

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



Brittany Thomas-Gray
Business Office
Manager



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR: OCTOBER 2026

appreciation for the people around us.

At the heart of our work is a simple but meaningful mission: “To serve the Greatest Generation with honor, respect, faith and integrity.” Living out that mission means seeing more than a room number, a care plan, or a daily schedule. We see the mother who once kissed scraped knees, the carpenter whose hands built homes, the teacher who encouraged generations of children, and the friend who never failed to show up when someone needed them. We take the time to know each person—their story, preferences, faith, humor, wisdom and the experiences that shaped them into who they are today. Each life holds hard-earned perspective, deeply held values, wisdom gathered through a lifetime of experience, and memories worthy of being known, shared, and honored.

There is something powerful about being known. We seem to recognize familiar voices somewhere deep within us, connecting the sound almost instantly with memories, emotions, and a sense of identity. That may help explain why hearing someone say our name with warmth—or recognizing the voice of a person we trust—can make us feel more at ease. A familiar voice can bring comfort before the words themselves have even registered. Long before a

conversation unfolds, something within us is already saying, “I know this person, and this person knows me.” It’s a small reminder that familiarity is more than recognition; it is one of the ways we experience connection, reassurance and belonging.

That sense of familiarity is built through small moments, repeated with genuine care: remembering how someone takes their coffee, knowing which song makes them smile, asking about the work they once loved, or taking time to hear a favorite story again—even when we’ve been fortunate enough to hear it before. It grows through shared laughter, a gentle greeting in the hallway, and noticing when someone seems a little quieter than usual. These details may appear ordinary, but together they create something meaningful. They tell a person: You are seen. You are known. You matter here. And perhaps just as importantly, they remind all of us that the time we spend getting to know one another is never wasted.

Thank you for allowing us to continue serving you and those you love. We’re grateful for the trust you place in our communities and for the many ways you help make them feel like home. Please drop in and join us whenever you can for anything scheduled during October. Your presence is always welcome, and it means more than you may know.

Warmly,

Jessica Peters
Executive Director

Celebrations
& Milestones

WELCOME HOME!
•Victoria F.
•Patricia M.

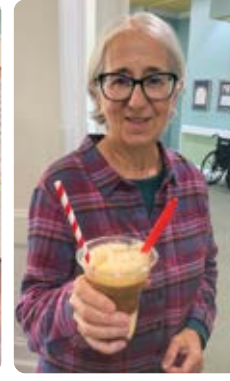
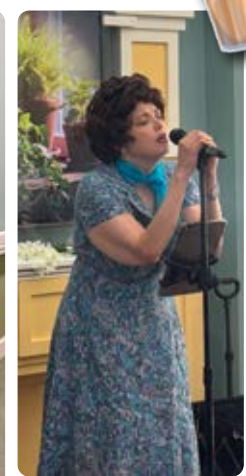
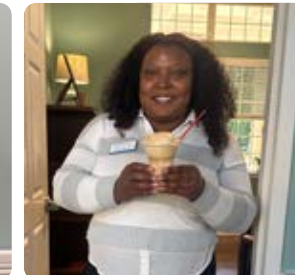
RESIDENT BIRTHDAYS
•Oct. 21: Bertha H.

TEAM MEMBER BIRTHDAYS
•Oct. 15: Rita Akomaning
•Oct. 16: Zainab Sesay
•Oct. 28: Milagro Aguilar
•Oct. 28: Mary Nimfam

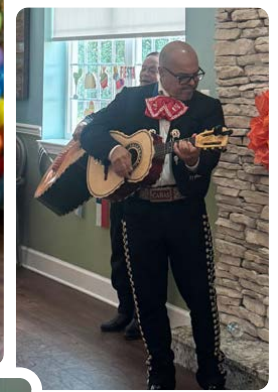
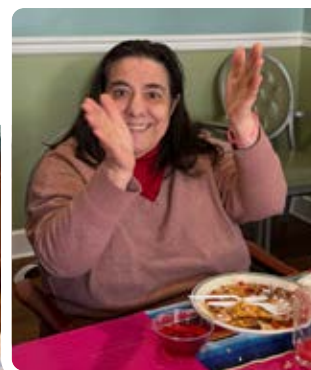
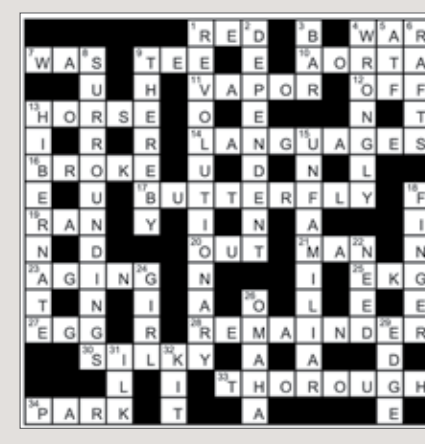
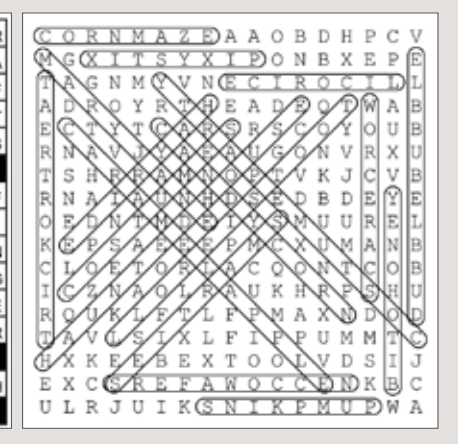
RESIDENT ANNIVERSARIES
•Connie W.—6 yrs.
•Fred S.—3 yrs.
•John E.—1 yr.
•Chuck H.—1 yr.
•Steve K.—1 yr.
•Penny P.—1 yr.
•Katherine R.—1 yr.
•Kim T.—1 yr.

