## **RENAISSANCE**

A Premier Memory Care Community

Life. Love. Legacy.<sup>™</sup>
7112 Braddock Rd
Annandale, VA 22003
Phone: (703) 256-2525

## **Your Administrative Team**



Jessica Peters
Execcutive Director



Jonathan Fitch
Sales & Marketing
Director



Tera Reeves, LPN
Resident Services
Director



Nataly Hernandez Reyes Life Enrichment

Coordinator



**David Martinez** Maintenance Director



Nora Martinez
Dining Services
Director

# RENAISSANCE

## A Premier Memory Care Community



## **Message From Your Executive Director: OCTOBER 2025**

As the leaves start to change and the air turns crisper, it seems like life speeds up for everyone. Around here, fall is a season bustling with activity—festivals, family events,

and traditions both old and new. For many, this time of year is a juggling act: kids settling into the school routine, calendars filling up with sports and lessons, and workplaces picking up the pace after summer. If you're part of the "sandwich generation," you know better than anyone what it means to be pulled in all directions at once, balancing the needs of growing children and supporting aging parents or grandparents, often while still managing careers and everything else life throws your way.

We know that when a loved one moves into our community, it's usually because families need a helping hand. What might come as a surprise is how often you'll hear from us, too, inviting you to join in for a meal, a festival, a musical performance, or just a moment to connect. We do this not to add to your already-full plate, but because we believe that staying connected, even in small ways, means everything

to the people who live here—and to those who love them.

Still, we understand that you can't be everywhere at once. Sometimes, you're running from a school bake sale to a weekend tournament, and there just isn't enough of you to go around. Please know: we see you, we appreciate you, and we're grateful for every moment you share with us, even if it's just a phone call or a note sent in.

This month, as we roll out fall celebrations and family-friendly events, we hope you'll find a few minutes to join us when you can. Our doors are always open, and there's nothing better than seeing families come together, whether for a pumpkin craft, a game night, or just to laugh and swap stories. Maybe, just maybe, our little gatherings will make it a bit easier to spend time with your loved ones, all in one place.

Thank you for trusting us with someone so important to you. We're honored to be part of your extended family.

Sincerely, Ssica Peters

# Celebrations & Milestones

## Welcome to our newest residents!

- · Debra D.
- · Jan W.
- · Patricia N.
- · Marcia S.
- · Tony N.

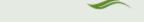
## Let's celebrate everyone marking a special moment this month!

## RESIDENT BIRTHDAYS

· Oct. 21: Bertha H.

## **TEAM MEMBER BIRTHDAYS**

- · Oct. 14: Angelique Mushi
- · Oct. 15: Rita Akomaning
- · Oct. 16: Zainab Sesay
- · Oct. 25: Annakay Jones
- · Oct. 28: Moses Lebbie
- · Oct. 28: Milagro Aguilar



## **RESIDENT ANNIVERSARIES**

- · Connie W. 5 years
- · Fred S. 2 years

#### TEAM ANNIVERSARIES

- · Grace Ashie 4 years
- · Gloribel Ventura Ayala 2 years
- · Nataly Hernandez Reyes 2 yrs
- · Farhiya Sheik 2 years
- · Amsale Dawit 2 years
- · Angelique Mushi 2 years
- Francess Odwyer 1 year



INSIDE YOU'LL FIND HIGHLIGHTS FROM NATIONAL ASSISTED LIVING WEEK & MORE!



## Beyond Medicine: Jaime's Story of Service and Soul

we're honored to shine the spotlight on Jaime-a

man whose life reads like a grand adventure filled with compassion, resilience, and a heart as wide as the ocean he grew up beside.

Jaime was born in Lima, Peru, a bustling coastal city where the Pacific Ocean kisses the shore. From his childhood home, he could see the shimmering waves and often found himself descending long stairways just to feel the sand between his toes. Swimming wasn't just a pastime; it was a passion. Whether in the ocean or his father's pool, water was Jaime's playground. Even as a young boy, his kindness surfaced as he coached children to swim, teaching and encouraging them with gentle patience.

