br>2:00 Summer Magazine Collages<br>3:00 Snack & Hydration<br>3:45 Skee Ball<br>5:30 Classic TV Shows                                                                                                              |
| 9:30 Morning Company Corner<br>10:00 Today's Gazette<br>10:15 Hymn Sing<br>10:30 Daily Devotions & Prayers<br><b>11:00 Spiritual Engagement with Chaplain Marcus</b><br>11:30 Hockey Ball/ Hydration<br>1:00 Riddle Rally/ Hydration<br>2:00 Giant UNO!<br>3:00 Snack & Hydration<br>3:45 Target Practice<br>5:30 Movie Night! | 9:30 Start the Day Social<br>10:00 Daily Chronicle<br>10:30 Chair Exercises/ Hydration<br>11:00 Friendly Feud<br>1:30 Stronger Memory: Reading/ Hydration<br>2:00 Crazy Eights<br>3:00 Snack & Hydration<br>3:45 Ring Toss<br>5:30 Guided Sensory Mediation                                               | 9:30 Tabletime Chat<br>10:00 Memory Lane News<br><b>10:30 Echoes of Nature: Going on a Bug Hunt</b><br>1:00 Individual Engagement/ Hydration<br>1:30 Water Painting<br><b>2:00 Resident Council</b><br>3:00 Snack & Hydration<br>3:45 Hoop Shootin'<br>5:30 Travel Video Night                                                 | 9:30 Rise & Connect<br>10:00 Today in History<br>10:30 Walking Club/ Hydration<br>11:00 Guess in 3<br>1:00 Then vs. Now/ Hydration<br><b>2:00 Culinary Club with Nora: Homemade Ice Cream</b><br>3:00 Snack & Hydration<br>3:45 Twister Water Balloon Toss<br>5:30 Tabletop Games                                    | 9:30 Coffee & Good Mornings<br>10:00 Morning Headlines<br>10:30 Toss & Catch/ Hydration<br><b>11:00 Armchair Travel: Fiji</b><br>1:00 Manicures & Massages/ Hydration<br>1:30 Stronger Memory: Math & Journaling<br><b>2:00 DIY Friendship Bracelets</b><br>3:00 Snack & Hydration<br>3:45 Indoor Golf<br>5:30 Read Aloud Story Session<br>International Day of Friendship | 9:30 Breakfast Club<br>10:00 Sunrise Bulletin<br><b>10:30 Music Therapy with NeuroSound</b><br>11:00 Ball Bounce / Hydration<br>11:30 Grooving with Instruments<br>1:00 Life Skills Club/ Hydration<br>2:00 Beach Bingo!<br>3:00 Snack & Hydration<br>3:45 Sticky Darts<br>5:30 Evening Melodies                                                                 |                                                                                                                                                                                                                                                                                                                        |