

Life. Love. Legacy.™
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Your Administrative Team



Amber Moran
Regional Director of
Operations



Jonathan Fitch
Sales & Marketing
Director



Tera Reeves, LPN
Resident Services
Director



**Nataly
Hernandez Reyes**
Life Enrichment
Coordinator



David Martinez
Maintenance Director



Nora Martinez
Food Services Director



Message From Your Regional Director: July 2025



Welcome to July! I hope this month brings you more smiles than mosquito bites and plenty of chances to connect with friends and neighbors.

Did you know July is peak season for fireflies in many parts of the country, and scientists still can't agree on exactly how fireflies synchronize their blinking lights? In some places, entire fields of fireflies will flash in perfect unison, putting on a light show that even the world's best choreographers couldn't organize. Researchers have studied this mystery for decades, and while they understand the "how" (a mix of biology and environmental cues), the "why" is still up for debate. Some say it's about attracting mates, while others think it might help them avoid predators. Either way, it's a reminder that there's still a bit of magic left in nature—and sometimes, the best moments are the ones science hasn't quite figured out (kind of like why our socks disappear in the laundry).

Of course, July is also the month we celebrate Independence Day—a time to gather, reflect on freedom, and appreciate the spirit of community that brings us all together. Here's a little-known fact: the Continental Congress actually voted for independence on July 2nd, 1776, not the 4th! John

Adams, one of our Founding Fathers, was so certain July 2nd would be the day we'd always remember that he refused to celebrate the Fourth for the rest of his life. The Declaration of Independence was adopted on July 4th, but most delegates didn't even sign it until August. Just goes to show, even history likes to keep us on our toes!

Whether you're watching fireworks, enjoying a favorite summer meal, or simply spending time with loved ones, I hope you find moments this month that remind you of the strength and resilience we share.

Our calendar is packed with activities and opportunities to learn, laugh, and make memories. Please take a look inside, keep the calendar handy, and join us whenever you can.

Thank you for another month of letting us be a part of your lives and for trusting us with your care—or the care of your loved ones. We're grateful, every single day.

Here's to a July full of wonder, connection, and maybe a little firefly delight.

Sincerely,
Amber Moran

A WALK DOWN MEMORY LANE



Q. How did you celebrate the 4th of July?
➤ With my cousins; they always had a big fourth of July picnic. I always spent my 4th of July over there. I loved watching the fireworks. I actually grew up close to D.C. so we would go watch the fireworks there most of the time. We loved having a big BBQ! Hamburgers, hotdogs, everything we could grill we would. It was just a nice time to spend with my family.

Q. Where would you love to travel to during the summer?
➤ I love the beach! I especially love Virginia Beach. That's where I met my husband. He was in the Navy, and I was an artist doing portraits on the boardwalk over there. Such a lovely special place. It's definitely the place I would love to keep returning to.

Q. Tell me your favorite things about summer, especially July!
➤ Beaches, being at the beach. It's also my daughter's favorite place to go to as well. I usually stay around a week to 10 days. I love having a good little time off! The beach extremely relaxes me. We used to wake up early to go to the beach and take my dogs. Absolutely the most amazing time.

 *Welcome*
TO OUR NEWEST RESIDENTS

Jane S.
Percival B.

**A TASTE OF LOVE:
HONORING DADS
WITH STYLE & FLAVOR**



Happy Birthday!

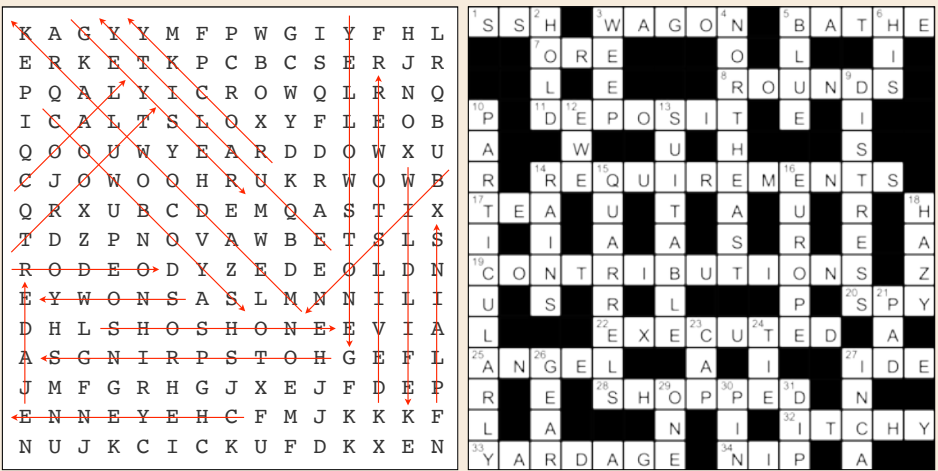
RESIDENTS
12th Bill E.

