

# RENAISSANCE

*A Premier Memory Care Community*

*Life. Love. Legacy.™*

7112 Braddock Rd  
Annandale, VA 22003  
Phone: (703) 256-2525

## YOUR LEADERSHIP TEAM



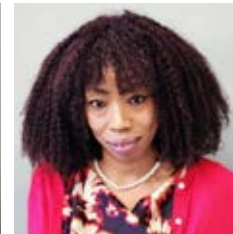
**Jessica Peters**  
Executive Director



**Jonathan Fitch**  
Sales & Marketing Director



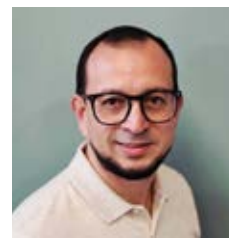
**Tera Reeves, LPN**  
Resident Services Director



**Hamsatu Massaquoi, LPN**  
Assistant Resident Services Director



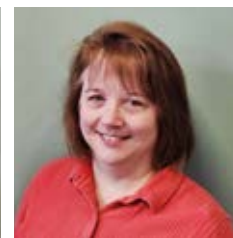
**Nataly Hernandez Reyes**  
Life Enrichment Coordinator



**David Martinez**  
Maintenance Director



**Nora Martinez**  
Dining Services Director



**Alicia Gailliot**  
Business Office Manager

# RENAISSANCE

*A Premier Memory Care Community*



## A MESSAGE FROM YOUR EXECUTIVE DIRECTOR: MAY 2026



Dear Families and Friends,  
As we move into May, there's a noticeable shift in the community—more time outdoors, more activity, and a renewed sense of energy. Many of us are especially happy to welcome the longer,

warmer days.

This month, we recognize Older Americans Month, a meaningful opportunity to celebrate the lives, experiences, and individuality of our residents. Each person here brings a unique story, and it's a privilege to support them in ways that honor who they are.

May is also Mental Health Awareness Month, a reminder of the importance of caring for your own well-being. For those supporting a loved one, it's easy to put your needs aside. We encourage you to take moments to rest, connect, and seek support—your well-being is an essential part of the care you provide.

We'll also recognize Nurse Appreciation Week (May 6–12), honoring the dedication and compassion of our nursing team. We'll be sharing details of the week's activities and warmly welcome families and friends of Renaissance to join us.

You'll continue to see our focus on purposeful, engaging experiences—especially as we spend more time outdoors. We're excited to expand our nature-based offerings, including the arrival of spring chicks later this month and the launch of our Echoes of Nature program.

As we approach Memorial Day, we will pause to remember and honor those who have served.

Thank you, as always, for your partnership and trust. We encourage you to visit, connect, and be part of the community whenever you can.

Warm regards,  
*Jessica Peters*  
Executive Director

*Celebrations & Milestones*

**WELCOME HOME!**

- Jay L.
- Jewel M.

**TEAM MEMBER BIRTHDAYS**

- May 7: Cecibel Quintanilla de Medrano
- May 8: Alexandra Villarroel
- May 10: Fatmata Turay
- May 16: Susan Juac
- May 23: Aziza Riziki
- May 27: Alicia Gailliot

**RESIDENT ANNIVERSARIES**

- Lynne H. – 7 yrs
- Sheryll B. – 4 yrs
- Peggy J. – 4 yrs
- Jane S. – 1 yr

**TEAM ANNIVERSARIES**

- Moses Lebbie – 7 yrs
- Othman Lewally – 7 yrs
- Ruth Baah-Awuah – 7 yrs
- Joycelyn Mills – 7 yrs
- Zebiba Seid – 3 yrs
- Yeshawork Dessie – 1 yr

*Happy Easter*  
SOCIAL HIGHLIGHTS



*Behind every smile in our halls, is a nurse in this heart.*

**NATIONAL NURSES WEEK**  
May 6-12

*We Appreciate You!*

BURTUKAN MATAFERIA, LPN + PEARL OSELANOYE, LPN + RITA AKOMANING, LPN +  
 TERA REEVES, LPN + HANSATU MASSAQUOI, LPN + GRACE ASHIE, LPN +  
 FATMATA TURAY, LPN + NANA BOATEN, LPN + TSION TEERA, LPN +



**SPROUTING PRAISE & RIGHTEOUSNESS** Guest Chaplain Jim Hergenroether

*For as the earth brings forth its sprouts, and as a garden causes what is sown in it to sprout up, so the Lord God will cause righteousness and praise to sprout up before all the nations. Isaiah*

61:11 ESV

Choices, choices! Every year in May, beginning on Mother's Day, my wife and I start choosing our yearly array of garden flowers and vegetable plants. It's been our tradition for many years to buy two hanging flower baskets on Mother's Day, thus beginning our outdoor planting season. Within a few weeks, we choose another half-dozen outdoor flowers to decorate around our condo, and about the same amount of vegetable plants to grow in large pots out back. By the end of May, everything is planted and ready to grow! I enjoy taking pictures at the end of each month to track each plant's progress throughout the growing season. (I hope that doesn't sound weird!) It's amazing to see what started as such small plantings becoming a lush, beautiful, vibrant garden of color and activity.

There is something else that is sprouting up in God's creation this spring. It is happening within the

Church, and it is historic. Across the world, across denominations, demographics, and age groups (especially Gen Z), there has been an outpouring of faith manifested in church attendance and activity. In fact, Barna Group reports that "younger adults – Gen Z and Millennials—are now the most regular churchgoers, outpacing older generations who once formed the backbone of church attendance." God is doing a work in His Church.

The Apostle John had a vision of God's completed work which he recorded in the Book of Revelation:

*After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands, and crying out with a loud voice, 'Salvation belongs to our God who sits on the throne, and to the Lamb!' Revelation 7:9-10*

A beautiful, vibrant, diverse multitude of people from all nations praising God for righteousness and salvation that comes from the Lamb—Jesus! Let us all join in!

Chaplain Jim Hergenroether  
Renaissance Senior Living of Hilldale, Madison, WI

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



*We appreciate your feedback.*



**APRIL SHOWERS COOKIES**



Matching Abacuses: 1 & 8

D	I	S	S	O	L	V	E	D	A	S	C	O	T
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E	N	D	U	R	A	N	C	E	C	N	N	M	R	P



**MOSES LEBBIE 1ST QUARTER RECIPIENT**

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

We are proud to celebrate our Going the Extra Mile Winner for this quarter, Moses Lebbie, one of our outstanding CNAs here at Renaissance of Annandale.

Moses is also incredibly supportive of resident engagement. He goes above and beyond to encourage participation in activities, helping residents feel included, involved, and connected. His encouragement often turns small moments into meaningful experiences, adding to the vibrancy of daily life in our community.