Life at home was a lively tapestry of family and love. Surrounded by parents, grandparents, an aunt, three sisters, cousins, and two household employees, Jaime's days were filled with laughter echoing through shared meals, spirited conversations, and the warmth that only a close-knit family can bring.

He attended Las Carmelitas Catholic School, where nuns and priests guided his early education, instilling values that would shape his path. Jaime then pursued medicine at La Universidad Peruana Cavetano Heredia (UPCH), earning

This month, his medical degree with a specialization in cardiology.

> One of his first medical missions took him high into the Andes Mountains, serving remote communities often cut off from modern amenities. With no electricity or cars, Jaime traveled by horseback, bridging gaps not only in distance but in language—learning Quechua, the indigenous tongue, to connect with his patients. Instead of money, he was often gifted eggs, chickens, or fresh produce—a testament to the deep trust and gratitude he inspired. These humble exchanges deepened his respect for the rich diversity of people's lives and stories.

> In 1989, Jaime's journey led him to Germany, where he advanced his studies at the University of Munich, worked in internal medicine, and earned his PhD. By 1995, he and his family made the United States their home, where Jaime continued his calling with unwavering dedication.

For over four decades, Jaime devoted himself to healing others, including 23 years running his own practice in Falls Church, Virginia. Patients didn't just see a physician; they found a friend who listened deeply. Jaime went beyond prescriptions—finding ways to make medications affordable, connecting patients to specialists, and sometimes waiving fees to ensure care was within reach. His practice was a sanctuary where medicine met humanity.

## GET TO KNOW JESSICA: 20 Questions Edition

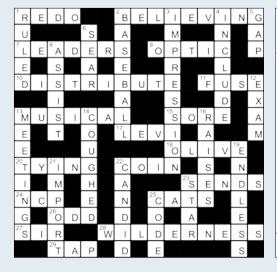
Ever wonder what makes Jessica tick? In honor of National Boss's Day, we put her in the hot seat and asked fun, revealing questions. Here's your chance to get to know the person behind the job title!

- 1. If you could only eat one food for the rest of your life, what would it be? Chips and Salsa.
- 2. What's the weirdest thing you believed as a kid? If you turn off the TV, your TV show will be right where you left it when you return.
- 3. What's the most unusual item in your wallet or purse right now? Three different laptop chargers.
- 4. What's the worst haircut you've ever had? *The* 13. Morning person or night owl? *Night Owl*. helmet bangs from Kindergarten - 3rd grade.
- 5. If you woke up tomorrow as an animal, what animal would you hope to be? A sea turtle.
- 6. What's a book you think everyone should read? The Power Half.
- 7. What's the best gift you've ever received? A handmade quilt of my daughter's baby clothes as the patches, but really anything thoughtful is a win for me.
- 8. If you could invent a holiday, what would it celebrate and how would you celebrate it? Random Acts of Kindness Day—the world needs more of that.
- 9. What song always makes you dance or sing along? Any Hawaiian reggae song.

10.Do you have any pets? 3 Cavalier



- 11. What's your go-to comfort food? *Tacos*.
- 12. What's the strangest thing you've ever collected? Pogs.
- 14. What's your favorite way to relax on the weekend? Um, what's relaxing?
- 15. What's one thing you can't live without? Air conditioning.
- 16. What's the most adventurous thing you've ever done? Hiking Stairway to Heaven on Oahu.
- 17. What's your go-to karaoke song? "Strawberry Wine"
- 18. What's something that always makes you laugh? My sister.
- 19. If you could instantly master any skill, what would it be? Decluttering/Organizing.
- 20. Describe your perfect day. No cell service, sitting on the beach in the sunshine



SIBMHMENCTXKSNE ETEWJOOUHIRWAEL DRAOBFRUSKZIUFD S T T S A O C T S E W M E S G

WHAT'S a Fall Tradition you'd Love to start or one you'd like TO KEEP SOINS?

