

RENAISSANCE

A Premier Memory Care Community

Life. Love. Legacy.™

7112 Braddock Rd

Annandale, VA 22003

Phone: (703) 256-2525

RENAISSANCE

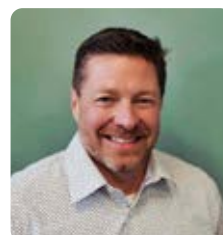
A Premier Memory Care Community



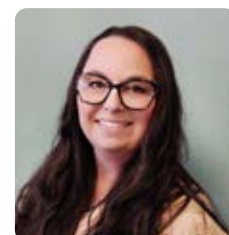
YOUR LEADERSHIP TEAM



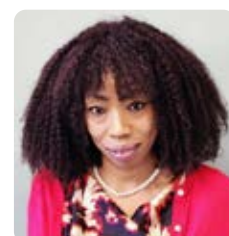
Jessica Peters
Executive Director



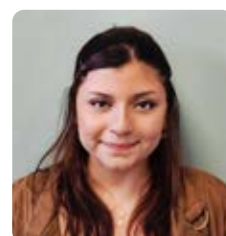
Jonathan Fitch
Sales & Marketing Director



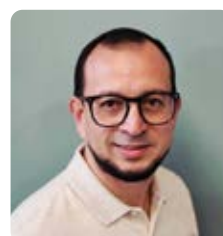
Tera Reeves, LPN
Resident Services Director



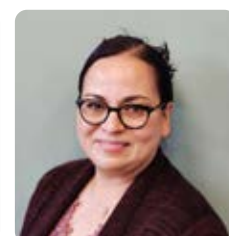
Hamsatu Massaquoi, LPN
Assistant Resident Services Director



Nataly Hernandez Reyes
Life Enrichment Coordinator



David Martinez
Maintenance Director



Nora Martinez
Dining Services Director

A MESSAGE FROM YOUR EXECUTIVE DIRECTOR: JUNE 2026



Dear Families and Friends,
As we welcome June and the promise of summer, we look forward to sharing many meaningful moments together.

June holds special significance in healthcare as we observe Alzheimer's & Brain Awareness Month, celebrate Certified Nursing Assistants Week (June 11-17), and honor Father's Day. Throughout the month, we will take time to recognize the extraordinary CNAs whose compassion, patience, and dedication bring comfort and dignity to our residents every day. Their daily care truly makes a difference for our community and families.

This month of awareness is especially personal for me. My dad passed away in 2022, after living with dementia for many years. Walking through that journey with him shaped me in countless ways. Before dementia, he was a science teacher with a passion for woodworking and bluegrass music. Some of my most cherished memories are of him building something in the garage, explaining how things worked, or simply enjoying the music that always brought a smile to his face. Even as dementia changed so much, those essential parts of who he was remained.

That experience deepened my appreciation for the compassion, reassurance, dignity, and understanding that are at the heart of memory care. Father's Day can stir many emotions, and my thoughts are especially with those who are caring for, or remembering, a father figure this month.

Thank you, as always, for the trust you place in our team. It is a privilege to care for your loved ones and to be part of your family's journey.

Warm regards,
Jessica Peters
Executive Director





Chuck Heggstad A Life of Quiet Strength, Service & Family

There's a certain warmth that follows Chuck Heggstad wherever he goes—the kind that makes a place feel like home. Born in Minnesota, Chuck found his way to Virginia over fifty years ago, with a little time in California before settling in Northern Virginia for good. Along the way, he packed his life with dedication, hard work and a genuine love for the people around him.

nation, leadership and technical problem-solving went into connecting employees across the country—a behind-the-scenes project that modernized communication for one of the nation's largest agencies. Chuck retired in 2004, leaving a legacy of innovation and teamwork.

But what Chuck treasures most isn't a title or a project; it's the life he's built with his wife, Jean. Married for 52 years, their partnership is the heart of everything. Together, they raised three children—Collin, Evan and Nathan—and filled their home with laughter, warmth and the steady rhythms of ordinary days: driving to games and practices, taking dance lessons, tending to the yard until everything looked "just right." He is the dad who showed up, the husband who learned new steps to keep Jean smiling, the neighbor with a wave and a kind word.

Golf has always been a passion—sometimes a love, sometimes a nemesis, as Chuck jokes. He played on his high school team and kept swinging for years, always chasing that elusive perfect round. Music, too, is woven into his life, adding another layer of happiness and rhythm to his days.

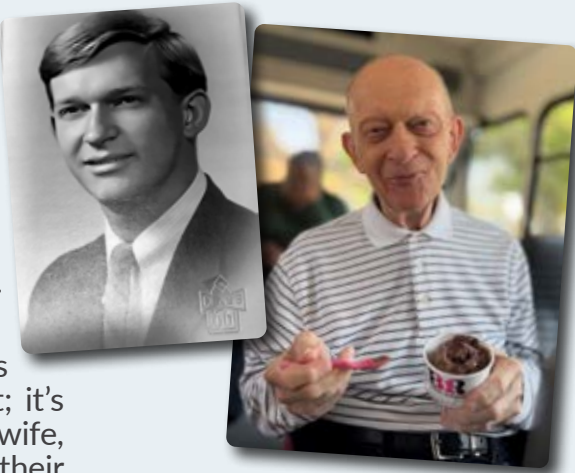
Ask anyone who knows him and you'll hear the same things: Chuck is kind, compassionate, intelligent and always ready with a bit of humor. He doesn't draw attention to himself, but his quiet strength and devotion leave a mark on everyone he meets.

We're proud to know Chuck, and grateful for the example he sets—a life spent serving others, loving family and finding happiness in the everyday moments.