Beyond his work, Moses is a dependable and valued member of our team. He shows up with a positive attitude, a willingness to help, and a quiet strength that uplifts those around him. His dedication does not go unnoticed, and the impact he makes is felt by residents, families, and team members alike.

We are so grateful to have Moses as part of our team. This recognition celebrates the care, compassion, and consistency he brings each day. Congratulations, Moses, and thank you for always going the extra mile.

Moses has a truly special way of connecting with our residents. He takes the time to understand who they are, learning their preferences, their routines, and the little things that bring them comfort and joy. His patience and calm presence create a sense of safety and trust that can be felt throughout the community.

He provides care with genuine dignity and respect, always meeting residents where they are and honoring each individual in a thoughtful, compassionate way. Whether he is assisting with daily care or simply sitting beside a resident, Moses brings kindness, attentiveness, and heart into every moment.

**SCOOPING UP SMILES FROM BASKIN ROBBINS**



*She held our hands in childhood days,  
Her steady light, her gentle phrase.  
With patient care and words so kind,  
Her love was constant, evermind.*

*In time, her care grew wide and deep,  
She offered strength for us to keep  
She gave with love in all she'd do,  
Her kindness steady, warm, and true.*

*And now she moves a bit more slow,  
Her wisdom deep, her hair turned snow.  
Though some are watching from above,  
They all still fill our lives with love.*

**LEGACYSL.NET/  
ALZHEIMERS-SUPPORT**



**LIFE ENRICHMENT**  
*Connections*

There's a wonderful energy in the air this month, and we're embracing every moment to connect, engage, and enjoy life together! With longer, sunnier days, it's the perfect time for fun, laughter, and meaningful experiences that

bring our community closer.

May also gives us a special opportunity to recognize the incredible dedication and care of our nursing team during National Nurses Week. Their compassion, patience, and commitment touch every part of daily life here, helping residents feel supported, safe, and truly at home. Whether it's a helping hand, a kind smile, or a thoughtful gesture, their work makes a real difference and we're proud to celebrate and honor them this month.

This month, our calendar is filled with a variety of engaging experiences designed to bring joy and connection to every resident. From music and movement programs to interactive games, social gatherings, and themed activities, there's something for everyone to enjoy. We'll also celebrate special moments like honoring mothers in our community and enjoying seasonal experiences that brighten our days.

We have so many exciting experiences ahead that we can't wait to share! Each week brings opportunities for laughter, friendly competition, creative expression, and meaningful conversation. From group games that spark fun to moments that invite sharing and storytelling, May is shaping up to be an uplifting and joyful month for everyone.

The laughter, conversations, and shared moments we have together create such a warm and welcoming community. We're excited for all the experiences ahead and can't wait for you to explore some of the highlights we have planned this month!

Nataly Hernandez-Reyes  
Life Enrichment Coordinator

**MAY HIGHLIGHTS**

- May 4 10:30am Ballroom Dancing with Garrey
- May 5 1:30pm Sombrero Hat Decorating
- May 5 3pm Cinco de Mayo Snacks & Hydration
- May 6 2pm Creative Expression: National Nurses Day Gifts
- May 7 2pm Creative Expression: Watermelon Paper Fans
- May 10 2pm Mother's Day Photoshoot
- May 19 10:30am Field Trip with David: Tropical Smoothie Cafe
- May 19 2pm Sip & Paint: Dandelion Wishes
- May 20 2pm Culinary Club with Nora: Lemon Raspberry Cookies
- May 22 2pm Hydrangea Bubble Painting
- May 26 10:30am Echoes of Nature: Who Lives Here
- May 28 10:30am Scenic Drive with David: Accotink Park

HIGHLIGHTS & HAPPENINGS

Recurring Events

SUNDAYS

Guided Worship Services  
(1<sup>st</sup> & 3<sup>rd</sup> Sundays)

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

Spiritual Engagement with  
Chaplain Marcus (2<sup>nd</sup> & 4<sup>th</sup> Sundays)

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

Movie Night!

- 5:30pm

MONDAYS

Fitness with Legacy Healthcare

- 10:30am - The Harbor

Chair Exercise

- 10:30am - The Harbor Plus

TUESDAYS

Tai Chi with Rhonda

- 10:30am - 2<sup>nd</sup> Tuesday

FRIDAYS

Music Therapy (every other week)

- 10:30am - The Harbor
- 11:00am - The Harbor Plus

SATURDAYS

Walking Club at 10:30am

Topical Events

ARMCHAIR TRAVEL CLUB

- 8<sup>th</sup> 1pm Netherlands
- 26<sup>th</sup> 1pm Napa Valley, CA

TOPICAL TRIVIA & GAMES

- 18<sup>th</sup> 11am Friendly Feud
- 11<sup>th</sup> 11am Jeopardy
- 25<sup>th</sup> 11am Spin It to Win It

Signature Events



National Nurses Week at Renaissance of Annandale

We're rolling out the red carpet for our dedicated nurses! Join us for a week of celebration, gratitude, and a few well-deserved treats:

Ⓡ Tuesday, May 5, 2–4pm

Cinco de Mayo Taco Tuesday

We're kicking off Nurses Week with a fiesta! Stop by between 2 and 4pm for our Walking Taco Bar—build your own, spice it up, and toast to our incredible nursing team.

Ⓡ Wednesday, May 6, 2:45–3:45pm

Kona Ice Truck

Need to cool off? Swing by from 2:45 to 3:45pm and grab a frosty treat from the Kona Ice truck. It's the perfect midweek pick-me-up!

Ⓡ Tuesday, May 12, 2–4pm

Florence Nightingale's Birthday Celebration

Join us in honoring the legacy of Florence Nightingale with birthday cake served from 2 to 4pm. Let's celebrate the heart and history of nursing together.

Caregiver Connect Luncheon & Presentation

Ⓡ Tuesday, May 19, 11am

Presentation followed by a catered lunch

Taking Care of Yourself: Tips to Sustain Caregiving

Speaker: Lindsey Vajpeyi, Director of Education and Support at Insight Memory Care Center



Whether you're a family member, friend, or professional caregiver, this luncheon is a chance to connect, recharge and gather practical strategies for self-care. Lindsey's insights promise to be both encouraging and actionable—because those who care for others deserve support, too. Stay tuned for more information.

