

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



Alicia Gailliot
Business Office
Manager

MESSAGE FROM YOUR EXECUTIVE DIRECTOR: MARCH 2026



As we step into March and welcome the first signs of spring, I find myself reflecting on the power of renewal—not just in nature, but in our lives and community. This season reminds us that no matter

the challenges we face, there is always room for growth, fresh beginnings, and brighter days ahead.

In senior living, care goes beyond routines and schedules. It's about creating moments of connection, kindness, and respect that make every day meaningful. Our teams are dedicated to honoring the unique stories and needs of each resident, fostering an environment where everyone is valued and truly at home.

March brings with it the promise of longer days and warmer sunshine, perfect for gathering, sharing smiles, and creating new memories together. We have a full calendar of activities and events designed to engage, inspire, and bring joy. Whether it's a lively group activity, a quiet moment of reflection, or simply time spent with friends and family, there's something for everyone to enjoy.

This month also offers a wonderful opportunity to embrace the spirit of renewal in our own lives. Whether it's trying something new, reconnecting with old friends, or simply savoring the small moments, spring invites us all to grow and refresh in meaningful ways.

I encourage everyone—residents, family members, and friends—to take part in the activities and events planned this season and to enjoy the warm, supportive spirit that makes our community such a special place. Doors and hearts are always open, and this season of renewal brings a wonderful opportunity to connect and grow together.

Thank you for trusting us to be part of your journey. Together, we create communities filled with warmth, care, and the kind of belonging that makes every day brighter.

With warmest regards,

Jessica Peters

Executive Director
Renaissance of Annandale

Mardi Gras MASQUERADE



Celebrations & Milestones

Welcome to our newest residents!
• Jean S.

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

RESIDENT BIRTHDAYS

- Mar. 4: Harry O.
- Mar. 4: Penny P.
- Mar. 12: Jean S.
- Mar. 16: Bob W.
- Mar. 16: Katherine M.
- Mar. 22: Alice S.
- Mar. 27: Mike S.

TEAM MEMBER BIRTHDAYS

- Mar. 6: Sandra Damas
- Mar. 6: Jonathan Fitch
- Mar. 10: Rouh Seraj
- Mar. 12: Issa Matima
- Mar. 17: Jose Aguilar
- Mar. 20: Marie Conteh
- Mar. 20: Yanira Ford
- Mar. 21: Gloribel Ventura Ayala
- Mar. 21: Hanafy Elmelegy
- Mar. 23: Pearl Osei Anokye
- Mar. 24: Dionicia Gomez
- Mar. 28: Juliet Bangura

RESIDENT ANNIVERSARIES

- Bob W. - 5 years
- Nancy S. - 2 years
- Alice L. - 1 year

TEAM ANNIVERSARIES

- David Martinez - 7 years
- Adwoa Abrafi - 5 years

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



Your feedback helps others!



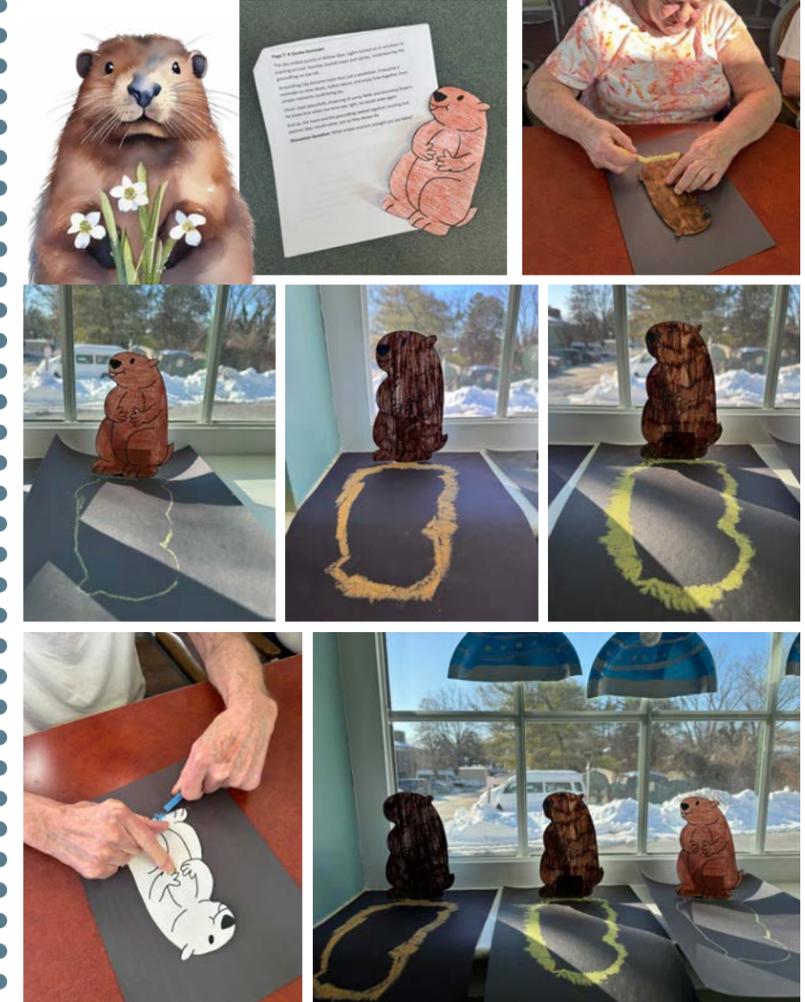
Ever noticed that almost every family has that one recipe nobody can make quite like Grandma did? Maybe the missing ingredient was never in the cupboard at all.