TEAM ANNIVERSARIES
•Grace Ashie—5 yrs.
•Gloribel Ventura—3 yrs.
•Nataly Hernandez Reyes—3 yrs.
•Farhiya Sheik—3 yrs.
•Amsale Dawit—3 yrs.
•Pearl Osei Anokye—1 yr.

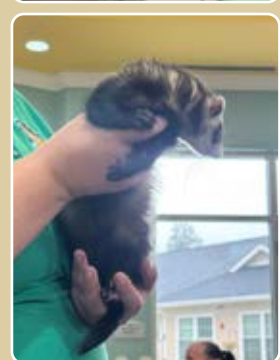
NALW
50S
DAY



National Hispanic
Heritage Month



Echoes of
Nature



ALZHEIMER'S
SUPPORT SERVICES

LEGACYSL.NET/
ALZHEIMERS-SUPPORT

NALW
OLYMPIC
GAMES



THANK YOU
TOUR

TUES., OCT. 27
AT 2:00 PM



LEGACY
SENIOR
LIVING

This fall, Legacy Senior Living, the management company of Renaissance of Annandale, is celebrating 20 years of service. We know this milestone wouldn't be possible without the residents and team members who make each of our communities so special. That's why we're hitting the road for a special Thank You Tour.

Members of our Support Center leadership team will be here to personally thank our residents for choosing to call our community home and celebrate the many years they've been part of the Legacy family. We'll also recognize our team members for their dedicated service and present each resident and team member with a special token of our appreciation.

We're grateful for everyone who has shaped our community over the past 20 years, and we hope you'll join us for this special celebration.

OCTOBER HIGHLIGHTS

- 5th 10:30am Ballroom Dancing with Garrey
- 7th 2:00pm Leaf Printing Collage
- 6th 10:30am Scenic Drive with David: *National Harbor*
- 9th 2:00pm Creative Expression: *Pumpkin Frame Magnets*
- 12th 2:00pm DIY Dreamcatchers
- 15th 2:00pm Sip & Paint: *Spooky Season*
- 20th 10:30am Field Trip with David: *Burke Nursery Fall Festival*
- 20th 2:00pm Painting Pumpkins!
- 21st 2:00pm Culinary Club with Nora: *Pumpkin Spice Cookies*
- 25th 2:00pm Witches Brew Bubble Painting
- 26th 2:00pm Sweet Creations: *Pumpkin Pie Cups*
- 27th 10:30am Echoes of Nature: *Animals in Space*
- 27th LEGACY SENIOR LIVING THANK YOU TOUR
- 28th 2:00pm Halloween Masks Craft
- 29th 4:00pm Spooktacular Halloween Social!
- 30th 10:30am Westminster Halloween Parade!
- 30th 2:00pm Creative Expression: *No-Sew Halloween Plushies*
- 31st 2:00pm Halloween Bingo!

LIFE ENRICHMENT
Connections



Hello, October!
There is something special about October. The cooler

days, changing leaves, cozy afternoons, and all the fun that comes with the season make it one of my favorite times of the year at Renaissance of Annandale! This month, we are filling our calendar with plenty of opportunities to celebrate, create, laugh, and enjoy the season together.

From festive fall activities and creative projects to music, games, socials, and of course, some Halloween fun, there will be something to look forward to throughout the month. We are excited to bring a little extra fall spirit into our community and make October a month filled with smiles, connection, and plenty of fun.

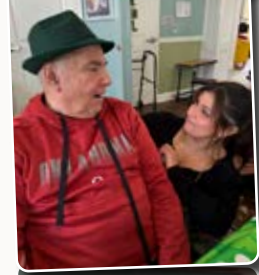
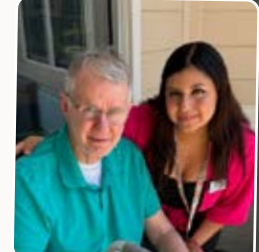
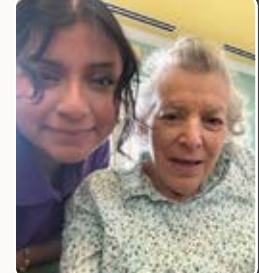
This month is also a special one for me as I celebrate three years at Renaissance of Annandale! It is hard to believe how quickly the time has gone. I feel so lucky to have spent these years getting to know our residents, working alongside an amazing team, and being part of so many wonderful moments. I am truly grateful to be here and excited for all that is still ahead.