ACROSS

- Melted
- Fancy tie
- Traders or dealers
- Hog haven
- Transmit information
- Frigid
- Either \_\_\_
- Long \_\_\_ and far away
- Fishing aid
- Building or creating
- Finale
- Prefix meaning "three"
- Dog doc
- It's hailed by city dwellers
- Proposal
- Freshly painted
- Maize
- English major's subject
- Film follow-up

DOWN

- Government by the people
- Used before name and charge
- Vehicle with sliding doors
- Stomach muscles, for short
- Shock absorber?
- Attempt
- Musical arrangement
- Teen affliction
- Brand, in a way

13. Focus intently

14. Work for pay

16. Abominable Snowman

21. Wet-weather indicator

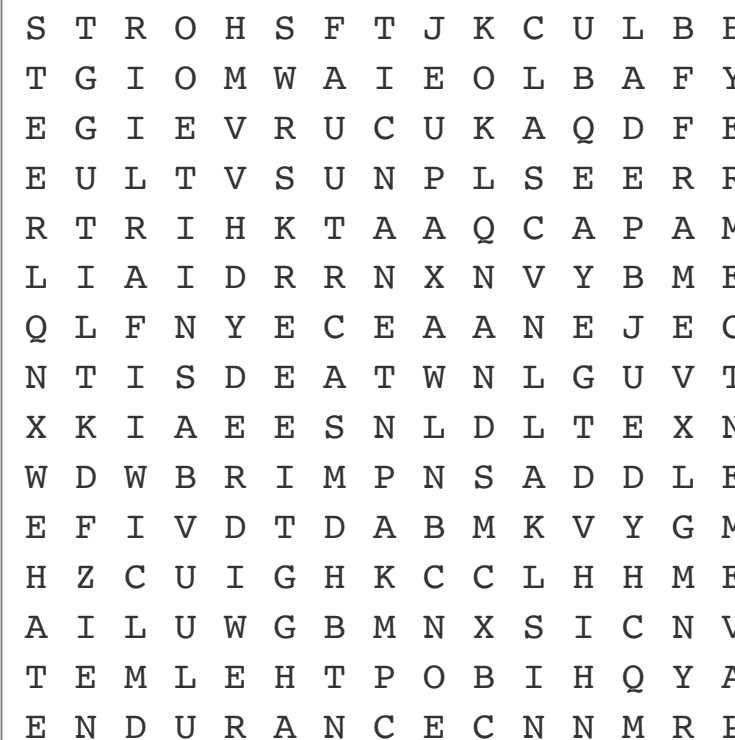
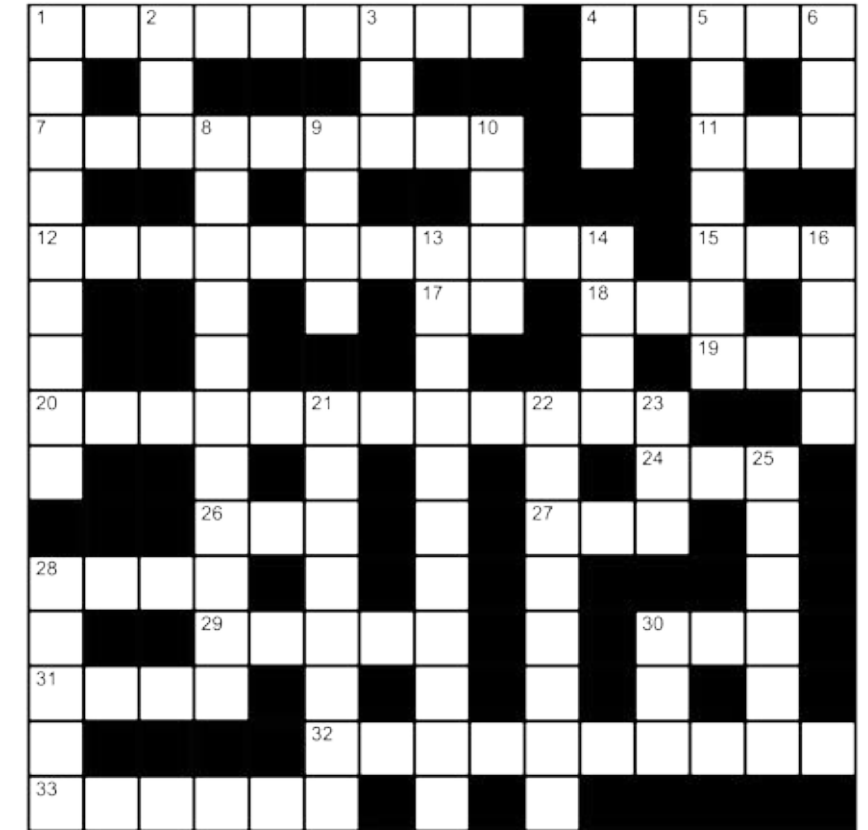
22. H. G. Wells' Martians are some

23. Figure out

25. Physician

28. The sounds of time passing?

30. Humorist's specialty



PEDAL POWERED

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

- |             |           |        |
|-------------|-----------|--------|
| BALANCE     | FRAME     | SADDLE |
| BASKET      | GLIDE     | SHIFT  |
| COUNTRYSIDE | HANDLEBAR | SHORTS |
| CURVE       | HELMET    | STEER  |
| DISTANCE    | PAVEMENT  | TANDEM |
| ENDURANCE   | PEDAL     | TRAIL  |



ILLEGAL CATCH

There was a salmon fisherman who was out in the ocean fishing when his boat sank. He was lucky enough to make it to a deserted island where he had to survive on whatever he could find.

When the Coast Guard eventually found him, the leader noticed a fire pit with California Condor feathers all around. He went over to the fisherman

and said, "You know, it's illegal to kill a California Condor. I'm afraid I'm going to have to arrest you."

The fisherman protested for some time, explaining that he killed it because he was going to starve, but eventually he calmed down.

"Out of curiosity," the Coast Guard asked, "what did it taste like?"

The fisherman replied, "Well, it was kind of a mix between a snowy owl and a bald eagle."