TEAM MEMBERS
5th Yordanos Ogbe
26th Othman Lewally

**Alzheimer's
Support Services**

[legacysl.net/
Alzheimers-support](http://legacysl.net/Alzheimers-support)

FROM BRUSH TO BRANCH:
RESIDENTS' ART BLOSSOMS OUTDOORS



*Spiritual
Sundays*

The Harbor: 10:15am
Harbor Plus: 11:00am
**Spiritual Engagement
with Chaplain Marcus**
July 13th and 27th
Guided Worship Services
July 6th and 20th

TRIVIA
& GAMES

11:00am

4th Red, White & Blue Trivia (1PM)
14th July Jeopardy
21st Wisdom Wheel
28th Twister Trivia

**ARMCHAIR
Travel
Club**

8th North Island, New Zealand
25th Hawaii

 **bullient
Exercise**

Fitness w/Legacy Healthcare
The Harbor: 10:30am Mondays
Renaissance Walking Club
Saturdays at 10:30am

Scents that Just Make Sense

Essential oils are popular for boosting mood and well-being, but not all oils deliver the same benefits. While many oils smell nice, only those with specific qualities stimulate the brain’s olfactory system to relax or evoke happy memories.

When choosing essential oils, look for these on the label:

- Plant name included
- No synthetic additives or contaminants
- Grown without pesticides
- Extracted by steam or cold-pressing
- Stored in dark glass bottles to protect quality

Though not regulated like medicines, quality tests exist:

- GC/MS tests check for fillers
- Experts use smell and taste to verify purity
- Gravity tests measure oil density

For people with dementia, especially during sundowning, the Alzheimer’s Association suggests these scents:

- **Lemon:** calming, aids sleep, and soothes digestion
- **Lavender:** reduces agitation and anger
- **Peppermint:** energizing but gentle
- **Rosemary:** helps improve appetite
- **Bergamot and ylang ylang:** may ease insomnia and lift moods for both patients and caregivers

Brands like Plant Therapy and Rocky Mountain Oils offer quality oils without breaking the bank. ☺



TEAM MEMBER ANNIVERSARIES

6 YRS OF SERVICE	Jose Aguilar
4 YRS OF SERVICE	Yordanos Ogbe Milagro Aguilar
2 YRS OF SERVICE	Akua Otiwaa Annakey Jones Stella Aboagye
1 YR OF SERVICE	Birtukan Mataferia Tsion Tefera Rugiatu Kamara Susan Juac

Thank You!



Let’s give a huge shoutout to Othman Lewally, our incredible server and this month’s Going the Extra Mile award winner! Othman’s hard work, compassion, and genuine care shine through every day. Whether he’s patiently helping residents, jumping in to support his teammates without being asked, or bringing positivity to every shift, Othman sets the gold standard for what it means to be a true team player.

His calm, steady presence is a gift to all of us. Othman doesn’t just do his job—he pours heart into it. From remembering the little things that matter to our residents to stepping up whenever help is needed, he leads with quiet strength and humble dedication. His actions speak louder than words, showing how much pride he takes in creating a warm, welcoming space for everyone.

Othman reminds us why teamwork, kindness, and commitment are at the heart of what we do. He lights up our days and lifts up those around him without ever asking for recognition. Othman, thank you for being a shining light in our community—you truly go the extra mile, and we’re all better because of you.

“If anyone forces you to go one mile, go with them two miles.” Matthew 5:41

Submit your nominations in the lobby!