Thank you to our residents, families, and team members for making this community such a special place to be. Your kindness, support, and enthusiasm make what we do so rewarding, and I am looking forward to another October filled with fun, laughter, and plenty of fall spirit!

So, bring on the pumpkins, fall colors, music, treats, and October fun! We have lots planned, and I can't wait to enjoy it all together.

Cheers to three years and a wonderful October ahead!

With appreciation,
Nataly Hernandez Reyes



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

Sundae Sundays & Hydration

- 3pm every Sunday

Movie Night!

- 5:30pm

MONDAYS

Exuberant Exercise (10:30am)

- Chair Exercise

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

7th 1:00pm Transylvania, Romania

25th 1:00pm Salem, Mass.

TOPICAL TRIVIA & GAMES (11AM)

19th Autumn Jeopardy

26th Halloween Friendly Feud

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

Your feedback is
a gift to us and a
guide for future
residents.

Thank you!

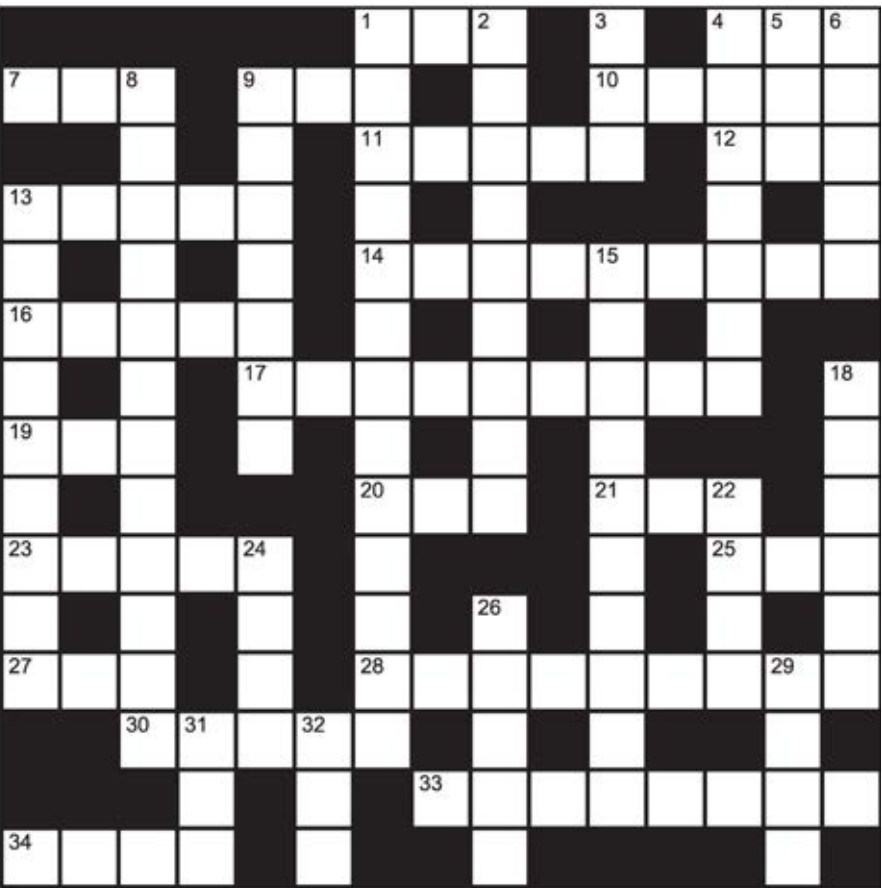


ACROSS

1. Royal carpet color
4. Huge conflict
7. "Jeremiah _____ a bullfrog..."
9. Driving range accessory
10. Major artery in the body
11. Fog or mist, for example
12. Light switch setting
13. Mr. Ed, for one
14. French, English, and Spanish are some
16. Without any money to spend
17. Mothlike insect
19. Sprinted, for example
20. "Strike three; you're _____!"
21. Male
23. Getting older
25. Cardiologist's test, abbrev.
27. Grade A item
28. What's left
30. Like corn tassels
33. In-depth
34. Place for picnicking

DOWN

1. American ____ War; "shot heard round the world"
2. Unable to do without
3. Tavern
4. Not in the right way
5. Automotive Transmission Fluid, abbrev.
6. Castaways' transports
8. Environment
9. Shakespeare: "And ____ hangs a tale"



13. Sleep through winter
15. Not known; strange
18. Can be used for pointing
22. A friend in _____
24. Lass

26. Mutual of ____'s Wild Kingdom
29. Sharp part of a sword
31. Kind, type
32. "Break me off a piece of that ____ Kat Bar!"