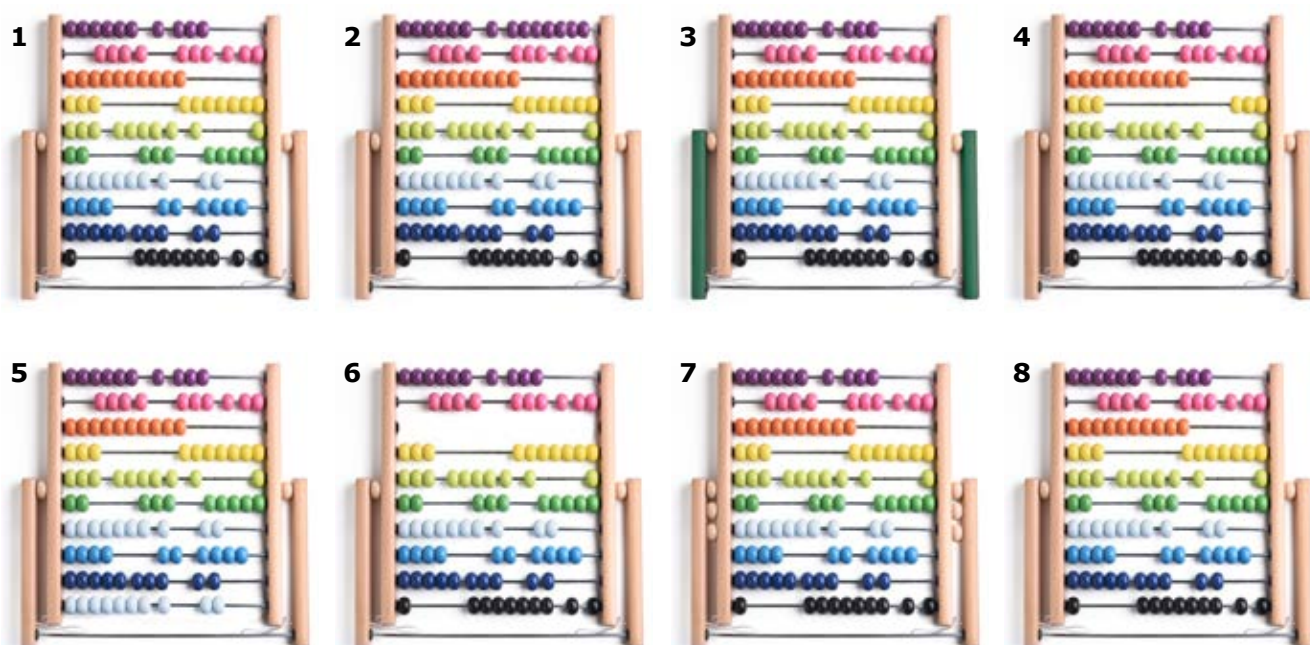
Springtime Splendor

A Cherry Blossom Excursion with David



MATCHING ABACUSES

Find the two abacuses that are exactly alike!



Spotlight ON THE FACES OF RENAISSANCE

RUGI KAMARA



Meet Rugiatu—better known as Rugi—one of the caring CNAs who helps make Renaissance feel like home. For nearly two years, Rugi has been a dependable, compassionate presence, always greeting our residents with kindness and a warm smile.

Rugi’s attentiveness stands out. She takes the time to ensure every resident feels comfortable, respected, and well cared for. Her gentle, patient approach builds trust and brings a sense of calm to those around her.

But Rugi’s impact doesn’t stop there. She brings a fun, uplifting energy to our community—singing along, dancing, and sharing lighthearted moments that keep spirits high and days a little brighter.

When she’s not at work, Rugi loves shopping, dancing, and spending quality time with her family—the same joy and warmth she brings into her role every day.

We’re grateful to have Rugi on our team. Her kindness and dedication truly make a difference.

ROSA RIVAS



Meet Rosa Rivas, one of the talented team members who make Renaissance a truly special place. For the past three years, Rosa has shared her gifts in the kitchen, preparing meals that bring comfort and joy to our residents every day.

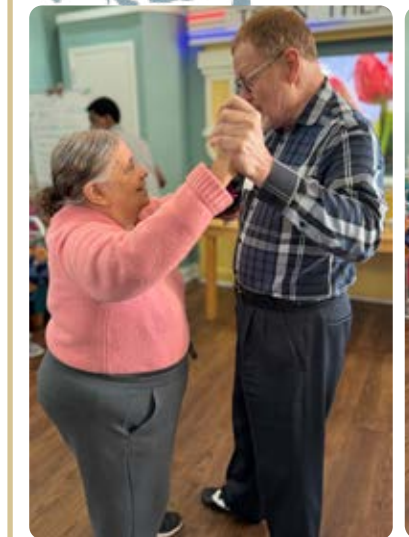
Rosa is known for her skill and pride in her work. Each meal is full of flavor and prepared with genuine care—you can taste the love and dedication she pours into everything she serves. She especially enjoys cooking from scratch and baking treats, delighting residents with the goodies they look forward to at our social events.

A highlight for many is Rosa’s pupusas—a traditional Salvadoran classic she prepares with both skill and heart, giving residents a taste of something authentic and memorable.

Outside of work, Rosa enjoys spending time with her son, catching a movie, dancing, and relaxing with her dog, Oreo. The same warmth she shares with her family shines through in her role here every day.

We’re grateful to have Rosa as part of our team. Her hard work and passion create meaningful, joyful moments for our residents—one meal at a time.

BALLROOM Dancing



What the Heart Remembers

Sometimes, names and faces drift,  
Like leaves upon a stream,  
But laughter shared with gentle friends  
Still means the world to me.

The world may spin a bit too fast,  
And memories come and go,  
But kindness, love and moments sweet  
Are things I’ll always know.

I find such joy in simple things—  
A smile, a gentle touch,  
The sunlight dancing on my skin,  
The friends I love so much.

So meet me here, where laughter lives,  
And let the worries fade,  
For though my mind forgets at times,  
My heart’s not far away.



# Sip & Paint

PERSONAL PERSPECTIVES ON SUNFLOWERS & LADYBUGS



## MEMORIAL DAY



## REMEMBER & HONOR

Everything always turns out ok in the end.

*So if it's not ok, it's not the end!*



## SPRING AT RENAISSANCE OF ANNANDALE: NEW LIFE ENRICHMENT PROGRAMS BRING NATURE INDOORS

Spring is always a season of new beginnings, but this year at Renaissance of Annandale, we're taking that to heart—literally! We're excited to share that our community has expanded its life enrichment offerings through partnerships with Rent The Chicken and Echoes of Nature, bringing more opportunities for residents to connect, explore, and enjoy the natural world.

These new programs are designed to spark curiosity and create meaningful moments for our residents living with dementia. Whether it's watching chicks hatch or meeting a friendly animal ambassador, these sensory-rich experiences help stimulate memory, boost emotional well-being, and encourage social connections—all while adding a bit of daily joy and wonder.



Our partnership with Rent The Chicken offers residents a chance to get up close with the rhythms of farm life. From the excitement of seeing eggs in the incubator to the magic of a chick hatching, it's a hands-on experience that invites conversation and curiosity. We welcomed our first chickens on April 28, and the smiles have been contagious!

Our partnership with Rent The Chicken offers residents a chance to get up close with the rhythms of farm life. From the excitement of seeing eggs in the incubator to the magic of a chick hatching, it's a hands-on experience that invites conversation and curiosity. We welcomed our first chickens on April 28, and the smiles have been contagious!



