

Life. Love. Legacy.™
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A MESSAGE FROM YOUR EXECUTIVE DIRECTOR: SEPTEMBER 2026

September is a special month at Renaissance—a time to celebrate the lives, stories, and experiences of our residents and the connections that make our community feel like home.

This month, we're especially excited for National Assisted Living Week, September 13–19. This year's theme, "Shining Through the Years," is a beautiful tribute to the decades of memories, milestones, music and traditions our residents bring with them. Every individual who calls Renaissance home has a unique story—one that has shaped families, careers, communities and even generations.

As life changes and families grow, staying connected becomes more important than ever. At Renaissance, we cherish opportunities for connection and belonging—whether it's sharing a meal, enjoying a favorite activity, listening to music together, reminiscing about the past, or simply sharing a laugh. These everyday moments have a profound impact on happiness, purpose and well-being.

September is also World Alzheimer's Month, with World Alzheimer's Day on September 21. As a community dedicated to serving individuals living with dementia, this observance is especially close to our hearts. It reminds us to look beyond a diagnosis and continue celebrating each person's abilities, personality, relationships and life story—at every stage of their journey.

In honor of World Alzheimer's Day, we're proud to partner

with Insight Memory Care Center to host a Virtual Dementia Tour on Wednesday, September 23. This immersive experience offers participants a glimpse into the physical and cognitive challenges that individuals living with dementia may face. We hope it will foster greater understanding, empathy, and connection among our families, team members, and the wider community.

As we celebrate National Assisted Living Week and World Alzheimer's Month, we also celebrate you—our residents, families, and team members. Thank you for sharing your lives and your loved ones with us, and for allowing us to be part of your family's journey.

We have many special activities and celebrations planned throughout September, so please check our calendar and the rest of this newsletter for opportunities to join us. Whether you attend an event, share a meal, enjoy a cup of coffee, or simply spend some quiet time together, you are always welcome here.

Thank you for the trust you place in Renaissance each day. We look forward to a wonderful September filled with connection, celebration and countless opportunities for our residents to continue Shining Through the Years.

Warmly,

Jessica Peters
Executive Director

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

Celebrations & Milestones

WELCOME HOME!

- Tom S.

RESIDENT BIRTHDAYS

- Sept. 14: Gloria S.
- Sept. 18: Peggy J.
- Sept. 22: Catherine W.

TEAM MEMBER BIRTHDAYS

- Sept. 20: Adelaide Danso
- Sept. 25: Safiatu Kallon

RESIDENT ANNIVERSARIES

- Judy S.—7 yrs.
- Debra D.—1 yr.

TEAM ANNIVERSARIES

- Hamsatu Massaquoi—6 yrs.
- Issa Matima—3 yrs.
- Cythnia Ncho—1 yr.

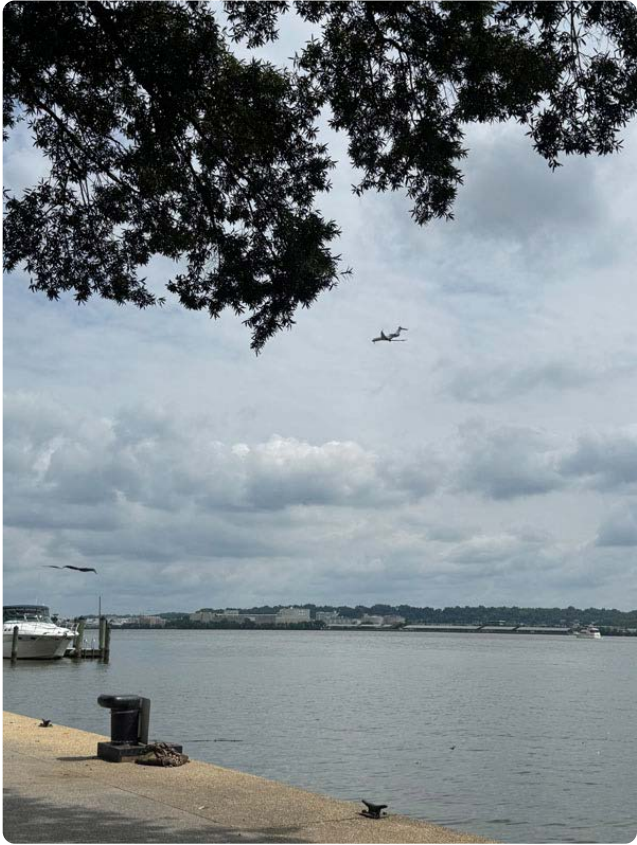
ALOHA LUAU BBQ

SUNSHINE, SMILES & PLENTY OF LAUGHS!