C O R N M A Z E A A O B D H P C V
M G X I T S Y X I P O N B X E P E
T A G N M Y V N E C I R O C I L L
A D R O Y R T H E A D E Q T W A B
E C T Y T C A R S R S C O Y O U B
R N A V J Y A E A U G O N V R X U
T S H R R A M N O P T V K J C V B
R N A I A U N H D S E D B D E Y E
O E D N T M D E I Y S M U U R E L
K E P S A E E E P M C X U M A N B
C L O E T O R L A C Q O N T C O B
I C Z N A O L R A U K H R P S H U
R Q U K L F T L F P M A X N D O D
T A V L S I X L F I P P U M M T C
H X K E E B E X T O O L V D S I J
E X C S R E F A W O C C E N K B C
U L R J U I K S N I K P M U P W A

AN OLD-FASHIONED
Halloween

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

- | | |
|---------------|----------------|
| BIT O HONEY | LICORICE |
| CANDY CORN | MARY JANE |
| CARAMEL APPLE | NECCO WAFERS |
| CORN MAZE | PIXY STIX |
| COSTUME PARTY | PUMPKINS |
| COSTUMES | SCARECROW |
| DUBBLE BUBBLE | SMARTIES |
| HAUNTED HOUSE | TOOTSIE ROLL |
| HAYRIDE | TRICK OR TREAT |





MILAGRO AGUILAR OCTOBER WINNER

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

Congratulations to Milagro Aguilar, our October Going the Extra Mile Award winner!

Milagro was nominated and recognized by our clinical leadership team for the many ways she consistently goes above and beyond. She is always willing to step in wherever she is needed, whether she is cleaning and organizing closets, helping in resident rooms, or giving extra attention to an area of the community. No matter the task, Milagro never hesitates to lend a hand.

Milagro brings genuine passion to her work, and it shows in the pride she takes in everything she does. Her resident rooms sparkle, and her care for the overall appearance of the community helps make Renaissance feel clean, comfortable, welcoming, and well cared for.

Her dedication is also reflected in feedback from our recent Resident Satisfaction Survey, where the cleanliness of the community and common areas received very positive ratings. Milagro's hard work and attention to detail play an important role in creating an environment that residents are proud to call home.

Beyond the quality of her work, Milagro is warm, friendly, and welcoming. She greets team members, residents, and families with a smile and brings a positive presence to the community each day.

Milagro's willingness to help, attention to detail, positive attitude, and commitment to our residents truly embody what it means to Go the Extra Mile.

Thank you, Milagro, for the pride, passion, and kindness you bring to Renaissance every day. Congratulations on this well-deserved recognition!





Peggy Jeweler: A True Jewel of the Renaissance Family

In the halls of Renaissance, you'll meet Peggy Jeweler, a woman whose last name suits her perfectly. To those who know and love her, Peggy is truly a jewel.

Peggy was born in Horton, Kansas, where she grew up alongside her sister, Stella, and her brothers, Greg and Donnie. She remembers her childhood with great fondness, and her siblings remain close to her heart. Their names often find their way into her conversations, reflecting just how much those early years and family bonds have always meant to her.

Family continued to play an important role as Peggy built a life of her own. She is the proud mother of two sons, James, whom she calls Jim, and John. They will always be "her boys." She is also a devoted grandmother to four grandchildren, who call her "γιαγιά," the Greek word for grandma. Peggy has always enjoyed being surrounded by people and spending time with those closest to her. Her natural warmth comes through in the affectionate way she often calls others "honey."

Peggy devoted part of her life to being a stay-at-home mother before bringing her knowledge and enthusiasm into the classroom as a substitute teacher. Grammar was one of her favorite subjects, so those around her shouldn't be surprised if she offers a friendly correction now and then. She also enjoyed teaching math, another subject that allowed her to share

her sharp mind with students.

Her professional life also included a remarkable chapter that few people can claim. Peggy spent 10 years working as an analyst for the Central Intelligence Agency. In this important role, she worked behind the scenes with information that helped support major government decisions. Her career took her into a line of work far different from most, one that required intelligence, sound judgment and discretion. It remains an honorable and fascinating part of her life story.

Faith has also been a steady presence throughout Peggy's life. As a member of the Greek Orthodox Church, she has treasured the beliefs and traditions that shaped her family life. She shared her musical gifts by singing in her church choir and especially enjoyed celebrating the holidays. For Peggy, these occasions have always been about more than marking a date on the calendar. They are opportunities to honor her faith, enjoy cherished traditions and gather with the people she loves.