BALLROOM DANCING WITH GARREY



FINDING JOY (& SHADOWS!) ONE GROUNDHOG AT A TIME

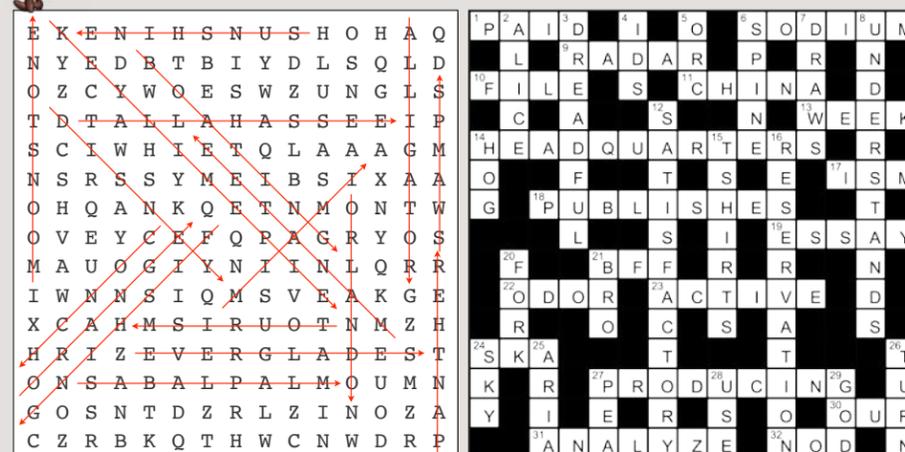


LEGACYSL.NET/ALZHEIMERS-SUPPORT

DRUMS & DELIGHTS: CHINESE NEW YEAR FUN 2026



PUZZLE SOLUTIONS



RESIDENTS' ART FROM THE HEART



GOING THE EXTRA MILE AWARD
SHINING A LIGHT ON OUTSTANDING CARE!

At Renaissance of Annandale, the little moments matter – a warm greeting, a helping hand, a kind word at just the right time. The Going the Extra Mile Award is our way of honoring team members who consistently show thoughtfulness, dedication, and genu-ine care in all they do.

We invite residents, families, and visitors to share in recognizing a staff member for the next upcoming quarter. If someone has made your experience here more meaningful or stood out through their kindness or professionalism, we would love to hear about it.

How to Nominate:

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



Winter OLYMPICS
 Olympic Rings Craft & Olympic Balloon Volleyball



ADMINISTRATION HOSTED ACTIVITIES

- Karaoke with Tera
Mar. 18 at 2:00pm
- Scenic Drive with David:
Cherry Blossoms in D.C.
Mar. 24 at 10:30am
- Culinary Club with Nora:
Mint Chocolate Cookies
Mar. 25 at 2:00pm
- Gold Coin Toss with Legacy
Mar. 31 at 10:30

HEARTS & CRAFTS
 CONVERSATION HEARTS

MAY YOUR TROUBLES BE LESS AND YOUR BLESSINGS BE MORE.