When the Vietnam War draft lottery began, Chuck's number was low. He could have waited, but that wasn't his way. Instead, he stepped forward, enlisting in the U.S. Navy, following the example set by his father—a Navy man himself who served bravely during World War II and was aboard the USS Selfridge during the attack on Pearl Harbor. Service runs deep in the Heggstad family, and Chuck was proud to do his part.

From 1970 to 1974, Chuck served as a Communications Specialist in the Navy, stationed in the Philippines and aboard the USS Kitty Hawk. He speaks of those years with quiet pride, knowing he contributed to something larger than himself.

Returning home, Chuck poured the same sense of duty and care into his career with the Federal Government, serving at the National Endowment for the Humanities, the Department of Education and, finally, the IRS. It was at the IRS where he took on a challenge few would dare: leading the effort to develop the agency's intranet system. Years of coordi-



Celebrations & Milestones

WELCOME HOME!
• William G.

RESIDENT BIRTHDAYS

- June 1: Evan R.
- June 9: Dianne S.
- June 14: Janet W.
- June 26: Jim G.
- June 28: Nelda F.
- June 30: Jaime C.

TEAM MEMBER BIRTHDAYS

- June 6: Unisa Koroma
- June 7: Akua Otiwaa
- June 13: Kevin Sorto
- June 14: Selamawit Zeleke
- June 17: Nataly Hernandez Reyes
- June 25: David Martinez
- June 25: Wilma Velasquez
- June 29: Francess Odwyer

RESIDENT ANNIVERSARIES

- Diane D. – 7 years
- Evan R. – 4 years
- Doris T. – 4 years

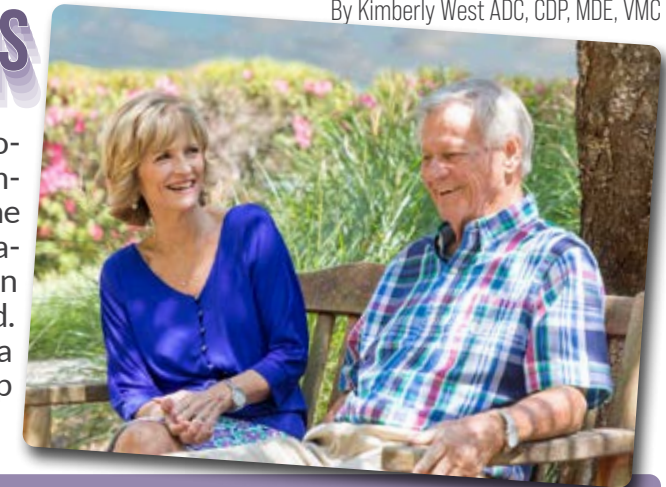
TEAM ANNIVERSARIES

- Nana Boateng – 3 years
- Fatmata Turay – 3 years

JUNE IS NATIONAL BRAIN HEALTH AWARENESS MONTH

ANSWERING REPETITIVE QUESTIONS

By Kimberly West ADC, CDP, MDE, VMC



As dementia progresses, it gradually affects how the brain processes and stores information. As areas responsible for memory and reasoning become damaged, it becomes difficult for the person to remember recent conversations or retain new information. Because short-term memory is often affected first, a person may not remember that a question was already asked or answered. Repeating the same question is therefore not intentional—it is a common symptom of the disease. Understanding this can help families and caregivers respond with patience and compassion.

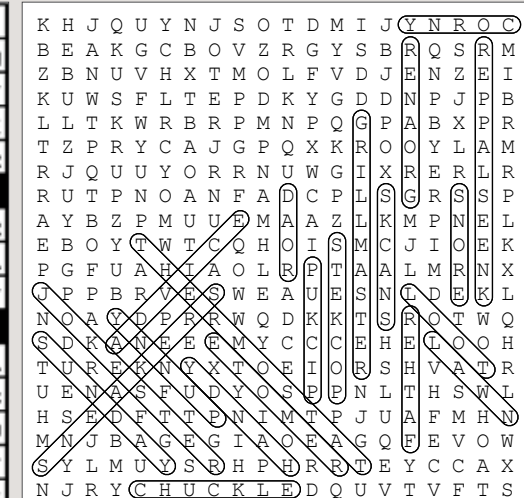
When repetitive questions occur, it is best to remain calm and respond in a simple, reassuring way each time, as though it is the first time the question has been asked. Rather than correcting the person, caregivers can focus on offering reassurance and validating any feelings behind the question. Repetition is often linked to anxiety, confusion, or a need for comfort, and sometimes it may signal an unmet need such as hunger, discomfort, or boredom. By responding calmly and addressing both the question and the underlying need, caregivers can help the person feel more secure and supported.

Repetitive questions are a common part of dementia and reflect changes in memory and understanding, not intentional behavior. Responding with patience, reassurance, and compassion can help reduce anxiety and maintain a sense of security for the person living with dementia. By focusing on their feelings and needs, caregivers can create more positive and supportive interactions.

Resources: Alzheimer's Association – Repetition; Dementia Help – Strategies for Dealing with Repetitive Questions in Dementia; Assisting House Home Care – Handling Repetitive Questions in Dementia Care: Causes & Strategies; Family Caregivers Online – 4 Ways to Respond to Repetitive Questions in Dementia

TIPS FOR HANDLING REPETITIVE QUESTIONS

- Create predictable routines. Consistent daily schedules help reduce confusion and anxiety.
- Pay attention to tone and body language. A calm voice and friendly facial expression can be more reassuring than words alone.
- Take breaks when needed. Repetitive questions can be tiring for caregivers, so it is important to step away and recharge when possible.
- Give short, consistent answers. Using the same simple wording each time can be less confusing and easier for the person to process.
- Reduce environmental stress. Too much noise, clutter, or activity can increase confusion and lead to more repetitive questioning.
- Watch for patterns. Repetitive questions may happen more often at certain times of day, when the person is tired, hungry, or overstimulated.
- Provide reassurance through presence. Sitting nearby, holding a hand, or maintaining eye contact can sometimes meet the emotional need behind the question.