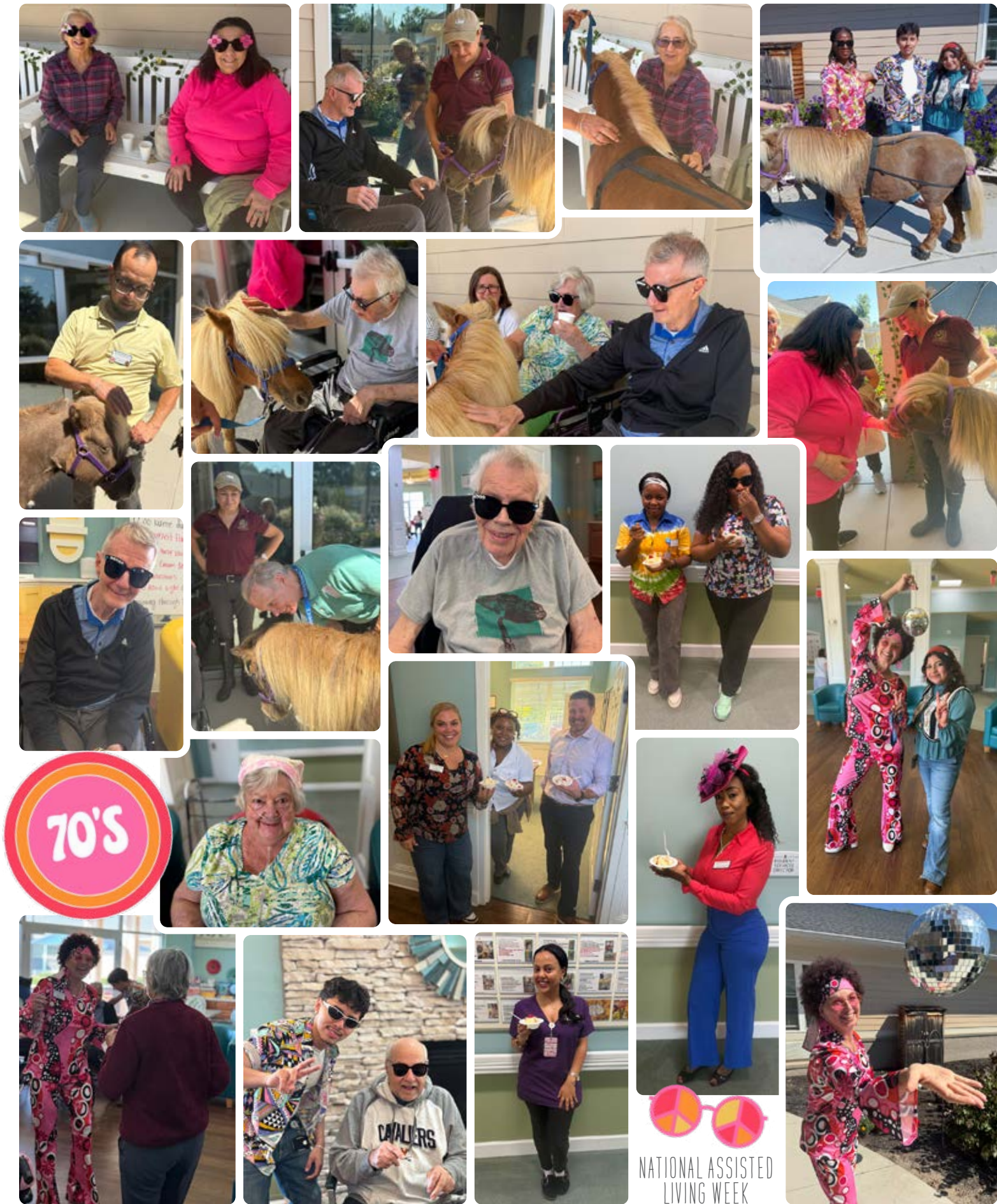
Peggy's life has taken her to many places. Over the years, she has called Rome, Italy; Monterey, California; Overland Park, Kansas; Bowie, Maryland and Virginia home. Each place became part of her story, but Rome holds an especially meaningful place in her heart. While living there, Peggy had the extraordinary opportunity to speak with Pope John Paul II. She considers that encounter one of the greatest honors of her life.

Alongside her devotion to family, faith and service, Peggy has always had a creative spirit. She

has played both the piano and guitar and has enjoyed painting, drawing and other forms of artistic expression. She also loves sharing Greek traditions through food and celebrations. Those fortunate enough to gather around her table know that Peggy makes some of the best food around.

Peggy's life has unfolded through many memorable chapters: a happy childhood in Kansas with Stella, Greg and Donnie, the joy of raising Jim and John, the privilege of becoming γιαγιά to four grandchildren, her years in the classroom and her distinguished career as a CIA analyst. She has lived across the country and abroad, spoken with Pope John Paul II, filled rooms with music and brought people together through faith, traditions and wonderful food.

Through every chapter, Peggy has remained deeply connected to the people she loves. Her intelligence, creativity, faith and affectionate nature make her someone worth knowing. We are so happy that this true jewel calls Renaissance home.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