Echoes of Nature joined us earlier this month, officially starting on April 1. Their interactive animal programs bring a variety of live animal guests right into our community. Residents have enjoyed guided sessions where they can touch, ask questions, and learn about different animals—promoting engagement, socialization, and some truly memorable moments.

Why focus on these kinds of programs? Research shows that nature-based and animal-assisted activities can make a real difference for people living with dementia. These

approaches don't just bring comfort and joy—they can help reduce anxiety, encourage memory recall, and foster more meaningful connections between residents and those around them.

"At Renaissance of Annandale, we are deeply committed to creating moments that matter for our residents," says Jessica Peters, Executive Director. "Whether it's the anticipation of watching chicks hatch or the joy of interacting with animals, these programs bring meaning, comfort, and a sense of connection into each day."

Bringing the outdoors in is part of our broader philosophy: supporting residents in living well at every stage, honoring their stories, and helping create new ones. As Dr. Atul Gawande puts it in *Being Mortal*, "People seek a life of meaning, a sense of purpose, and the chance to continue to shape their story." Every day, our community strives to make that possible—through connection, engagement, and a little extra springtime joy.

We're proud to remain a leader in memory care, not just through exceptional clinical support, but by investing in innovative, evidence-based programs that make life here richer and more fulfilling. Stay tuned for more updates as our residents continue to shape their stories in wonderful new ways!

### LEARN MORE ABOUT THESE PROGRAMS:

- ◉ [RentTheChicken.com](http://RentTheChicken.com)
- ◉ [EchoesofNature.org](http://EchoesofNature.org)