TAKING IN THE SIGHTS OF OLD TOWN ALEXANDRIA

SOMETIMES, ALL IT TAKES IS A SLOW RIDE AND AN OPEN MIND TO REMIND US JUST HOW MUCH BEAUTY SURROUNDS US—IF ONLY WE PAUSE TO NOTICE.







AND, THE DINING TEAM? AMAZING! THEY'RE LIKE THE SECRET SAUCE THAT MAKES EVERY EVENT UNFORGETTABLE!



MEMORIAL One Saturday morning, the pastor noticed little Johnny was staring up at the large plaque that hung in the foyer of the church. It was covered with names, and small American flags were mounted on either side of it. The seven-year-old had been staring at the plaque for some time, so the pastor walked up, stood by the boy, and said quietly, “Good morning, Johnny.”

“Good morning, Pastor Ron,” replied the young man, still focused on the plaque.

“Pastor, what is this?” Johnny asked.

“Well, son, it’s a memorial to all the young men and women who died in the service.”

Soberly, they stood together, staring at the large plaque. Little Johnny’s voice was barely audible when he asked, “Which one, the Wednesday night or Sunday morning service?”



Every day deserves a happy dance—even if it’s just a little one.



1	T	E	A	2	I	M	P	O	S	S	I	B	L	E	8
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3	C	O	O	L	L	E	U	T	R						
5	H	M		10	D	I	N	O	S	A	U	R	S		16
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12	C	O	M	P	A	R	A	T	I	V	E	L	Y	I	
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18	H	O	L	I	D	A	Y	S		M				N	M
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24	H		S		25	T	O	D	A	Y		26	T	R	I
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28	N		P	I	T										
29	K		H	E											
30	A	N	Y	O	N	E									
31	I	S	T												
32	Y	U	M												

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

Every day holds a little gift—unwrap it.





Team Spotlight KEVIN SORTO

This month, we're excited to shine the spotlight on Kevin Sorto, one of our wonderful Activity Assistants who has been part of the Renaissance community for almost two years.

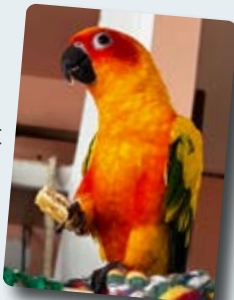
Kevin's creativity, energy, and willingness to help make a difference every day on Harbor. Whether he's leading a game of trivia (a favorite for both Kevin and our residents), lending a hand during activities, or stepping in wherever he's needed, Kevin brings a spirit of teamwork that lifts everyone around him. Residents and staff alike appreciate his positive attitude and the way he makes every activity engaging and fun.

Teamwork is at the heart of Kevin's approach to his work. He loves working alongside his fellow team members to support and care for residents in the best ways possible. Over his time at Renaissance, Kevin has become more outgoing and confident—he credits the daily connections he makes with residents and colleagues for helping

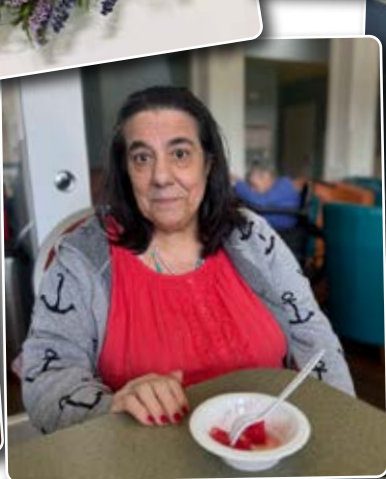
him grow and encouraging him to put himself out there.

Originally from San Miguel, El Salvador, Kevin brings a rich background and a variety of interests to our community. Outside of Renaissance, he enjoys traveling, listening to music, playing soccer, and relaxing with video games. But if you really want to see him light up, just ask about his birds—Kevin is a dedicated bird lover and has an impressive flock of 13! His favorite is Mango, a little orange-yellow Conure who holds a special place in his heart.

Kevin's positive attitude, willingness to help, and genuine dedication to our residents make him a truly valued member of the Renaissance family. Thank you, Kevin, for all the energy, care, and kindness you bring to Harbor each day—and for always being ready to step in, work together, and help make a difference. We're so glad you're part of our team!



CREATIVE EXPRESSION
SLICE OF SUMMER WREATHS



I can't help but think that people today would be much happier if they listened to music from the 60s and 70s more often.