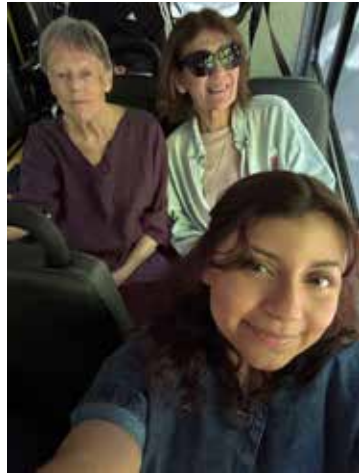
WORLD OCEAN DAY: OCEAN IN A BOTTLE



Administration Hosted Activities

- Scenic Drive with David
National Museum of the U.S. Army
July 2nd at 10:30am
- Scenic Drive with David
National Harbor
July 16th at 10:30am
- Beach Bingo with Tera
July 16th at 2:00pm
- Indoor Golf with Jonathan
July 23rd at 3:30pm
- Culinary Club with Nora:
Peanut Butter Chocolate Cookies
July 30th at 2:00pm

Out for a Picnic at Lake Accotink Park



ACTIVITY Highlights



July is here and we’re getting ready for a month full of sparkles, smiles, and star-spangled surprises! As we gear up to celebrate Independence Day and all the summer fun that comes with it, you won’t want to miss the exciting lineup we

have planned. From patriotic parties to sunny adventures, July is all about joy, connection, and creating moments that shine as bright as fireworks in the sky!

Get ready to shine bright with us all month long!

Nataly Hernandez-Reyes
Life Enrichment Coordinator

July Highlights

- 3rd 2pm Firework Salt Painting
- 7th 10:30am Ballroom Dancing with Garrey
- 10th 3pm Patriotic BBQ Social
- 25th 2pm Hawaii Bingo!
- 28th 2pm Treat Club: Shirley Temple Mocktails



THE LASTING BEAT: HOW GARREY'S DANCE SESSIONS INSPIRE MEMORY AND JOY

Each month, our residents at Renaissance of Annandale eagerly anticipate the return of Garrey and his ballroom dancing sessions—a truly distinguished tradition that fills our common area with laughter, music, dancing, and lively conversation. It's a day that brings joy and connection, drawing everyone together in celebration of movement and melody. Remarkably, many residents who may struggle to remember simple daily tasks find themselves effortlessly recalling intricate dance steps—like a graceful swing or a smooth foxtrot—showcasing the enduring strength of muscle memory and the deep roots of rhythm.

For those living with Alzheimer's or another form of dementia, the music and rhythm serve as a graceful bridge to cherished memories. Even as some details fade with time, the well-practiced dance steps of yesteryear endure, a testament to the enduring power of music and movement in the human experience.

Scientific studies have revealed that the brain regions responsible for musical memory and perception often remain strongest in individuals with Alzheimer's disease and other forms of dementia, while other areas weaken and fade. This remarkable preservation allows music to serve as a powerful therapeutic tool, capable of unlocking memories and emotions even in advanced stages of cognitive decline.

Research indicates that engaging with music—whether through listening, singing, or dancing—can stimulate synaptic activity and promote neural connectivity, which may help slow cognitive decline. Music therapy has been shown to improve mood, reduce anxiety and agitation, enhance autobiographical recall, and even boost verbal fluency in people living with Alzheimer's.

Beyond its undeniable charm, ballroom dancing offers significant physical benefits, enhancing balance, coordination, and overall vitality. More profoundly, it fosters a sense of dignity, engagement, and joy—allowing our residents to express themselves with grace



and confidence.

We extend our deepest gratitude to Garrey, whose artistry and compassion elevate this monthly gathering into a highlight of our community's calendar. His presence not only enlivens the room but also enriches the lives of all who partake in this cherished event.