## CAMP SONGS AND SMILES with ST. STEPHEN'S UNITED METHODIST CHURCH



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

## Harbor at Renaissance of Annandale

<p>9:30 Start the Day Social 10:00 Hymn Sing 10:15 Morning Headlines 10:30 Daily Devotions &amp; Prayers 11:00 Balloon Toss/ Hydration <b>11:30 Bible Study</b> 1:00 Life Skills Club <b>2:00 Tulip Wind Chimes</b> 3:00 Snack &amp; Hydration 3:45 Indoor Golf 5:30 Movie Night!</p> <p style="text-align: right;"><b>3</b></p>	<p>9:30 Morning Company Corner 10:00 Today in History <b>10:30 Ballroom Dancing with Garrey/ Hydration</b> <b>11:30 Candling Chicken Eggs!</b> 1:30 Stronger Memory: Reading <b>2:00 Galaxy Sensory Painting</b> 3:00 Snack &amp; Hydration <b>3:45 Space Darts</b> 5:30 Evening Melodies</p> <p style="text-align: right;"><b>4</b></p>	<p>9:30 Breakfast Club 10:00 Daybreak Digest 10:30 Walking Club/ Hydration <b>11:00 Cinco de Mayo Trivia</b> 1:00 Individual Engagement <b>1:30 Sombrero Hat Decorating</b> <b>2:00 Loteria</b> <b>3:00 Cinco de Mayo Snack &amp; Hydration</b> <b>3:45 Sombrero Ring Toss</b> 5:30 Tabletop Games</p> <p style="text-align: center;">Cinco de Mayo</p> <p style="text-align: right;"><b>5</b></p>	<p>9:30 Coffee &amp; Good Mornings 10:00 Sunrise Bulletin 10:30 Balloon Swatters/ Hydration 11:00 Name 5 1:00 Riddle Rally <b>2:00 Creative Expression: National Nurses Day DIY Gifts</b> 3:00 Snack &amp; Hydration 3:45 Corn Hole 5:30 Travel Video Night</p> <p style="text-align: right;"><b>6</b></p>	<p>9:30 Tabletime Chat 10:00 Today's Gazette <b>10:30 Melodies with Steve/ Hydration</b> <b>11:30 Candling Chicken Eggs!</b> 1:00 Manicures &amp; Massages 1:30 Stronger Memory: Math &amp; Journaling <b>2:00 Creative Expression: Watermelon Paper Fans</b> 3:00 Snack &amp; Hydration 3:45 Hoop Shootin' 5:30 Classic TV Shows</p> <p style="text-align: right;"><b>7</b></p>	<p>9:30 Coffee &amp; Good Mornings 10:00 Today's Gazette <b>10:30 Hymn Sing-Alongs/ Bible Study</b> 11:00 Hockey Ball/ Hydration <b>11:30 Learning about May Day</b> 1:00 Individual Engagement 1:30 Roll-A-Flower <b>2:00 May Day Flower Wreaths</b> 3:00 Snack &amp; Hydration 3:45 Can Toss 5:30 Travel Video Night <small>May Day</small></p> <p style="text-align: right;"><b>1</b></p>	<p>9:30 Morning Company Corner 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 Scattergories 1:00 Fact or Fiction <b>2:00 Horse Race Game</b> 3:00 Snack &amp; Hydration <b>3:45 Horseshoes</b> 5:30 Guided Sensory Mediation</p> <p style="text-align: right;"><b>2</b></p>	
<p>9:30 Breakfast Club 10:00 Daily Devotions &amp; Prayers <b>10:15 Spiritual Engagement with Chaplain Marcus</b> 11:00 Hymn Sing 11:15 Today's Gazette 11:30 Beach Ball Toss/ Hydration <b>1:00 Mother's Day Discussion</b> <b>2:00 Mother's Day PhotoShoot</b> 3:00 Snack &amp; Hydration 3:45 Bottle Ring Toss 5:30 Movie Night! <small>Mother's Day National Skilled Nursing Care Week</small></p> <p style="text-align: right;"><b>10</b></p>	<p>9:30 Tabletime Chat 10:00 Sunrise Bulletin <b>10:30 Fitness with Legacy/ Hydration</b> 11:00 Jeopardy <b>11:30 Candling Chicken Eggs!</b> 1:30 Stronger Memory: Reading 2:00 Left, Right, Center 3:00 Snack &amp; Hydration 3:45 Target Practice 5:30 Guided Sensory Mediation</p> <p style="text-align: right;"><b>11</b></p>	<p>9:30 Morning Greetings 10:00 Morning Headlines <b>10:30 Tai Chi with Rhonda/ Hydration</b> <b>11:30 Chicken Trivia</b> 1:00 Qwirkle 2:00 Balloon Volleyball 3:00 Snack &amp; Hydration 3:45 Indoor Fishing 5:30 Classic TV Shows</p> <p style="text-align: right;"><b>12</b></p>	<p>9:30 Rise &amp; Connect 10:00 Daily Chronicle 10:30 Walking Club / Hydration 11:00 Odd One Out 1:00 Individual Engagement <b>1:30 Egg Painting!</b> 2:00 What's the Verdict? 3:00 Snack &amp; Hydration 3:45 Table Bowling 5:30 Read Aloud Story Session</p> <p style="text-align: right;"><b>13</b></p>	<p>9:30 Morning Company Corner 10:00 Memory Lane News 10:30 Hockey Ball/ Hydration 11:00 Simple-C <b>11:30 Candling Chicken Eggs!</b> 1:00 Manicures &amp; Massages 1:30 Stronger Memory: Math &amp; Journaling 2:00 Complete the Song Lyrics 3:00 Snack &amp; Hydration 3:45 Axe Throwing 5:30 Evening Melodies</p> <p style="text-align: right;"><b>14</b></p>	<p>9:30 Start the Day Social 10:00 Daybreak Digest 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Balloon Swatters/ Hydration 11:30 Rhyming Chain 1:00 Individual Engagement <b>1:30 Hatch Predictions</b> <b>2:00 Garden Bingo!</b> 3:00 Snack &amp; Hydration 3:45 Shuffle Board 5:30 Tabletop Games</p> <p style="text-align: right;"><b>15</b></p>	<p>9:30 Rise &amp; Connect 10:00 Memory Lane News 10:30 Walking Club/ Hydration 11:00 Common Threads 1:00 Individual Engagement 1:30 Charades 2:00 Giant UNO! 3:00 Snack &amp; Hydration 3:45 Cup Pong 5:30 Read Aloud Story Session</p> <p style="text-align: right;"><b>9</b></p>	