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



We appreciate your feedback.

DEAR NURSES

Residents put pen to paper for National Nurses Week to say what's in their hearts



GOING THE EXTRA MILE
PRECIOUS FRIMPONG
APRIL WINNER



We're delighted to honor Precious Frimpong as this month's Going the Extra Mile Award winner!

Precious was nominated for her unwavering compassion, her willingness to help whenever she's needed, and the genuine joy and comfort she brings to our residents. Whether she's sharing a bright smile or offering a steadying hand, Precious has a gift for making everyone around her feel valued.

Precious has been part of the Renaissance family for four years, serving as a dedicated CNA and building strong connections with residents, families, and fellow team members. Her commitment shines in the little things—ensuring residents feel comfortable and cared for, encouraging them to join Life Enrichment programs, and bringing laughter and a sense of belonging to each day. She's the teammate everyone can count on, always ready to pitch in and lift someone's spirits.

Precious's uplifting spirit and dedication truly make a difference. We are grateful for the compassion and heart she brings to Renaissance. Congratulations, Precious, and thank you for going the extra mile!

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

Father's Day BBQ

Join us for a fun Father's Day BBQ social celebrating wonderful dads with food, loved ones, and live entertainment!

JUNE | 18 | 2026

AT RENAISSANCE OF ANNANDALE

7112 BRADDOCK ROAD
ANNANDALE, VA 22003
3PM-4PM

Please RSVP at (703)256-2525
or by email at:
receptionist@renaissanceannandale.net
by Monday, June 15th



LIFE ENRICHMENT
Connections

June is here, bringing sunshine, laughter, music and so many exciting moments to share at Renaissance of Annandale! This month, we're embracing the energy of summer with activities that bring people together, spark creativity and fill our days with joy. From lively socials and games to relaxing afternoons and meaningful connections, there's something special waiting around every corner.

June also gives us the chance to honor moments that are close to our hearts. During Alzheimer's & Brain Awareness Month, we proudly continue our commitment to meaningful engagement, encouraging connection and celebrating the unique stories, personalities and strengths of every resident we serve. Every smile, conversation, song and shared experience matters deeply, and we are honored to create moments of comfort, joy and purpose each day.

We're also excited to celebrate CNA Week and recognize the incredible compassion, patience and dedication our nursing assistants bring to our residents and families. Their kindness and hard work make an impact every single day.

As the days grow longer and the weather gets brighter, we're looking forward to making even more wonderful memories together this summer. Thank you to our residents, families and staff for bringing such positivity, warmth and heart into our community. We can't wait to see what June has in store!

Nataly Hernandez-Reyes
Life Enrichment Coordinator

JUNE HIGHLIGHTS

- 1st 10:30am Ballroom Dancing with Garrey
- 2nd 10:30am Scenic Drive with David: *Old Town Alexandria*
- 6th 2:00pm Butterfly Collage
- 10th 2:00pm Creative Expression: *Sandy Keepsakes*
- 11th 2:00pm World Cup Bingo
- 11th 3:00pm CNA Week Popcorn Social & Hydration
- 16th 10:30am Field Trip with David: *Wendy's Frostys*
- 16th 2:00pm Tie-Dye Accessories!
- 17th 2:00pm Seas the Day Craft
- 18th 3:00pm Father's Day BBQ Celebration
- 22nd 2:00pm Nature Printing
- 24th 2:00pm Culinary Club with Nora: *Banana Pudding*
- 29th 10:30am Indoor Fishing with Legacy Healthcare Services
- 29th 2:00pm Creative Expression: *Seashell Mosaics*



"My father didn't tell me how to live; he lived, and let me watch him do it."

There's something quietly profound about learning not from words, but from the everyday examples set by those around us. For many, it wasn't the advice or the speeches that stuck—it was witnessing patience during tough times, small acts of kindness, or the way someone carried themselves through life's ups and downs. Whether from a father, a mentor, or a friend who stepped into that role, these lived lessons shape us long after childhood. On Father's Day, we honor not just the stories told, but the lives lived—imperfect, real, and full of meaning.



NATIONAL NURSING ASSISTANTS WEEK

JUNE 11-17

Your dedication and compassion make all the difference each day. Your hard work, gentle hands and heart for service bring comfort, dignity and joy to our residents.

We see you. We appreciate you.

LEGACYSL.NET/
ALZHEIMERS-SUPPORT

HIGHLIGHTS & HAPPENINGS

Recurring Events

SUNDAYS

Guided Worship Services
(1st & 3rd Sundays)
• 10:15am - The Harbor
• 11:00am - The Harbor Plus

Spiritual Engagement with
Chaplain Marcus (2nd & 4th Sun.)
• 10:15am - The Harbor
• 11:00am - The Harbor Plus

Movie Night!
• 5:30pm

TUESDAYS

Tai Chi with Rhonda
• 10:30am - 2nd Tuesday

FRIDAYS

Music Therapy (every other week)
• 10:30am - The Harbor
• 11:00am - The Harbor Plus