TOUCHDOWN BIG GAME PEP RALLY



LIFE ENRICHMENT Connections

Happy March!
 With spring just around the corner, this month is all about fresh beginnings, brighter days, and enjoying special moments together. We have so many fun activities planned like games, socials, creative projects, and plenty of opportunities for laughter and connection.

March is a lucky month, and we're ready to fill it with smiles, little surprises, and moments that make every day special. Whether it's trying something new, enjoying music, or spending time with friends, there's so much to celebrate this month!

I hope you can join us and feel the joy of the season. Here's to a month full of happy moments, shared smiles, and a little extra luck to brighten your days!

Nataly Hernandez-Reyes
 Life Enrichment Coordinator

- MARCH HIGHLIGHTS**
- Mar. 2 10:30AM: Ballroom Dancing with Garrey
 - Mar. 4 2PM: Rainbow Shamrock Wreath
 - Mar. 11 2PM: Creative Expression: *Golden Luck Globe*
 - Mar. 12 2PM: Sensory Shamrock Art
 - Mar. 16 2PM: Rainbow Collages
 - Mar. 17 3PM: St. Patrick's Day Popcorn Social
 - Mar. 20 2PM: Sip & Paint: *Spring Duck*
 - Mar. 23 2PM: Creative Expression: *Shamrock Accessories*
 - Mar. 26 2PM: Spring Break Getaway Photoshoot
 - Mar. 30 2PM: Wildflower Spring Garden Craft

CRAFT CORNER



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 Sundays)

- 10:15am - The Harbor
- 11:00am - The Harbor Plus

Movie Night!

- 3:30pm

MONDAYS

Fitness with Legacy Healthcare

- 10:30am - The Harbor

Chair Exercise

- 10:30am - The Harbor Plus

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

- 17th 11am Ireland
- 26th 1pm Miami, Florida

TOPICAL TRIVIA & GAMES

- 8th 1pm Women in History Trivia
- 9th 11am Friendly Feud
- 16th 11am Jeopardy!
- 20th 11am Hello Spring! Trivia



CELEBRATING SEVEN YEARS OF HEARTFELT SERVICE: DAVID MARTINEZ

David Martinez marks an incredible seven years with Renaissance of Annandale—and as the very first team member to join our community, he’s been a cornerstone from day one. Serving as the director of Maintenance and Housekeeping, David does much more than keep things running smoothly and the community spotless. He’s a steadfast guardian of our residents’ safety and comfort, always going above and beyond to ensure their home is safe, welcoming, and maintained with care.

What truly sets David apart is his genuine heart. He’s the team member who doesn’t just fix things or clean rooms—he shows up with kindness, patience, and a readiness to lend a helping hand whenever it’s needed. His dedication isn’t just about the job; it’s about the people he serves.

When he’s not making Renaissance shine, David cherishes time with his family and his two beloved pups, bringing that same warmth and loyalty to his home life.

Thank you, David, for your unwavering compassion and leadership. Your commitment makes a difference every single day. Please join us in celebrating David’s remarkable seven years of service at Renaissance of Annandale! 🐾