ACROSS

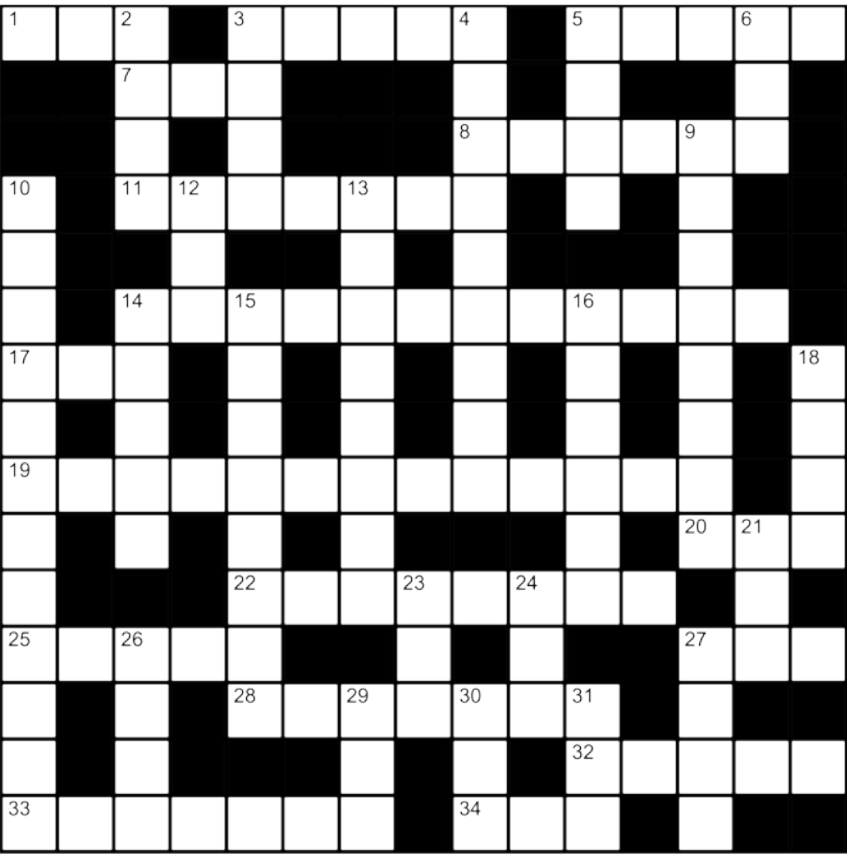
- 1. Often overheard in a library
- 3. Oregon Trail transportation
- 5. Get clean
- 7. Mineral yet to be processed
- 8. Pub orders
- 11. Withdrawal's opposite
- 14. Criteria
- 17. Caffeine source
- 19. Donations
- 20. Mole
- 22. Carried out
- 25. Heavenly host?
- 27. Integrated Drive Electronics, abbrev.
- 28. Made purchases
- 32. Like wool, to some
- 33. Distance gained by a football player
- 34. Small bite

DOWN

- 2. "I Want to ____ Your Hand," by the Beatles
- 3. Cry softly
- 4. In the United States, New England
- 5. Red + ____ = purple
- 6. He's a man of ____ word
- 9. Anguish, hardship
- 10. Especially
- 12. Lamb's mother
- 13. Appropriate
- 14. "When it _____, it pours!"
- 15. Disagreements

- 16. France's continent
- 18. Vague, as a memory
- 21. Hippie's hangout
- 23. Graduate's headwear
- 24. Windsor, for one
- 26. Equipment

- 27. Machu Picchu group
- 29. "The loneliest number"
- 30. Brooch
- 31. Party favorites: chips and ____