SATURDAYS

Walking Club at 10:30am

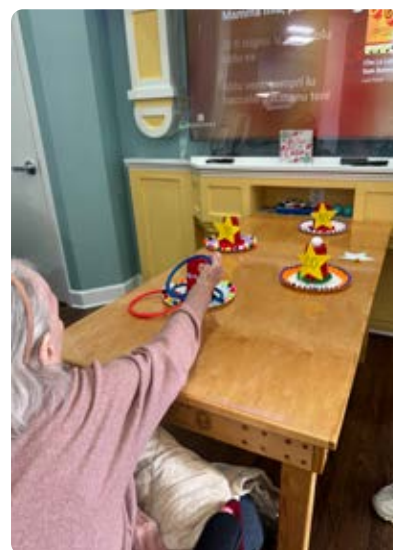
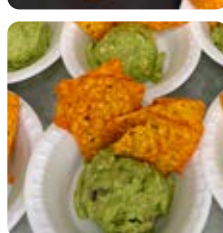
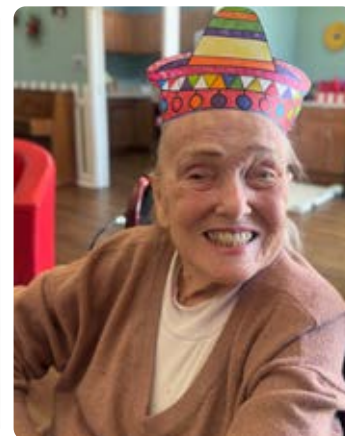


Topical Events

ARMCHAIR TRAVEL CLUB (1PM)
5th Costa Rica
27th Myrtle Beach

TOPICAL TRIVIA & GAMES (11AM)

8th Friendly Feud
15th Jeopardy
22nd Spin It to Win it!
29th Wisdom Wheel

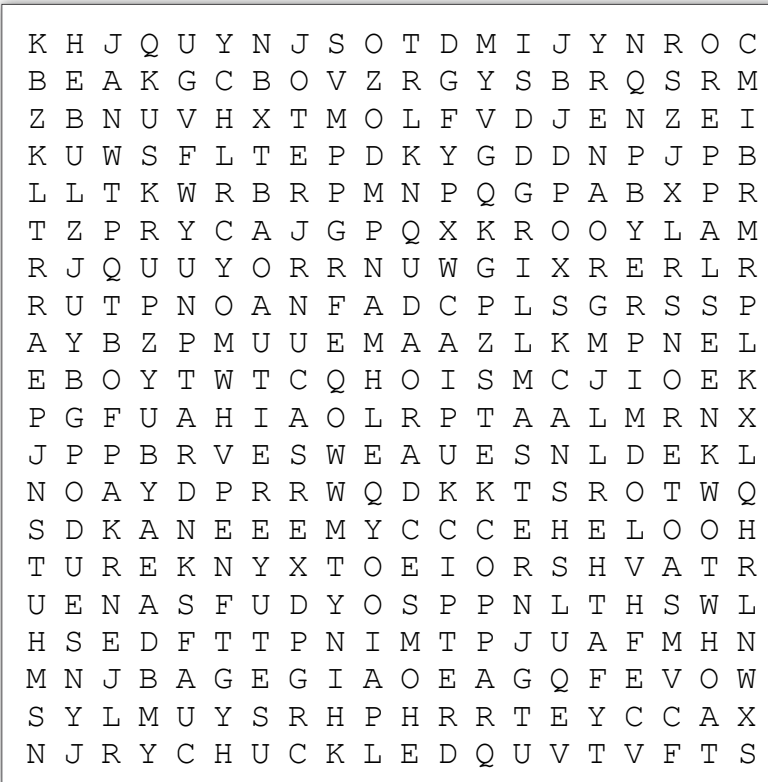
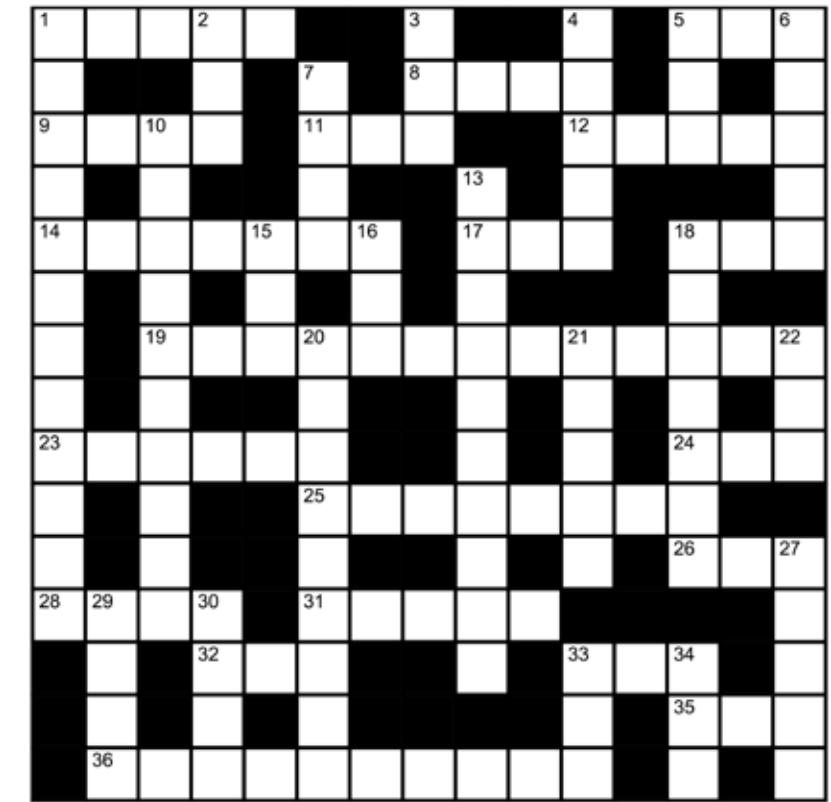


ACROSS

1. The entire ____ of judges gave the skater 10s
5. Greek alphabet's 23rd letter, ψ; rhymes with sigh
8. Feline-inspired athletic shoe brand
9. Double-reeded instrument; clarinet's cousin?
11. Hawaiian dish; rhymes with soy
12. Ulysses S. ____; president on the \$50 bill
14. An area of fruit trees
17. Helpful tool when rowing a boat
18. "Long ago and ___ away..."
19. At a right angle; not horizontal
23. _____ pancakes; latkes
24. "It's a dog-___-dog world"
25. Feeling gratitude
26. ___ high: about that tall
28. Pros and ___ of an issue
31. A bee's defense
32. Before shot and after hot
33. "___ Now or Never" by Elvis Presley
35. ___ up with; tolerate
36. Not planned; unintentional