**RENAISSANCE OF ANNANDALE** NEWSLETTER | OCTOBER 2025









































Scenic Drive with David: **Burke Lake Park** October 1<sup>st</sup> at 10:30am

Karaoke with Tera October 21st at 2:00pm

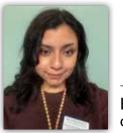
Scenic Drive with David: Fairfax County Parkway October 29<sup>th</sup> at 10:30am

Jamie's story continued

Beyond the clinic, Jaime shared his knowledge on radio call-in shows and television programs, bringing health education to the broader community with warmth and clarity.

But Jaime's brilliance extends far beyond medicine. Known for his honesty, kindness, and zest for life, he carries a strong sense of justice and a generous spirit. He treasures time with his two sons, sharing laughter, stories, and the simple joy of family. Conversations with friends about politics, religion, culture, art, and music spark his curiosity and passion. Jaime is also an avid traveler, museum enthusiast, and an incredible dancer—someone who embraces life's rhythms with open arms.

At Renaissance of Annandale, we are truly privileged to have Jaime among us. His story inspires, his presence uplifts, and his kindness touches every life he encounters. This Resident Spotlight celebrates not just a remarkable career, but a remarkable man whose warmth continues to brighten our community.



# ACTOVOTO

Hello! October has arrived, and that means our community is ready to embrace all things cozy, festive, and fun. From crisp autumn

walks to pumpkin-themed activities, we'll be celebrating the season with laughter, creativity, and connection. Our residents are at the heart of everything we do, and I'm so excited to see them shine in this month's activities—whether that's joining in on a Fall Festival celebration, enjoying fall crafts, or simply having fun during this wonderful season!

October is also a time of togetherness, and I'm reminded daily how lucky we are to have such a strong community of residents, families, and staff. Thank you for being a part of the joy we create here—it truly makes all the difference.

Let's make this October amazing with plenty of smiles, a little bit of pumpkin spice, and lots of heart! October also marks my two-year anniversary working at Renaissance of Annandale and I am forever thankful to be part of such of an amazing community!

With gratitude and excitement,

Nataly

## **October Highlights**

- 2:00pm Fall Leaf Painting
- 2:00pm Fall Bingo!
- 2:00pm Creative Expression: Pom-Pom Wreaths
- 2:00pm Treat Making Club: Caramel Apple Bites
- 3:00pm Renaissance Fall Festival
- 15<sup>th</sup> 1:00pm Pumpkin Suncatchers
- 10:30am Alzheimer's Awareness Walk
- 22<sup>nd</sup> 2:00pm Glass Bead Mosaic Craft
- 28<sup>th</sup> 10:30am Witch Hat Ring Toss with Legacy
- 30<sup>th</sup> 2:00pm Paint & Sip: Fall Scene
- 31<sup>st</sup> 2:00pm Trick-or-Treat Bingo!





## NEWSLETTER | OCTOBER 2025

## HIGHLIGHTS & HAPPENINGS

## **Recurring Events**

#### SUNDAYS

Spiritual Engagement with Chaplain Marcus or Guided Worship

- ·10:15am The Harbor
- ·11:00am The Harbor Plus 5:30pm Movie Night

#### MONDAYS

10:30am Fitness with Legacy Healthcare (Harbor) 10:30am Chair Exercise (Harbor Plus)

## **THURSDAYS**

## 10:30am

- ·1<sup>st</sup> & 5<sup>th</sup> Thurs.. Keyboard Jams with Andrew
- ·2<sup>nd</sup>-4<sup>th</sup> Thurs., Melodies & Massages

## FRIDAYS

Music Therapy, every other week

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

## SATURDAYS

10:30am Walking Club

## **Topical Events**

## ARMCHAIR TRAVEL CLUB

7<sup>th</sup> 1:00pm West Virginia 24th 1:00pm Iceland

## TOPICAL TRIVIA

- 1<sup>st</sup> Around the World Trivia (H)
- 1<sup>st</sup> Truth or False Trivia (HP)
- 8<sup>th</sup> Family Feud
- 17<sup>th</sup> Autumn Trivia
- 22<sup>nd</sup> Truth or False Trivia
- 27<sup>th</sup> Halloween Family Feud
- 28<sup>th</sup> Twister Trivia
- 31<sup>st</sup> Halloween Trivia