Wyoming

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



- BISON

CHEYENNE

COAL

COWBOYS

DEVILS TOWER

EQUALITY
- GEYSER

HOT SPRINGS

JADE

MEADOWLARK

PLAINS

ROCKY
- RODEO

SHOSHONE

SNOWY

TROUT

WILDLIFE

YELLOWSTONE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Famous Canadian Landmarks 1:00 Roll & Race 2:00 Maple Leaf Collage 3:00 Snack & Hydration 3:30 Skee Ball Canada Day	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Field Trip with David: National Museum of the United States Army/ (Hockey Ball: *At Renaissance w/ Hydration) *11:00 Twister Trivia: At Renaissance 1:00 Individual Engagement 1:30 4th of July Mad Libs 2:00 Fact or Fiction 3:00 Watermelon Wednesday & Hydration 3:30 Frisbee Toss	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Summer Poems 1:30 Stronger Memory: Math & Journaling 2:00 Firework Salt Painting 3:00 Snack & Hydration 3:30 Hoop Shootin'	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Patriotic Sing-Alongs/ Hydration 11:00 Red, White, & Blue Trivia 1:00 Individual Engagement 1:30 Riddles & Jokes 2:00 4th of July Bingo! 3:00 Snack & Hydration 3:30 Movie Marathon Independence Day (US)	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Name 5 1:00 Table Topics 2:00 Magazine Collage Prompts 3:00 Snack & Hydration 3:30 Indoor Golf
9:30 Morning Greetings 10:00 Daily Devotions & Prayers 10:15 Guided Worship Services 10:45 Balloon Volleyball/ Hydration 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Bible Study 1:00 Life Skills Club 2:00 Creative Expression: Popsicle Art 3:00 Sundae Sunday & Hydration 3:30 Horseshoes 5:30 Movie Night!	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading 2:00 Guess in 10 3:00 Snack & Hydration 3:30 Target Practice	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Ball Bounce / Hydration 11:00 Armchair Travel: North Island, New Zealand 1:00 Individual Engagement 1:30 Common Threads Game 2:00 Ker Plunk 3:00 Snack & Hydration 3:30 Ring Toss	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Finish the Phrase 1:00 Word Puzzles 2:00 Swirl Art 3:00 Watermelon Wednesday & Hydration 3:30 Cup Pong	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Individual Engagement 1:30 Stronger Memory: Math & Journaling 2:00 Pondering Prompts 3:00 Patriotic BBQ Social	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Music Therapy 11:00 Balloon Swatters/ Hydration 11:30 Simple-C 1:00 Word Mining 2:00 Matching Mania 3:00 Snack & Hydration 3:30 Bocce Ball	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Scattergories 1:00 Guess the Sound 2:00 Puzzle Paradise 3:00 Snack & Hydration 3:30 Space Darts
9:30 Morning Greetings 10:00 Daily Devotions & Prayers 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Football Pass/ Hydration 1:00 Who Am I?- Peggy Fleming 2:00 Crazy Eights 3:00 Sundae Sunday & Hydration 3:30 Water Balloon Toss 5:30 Movie Night!	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Fitness with Legacy/ Hydration 11:00 July Jeopardy 1:30 Stronger Memory: Reading 2:00 Qwirkle 3:00 Snack & Hydration 3:30 Corn Hole	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Family Feud 1:00 Which Picture Fits Here? 2:00 Tie-Dye Hats & Bags 3:00 Snack & Hydration 3:30 Can Toss	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Scenic Drive with David: National Harbor/ (Ball Pass: * At Renaissance w/ Hydration) *11:00 What Am I?- Seaside Edition: At Renaissance 1:00 Individual Engagement 1:30 Find the Pattern 2:00 Beach Bingo! with Tera 3:00 Watermelon Wednesday & Hydration 3:30 Shuffle Board	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Dice Roll & Action 1:30 Stronger Memory: Math & Journaling 2:00 Paint by Number 3:00 Snack & Hydration 3:30 Indoor Fishing	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Hymn Sing-Alongs 11:00 Hockey Ball/ Hydration 11:30 Finish the Song Lyric 1:00 Individual Engagement 1:30 Charades 2:00 Initial Abstract Collage 3:00 Snack & Hydration 3:30 Horseshoes	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Word Unscramble 1:00 Coloring Corner 2:00 Giant UNO! 3:00 Snack & Hydration 3:30 Frisbee Toss