DOWN

- | | | |
|---|-------------------------------------|---------------------------------------|
| 1. Extremely keen kind of memory | 7. Practice with a boxer | 21. Embroidery or pottery for example |
| 2. <i>The Three Faces of</i> ____, starring Joanne Woodward | 10. Job; profession | 22. Mickey's larger cousin? |
| 3. Prefix for dermis or pen | 13. Ostracizing; punishing | 27. Severe; critical |
| 4. Racetrack bet | 15. "Love Is in the ___" | 29. Killer whale |
| 5. Parent Teacher Association, abbrev. | 16. Preceded by past or over | 30. Blueprint or plan |
| 6. Lay to rest; entomb | 18. Untruthfully | 33. Not well |
| | 20. Complained; raised an objection | 34. Hot tub or wellness retreat |



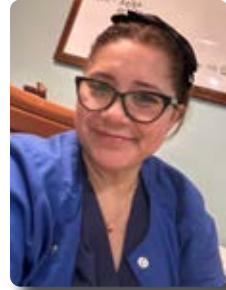
DAD-ISMS

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

- | | | |
|-------------|-------------|------------|
| ADVICE | JOKESTER | ROAD TRIP |
| CORNY | KNEESLAPPER | SNACKS |
| CHUCKLE | LAWN | SNEAKERS |
| FATHER | PICKUP | SNORE |
| GRILLMASTER | POCKETS | SUNDAY NAP |
| GROANER | PUNNY | THERMOSTAT |
| HANDY | REMOTE | TOOL BELT |



Team Spotlight ON WILMA VELASQUEZ



Walk down the halls of Renaissance of Annandale and it won't take long before you hear a warm greeting or spot a smile that makes your day brighter. That's probably Wilma Velasquez—one of our Med-Techs—whose kindness and gentle energy have brought comfort and joy to our community since the day she arrived.

Wilma joined us just about a year ago, but she brought with her four years of experience in senior living—and a heart that seems to grow bigger every day. As a Med-Tech, Wilma ensures residents receive their medications safely and on time, but her care runs so much deeper. She's a calming voice when someone feels uncertain, a gentle hand that brings comfort, and a steady presence who always seems to know just what someone needs—whether it's a listening ear, a friendly chat, or just a little extra kindness.

Wilma's inspiration comes from a place close to her heart: her grandparents. Their love and influence are the reason she chose this path, and you can feel that devotion in every interaction. She says the best part about working at Renaissance is the connection she shares with residents—those small moments, like a simple "good morning" and the smile it brings, are what fill her days with meaning. For Wilma, nothing is more rewarding than seeing a resident happy.

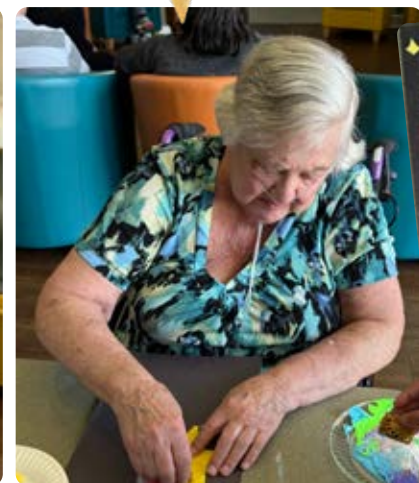
Outside of work, Wilma's life is full of movement and music. She loves to dance, listen to her favorite tunes, and spend time with her two children, making memories and squeezing in as much fun as possible.

Wilma, thank you for bringing your compassion, positivity, and heart to our Renaissance family. We're grateful for you every single day.

BALLROOM Dancing WITH GARREY



MAY THE FOURTH
BE WITH YOU!



Echoes of Nature

MEET OUR NEW NEIGHBORS!



RENT THE CHICKEN

We've got Chicks!
Fresh Peeps in the Neighborhood!