**YOU'RE ALWAYS WELCOME TO JOIN US WHEN YOU CAN!!** 

























## **ACROSS**

- 1. Make over
- 2. "Seeing is \_\_\_\_\_."
- 7. Team captains are some
- 9. Vision-related
- 10. Hand out; dispense
- 11. Needed to ignite dynamite
- 13. Common Broadway offering with lots of singing
- 15. "I have \_\_\_\_ muscles after my workout."
- 17. Strauss & Co. (jeans magnate)
- 18. Popeye's gal
- 20. \_\_\_\_ the knot; marrying 22. Piggy bank jingler
- 23. "That \_\_\_\_ shivers up my spine!"
- 24. North Celestial Pole, abbrev.
- 25. Felines
- 26. Peculiar
- 27. Knight's title
- 28. An untouched forest
- 29. Pub fixture

## **DOWN**

- 1. Reigned
- 2. Sport at which Willie Mays excelled
- 3. Comedic imitation
- 4. "Please \_\_\_\_ payment with your order."
- 5. Generation \_\_\_ (difference between ages)

DISNEYLANDHVEXS

NEVIRDOEDORALWI

G T T S A O C T S E W M E S G

6. Burn the surface of

- 21. Ship in from abroad 8. Provide help
- 12. Test 13. Encounters
- 14. Cleared one's throat
- 16. Elevates
- 19. Infinite

22. Straightforward in speech

23. "When You Wish Upon a

25. Secret message

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

IZZLYHSHRSOIV SIBMHMENCTXKSNE **BIG SUR** ETEWJOOUHIRWAEL BODIE O S I G S I L Q R A B R N G G DISNEYLAND HTLUSEULPEUMGKO EARTHQUAKES **EUREKA** ADWSRASHYSKJEOL TMIEKFTSGWTALSD EMLEKIPIAOOVETR K D S L F J B V V L X O S U U AHFFBODIEZGZDNS IDIAMNUSLNMEH DRAOBFRUSKZIUFD