Harbor at Renaissance of Annandale

9:30 Tabletime Chat 10:00 Hymn Sing 10:15 Today in History 10:30 Daily Devotions & Prayers 11:00 Chair Exercises/ Hydration 11:30 Bible Study 1:00 Puzzle Paradise 2:00 Twister Trivia 3:00 Snack & Hydration 3:45 Space Darts 5:30 Movie Night!: <i>October Sky</i>	4	9:30 Morning Greetings 10:00 Daybreak Digest 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading 2:00 Fall Harvest Suncatchers 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Evening Melodies	5	9:30 Coffee & Good Mornings 10:00 Today's Gazette 10:30 Scenic Drive with David: National Harbor (* Walking Club w/ Hydration at Renaissance) *11:00 Name 5 1:00 Individual Engagement 1:30 Water Painting 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Travel Video Night	6	9:30 Rise & Connect 10:00 Daily Chronicle 10:30 Balloon Swatters/ Hydration 11:00 Simple-C 1:00 Armchair Travel: Transylvania, Romania 2:00 Leaf Printing Collage 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Classic TV Shows	7	9:30 Rise & Connect 10:00 Morning Headlines 10:30 Melodies with Steve/ Hydration 11:30 Fill the Category 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Roll-A-Pumpkin! 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Tabletop Games	1	9:30 Coffee & Good Mornings 10:00 Sunrise Bulletin 10:30 Hymn Sing-Alongs/ Bible Study 11:00 A to Z Race 11:30 Football Pass/ Hydration 1:00 Individual Engagement 1:30 3 Strikes Dice Game 2:00 Fall Tree Button Craft 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Classic TV Shows	2	9:30 Morning Company Corner 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Scattergories 1:00 Odd One Out 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Read Aloud Story Session	3	Simchat Torah Begins
9:30 Breakfast Club 10:00 Daily Devotions & Prayers 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Balloon Toss/ Hydration 1:00 Then vs. Now 2:00 Fun Fables Game 3:00 Snack & Hydration 3:45 Ring Toss 5:30 Movie Night!: <i>The Music Man</i>	11	9:30 Coffee & Good Mornings 10:00 Morning Headlines 10:30 Chair Exercises/ Hydration 11:00 Learning about Columbus Day 1:30 Stronger Memory: Reading 2:00 DIY Dreamcatchers 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Classic TV Shows	12	9:30 Start the Day Social 10:00 Today in History 10:30 Hockey Ball/ Hydration 11:00 Scattergories 1:00 What's the Verdict? 2:00 Yarn Pumpkins Craft 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Read Aloud Story Session	13	9:30 Morning Company Corner 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 Riddle Rally 1:00 Individual Engagement 1:30 Charades 2:00 Fall Bingo! 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Tabletop Games	14	9:30 Morning Greetings 10:00 Memory Lane News 10:30 Tunes with Dave/ Hydration 11:30 Complete the Song Lyrics 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Sip & Paint: Spooky Season 3:00 Snack & Hydration 3:45 Sticky Darts 5:30 Travel Video Night	15	9:30 Rise & Connect 10:00 Today's Gazette 10:30 Pool Noodle Exercises/ Hydration 11:00 Around the World Trivia 1:00 Individual Engagement 1:30 Autumn Minute it to Win it 2:00 Friendly Feud 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Guided Sensory Mediation	16	9:30 Tabletime Chat 10:00 Sunrise Bulletin 10:30 Walking Club/ Hydration 11:00 Word Unscramble 1:00 Spin the Wheel! 2:00 Roll-and-Race 3:00 Snack & Hydration 3:45 Indoor Fishing 5:30 Evening Melodies	17	
9:30 Morning Greetings 10:00 Hymn Sing 10:15 Memory Lane News 10:30 Daily Devotions & Prayers 11:00 Toss & Catch/ Hydration 11:30 Bible Study 1:00 Life Skills Club 2:00 Left, Right, Center 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Movie Night!: <i>Lassie</i>	18	9:30 Start the Day Social 10:00 Sunrise Bulletin 10:30 Chair Exercises/ Hydration 11:00 Autumn Jeopardy 1:30 Stronger Memory: Reading 2:00 Resident Council 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Travel Video Night	19	9:30 Rise & Connect 10:00 Daybreak Digest 10:30 Field Trip with David: Burke Nursery Fall Festival (* Walking Club w/ Hydration at Renaissance) *11:00 Fact or Fiction 1:00 Individual Engagement 1:30 Ker Plunk 2:00 Painting Pumpkins! 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Guided Sensory Mediation	20	9:30 Coffee & Good Mornings 10:00 Today in History 10:30 Football Pass/ Hydration 11:00 Guess in 3 1:00 Puzzle Paradise 2:00 Culinary Club with Nora: Pumpkin Spice Cookies 3:00 Snack & Hydration 3:45 Target Practice 5:30 Read Aloud Story Session	21	9:30 Tabletime Chat 10:00 Daily Chronicle 10:30 Balloon Swatters/ Hydration 11:00 Odd One Out 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Classic TV Shows	22	9:30 Morning Company Corner 10:00 Morning Headlines 10:30 Music Therapy with NeuroSound 11:00 Hockey Ball/ Hydration 11:30 Rhyming Chain 1:00 Simple-C 2:00 Abstract Spider Web Painting 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Tabletop Games	23	9:30 Breakfast Club 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Twister Trivia 1:00 Finish the Phrase 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Evening Melodies	24	
9:30 Rise & Connect 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 Armchair Travel: Salem, MA 2:00 Witches Brew Bubble Painting 3:00 Snack & Hydration 3:45 Axe Throwing 5:30 Movie Night!: <i>The Wizard of Oz</i>	25	9:30 Morning Company Corner 10:00 Daily Chronicle 10:30 Chair Exercises/ Hydration 11:00 Halloween Friendly Feud! 1:30 Stronger Memory: Reading 2:00 Sweet Creations: Pumpkin Pie Cups 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Tabletop Games	26	9:30 Tabletime Chat 10:00 Memory Lane News 10:30 Echoes of Nature: Animals in Space 1:00 Common Threads 2:00 Legacy Thank-You Tour! 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Classic TV Shows	27	9:30 Start the Day Social 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Word Ladder 1:00 Individual Engagement 1:30 Conversation Dice! 2:00 Halloween Mask Crafts 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Travel Video Night	28	9:30 Breakfast Club 10:00 Daybreak Digest 10:30 Melodies with Steve/ Hydration 11:30 Fill the Category 1:00 Manicures & Massages 1:30 Stronger Memory" Math & Journaling 2:00 Spin the Wheel! 3:00 Balloon Toss 4:00 Spooktacular Halloween Social! 5:30 Read Aloud Story Session	29	9:30 Morning Greetings 10:00 Today in History 10:30 Westminster School Halloween Parade! 11:00 A to Z Race 1:00 Individual Engagement 1:30 Connect 4 2:00 Creative Expression: No-Sew Halloween Plushies 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Evening Melodies	30	9:30 Coffee & Good Mornings 10:00 Morning Headlines 10:30 Walking Club/ Hydration 11:00 Ghoulishly Funny Riddles! 1:00 Believable or Batty? Game 2:00 Halloween Bingo! 3:00 Snack & Hydration 3:45 Candy Corn Ring Toss 5:30 Guided Sensory Mediation	31	Halloween