INSIDE THE EGG:
Practicing Traditional Chicken Egg Candling



CULINARY CLUB WITH NORA
DEVILED EGGS

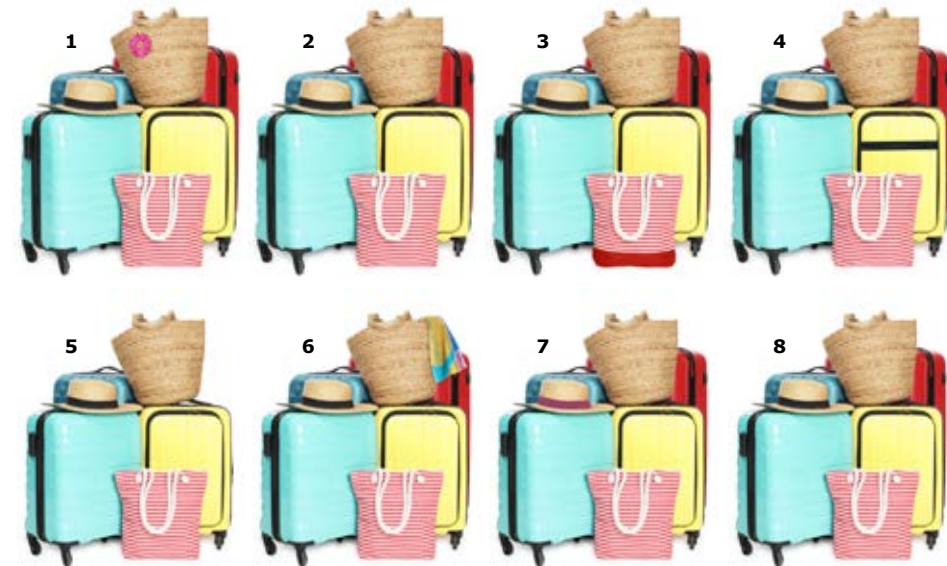


CRAFT CORNER

MOSAIC CHICKS



FIND THE TWO SETS OF MATCHING LUGGAGE



WATERMELON FANS



Sunday

Monday

Tuesday


Wednesday

Thursday

Friday

Saturday

<p>9:30 Rise & Connect 10:00 Sunrise Bulletin 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading/ Hydration 2:00 Roll-a-Beach Ball 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Travel Video Night</p>	<p>9:30 Coffee & Good Mornings 10:00 Memory Lane News 10:30 Scenic Drive with David: Old Town Alexandria (*Walking Club/ Hydration at Renaissance) *11:00 Finish the Phrase 1:00 Individual Engagement/ Hydration 1:30 Connect 4 2:00 Drum Circle 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Tabletop Games</p>	<p>9:30 Breakfast Club 10:00 Today in History 10:30 Hockey Ball/ Hydration 11:00 Twister Trivia 1:00 Common Threads/ Hydration 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Evening Melodies</p>	<p>9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Melodies with Steve/ Hydration 11:30 Scattergories 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Puzzle Paradise 3:00 Snack & Hydration 3:45 Ring Toss 5:30 Classic TV Shows</p>	<p>9:30 Tabletime Chat 10:00 Daybreak Digest 10:30 Music Therapy with NeuroSound 11:00 Ball Bounce/Hydration 11:30 Name 5 1:00 Armchair Travel: Costa Rica/ Hydration 2:00 Left, Right, Center 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Read Aloud Story Session World Environment Day</p>	<p>9:30 Start the Day Social 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Rhyming Chain 1:00 Individual Engagement/ Hydration 1:30 Matching Mania 2:00 Butterfly Collage 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Guided Sensory Mediation Butterfly Education & Awareness Day</p>
<p>9:30 Morning Company Corner 10:00 Hymn Sing 10:15 Memory Lane News 10:30 Daily Devotions & Prayers 11:00 Balloon Toss/ Hydration 11:30 Bible Study 1:00 Life Skills Club/ Hydration 2:00 Then vs. Now 3:00 Snack & Hydration 3:45 Sticky Darts 5:30 Movie Night!</p>	<p>9:30 Breakfast Club 10:00 Morning Headlines 10:30 Fitness with Legacy/ Hydration 11:00 Friendly Feud 1:30 Stronger Memory: Reading/ Hydration 2:00 Under the Sea Silhouette Art 3:00 Snack & Hydration 3:45 Indoor Fishing 5:30 Classic TV Shows World Ocean Day</p>	<p>9:30 Tabletime Chat 10:00 Today in History 10:30 Tai Chi with Rhonda/ Hydration 11:30 A to Z Race 1:00 Fact or Fiction/ Hydration 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Guided Sensory Mediation</p>	<p>9:30 Start the Day Social 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 Riddle Rally 1:00 Individual Engagement/ Hydration 1:30 Water Painting 2:00 Creative Expression: Sandy Keepsakes 3:00 Snack & Hydration 3:45 Water Balloon Toss 5:30 Read Aloud Story Session</p>	<p>9:30 Rise & Connect 10:00 Today's Gazette 10:30 Melodies with Steve/ Hydration 11:30 Word Unscramble 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 World Cup Bingo 3:00 CNA Week Popcorn Social & Hydration 3:45 Skee Ball 5:30 Tabletop Games CNA Week Begins</p>	<p>9:30 Morning Greetings 10:00 Sunrise Bulletin 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Beach Ball Toss/ Hydration 11:30 Fill the Category 1:00 Individual Engagement/ Hydration 1:30 Minute it to Win it! 2:00 Crazy Eights 3:00 Snack & Hydration 3:45 Target Practice 5:30 Evening Melodies</p>
<p>9:30 Start the Day Social 10:00 Daily Devotions & Prayers 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Today in History 11:30 Ball Bounce/ Hydration 1:00 Flag Day Riddles/ Hydration 2:00 American Flag Suncatcher 3:00 Snack & Hydration 3:45 Axe Throwing 5:30 Movie Night! Flag Day (U.S.)</p>	<p>9:30 Morning Company Corner 10:00 Daybreak Digest 10:30 Fitness with Legacy/ Hydration 11:00 Jeopardy 1:30 Stronger Memory: Reading/ Hydration 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Evening Melodies</p>	<p>9:30 Morning Greetings 10:00 Today's Gazette 10:30 Field Trip with David: Wendy's Frostys (*Walking Club/ Hydration at Renaissance) *11:00 Odd One Out 1:00 Individual Engagement/ Hydration 1:30 Golf Dice Game 2:00 Tie-Dye Accessories! 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Read Aloud Story Session</p>	<p>9:30 Tabletime Chat 10:00 Sunrise Bulletin 10:30 Balloon Swatters/ Hydration 11:00 Scattergories 1:00 What's the Verdict? / Hydration 2:00 Seas the Day Craft 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Travel Video Night</p>	<p>9:30 Coffee & Good Mornings 10:00 Morning Headlines 10:30 Hockey Ball/ Hydration 11:00 Guess in 3 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Finish the Phrase 3:00 Father's Day BBQ Celebration 4:00 Balloon Pass 5:30 Guided Sensory Mediation</p>	<p>9:30 Rise & Connect 10:00 Daily Chronicle 10:30 Music Therapy with NeuroSound 11:00 Football Pass /Hydration 11:30 Rhyming Chain 1:00 Learning about Juneteenth/ Hydration 2:00 Puzzle Paradise 3:00 Snack & Hydration 3:45 Can Toss 5:30 Classic TV Shows Juneteenth</p>