**GRIFFITH PARK NUTS GRIZZLY HOLLYWOOD** LAKE TAHOE LEVI'S LOS ANGELES

**RODEO DRIVE** SUNGLASSES **SUN-MAID SURFBOARD WEST COAST** WINE



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и	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Harbor at R	ober Renaissance of	2025 Annandale	10:00 Daily Chronicle 10:30 Scenic Drive: Burke Lake Park (*10:30 Walking Club at Renaissance / Hydration) *11:00 Around the World Trivia 1:00 Name that Sound 2:00 Fall Leaf Painting 3:00 Snack & Hydration 3:45 Cup Pong Yom Kippur Begins	10:00 Daily Chronicle  10:30 Keyboard Jams with Andrew/ Hydration 1:00 Fun Fables 1:30 Stronger Memory: Math & Journaling 2:00 Roll to 100! 3:00 Snack & Hydration 3:45 Shuffle Board	10:00 Daily Chronicle 10:30 Hymn Sing-Alongs/ <b>Bible</b> Study 11:00 Football Pass/ Hydration 11:30 Scattergories 1:00 Matching Mania 2:00 Fall Bingo! 3:00 Snack & Hydration 3:45 Target Practice	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 A to Z Race 1:00 Match Up-Sayings Game 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Corn Hole
	10:15 Guided Worship Services 10:45 Balloon Toss/ Hydration 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Bible Study 1:00 Name 5 2:00 Creative Expression: Pom-Pom Wreaths 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Movie Night!	10:00 Daily Chronicle  10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading 2:00 Three Piece Suit Game 3:00 Snack & Hydration 3:45 Ring Toss  Sukkot Begins	10:00 Daily Chronicle 10:30 Walking Club / Hydration 11:00 Simple-C 1:00 Armchair Travel: West Virginia 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Horseshoes	10:00 Daily Chronicle 10:30 Balloon Swatters / Hydration 11:00 Family Feud 1:00 Connect-4-Add Game 2:00 Treat Making Club: Caramel Apple Bites 3:00 Snack & Hydration 3:45 Hoop Shootin'	10:00 Daily Chronicle 10:30 Melodies & Massages/ Hydration 1:00 Ker Plunk 1:30 Stronger Memory: Math & Journaling 2:00 Water Painting 3:00 Renaissance Fall Festival 4:00 Balloon Toss	10:00 Daily Chronicle 10:30 Music Therapy 11:00 Ball Bounce/ Hydration 11:30 Guess in 10 1:00 Color by Number 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Bounce Toss Target	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Finish the Phrase 1:00 Life Skills Club 2:00 Crazy Eights 3:00 Snack & Hydration 3:45 Indoor Golf
	10:00 Daily Devotions & Prayers 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Chair Exercises / Hydration 1:00 Match Up Sayings Game 2:00 Dice Roll-and-Cover 3:00 Snack & Hydration 3:45 Can Toss 5:30 Movie Night!	10:00 Daily Chronicle  10:30 Fitness with Legacy/ Hydration  11:00 All About Columbus Day  1:30 Stronger Memory: Reading  2:00 Creative Expression: Paper Plate Dreamcatchers  3:00 Snack & Hydration  3:45 Table Bowling Day (Canada) Indinksglying Day (Columbus Day (U.S.)	10:00 Daily Chronicle  10:30 Tai Chi with Rhonda / Hydration 11:00 Word Unscramble 1:00 Guess the Animal 2:00 Matching Mania 3:00 Snack & Hydration 3:45 Corn Hole	10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Rhyming Chain 1:00 Pumpkin Suncatchers 2:00 Bingo! 3:00 Snack & Hydration 3:45 Indoor Fishing	10:00 Daily Chronicle 10:30 Melodies & Massages/ Hydration 1:00 Charades 1:30 Stronger Memory: Math & Journaling 2:00 Creative Expression: Puffy Pumpkin Art 3:00 Snack & Hydration 3:45 Bocce Ball	10:00 Daily Chronicle 10:30 Hymn Sing-Alongs/ <b>Bible Study</b> 11:00 Hockey Ball/ Hydration 11:30 Autumn Trivia 1:00 Roll-and-Race 2:00 Puzzle Paradise 3:00 Snack & Hydration 3:45 Space Darts	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Pondering Prompts 1:00 Name Collage Craft 2:00 Connect-4-Add Game 3:00 Snack & Hydration 3:45 Skee Ball