ACROSS

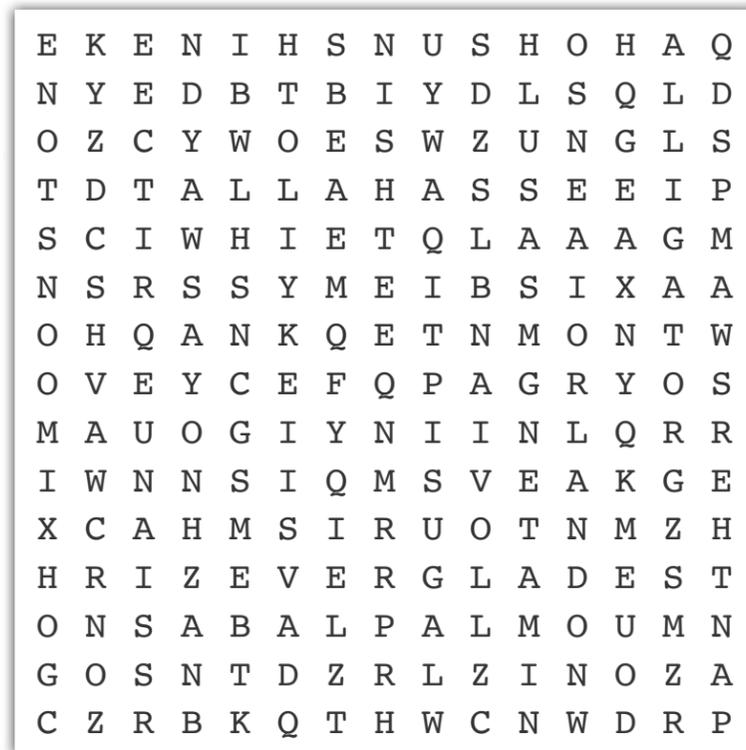
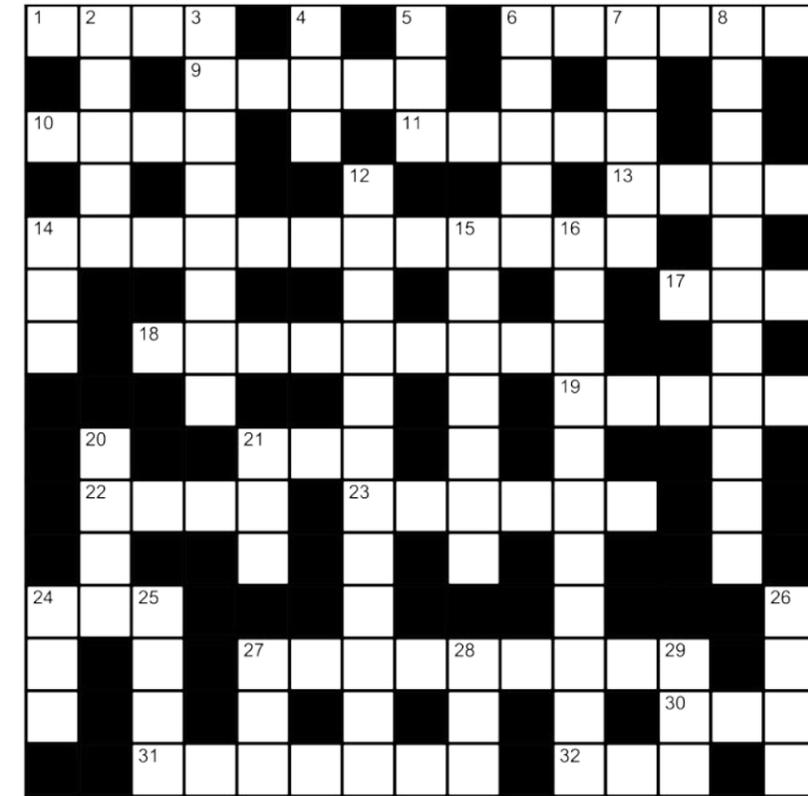
1. ____ back: reimbursed
6. Salt mineral
9. Weather bureau tool
10. Walk in a line: single ____
11. Fine dinnerware
13. TV Guide span
14. Company’s central office
17. Suffix with ideal
18. Puts into print
19. English exam finale, often
21. Best friend forever, abb.
22. Skunk’s defense
23. On the move
24. 1950s music genre from Jamaica
27. Bringing into being
30. Days of ____ Lives
31. Study in depth
32. Affirmative action?

DOWN

2. She falls down a rabbit hole
3. Awful; ghastly
4. Driver’s license and others
5. Mythical monster
6. Another name for backbone
7. Makes a sketch
8. Comprehends; grasps
12. Adequate
14. “Living high on the ____”

15. Casual, short-sleeved tops
16. Dinner arrangement
20. Chopsticks alternative
21. Sis’s male sibling
24. Wild blue yonder
25. Operatic solo

26. Card between “flop” and “river” in hold ‘em
27. Cause of sleep disturbance for a princess
28. Operate
29. Zeus, for one



Florida

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



- | | |
|--------------|-------------|
| ALLIGATOR | MOONSTONE |
| BOATING | ORANGE |
| CONCH | ORLANDO |
| DISNEY | PANTHER |
| EVERGLADES | SABAL PALM |
| FISHING | SUNSHINE |
| KEY LIME PIE | SWAMPS |
| MANATEE | TALLAHASSEE |
| MIAMI | TOURISM |