9:30 Morning Greetings 10:00 Daily Devotions & Prayers 10:15 Guided Worship Services 10:45 Chair Exercises/ Hydration 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Bible Study 1:00 Word Searches 2:00 Yarn String Painting 3:00 Sundae Sunday & Hydration 3:30 Cup Pong 5:30 Movie Night!	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Fitness with Legacy/ Hydration 11:00 Wisdom Wheel 1:30 Stronger Memory: Reading 2:00 Shape Shuffle 3:00 Snack & Hydration 3:30 Axe Throwing	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Balloon Swatters/ Hydration 11:00 Guess That Fact! 1:00 Individual Engagement 1:30 Pictionary 2:00 Creative Expression: No-Sew Pillows 3:00 Snack & Hydration 3:30 Hoop Shootin'	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Scattergories 1:00 Scrabble Dash 2:00 Sip & Paint: Watermelon 3:00 Watermelon Wednesday & Hydration 3:30 Indoor Golf with Jonathan	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Water Painting 1:30 Stronger Memory: Math & Journaling 2:00 Ker Plunk 3:00 Snack & Hydration 3:30 Bottle Ring Toss	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Music Therapy 11:00 Football Pass/ Hydration 11:30 Armchair Travel: Hawaii 2:00 Hawaii Bingo! 3:00 Snack & Hydration 3:30 Skee Ball	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Word Ladder 1:00 Individual Engagement 1:30 Life Skills Club 2:00 Matching Mania 3:00 Snack & Hydration 3:30 Target Practice
9:30 Morning Greetings 10:00 Daily Devotions & Prayers 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Hockey Ball /Hydration 1:00 Coloring Corner 2:00 Giant UNO! 3:00 Sundae Sunday & Hydration 3:30 Shuffle Board 5:30 Movie Night!	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Fitness with Legacy/ Hydration 11:00 Twister Trivia 1:30 Stronger Memory: Reading 2:00 Treat Making Club: Shirley Temple Mocktail Drink 3:00 Snack & Hydration 3:30 Sticky Darts	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Name the Country 1:00 Puzzle Paradise 2:00 Resident Council 3:00 Snack & Hydration 3:30 Bocce Ball	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Ball Bounce/ Hydration 11:00 A to Z Race 1:00 Simple-C 2:00 Culinary Club with Nora: Peanut Butter Chocolate Cookies 3:00 Cookie Social & Hydration 3:30 Table Bowling	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Individual Engagement 1:30 Stronger Memory: Math & Journaling 2:00 Crazy Eights 3:00 Snack & Hydration 3:30 Corn Hole	Harbor at Renaissance of Annandale 	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>July 2025</div>		9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Famous Canadian Landmarks 1:00 Roll & Race 2:00 Maple Leaf Collage 3:00 Snack & Hydration 3:30 Skee Ball Canada Day	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Field Trip with David: National Museum of the United States Army/ (Ball Bounce: *At Renaissance w/ Hydration) *11:00 Twister Trivia: At Renaissance 1:00 Individual Engagement 1:30 Grooving with Instruments 2:00 Color Sorting Cards 3:00 Watermelon Wednesday & Hydration 3:30 Frisbee Toss	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Summer Pictures Reminiscing 1:30 Stronger Memory: Math & Journaling 2:00 Firework Salt Painting 3:00 Snack & Hydration 3:30 Hoop Shootin'	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Patriotic Sing-Alongs / Hydration 11:00 Red, White, & Blue Trivia 1:00 Individual Engagement 1:30 Riddles & Jokes 2:00 4th of July Bingo! 3:00 Snack & Hydration 3:30 Movie Marathon Independence Day (US)	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Name 5 1:00 Table Topics 2:00 Shape Weaving 3:00 Snack & Hydration 3:30 Indoor Golf
9:30 Morning Greetings 10:00 Daily Chronicle 10:15 Hymn Sing 10:30 Balloon Pass/ Hydration 11:00 Guided Worship Services 11:30 Bible Study 1:00 Life Skills Club 2:00 Creative Expression: Popsicle Art 3:00 Sundae Sunday & Hydration 3:30 Horseshoes 5:30 Movie Night!	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading 2:00 Sensory Station 3:00 Snack & Hydration 3:30 Target Practice	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Balloon Swatters/ Hydration 11:00 Armchair Travel: North Island, New Zealand 1:00 Individual Engagement 1:30 Creating Sticker Lines 2:00 Ker Plunk 3:00 Snack & Hydration 3:30 Ring Toss	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Finish the Phrase 1:00 Word Puzzles 2:00 Swirl Art 3:00 Watermelon Wednesday & Hydration 3:30 Cup Pong	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Individual Engagement 1:30 Stronger Memory: Math & Journaling 2:00 Pondering Prompts 3:00 Patriotic BBQ Social	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Ball Pass/ Hydration 11:00 Music Therapy 11:30 Simple-C 1:00 Hand Massages 2:00 Matching Mania 3:00 Snack & Hydration 3:30 Bocce Ball	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Boggle 1:00 Guess the Sound 2:00 Puzzle Paradise 3:00 Snack & Hydration 3:30 Space Darts