<p>9:30 Morning Greetings 10:00 Hymn Sing 10:15 Daily Chronicle 10:30 Daily Devotions &amp; Prayers 11:00 Pool Noodle Exercises/ Hydration <b>11:30 Bible Study</b> 1:00 Odd One Out 2:00 Roll &amp; Race 3:00 Snack &amp; Hydration 3:45 Skee Ball 5:30 Movie Night!</p> <p style="text-align: right;"><b>17</b></p>	<p>9:30 Coffee &amp; Good Mornings 10:00 Daybreak Digest 10:30 Chair Exercises/ Hydration 11:00 Friendly Feud <b>11:30 Hatching Chicks Craft</b> 1:30 Stronger Memory: Reading 2:00 Crazy Eights 3:00 Snack &amp; Hydration 3:45 Corn Hole 5:30 Travel Video Night <small>Victoria Day (Canada)</small></p> <p style="text-align: right;"><b>18</b></p>	<p>9:30 Rise &amp; Connect 10:00 Today's Gazette <b>10:30 Field Trip with David: Tropical Smoothie Café</b> (*Walking Club/ Hydration at Renaissance) 11:00 Twister Trivia 1:00 Individual Engagement <b>1:30 Baby Chick Visit!</b> <b>2:00 Sip &amp; Paint: Dandelion Wishes</b> <b>3:00 Deviled Egg Snack &amp; Hydration</b> 3:45 Horseshoes 5:30 Evening Melodies</p> <p style="text-align: right;"><b>19</b></p>	<p>9:30 Breakfast Club 10:00 Memory Lane News 10:30 Ball Bounce/ Hydration 11:00 Scattergories 1:00 Giant UNO! <b>2:00 Culinary Club with Nora: Lemon Raspberry Cookies</b> 3:00 Snack &amp; Hydration 3:45 Indoor Golf 5:30 Guided Sensory Mediation</p> <p style="text-align: right;"><b>20</b></p>	<p>9:30 Start the Day Social 10:00 Today in History <b>10:30 Melodies with Steve/ Hydration</b> 11:30 Word Unscramble 1:00 Manicures &amp; Massages 1:30 Stronger Memory: Math &amp; Journaling <b>2:00 Creative Expression: Baby Chick Mosaic Suncatchers</b> 3:00 Snack &amp; Hydration 3:45 Sticky Darts 5:30 Tabletop Games <small>Shavuot Begins</small></p> <p style="text-align: right;"><b>21</b></p>	<p>9:30 Morning Company Corner 10:00 Sunrise Bulletin <b>10:30 Music Therapy with NeuroSound</b> 11:00 Beach Ball Toss/ Hydration 11:30 Fill the Category 1:00 Conversation Dice! <b>2:00 Hydrangea Bubble Painting</b> 3:00 Snack &amp; Hydration 3:45 Cup Pong 5:30 Read Aloud Story Session</p> <p style="text-align: right;"><b>22</b></p>	<p>9:30 Coffee &amp; Good Mornings 10:00 Today in History 10:30 Walking Club/ Hydration 11:00 Riddle Rally 1:00 Individual Engagement 1:30 Matching Mania 2:00 Then vs. Now 3:00 Snack &amp; Hydration 3:45 Hoop Shootin' 5:30 Classic TV Shows</p> <p style="text-align: right;"><b>16</b></p> <p style="text-align: center;"><small>Armed Forces Day</small></p>	
<p>9:30 Morning Company Corner 10:00 Daily Devotions &amp; Prayers <b>10:15 Spiritual Engagement with Chaplain Marcus</b> 11:00 Hymn Sing 11:15 Daybreak Digest 11:30 Football Pass / Hydration 1:00 Guess the Decade 2:00 Magazine Collages 3:00 Snack &amp; Hydration 3:45 Bottle Ring Toss 5:30 Movie Night!</p> <p style="text-align: right;"><b>24</b></p>	<p>9:30 Rise &amp; Connect 10:00 Memory Lane News 10:30 Chair Exercises/ Hydration <b>11:00 Spin it to Win it!</b> <b>11:30 Name Baby Chicks</b> 1:30 Stronger Memory: Reading 2:00 Balloon Stamped-Poppies Art 3:00 Snack &amp; Hydration 3:45 Bocce Ball 5:30 Read Aloud Story Session <small>Memorial Day</small></p> <p style="text-align: right;"><b>25</b></p>	<p>9:30 Tabletime Chat 10:00 Sunrise Bulletin <b>10:30 Echoes of Nature: Who Lives Here</b> <b>1:00 Armchair Travel: Napa Valley, California</b> <b>2:00 Resident Council</b> 3:00 Snack &amp; Hydration 3:45 Axe Throwing 5:30 Travel Video Night</p> <p style="text-align: right;"><b>26</b></p>	<p>9:30 Start the Day Social 10:00 Today's Gazette 10:30 Walking Club / Hydration 11:00 A to Z Race 1:00 Individual Engagement 1:30 Connect 4 2:00 Balloon Volleyball 3:00 Snack &amp; Hydration 3:45 Shuffle Board 5:30 Classic TV Shows</p> <p style="text-align: right;"><b>27</b></p>	<p>9:30 Coffee &amp; Good Mornings 10:00 Morning Headlines <b>10:30 Scenic Drive with David: Accotink Park</b> (*Balloon Swatters/ Hydration at Renaissance) 11:00 Common Threads 11:30 Fact or Fiction <b>1:00 Baby Chick Visit!</b> 1:00 Manicures &amp; Massages 1:30 Stronger Memory: Math &amp; Journaling 2:00 Rhyming Chain <b>3:00 Garden Spring Fling!</b> 4:00 Balloon Toss 5:30 Guided Sensory Mediation</p> <p style="text-align: right;"><b>28</b></p>	<p>9:30 Breakfast Club 10:00 Today in History 10:30 Hymn Sing-Alongs/ Bible Study 11:00 A Drop in the Umbrella/ Hydration 11:30 Fact or Fiction 1:00 Individual Engagement 1:30 Matching Mania 2:00 Life Skills Club 3:00 Snack &amp; Hydration 3:45 Frisbee Toss 5:30 Evening Melodies</p> <p style="text-align: right;"><b>29</b></p>	<p>9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Simple-C 1:00 Friendly Feud 2:00 Qwirkle 3:00 Snack &amp; Hydration 3:45 Table Bowling 5:30 Tabletop Games</p> <p style="text-align: right;"><b>23</b></p>	
<p>9:30 Tabletime Chat 10:00 Hymn Sing 10:15 Today in History 10:30 Daily Devotions &amp; Prayers 11:00 Hockey Ball/ Hydration <b>11:30 Bible Study</b> 1:00 Puzzle Paradise 2:00 Bingo! 3:00 Snack &amp; Hydration 3:45 Target Practice 5:30 Movie Night!</p> <p style="text-align: right;"><b>31</b></p>							