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9:30 Morning Greetings 10:00 Hymn Sing 10:15 Today's Gazette 10:30 Daily Devotions & Prayers 11:00 Football Pass/ Hydration 11:30 Bible Study 1:00 Guess in 3 2:00 Sticky Darts 3:00 Snack & Hydration 3:30 Movie Night! 1	9:30 Start the Day Social 10:00 Daily Chronicle 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading 2:00 Lucky Cards Game 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Travel Video Night Purim Begins 2	9:30 Tabletime Chat 10:00 Sunrise Bulletin 10:30 Walking Club/ Hydration 11:00 Scattergories 1:00 Twister Trivia 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Classic TV Shows 3	9:30 Breakfast Club 10:00 Daybreak Digest 10:30 Ball Bounce/ Hydration 11:00 Fill the Category 1:00 Individual Engagement 1:30 Ker Plunk 2:00 Rainbow Shamrock Wreath 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Guided Sensory Mediation 4	9:30 Morning Company Corner 10:00 Memory Lane News 10:30 Melodies with Steve/ Hydration 11:00 Name 5 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Bingo! 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Read Aloud Story Session 5	9:30 Rise & Connect 10:00 Today in History 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Hockey Ball/ Hydration 11:30 Finish the Song Lyrics 1:00 Individual Engagement 1:30 Word Unscramble 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Tabletop Games 6	9:30 Coffee & Good Mornings 10:00 Morning Headlines 10:30 Walking Club/ Hydration 11:00 Simple-C 1:00 Puzzle Paradise 2:00 Pot of Gold Art 3:00 Snack & Hydration 3:45 Target Practice 5:30 Evening Melodies 7
9:30 Start the Day Social 10:00 Daily Devotions & Prayers 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Sunrise Bulletin 11:30 Ball Bounce/ Hydration 1:00 Historical Women Trivia 2:00 Indoor Fishing 3:00 Snack & Hydration 3:30 Movie Night! Daylight Saving Time Begins 8	9:30 Breakfast Club 10:00 Today in History 10:30 Fitness with Legacy/ Hydration 11:00 Friendly Feud 1:30 Stronger Memory: Reading 2:00 Left, Right, Center 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Read Aloud Story Session 9	9:30 Rise & Connect 10:00 Morning Headlines 10:30 Tai Chi with Rhonda/ Hydration 11:30 Word Ladder 1:00 Individual Engagement 1:30 Conversation Dice! 2:00 Crazy Eights 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Travel Video Night 10	9:30 Morning Greetings 10:00 Memory Lane News 10:30 Walking Club/ Hydration 11:00 A to Z Race 1:00 What's the Verdict? 2:00 Creative Expression: Golden Luck Globe 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Evening Melodies 11	9:30 Tabletime Chat 10:00 Daily Chronicle 10:30 Balloon Swatters/ Hydration 10:30 Melodies with Steve/ Hydration 11:00 Fact or Fiction 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Sensory Shamrock Art 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Classic TV Shows 12	9:30 Coffee & Good Mornings 10:00 Daybreak Digest 10:30 Music Therapy with NeuroSound 11:00 Drum Circle/ Hydration 11:30 Rhyming Chain 1:00 Life Skills Club 2:00 Roll-A-Four Leaf Clover 3:00 Snack & Hydration 3:45 Ring Toss 5:30 Guided Sensory Mediation 13	9:30 Morning Company Corner 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Riddle Rally 1:00 Individual Engagement 1:30 Color & Paint by Number 2:00 UNO Eight Game 3:00 Pi-Day Treats & Hydration 3:45 Axe Throwing 5:30 Tabletop Games 14