<p>9:30 Coffee & Good Mornings 10:00 Hymn Sing 10:15 Sunrise Bulletin 10:30 Daily Devotions & Prayers 11:00 Balloon Swatters/ Hydration 11:30 Bible Study 1:00 Dad Jokes & Fathers Around the World / Hydration 2:00 Summer Roll-and-Race 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Movie Night! Father's Day Summer Begins</p>	<p>9:30 Start the Day Social 10:00 Daily Chronicle 10:30 Fitness with Legacy/ Hydration 11:00 Spin it to Win it! 1:30 Stronger Memory: Reading/ Hydration 2:00 Nature Printing 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Guided Sensory Mediation</p>	<p>9:30 Rise & Connect 10:00 Morning Headlines 10:30 Beach Ball Toss/ Hydration 11:00 Common Threads 1:00 Qwirkle/ Hydration 2:00 Sip & Paint: Summer in the City 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Travel Video Night</p>	<p>9:30 Morning Greetings 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Simple-C 1:00 Individual Engagement/ Hydration 1:30 Would You Rather?- Summer Edition 2:00 Culinary Club with Nora: Banana Pudding 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Classic TV Shows</p>	<p>9:30 Breakfast Club 10:00 Memory Lane News 10:30 Chair Exercises/ Hydration 11:00 A to Z Race 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Creative Expression: Pockets full of Sunshine 3:00 Snack & Hydration 3:45 Water Balloon Toss 5:30 Evening Melodies</p>	<p>9:30 Morning Company Corner 10:00 Today in History 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Ball Bounce/ Hydration 11:30 Word Ladder 1:00 Individual Engagement/ Hydration 1:30 Matching Mania 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Tabletop Games</p>
<p>9:30 Breakfast Club 10:00 Daily Devotions & Prayers 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Today's Gazette 11:30 Football Pass/ Hydration 1:00 Guess in 3 / Hydration 2:00 Crazy Eights 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Movie Night!</p>	<p>9:30 Tabletime Chat 10:00 Memory Lane News 10:30 Indoor Fishing with Legacy/ Hydration 11:00 Wisdom Wheel 1:30 Stronger Memory: Reading/ Hydration 2:00 Creative Expression: Seashell Mosaics 3:00 Snack & Hydration 3:45 Target Practice 5:30 Tabletop Games</p>	<p>9:30 Start the Day Social 10:00 Sunrise Bulletin 10:30 Echoes of Nature: Jurassic Jaunt 1:00 Individual Engagement/ Hydration 1:30 Ker Plunk 2:00 Resident Council 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Evening Melodies</p>	<h1>June 2026</h1> <p>Harbor at Renaissance of Annandale</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>9:30 Rise & Connect 10:00 Sunrise Bulletin 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading/ Hydration 2:00 Roll-a-Beach Ball 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Travel Video Night</p>	<p>9:30 Rise & Connect 10:00 Memory Lane News 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading/ Hydration 2:00 Roll-a-Beach Ball 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Travel Video Night</p>	<p>9:30 Coffee & Good Mornings 10:00 Memory Lane News 10:30 Scenic Drive: Old Town Alexandria (*Walking Club/ Hydration at Renaissance) *11:00 Finish the Phrase 1:00 Individual Engagement/ Hydration 1:30 Water Painting 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Tabletop Games</p>	<p>9:30 Breakfast Club 10:00 Today in History 10:30 Ball Bounce/ Hydration 11:00 Yes or No Trivia 1:00 Common Threads/ Hydration 2:00 Corn Hole 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Evening Melodies</p>	<p>9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Melodies with Steve/ Hydration 11:30 3-Topic Scattergories 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Puzzle Paradise 3:00 Snack & Hydration 3:45 Ring Toss 5:30 Classic TV Shows</p>	<p>9:30 Tabletime Chat 10:00 Daybreak Digest 10:30 Balloon Swatters/ Hydration 11:00 Music Therapy with NeuroSound 11:30 Name 3 1:00 Armchair Travel: Costa Rica/ Hydration 2:00 Sensory Seashell Exploration 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Read Aloud Story Session World Environment Day</p>	<p>9:30 Start the Day Social 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Rhyming Chain 1:00 Individual Engagement/ Hydration 1:30 Matching Mania 2:00 Butterfly Collage 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Guided Sensory Mediation Butterfly Education & Awareness Day</p>
<p>9:30 Morning Company Corner 10:00 Memory Lane News 10:15 Hymn Sing 10:30 Hockey Ball/ Hydration 11:00 Daily Devotions & Prayers 11:30 Bible Study 1:00 Life Skills Club/ Hydration 2:00 Then vs. Now 3:00 Snack & Hydration 3:45 Sticky Darts 5:30 Movie Night!</p>	<p>9:30 Breakfast Club 10:00 Morning Headlines 10:30 Chair Exercises/ Hydration 11:00 Friendly Feud 1:30 Stronger Memory: Reading/ Hydration 2:00 Under the Sea Silhouette Art 3:00 Snack & Hydration 3:45 Indoor Fishing 5:30 Classic TV Shows World Ocean Day</p>	<p>9:30 Tabletime Chat 10:00 Today in History 10:30 Tai Chi with Rhonda/ Hydration 11:30 A to Z Race 1:00 True or False/ Hydration 2:00 Drum Circle 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Guided Sensory Mediation</p>	<p>9:30 Start the Day Social 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 Riddle Rally 1:00 Individual Engagement/ Hydration 1:30 Ker Plunk 2:00 Creative Expression: Sandy Keepsakes 3:00 Snack & Hydration 3:45 Water Balloon Toss 5:30 Read Aloud Story Session</p>	<p>9:30 Rise & Connect 10:00 Today's Gazette 10:30 Melodies with Steve/ Hydration 11:30 3-Letter Word Unscramble 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 World Cup Bingo 3:00 CNA Week Popcorn Social & Hydration 3:45 Skee Ball 5:30 Tabletop Games CNA Week Begins</p>	<p>9:30 Morning Greetings 10:00 Sunrise Bulletin 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Pool Noodle Exercises/ Hydration 11:30 Fill the Category 1:00 Individual Engagement/ Hydration 1:30 Minute it to Win it! 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Target Practice 5:30 Evening Melodies</p>	<p>9:30 Coffee & Good Mornings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Word Ladder 1:00 Simple-C/ Hydration 2:00 Name the Sea Animal 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Travel Video Night</p>