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# May 2026

## Harbor Plus at Renaissance of Annandale

<p>9:30 Start the Day Social 10:00 Morning Headlines 10:15 Hymn Sing 10:30 Balloon Toss/ Hydration 11:00 Daily Devotions &amp; Prayers <b>11:30 Bible Study</b> 1:00 Life Skills Club <b>2:00 Tulip Wind Chimes</b> 3:00 Snack &amp; Hydration 3:45 Indoor Golf 5:30 Movie Night!</p>	<p>9:30 Morning Company Corner 10:00 Today in History <b>10:30 Ballroom Dancing with Garrey/ Hydration</b> <b>11:30 Candling Chicken Eggs!</b> 1:30 Stronger Memory: Reading <b>2:00 Galaxy Sensory Painting</b> 3:00 Snack &amp; Hydration <b>3:45 Space Darts</b> 5:30 Evening Melodies</p>	<p>9:30 Breakfast Club 10:00 Daybreak Digest 10:30 Walking Club/ Hydration at Renaissance <b>11:00 Cinco de Mayo Trivia</b> 1:00 Individual Engagement <b>1:30 Sombrero Hat Decorating</b> <b>2:00 Loteria</b> <b>3:00 Cinco de Mayo Snack &amp; Hydration</b> <b>3:45 Sombrero Ring Toss</b> 5:30 Tabletop Games <small>Cinco de Mayo</small></p>	<p>9:30 Coffee &amp; Good Mornings 10:00 Sunrise Bulletin 10:30 Hockey Ball/ Hydration 11:00 Name 3 1:00 Riddle Rally <b>2:00 Creative Expression: National Nurses Day DIY Gifts</b> 3:00 Snack &amp; Hydration 3:45 Corn Hole 5:30 Travel Video Night</p>	<p>9:30 Tabletime Chat 10:00 Today's Gazette <b>10:30 Melodies with Steve/ Hydration</b> <b>11:30 Candling Chicken Eggs!</b> 1:00 Manicures &amp; Massages 1:30 Stronger Memory: Math &amp; Journaling <b>2:00 Creative Expression: Watermelon Paper Fans</b> 3:00 Snack &amp; Hydration 3:45 Hoop Shootin' 5:30 Classic TV Shows</p>	<p>9:30 Coffee &amp; Good Mornings 10:00 Today's Gazette <b>10:30 Hymn Sing-Alongs/ Bible Study</b> 11:00 Balloon Swatters/ Hydration <b>11:30 Learning about May Day</b> 1:00 Individual Engagement 1:30 Sensory Station <b>2:00 May Day Flower Wreaths</b> 3:00 Snack &amp; Hydration 3:45 Can Toss 5:30 Travel Video Night <small>May Day</small></p>	<p>9:30 Morning Company Corner 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 3-Topic Scattergories 1:00 Yes or No Trivia <b>2:00 Kentucky Derby Horse Silhouette Craft</b> 3:00 Snack &amp; Hydration <b>3:45 Horseshoes</b> 5:30 Guided Sensory Mediation</p>	
<p>9:30 Breakfast Club 10:00 Today's Gazette 10:15 Hymn Sing 10:30 Daily Devotions &amp; Prayers <b>11:00 Spiritual Engagement with Chaplain Marcus</b> 11:30 Beach Ball Toss/ Hydration <b>1:00 Mother's Day Discussion</b> <b>2:00 Mother's Day PhotoShoot</b> 3:00 Snack &amp; Hydration 3:45 Bottle Ring Toss 5:30 Movie Night! <small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>9:30 Tabletime Chat 10:00 Sunrise Bulletin 10:30 Chair Exercises/ Hydration 11:00 Jeopardy <b>11:30 Candling Chicken Eggs!</b> 1:30 Stronger Memory: Reading 2:00 Matching Mania 3:00 Snack &amp; Hydration 3:45 Target Practice 5:30 Guided Sensory Mediation</p>	<p>9:30 Morning Greetings 10:00 Morning Headlines <b>10:30 Tai Chi with Rhonda/ Hydration</b> <b>11:30 Reminiscing Farm Life</b> 1:00 Giant UNO! 2:00 Frisbee Toss 3:00 Snack &amp; Hydration 3:45 Indoor Fishing 5:30 Classic TV Shows</p>	<p>9:30 Rise &amp; Connect 10:00 Daily Chronicle 10:30 Walking Club / Hydration 11:00 Odd One Out 1:00 Individual Engagement <b>1:30 Egg Painting!</b> 2:00 Grooving with Instruments 3:00 Snack &amp; Hydration 3:45 Table Bowling 5:30 Read Aloud Story Session</p>	<p>9:30 Morning Company Corner 10:00 Memory Lane News 10:30 Balloon Swatters/ Hydration 11:00 Simple-C <b>11:30 Candling Chicken Eggs!</b> 1:00 Manicures &amp; Massages 1:30 Stronger Memory: Math &amp; Journaling 2:00 Complete the Song Lyrics 3:00 Snack &amp; Hydration 3:45 Axe Throwing 5:30 Evening Melodies</p>	<p>9:30 Start the Day Social 10:00 Daybreak Digest 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Football Pass/ Hydration 11:30 Rhyming Chain 1:00 Individual Engagement <b>1:30 Hatch Predictions</b> <b>2:00 Garden Bingo!</b> 3:00 Snack &amp; Hydration 3:45 Shuffle Board 5:30 Tabletop Games</p>	<p>9:30 Coffee &amp; Good Mornings 10:00 Today in History 10:30 Walking Club/ Hydration <b>11:00 Celebrating Armed Forces Day</b> 1:00 Puzzle Paradise 2:00 Guess in 3 3:00 Snack &amp; Hydration 3:45 Bocce Ball 5:30 Travel Video Night <small>Armed Forces Day</small></p>	
<p>9:30 Morning Greetings 10:00 Daily Chronicle 10:15 Hymn Sing 10:30 Pool Noodle Exercises/ Hydration 11:00 Daily Devotions &amp; Prayers <b>11:30 Bible Study</b> 1:00 Odd One Out 2:00 Roll &amp; Race 3:00 Snack &amp; Hydration 3:45 Skee Ball 5:30 Movie Night!</p>	<p>9:30 Coffee &amp; Good Mornings 10:00 Daybreak Digest 10:30 Chair Exercises/ Hydration 11:00 Friendly Feud <b>11:30 Hatching Chicks Craft</b> 1:30 Stronger Memory: Reading 2:00 Finish the Phrase Game 3:00 Snack &amp; Hydration 3:45 Corn Hole 5:30 Travel Video Night <small>Victoria Day (Canada)</small></p>	<p>9:30 Rise &amp; Connect 10:00 Today's Gazette <b>10:30 Field Trip with David: Tropical Smoothie Café</b> (*Walking Club/ Hydration at Renaissance) 11:00 Twister Trivia 1:00 Individual Engagement <b>1:30 Baby Chick Visit!</b> <b>2:00 Sip &amp; Paint: Dandelion Wishes</b> <b>3:00 Deviled Egg Snack &amp; Hydration</b> 3:45 Horseshoes 5:30 Evening Melodies</p>	<p>9:30 Breakfast Club 10:00 Memory Lane News 10:30 Ball Bounce/ Hydration 11:00 3-Topic Scattergories 1:00 Qwirkle <b>2:00 Culinary Club with Nora: Lemon Raspberry Cookies</b> 3:00 Snack &amp; Hydration 3:45 Indoor Golf 5:30 Guided Sensory Mediation</p>	<p>9:30 Start the Day Social 10:00 Today in History <b>10:30 Melodies with Steve/ Hydration</b> 11:30 3-Letter Word Unscramble 1:00 Manicures &amp; Massages 1:30 Stronger Memory: Math &amp; Journaling <b>2:00 Creative Expression: Baby Chick Mosaic Suncatchers</b> 3:00 Snack &amp; Hydration 3:45 Sticky Darts 5:30 Tabletop Games <small>Shavuot Begins</small></p>	<p>9:30 Morning Company Corner 10:00 Sunrise Bulletin 10:30 Hockey Ball/ Hydration <b>11:00 Music Therapy with NeuroSound</b> 11:30 Fill the Category 1:00 Conversation Dice! <b>2:00 Hydrangea Bubble Painting</b> 3:00 Snack &amp; Hydration 3:45 Cup Pong 5:30 Read Aloud Story Session</p>	<p>9:30 Tabletime Chat 10:00 Morning Headlines 10:30 Walking Club/ Hydration 11:00 Riddle Rally 1:00 Individual Engagement 1:30 Color &amp; Sticker by Number 2:00 Then vs. Now 3:00 Snack &amp; Hydration 3:45 Hoop Shootin' 5:30 Classic TV Shows</p>	
<p>9:30 Morning Company Corner 10:00 Daybreak Digest 10:15 Hymn Sing 10:30 Daily Devotions &amp; Prayers <b>11:00 Spiritual Engagement with Chaplain Marcus</b> 11:30 Football Pass / Hydration 1:00 Guess the Decade 2:00 Magazine Collages 3:00 Snack &amp; Hydration 3:45 Bottle Ring Toss 5:30 Movie Night!</p>	<p>9:30 Rise &amp; Connect 10:00 Memory Lane News 10:30 Chair Exercises/ Hydration <b>11:00 Spin it to Win it!</b> <b>11:30 Name Baby Chicks</b> 1:30 Stronger Memory: Reading <b>2:00 Balloon Stamped-Poppies Art</b> 3:00 Snack &amp; Hydration 3:45 Bocce Ball 5:30 Read Aloud Story Session <small>Memorial Day</small></p>	<p>9:30 Tabletime Chat 10:00 Sunrise Bulletin <b>10:30 Echoes of Nature: Who Lives Here</b> <b>1:00 Armchair Travel: Napa Valley, California</b> <b>2:00 Resident Council</b> 3:00 Snack &amp; Hydration 3:45 Axe Throwing 5:30 Travel Video Night</p>	<p>9:30 Start the Day Social 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 A to Z Race 1:00 Individual Engagement 1:30 Sensory Station 2:00 Drum Circle 3:00 Snack &amp; Hydration 3:45 Shuffle Board 5:30 Classic TV Shows</p>	<p>9:30 Coffee &amp; Good Mornings 10:00 Morning Headlines <b>10:30 Scenic Drive with David: Accotink Park</b> (*Balloon Toss/ Hydration at Renaissance) 11:00 Common Threads <b>11:30 Baby Chick Visit!</b> 1:00 Manicures &amp; Massages 1:30 Stronger Memory: Math &amp; Journaling 2:00 Rhyming Chain <b>3:00 Garden Spring Fling!</b> 4:00 Balloon Toss 5:30 Guided Sensory Mediation</p>	<p>9:30 Breakfast Club 10:00 Today in History <b>10:30 Hymn Sing-Alongs/ Bible Study</b> 11:00 Grooving with Instruments/ Hydration 11:30 True or False 1:00 Individual Engagement 1:30 Connect 4 2:00 Life Skills Club 3:00 Snack &amp; Hydration 3:45 Frisbee Toss 5:30 Evening Melodies</p>	<p>9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Simple-C 1:00 Friendly Feud 2:00 Balloon Volleyball 3:00 Snack &amp; Hydration 3:45 Table Bowling 5:30 Tabletop Games</p>	
<p>9:30 Tabletime Chat 10:00 Today in History 10:15 Hymn Sing 10:30 Hockey Ball / Hydration 11:00 Daily Devotions &amp; Prayers <b>11:30 Bible Study</b> 1:00 Puzzle Paradise 2:00 Bingo! 3:00 Snack &amp; Hydration 3:45 Target Practice 5:30 Movie Night!</p>							