9:30 Tabletime Chat 10:00 Hymn Sing 10:15 Memory Lane News 10:30 Daily Devotions & Prayers 11:00 Football Pass/ Hydration 11:30 Bible Study 1:00 Odd One Out 2:00 Skee Ball 3:00 Snack & Hydration 3:30 Movie Night! 15	9:30 Coffee & Good Mornings 10:00 Morning Headlines 10:30 Fitness with Legacy/ Hydration 11:00 Jeopardy! 1:30 Stronger Memory: Reading 2:00 Golden Surprises Game 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Classic TV Shows 16	9:30 Breakfast Club 10:00 Today in History 10:30 Walking Club/ Hydration 11:00 Lucky Charms & Superstitions 1:00 Armchair Travel: Ireland 2:00 Creative Expression: Shamrock Accessories 3:00 St. Patrick's Day Popcorn Social 3:45 Horseshoes 5:30 Read Aloud Story Session St. Patrick's Day 17	9:30 Morning Company Corner 10:00 Today's Gazette 10:30 Chair Exercises/ Hydration 11:00 Simple-C 1:00 Individual Engagement 1:30 Minute to Win It! 2:00 Karaoke with Tera 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Travel Video Night 18	9:30 Rise & Connect 10:00 Daybreak Digest 10:30 Melodies with Steve/ Hydration 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Finish the Phrase 3:00 Smiles & Shamrocks Social 5:30 Tabletop Games 19	9:30 Morning Greetings 10:00 Sunrise Bulletin 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Ball Bounce/ Hydration 11:30 Hello Spring! Trivia 1:00 Individual Engagement 1:30 Would You Rather? - Spring Edition 2:00 Sip & Paint: Spring Duckling 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Evening Melodies Spring Begins 20	9:30 Start the Day Social 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Name the State 1:00 Charades 2:00 March Madness Bingo! 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Guided Sensory Mediation 21
9:30 Coffee & Good Mornings 10:00 Daily Devotions & Prayers 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Daybreak Digest 11:30 Pool Noodle Exercises/ Hydration 1:00 Life Skills Club 2:00 Indoor Golf 3:00 Snack & Hydration 3:30 Movie Night! 22	9:30 Rise & Connect 10:00 Today's Gazette 10:30 Fitness with Legacy/ Hydration 11:00 Riddle Rally 1:30 Stronger Memory: Reading 2:00 Rainbow Collages 3:00 Snack & Hydration 3:45 Indoor Fishing 5:30 Tabletop Games 23	9:30 Morning Company Corner 10:00 Daily Chronicle 10:30 Scenic Drive with David: Cherry Blossoms at D.C (*Football Pass/ Hydration at Renaissance) *11:00 Fill the Category 1:00 Individual Engagement 1:30 Puzzle Paradise 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Guided Sensory Mediation 24	9:30 Tabletime Chat 10:00 Morning Headlines 10:30 Walking Club/ Hydration 11:00 Word Ladder 1:00 Fact or Fiction 2:00 Culinary Club with Nora: Mint Chocolate Cookies 3:00 Snack & Hydration 3:45 Axe Throwing 5:30 Read Aloud Story Session 25	9:30 Morning Greetings 10:00 Today in History 10:30 Hockey Ball/ Hydration 11:00 Scattergories 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Evening Melodies 26	9:30 Start the Day Social 10:00 Memory Lane News 10:30 Music Therapy with NeuroSound 11:00 Beach Ball Toss/ Hydration 11:30 Beach Trivia 1:00 Armchair Travel: Miami, Florida 2:00 Spring Break Getaway Photoshoot 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Classic TV Shows 27	9:30 Breakfast Club 10:00 Sunrise Bulletin 10:30 Walking Club/ Hydration 11:00 Guess in 3 1:00 Individual Engagement 1:30 Ker Plunk 2:00 Crazy Eights 3:00 Snack & Hydration 3:45 Sticky Darts 5:30 Travel Video Night 28
9:30 Rise & Connect 10:00 Hymn Sing 10:15 Daily Chronicle 10:30 Daily Devotions & Prayers 11:00 Balloon Swatters/ Hydration 11:30 Bible Study 1:00 Color & Paint by Number 2:00 Hoop Shootin' 3:00 Snack & Hydration 3:30 Movie Night! Palm Sunday 29	9:30 Tabletime Chat 10:00 Daybreak Digest 10:30 Fitness with Legacy/ Hydration 11:00 Common Threads 1:30 Stronger Memory: Reading 2:00 Wildflower Spring Garden Craft 3:00 Snack & Hydration 3:45 Target Practice 5:30 Evening Melodies 30	9:30 Start the Day Social 10:00 Memory Lane News 10:30 Gold Coin Toss with Legacy/ Hydration 11:30 A to Z Race 1:00 Demo with David: Birdhouses 2:00 Resident Council 3:00 Snack & Hydration 3:45 Bottle Ring Toss 5:30 Tabletop Games 31	<h1>March 2026</h1> <p>Harbor at Renaissance of Annandale</p>			

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