	10:15 Guided Worship Services 10:45 Ball Pass / Hydration 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Bible Study 1:00 Coloring Corner 2:00 Ker Plunk 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Movie Night!	10:00 Daily Chronicle 10:30 Fitness with Legacy/ Hydration 11:00 Scattergories 1:30 Stronger Memory: Reading 2:00 Would You Rather? Autumn Edition 3:00 Snack & Hydration 3:45 Shuffle Board	10:00 Daily Chronicle 10:30 Alzheimer's Awareness Walk/ Hydration 1:00 Creative Expression: Pumpkin Ornaments 2:00 Karaoke with Tera 3:00 Snack & Hydration 3:45 Target Practice	10:00 Daily Chronicle 10:30 Ball Bounce/ Hydration 11:00 A to Z Race 1:00 Fact or Fiction 2:00 Glass Bead Mosaic Craft 3:00 Snack & Hydration 3:45 Bounce Toss Target	10:00 Daily Chronicle 10:30 Melodies & Massages/ Hydration 1:00 Table Topics 1:30 Stronger Memory: Math & Journaling 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Axe Throwing	10:00 Daily Chronicle 10:30 Music Therapy 11:00 Football Pass/ Hydration 11:30 Finish the Phrase 1:00 Armchair Travel: Iceland 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Horseshoes	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Rhyming Chain 1:00 October Order-Up 2:00 What's Your Verdict? 3:00 Snack & Hydration 3:45 Frisbee Toss
	10:10 Daily Devotions & Prayers  10:15 Spiritual Engagement with Chaplain Marcus  11:00 Hymn Sing  11:15 Daily Chronicle  11:30 Chair Exercises/ Hydration  1:00 Life Skills Club  2:00 Crazy Eights	10:00 Daily Chronicle 10:30 Fitness with Legacy/ Hydration 11:00 Halloween Family Feud 1:30 Stronger Memory: Reading 2:00 Bat Silhouette Art	10:00 Daily Chronicle 10:30 Witch Hat Ring Toss with Legacy/ Hydration 11:00 Twister Trivia 1:00 Guess in 10 2:00 Resident Council 3:00 Snack & Hydration 3:45 Sticky Darts	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Scenic Drive: Fairfax County Parkway (*10:30 Walking Club at Renaissance / Hydration) *11:00 Simple-C 1:00 Puzzle Paradise 2:00 Roll-A-Pumpkin! 3:00 Snack & Hydration 3:45 Hoop Shootin'	10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Riddle Rally 1:30 Stronger Memory: Math & Journaling 2:00 Paint & Sip: Fall Scene	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Halloween Sing-Alongs 11:00 Balloon Swatters 11:30 Halloween Trivia 1:00 Pass the Candy Corn Game 2:00 Trick-or-Treat Bingo! 3:00 Snack & Hydration 3:45 Eyeball Cup Pong	
	Renaissance of An	nandale, 7112 Brad	Idock Road, Annand	dale, VA 22003	e, VA 22003 *All Programs are		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	20	ober 025 naissance of Annandale	10:00 Daily Chronicle 10:30 Scenic Drive: Burke Lake Park (*10:30 Walking Club at Renaissance / Hydration) *11:00 Truth or False Trivia 1:00 Name that Sound 2:00 Fall Leaf Painting 3:00 Snack & Hydration 3:45 Cup Pong Yom Kippur Begins	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Grooving with Instruments 1:30 Stronger Memory: Math & Journaling 2:00 Coloring Corner 3:00 Snack & Hydration 3:45 Shuffle Board	10:00 Daily Chronicle 10:30 Ball Catch/ Hydration 11:00 Hymn Sing-Alongs/ Bible Study 11:30 3-Topic Scattergories 1:00 Matching Mania 2:00 Fall Bingo! 3:00 Snack & Hydration 3:45 Target Practice	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 A to Z Race 1:00 Match Up-Sayings Game 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Corn Hole	4
10:00 Daily Chronicle 10:15 Hymn Sing 10:30 Football Pass/ Hydration 11:00 Guided Worship Services 11:30 Bible Study 1:00 Name 3 2:00 Creative Expression: Pom-Pom Wreaths	10:00 Daily Chronicle 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading 2:00 Creative Expression: Autumn Sensory Bottles 3:00 Snack & Hydration 3:45 Ring Toss	10:00 Daily Chronicle 10:30 Walking Club / Hydration 11:00 Simple-C 1:00 Armchair Travel: West Virginia 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Horseshoes	10:00 Daily Chronicle 10:30 Balloon Swatters / Hydration 11:00 Family Feud 1:00 Candy Corn Tissue Art 2:00 Treat Making Club: Caramel Apple Bites 3:00 Snack & Hydration 3:45 Hoop Shootin'	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Melodies & Massages/ Hydration 1:00 Ker Plunk 1:30 Stronger Memory: Math & Journaling 2:00 Water Painting 3:00 Renaissance Fall Festival 4:00 Balloon Toss	10:00 Daily Chronicle 10:30 Ball Bounce/ Hydration 11:00 Music Therapy 11:30 Guess in 5 1:00 Sticker by Number 2:00 Chalk Art: Pumpkins 3:00 Snack & Hydration 3:45 Bounce Toss Target	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Finish the Phrase 1:00 Life Skills Club 2:00 Crazy Eights 3:00 Snack & Hydration 3:45 Indoor Golf	11