NATIONAL ASSISTED LIVING WEEK

SUN., SEPT. 13: GRANDPARENTS DAY, NALW KICK-OFF

Show off your Sunday best & favorite florals

- 1pm Creative Expression: Our Family Tree Centerpiece
- 3pm Grandparents Day Garden Social
- 5:30pm Movie Night: Yours, Mine and Ours

MON., SEPT. 14: SPOTLIGHT ON THE 50S DAY

Get your 50s look—polka dots, classics & rock 'n' roll

- 11am 1950s Friendly Feud
- 2pm Surprise 1950s Entertainment!
- 3pm Root Beer Floats Social
- 5:30pm Movie Night: Cheaper by the Dozen

TUES., SEPT. 15: EXPLORING THE 60S DAY

Into the 60s—mod style, bold patterns & space-age flair!

- 11am 1960s Twister Trivia
- 1pm Moon Landing Challenge!
- 2pm Tie-Dye Party!
- 5:30pm Movie Night: The Incredible Journey

WED., SEPT. 16: GROOVIN' THROUGH THE 70S DAY

Get groovy with style—flowers, flares & funky shades!

- 1pm 1970s Flower Power Crafts
- 2pm Mini Horse Visits with Life Me Up
- 3:45pm Ice Cream Social
- 5:30pm Movie Night: Gus

THURS., SEPT. 17: DAZZLING INTO THE 80S DAY

Totally 80s—neon colors, denim & statement accessories!

- 11am Who Am I? 1980s Edition
- 2pm Glow Bingo!
- 4pm 80s Throwback BBQ
- 5:30pm Movie Night: Field of Dreams

FRI., SEPT. 18: SHINING AS A TEAM DAY

Bring the spirit—red, white or blue with your favorite jeans!

- 1pm Olympic Medal Craft
- 2pm Renaissance Olympic Games!
- 3pm Popcorn Social
- 5:30pm Movie Night: The Sandlot

SEPTEMBER 13-19



LIFE ENRICHMENT Connections

Hello, September!

There's something special about September. As the days change and fall arrives, our community gets ready for one of the most exciting weeks of the year! This month, we're looking forward to celebrating the season with wonderful activities, special events, music, laughter, and lots of time together.

A highlight of September is National Assisted Living Week, running September 13–19, with this year's theme, "Shining Through the Years." It's a great chance to honor the people who make our community so special. Our residents bring personality, wisdom, humor, and heart to Renaissance of Annandale, and our amazing team brings compassion and care every day.

All week, we'll celebrate what makes our community shine. From special activities to festive gatherings, we're excited to make this National Assisted Living Week one to remember. Most of all, it's a time to honor our residents, their journeys, and the team that supports them.

As we welcome fall, I'm reminded how much there is to celebrate here. Thank you to our residents, families, and team members for bringing smiles, kindness, and enthusiasm every day. You are what makes Renaissance of Annandale shine!

Here's to a September full of sunshine, laughter, friendship, and a little extra sparkle as we shine through the years together!

With appreciation,
Nataly Hernandez Reyes
Life Enrichment Coordinator

SEPTEMBER HIGHLIGHTS

- 8th 10:30am Scenic Drive with David: Accotink Park
- 21st 11am Alzheimer's Awareness Purple Walk
- 24th 4pm Nat'l Hispanic Heritage Month Social
- 29th 10:30am Field Trip with David: Pumpkin Pie Blizzards at Dairy Queen
- 30th 2:00pm Culinary Club with Nora: Caramel Apple Cheesecake Bars

WORLD ALZHEIMER'S DAY SEPT. 21

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)
• Healthcare (The Harbor)
• Chair Exercise (The Harbor Plus)
- 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
2nd 11:00am Philippines
24th 11:00am Guatemala
- TOPICAL TRIVIA & GAMES (11AM)**
14th 1950s Family Feud!
21st Jeopardy
28th Spin the Wheel