9:30 Morning Greetings 10:00 Daily Chronicle 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Balloon Toss/ Hydration 1:00 Who Am I? - Peggy Fleming 2:00 Crazy Eights 3:00 Sundae Sunday & Hydration 3:30 Water Balloon Toss 5:30 Movie Night!	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Chair Exercise Class/ Hydration 11:00 Familiar Favorites Trivia 1:30 Stronger Memory: Reading 2:00 Qwirkle 3:00 Snack & Hydration 3:30 Corn Hole	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Family Feud 1:00 Which Picture Fits Here? 2:00 Tie-Dye Hats & Bags 3:00 Snack & Hydration 3:30 Can Toss	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Scenic Drive with David: National Harbor/ (Hockey Ball: * At Renaissance w/ Hydration) *11:00 What Am I? - Seaside Edition: At Renaissance 1:00 Individual Engagement 1:30 Lego Building 2:00 Beach Bingo! with Tera 3:00 Watermelon Wednesday & Hydration 3:30 Shuffle Board	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Dice Roll & Action 1:30 Stronger Memory: Math & Journaling 2:00 Sticker by Number 3:00 Snack & Hydration 3:30 Indoor Fishing	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Hymn Sing-Alongs 11:00 Balloon Swatters/ Hydration 11:30 Finish the Song Lyric 1:00 Individual Engagement 1:30 Charades 2:00 Initial Abstract Collage 3:00 Snack & Hydration 3:30 Horseshoes	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 3 Letter Word Unscramble 1:00 Coloring Corner 2:00 Giant UNO! 3:00 Snack & Hydration 3:30 Frisbee Toss
9:30 Morning Greetings 10:00 Daily Chronicle 10:15 Hymn Sing 10:30 Ball Pass/ Hydration 11:00 Guided Worship Services 11:30 Bible Study 1:00 Word Searches 2:00 Yarn String Painting 3:00 Sundae Sunday & Hydration 3:30 Cup Pong 5:30 Movie Night!	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Chair Exercise Class/ Hydration 11:00 Fact or Fiction 1:30 Stronger Memory: Reading 2:00 Shape Shuffle 3:00 Snack & Hydration 3:30 Axe Throwing	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Ball Bounce/ Hydration 11:00 Guess That Fact! 1:00 Individual Engagement 1:30 Grooving with Instruments 2:00 Creative Expression: No-Sew Pillows 3:00 Snack & Hydration 3:30 Hoop Shootin'	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Scattergories 1:00 ISPY 2:00 Stamp Art 3:00 Watermelon Wednesday & Hydration 3:30 Indoor Golf with Jonathan	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Water Painting 1:30 Stronger Memory: Math & Journaling 2:00 Ker Plunk 3:00 Snack & Hydration 3:30 Bottle Ring Toss	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Hockey Ball/ Hydration 11:00 Music Therapy 11:30 Armchair Travel: Hawaii 2:00 Hawaii Bingo! 3:00 Snack & Hydration 3:30 Skee Ball	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Word Ladder 1:00 Individual Engagement 1:30 Life Skills Club 2:00 Matching Mania 3:00 Snack & Hydration 3:30 Target Practice
9:30 Morning Greetings 10:00 Daily Chronicle 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Balloon Swatters/ Hydration 1:00 Coloring Corner 2:00 Giant UNO! 3:00 Sundae Sunday & Hydration 3:30 Shuffle Board 5:30 Movie Night!	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Chair Exercise Class/ Hydration 11:00 Name The Country 1:30 Stronger Memory: Reading 2:00 Treat Making Club: Shirley Temple Mocktail Drink 3:00 Snack & Hydration 3:30 Sticky Darts	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Twister Trivia 1:00 Puzzle Paradise 2:00 Resident Council 3:00 Snack & Hydration 3:30 Bocce Ball	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Hockey Ball/ Hydration 11:00 A to Z Race 1:00 Simple-C 2:00 Culinary Club with Nora: Peanut Butter Chocolate Cookies 3:00 Cookie Social & Hydration 3:30 Table Bowling	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Individual Engagement 1:30 Stronger Memory: Math & Journaling 2:00 Crazy Eights 3:00 Snack & Hydration 3:30 Corn Hole	<div>Harbor Plus at Renaissance of Annandale</div>	