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2026</h1> <h2>Harbor Plus at Renaissance of Annandale</h2>				9:30 Rise & Connect 10:00 Morning Headlines 10:30 Melodies with Steve/ Hydration 11:30 Fill the Category 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Roll-A-Pumpkin! 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Tabletop Games	9:30 Coffee & Good Mornings 10:00 Sunrise Bulletin 10:30 Hymn Sing-Alongs/ Bible Study 11:00 A to Z Race 11:30 Balloon Swatters/ Hydration 1:00 Individual Engagement 1:30 Grooving with Instruments 2:00 Fall Tree Button Craft 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Classic TV Shows	9:30 Morning Company Corner 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 3-Topic Scattergories 1:00 Name the Animal 2:00 All About Us Game 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Read Aloud Story Session Simchat Torah Begins
9:30 Tabletime Chat 10:00 Today in History 10:15 Hymn Sing 10:30 Chair Exercises/ Hydration 11:00 Daily Devotions & Prayers 11:30 Bible Study 1:00 Puzzle Paradise 2:00 Twister Trivia 3:00 Snack & Hydration 3:45 Space Darts 5:30 Movie Night!: <i>October Sky</i>	9:30 Morning Greetings 10:00 Daybreak Digest 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading 2:00 Fall Harvest Suncatchers 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Evening Melodies	9:30 Coffee & Good Mornings 10:00 Today's Gazette 10:30 Scenic Drive with David: National Harbor (* Walking Club w/ Hydration at Renaissance) *11:00 Name 3 1:00 Individual Engagement 1:30 Charades 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Travel Video Night	9:30 Rise & Connect 10:00 Daily Chronicle 10:30 Toss & Catch/ Hydration 11:00 Simple-C 1:00 Armchair Travel: Transylvania, Romania 2:00 Leaf Printing Collage 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Classic TV Shows	9:30 Morning Company Corner 10:00 Sunrise Bulletin 10:30 Hockey Ball/ Hydration 11:00 Common Threads 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Guided Sensory Mediation	9:30 Breakfast Club 10:00 Memory Lane News 10:30 Pool Noodle Exercises/ Hydration 11:00 Music Therapy with NeuroSound 11:30 Word Ladder 1:00 Truth or False 2:00 Creative Expression: Pumpkin Frame Magnets 3:00 Snack & Hydration 3:45 Target Practice 5:30 Read Aloud Story Session	9:30 Start the Day Social 10:00 Morning Headlines 10:30 Walking Club/ Hydration 11:00 Guess in 3 1:00 Life Skills Club 2:00 Matching Mania 3:00 Snack & Hydration 3:45 Axe Throwing 5:30 Tabletop Games
9:30 Breakfast Club 10:00 Daily Chronicle 10:15 Hymn Sing 10:30 Daily Devotions & Prayers 11:00 Spiritual Engagement with Chaplain Marcus 11:30 Balloon Toss/ Hydration 1:00 Then vs. Now 2:00 Fun Fables Game 3:00 Snack & Hydration 3:45 Ring Toss 5:30 Movie Night!: <i>The Music Man</i>	9:30 Coffee & Good Mornings 10:00 Morning Headlines 10:30 Chair Exercises/ Hydration 11:00 Learning about Columbus Day 1:30 Stronger Memory: Reading 2:00 DIY Dreamcatchers 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Classic TV Shows Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	9:30 Start the Day Social 10:00 Today in History 10:30 Balloon Swatters/ Hydration 11:00 3-Topic Scattergories 1:00 Yes or No Trivia 2:00 Skee Ball 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Read Aloud Story Session	9:30 Morning Company Corner 10:00 Daybreak Digest 10:30 Walking Club/ Hydration 11:00 Riddle Rally 1:00 Individual Engagement 1:30 Water Painting 2:00 Fall Bingo! 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Tabletop Games	9:30 Morning Greetings 10:00 Memory Lane News 10:30 Tunes with Dave/ Hydration 11:30 Complete the Song Lyrics 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Color & Sticker by Number 3:00 Snack & Hydration 3:45 Sticky Darts 5:30 Travel Video Night	9:30 Rise & Connect 10:00 Today's Gazette 10:30 Ball Bounce/ Hydration 11:00 Around the World Trivia 1:00 Individual Engagement 1:30 Autumn Would You Rather? 2:00 Jack-o-Lantern Craft 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Read Aloud Story Session	9:30 Tabletime Chat 10:00 Sunrise Bulletin 10:30 Walking Club/ Hydration 11:00 3-Letter Word Unscramble 1:00 Spin the Wheel! 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Indoor Fishing 5:30 Tabletop Games