STORYTIME WITH EVERETT

HATS OFF TO SONG AND DANCE MAN



CREATIVE SNACKS

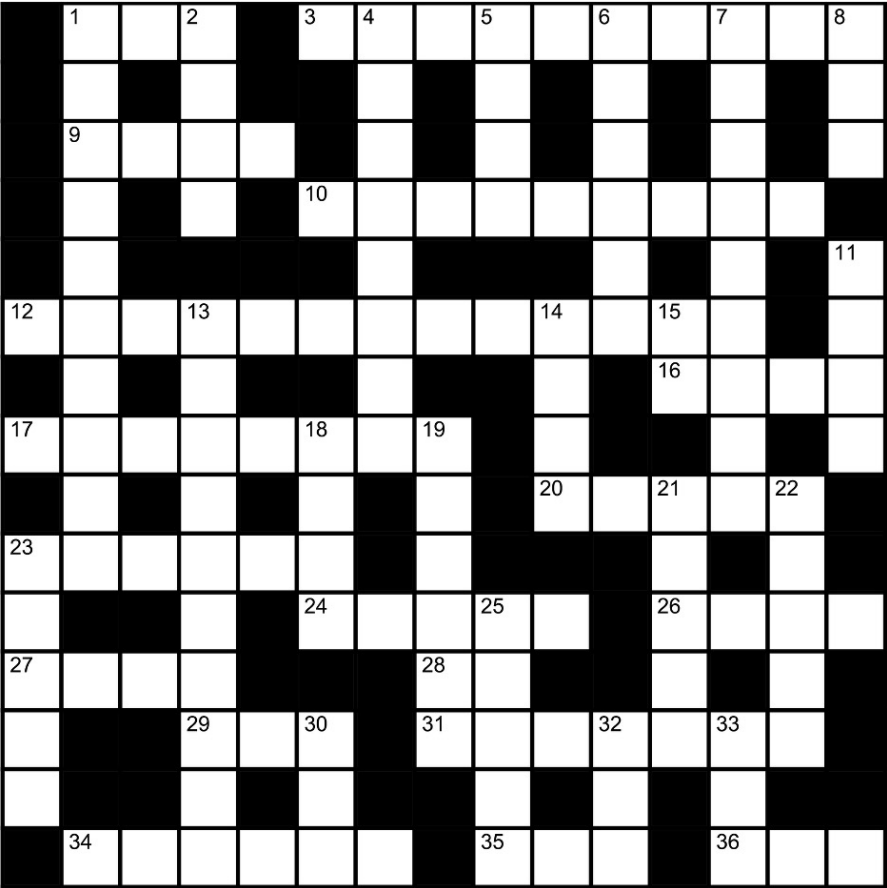


ACROSS

1. Trade Expansion Act, abbrev.
3. Incapable of being done
9. Paul Newman film, ___ Hand Luke
10. Extinct prehistoric reptiles
12. By way of contrast; relatively
16. Tablet or capsule, perhaps
17. Christmas and New Year's
20. To clear out or throw away unwanted items
23. Business magnate
24. It will end at midnight
26. Excursion
27. "What's gotten ___ you?"
28. Offensive line, abbrev.
29. Plum part
31. Glass house features; picture ____
34. Tom, Dick, or Harry
35. Individual Study Time, abbrev.
36. "Tasty!"

DOWN

1. The T in IT: Information ____
2. Molecule part
4. Of the armed forces
5. Butter alternative
6. Equal-sided rectangle
7. Double-crossing
8. Corn serving
11. Darkroom development
13. Study of the nature of existence and morality
14. A dangerous seductress
15. Vinyl record
18. Em, to Dorothy
19. Peter Pan lost his
21. 4:1, for example
22. Goes offstage
23. "I ____ I can, I ____ I can"
25. Cover story?
30. Roman numeral X = ____
32. Period
33. Kid's query



B	L	J	A	B	F	U	R	R	N	S	U	F	K	R
C	W	A	J	W	R	K	X	E	A	M	L	Q	E	M
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M	P	Z	P	M	N	X	M	O	U	O	O	W	E	R
P	O	F	H	H	C	K	N	R	R	L	T	A	V	A
C	U	E	P	O	H	N	D	K	B	M	V	E	J	J
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MEET ME IN Montreal

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

- | | | |
|--|--|--|
| BEAVER
BIOME
CRETONS
FLEUR-DE-LYS
FRENCH
HOCKEY | IGLOOFEST
JAZZ FESTIVAL
MAPLE SYRUP
POUTINE
RESO
ROSE | SHAMROCK
SNOWBLOWER
STADIUM
THISTLE
TOURTIÈRE
TOWER |
|--|--|--|