<p>9:30 Start the Day Social 10:00 Today in History 10:15 Hymn Sing 10:30 Daily Devotions & Prayers 11:00 Spiritual Engagement with Chaplain Marcus 11:30 Ball Bounce/ Hydration 1:00 Flag Day Riddles/ Hydration 2:00 American Flag Suncatcher 3:00 Snack & Hydration 3:45 Axe Throwing 5:30 Movie Night! Flag Day (U.S.)</p>	<p>9:30 Morning Company Corner 10:00 Daybreak Digest 10:30 Chair Exercises/ Hydration 11:00 Jeopardy 1:30 Stronger Memory: Reading/ Hydration 2:00 Sensory Station 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Evening Melodies</p>	<p>9:30 Morning Greetings 10:00 Today's Gazette 10:30 Field Trip with David: Wendy's Frostys (*Walking Club/ Hydration at Renaissance) *11:00 Odd One Out 1:00 Individual Engagement/ Hydration 1:30 Charades 2:00 Tie-Dye Accessories! 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Read Aloud Story Session</p>	<p>9:30 Tabletime Chat 10:00 Sunrise Bulletin 10:30 Hockey Ball / Hydration 11:00 3-Topic Scattergories 1:00 Twister Trivia/ Hydration 2:00 Seas the Day Craft 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Travel Video Night</p>	<p>9:30 Coffee & Good Mornings 10:00 Morning Headlines 10:30 Balloon Swatters/ Hydration 11:00 Guess in 3 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Finish the Phrase 3:00 Father's Day BBQ Celebration 4:00 Balloon Pass 5:30 Guided Sensory Mediation</p>	<p>9:30 Rise & Connect 10:00 Daily Chronicle 10:30 Beach Ball Toss/ Hydration 11:00 Music Therapy with NeuroSound 11:30 Rhyming Chain 1:00 Learning about Juneteenth/ Hydration 2:00 Puzzle Paradise 3:00 Snack & Hydration 3:45 Can Toss 5:30 Classic TV Shows Juneteenth</p>	<p>9:30 Breakfast Club 10:00 Memory Lane News 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Table Topics 1:00 Individual Engagement/ Hydration 1:30 Grooving with Instruments 2:00 Life Skills Club 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Tabletop Games</p>
<p>9:30 Coffee & Good Mornings 10:00 Sunrise Bulletin 10:15 Hymn Sing 10:30 Balloon Swatters/ Hydration 11:00 Daily Devotions & Prayers 11:30 Bible Study 1:00 Dad Jokes & Fathers Around the World / Hydration 2:00 Summer Roll-and-Race 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Movie Night! Father's Day Summer Begins</p>	<p>9:30 Start the Day Social 10:00 Daily Chronicle 10:30 Chair Exercises/ Hydration 11:00 Spin it to Win it! 1:30 Stronger Memory: Reading/ Hydration 2:00 Nature Printing 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Guided Sensory Mediation</p>	<p>9:30 Rise & Connect 10:00 Morning Headlines 10:30 Ball Bounce/ Hydration 11:00 Common Threads 1:00 Color & Sticker by Number/ Hydration 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Travel Video Night</p>	<p>9:30 Morning Greetings 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Simple-C 1:00 Individual Engagement/ Hydration 1:30 Would You Rather?- Summer Edition 2:00 Culinary Club with Nora: Banana Pudding 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Classic TV Shows</p>	<p>9:30 Breakfast Club 10:00 Memory Lane News 10:30 Pool Noodle Exercises/ Hydration 11:00 A to Z Race 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Creative Expression: Pockets full of Sunshine 3:00 Snack & Hydration 3:45 Water Balloon Toss 5:30 Evening Melodies</p>	<p>9:30 Morning Company Corner 10:00 Today in History 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Hockey Ball / Hydration 11:30 Word Ladder 1:00 Individual Engagement/ Hydration 1:30 Matching Mania 2:00 Drum Circle 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Tabletop Games</p>	<p>9:30 Tabletime Chat 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Fill the Category 1:00 Armchair Travel: Myrtle Beach/ Hydration 2:00 Bingo! 3:00 Snack & Hydration 3:45 Sticky Darts 5:30 Read Aloud Story Session National Bingo Day</p>
<p>9:30 Breakfast Club 10:00 Today's Gazette 10:15 Hymn Sing 10:30 Daily Devotions & Prayers 11:00 Spiritual Engagement with Chaplain Marcus 11:30 Football Pass/ Hydration 1:00 Guess in 3 / Hydration 2:00 Crazy Eights 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Movie Night!</p>	<p>9:30 Tabletime Chat 10:00 Memory Lane News 10:30 Indoor Fishing with Legacy/ Hydration 11:00 Wisdom Wheel 1:30 Stronger Memory: Reading/ Hydration 2:00 Creative Expression: Seashell Mosaics 3:00 Snack & Hydration 3:45 Target Practice 5:30 Tabletop Games</p>	<p>9:30 Start the Day Social 10:00 Sunrise Bulletin 10:30 Echoes of Nature: Jurassic Jaunt 1:00 Individual Engagement/ Hydration 1:30 Connect 4 2:00 Resident Council 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Evening Melodies</p>	<h1>June 2026</h1> <p>Harbor Plus at Renaissance of Annandale</p>			