10:00 Daily Chronicle 10:15 Hymn Sing 10:30 Daily Devotions & Prayers 11:00 Spiritual Engagement with Chaplain Marcus 11:30 Ball Bounce/ Hydration 1:00 Match Up Sayings Game 2:00 Dice Roll-and-Cover	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Chair Exercises/ Hydration 11:00 All About Columbus Day 1:30 Stronger Memory: Reading 2:00 Creative Expression: Paper Plate Dreamcatchers 3:00 Snack & Hydration 3:45 Table Bowling  Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Tai Chi with Rhonda / Hydration 11:00 3-Letter Word Unscramble 1:00 Guess the Animal 2:00 Matching Mania 3:00 Snack & Hydration 3:45 Corn Hole	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Rhyming Chain 1:00 Pumpkin Suncatchers 2:00 Bingo! 3:00 Snack & Hydration 3:45 Indoor Fishing	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Melodies & Massages/ Hydration 1:00 Charades 1:30 Stronger Memory: Math & Journaling 2:00 Creative Expression: Sensory Leaf Painting 3:00 Snack & Hydration 3:45 Bocce Ball	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Balloon Swatters/ Hydration 11:00 Hymn Sing-Alongs/ Bible Study 11:30 Autumn Trivia 1:00 Roll-and-Race 2:00 Puzzle Paradise 3:00 Snack & Hydration 3:45 Space Darts	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Pondering Prompts 1:00 Name Collage Craft 2:00 Creating Sticker Lines 3:00 Snack & Hydration 3:45 Skee Ball	18
10:00 Daily Chronicle 10:15 Hymn Sing 10:30 Football Pass/ Hydration 11:00 Guided Worship Services 11:30 Bible Study 1:00 Coloring Corner 2:00 Ker Plunk 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Movie Night!	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Chair Exercises/ Hydration 11:00 3-Topic Scattergories 1:30 Stronger Memory: Reading 2:00 Would You Rather? Autumn Edition 3:00 Snack & Hydration 3:45 Shuffle Board	10:00 Daily Chronicle 10:30 Alzheimer's Awareness Walk/ Hydration 1:00 Creative Expression: Pumpkin Ornaments 2:00 Karaoke with Tera 3:00 Snack & Hydration 3:45 Target Practice	10:00 Daily Chronicle 10:30 Ball Bounce/ Hydration 11:00 A to Z Race 1:00 Truth or False Trivia 2:00 Glass Bead Mosaic Craft 3:00 Snack & Hydration 3:45 Bounce Toss Target	10:00 Daily Chronicle 10:30 Melodies & Massages/ Hydration 1:00 Table Topics 1:30 Stronger Memory: Math & Journaling 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Axe Throwing	10:00 Daily Chronicle 10:30 Football Pass/ Hydration 11:00 Music Therapy 11:30 Finish the Phrase 1:00 Armchair Travel: Iceland 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Horseshoes	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Rhyming Chain 1:00 Fall Picture Sorting 2:00 Grooving with Instruments 3:00 Snack & Hydration 3:45 Frisbee Toss	25
10:15 Hymn Sing 10:30 Daily Devotions & Prayers 11:00 Spiritual Engagement with Chaplain Marcus 11:30 Balloon Volleyball/ Hydration 1:00 Life Skills Club 2:00 Crazy Eights 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Movie Night!	10:00 Daily Chronicle 10:30 Chair Exercises/ Hydration 11:00 Halloween Family Feud 1:30 Stronger Memory: Reading 2:00 Bat Silhouette Art 3:00 Snack & Hydration 3:45 Bottle Ring Toss	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Witch Hat Ring Toss with Legacy/ Hydration 11:00 Twister Trivia 1:00 Guess in 5 2:00 Resident Council 3:00 Snack & Hydration 3:45 Sticky Darts	10:30 Scenic Drive: Fairfax County Parkway (*10:30 Walking Club at Renaissance / Hydration) *11:00 Simple-C 1:00 Puzzle Paradise 2:00 Roll-A-Pumpkin! 3:00 Snack & Hydration 3:45 Hoop Shootin'	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Keyboard Jams with Andrew/ Hydration 1:00 Riddle Rally 1:30 Stronger Memory: Math & Journaling 2:00 Paint & Sip: Fall Scene 3:00 Snack & Hydration 3:45 Table Bowling	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Balloon Swatters/ Hydration 11:00 Halloween Sing-Alongs 11:30 Halloween Trivia 1:00 Pass the Candy Corn Game 2:00 Trick-or-Treat Bingo! 3:00 Snack & Hydration 3:45 Eyeball Cup Pong		