9:30 Morning Greetings 10:00 Memory Lane News 10:15 Hymn Sing 10:30 Toss & Catch/ Hydration 11:00 Daily Devotions & Prayers 11:30 Bible Study 1:00 Life Skills Club 2:00 Left, Right, Center 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Movie Night!: <i>Lassie</i>	9:30 Start the Day Social 10:00 Sunrise Bulletin 10:30 Chair Exercises/ Hydration 11:00 Autumn Jeopardy 1:30 Stronger Memory: Reading 2:00 Resident Council 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Travel Video Night	9:30 Rise & Connect 10:00 Daybreak Digest 10:30 Field Trip with David: Burke Nursery Fall Festival (* Walking Club w/ Hydration at Renaissance) *11:00 Truth or False 1:00 Individual Engagement 1:30 Sensory Station & Connect 4 2:00 Painting Pumpkins! 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Guided Sensory Mediation	9:30 Coffee & Good Mornings 10:00 Today in History 10:30 Hockey Ball/ Hydration 11:00 Guess in 3 1:00 Puzzle Paradise 2:00 Culinary Club with Nora: Pumpkin Spice Cookies 3:00 Snack & Hydration 3:45 Target Practice 5:30 Read Aloud Story Session	9:30 Tabletime Chat 10:00 Daily Chronicle 10:30 Ball Bounce/ Hydration 11:00 Odd One Out 1:00 Manicures & Massages 1:30 Stronger Memory: Math & Journaling 2:00 Drum Circle 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Classic TV Shows	9:30 Morning Company Corner 10:00 Morning Headlines 10:30 Balloon Swatters/ Hydration 11:00 Music Therapy with NeuroSound 11:30 Rhyming Chain 1:00 Simple-C 2:00 Abstract Spider Web Painting 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Tabletop Games	9:30 Breakfast Club 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Twister Trivia 1:00 Finish the Phrase 2:00 All About Us Game 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Evening Melodies
9:30 Rise & Connect 10:00 Sunrise Bulletin 10:15 Hymn Sing 10:30 Daily Devotions & Prayers 11:00 Spiritual Engagement with Chaplain Marcus 11:30 Ball Bounce/ Hydration 1:00 Armchair Travel: Salem, MA 2:00 Witches Brew Bubble Painting 3:00 Snack & Hydration 3:45 Axe Throwing 5:30 Movie Night!: <i>The Wizard of Oz</i>	9:30 Morning Company Corner 10:00 Daily Chronicle 10:30 Chair Exercises/ Hydration 11:00 Halloween Friendly Feud! 1:30 Stronger Memory: Reading 2:00 Sweet Creations: Pumpkin Pie Cups 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Tabletop Games	9:30 Tabletime Chat 10:00 Memory Lane News 10:30 Echoes of Nature: Animals in Space 1:00 Common Threads 2:00 Legacy Thank-You Tour! 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Classic TV Shows	9:30 Start the Day Social 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Word Ladder 1:00 Individual Engagement 1:30 Conversation Dice! 2:00 Halloween Mask Crafts 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Travel Video Night	9:30 Breakfast Club 10:00 Daybreak Digest 10:30 Melodies with Steve/ Hydration 11:30 Fill the Category 1:00 Manicures & Massages 1:30 Stronger Memory" Math & Journaling 2:00 Spin the Wheel! 3:00 Balloon Toss 4:00 Spooktacular Halloween Social! 5:30 Read Aloud Story Session	9:30 Morning Greetings 10:00 Today in History 10:30 Westminster School Halloween Parade! 11:00 A to Z Race 1:00 Individual Engagement 1:30 Grooving with Instruments 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Evening Melodies	9:30 Coffee & Good Mornings 10:00 Morning Headlines 10:30 Walking Club/ Hydration 11:00 Ghoulishly Funny Riddles! 1:00 Believable or Batty? Game 2:00 Halloween Bingo! 3:45 Candy Corn Ring Toss 5:30 Guided Sensory Mediation Halloween