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

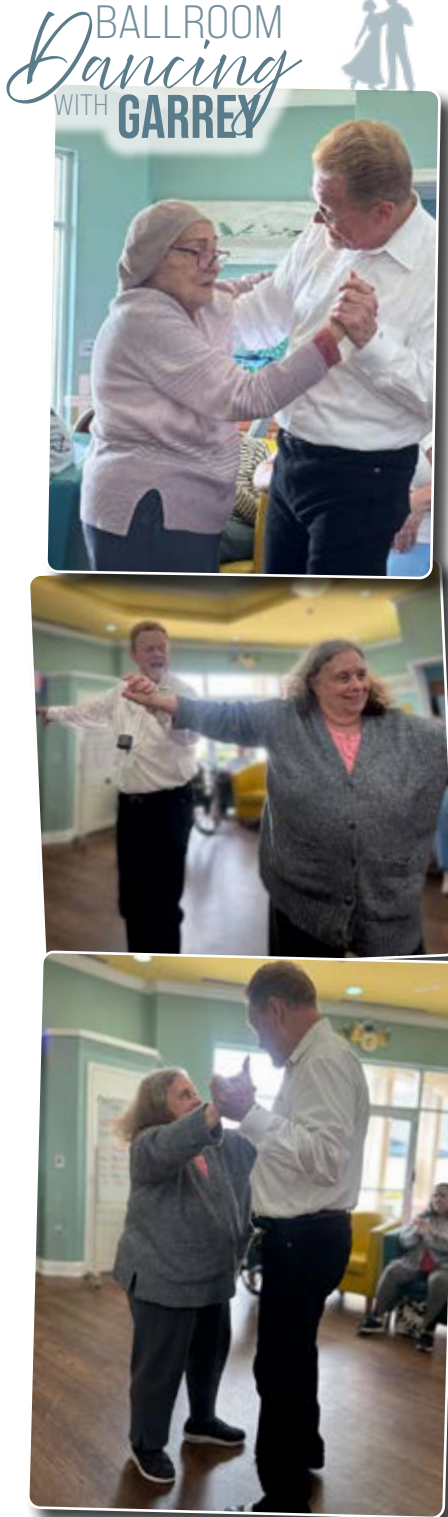


NATURE PRINTING



FAIRY TALE ANIMALS

ENJOYING A SWEET TREAT FROM LIL' CAKES & CREAMERY DURING OUR RIDE TO OLD TOWN ALEXANDRIA



Celebrate even the tiniest of victories—life's too short to NOT throw confetti for every small success.





CARLOS SALMERON
SEPTEMBER WINNER

Congratulations to Carlos Salmeron, our September Going the Extra Mile Award winner!

Carlos was selected for this honor after receiving multiple nominations from the Renaissance team, each one pointing to the remarkable care, dependability, and dedication he brings to our community every single day.

His colleagues describe Carlos as someone who never hesitates to go above and beyond for our residents. He's the person who takes time to make sure everyone is comfortable and truly seen—whether that means lending a hand to a resident, supporting a family member through a tough moment, or stepping in to help a co-worker. Carlos pays attention to the little things that matter, often noticing

what needs to be done before anyone else has to ask.

One nomination shared how Carlos responded with patience and kindness when a family member was having a difficult day, offering support that made a real difference. Another highlighted his willingness to assist with whatever residents may need and his readiness to help wherever he's needed. Across the board, his teammates praise his positive attitude and the genuine care he brings to his work.

Carlos is a wonderful example of what it means to Go the Extra Mile. His compassion, teamwork, reliability, and deep commitment to our residents shine through in everything he does.

Thank you, Carlos, for all that you do for our residents, families, and team. We are grateful to have you as part of the Renaissance community!

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





MEET *Susan Matthews*
The Spirit to Try, the Grit to Persevere, & a Heart Full of Adventure

Susan Matthews' story starts on a November day in 1942, in Elkins, West Virginia, where she arrived as the youngest of seven—a house filled with three sisters, three brothers, and the gentle certainty of her father's voice as he tracked the weather from his post as a meteorologist. Childhood was rarely quiet, but there was always a sense of bustle and warmth. Family dinners meant passing plates back and forth while Susan watched her older siblings banter, and there was always a spot at the table for laughter and the lessons that come from growing up in a big, lively family.

When Susan was still young, her father's career swept the family to Asheville, North Carolina. But life's storms came early: losing both parents left Susan and her siblings to find their own way. Rita, the eldest sister, stepped into the role of mother, steady and strong. In those years, Susan was surrounded by family but found herself drawn to independence—choosing to figure things out on her own, even with others to lean on. That spirit of self-reliance became a thread woven through every chapter of her life.

Her independence showed early, even in the simple pleasure of getting ready for work each morning. Susan was known for her carefully styled bangs and her knack for putting together just the right outfit. She loved to dress up, not out of vanity, but because it felt like a way to honor the day ahead. The grocery store where she worked in North Carolina became a stage of sorts—bright lights, polished shoes,

and the quiet sense that something was about to change.

One afternoon, a young man named Bob walked in. He noticed Susan immediately—her poise, the way she carried herself, the hint of a smile as she greeted customers. "I can't live without her," he thought. Bob was determined, but so was Susan. When he took a job in Danville, Virginia, Susan set down her terms: "I'll move with you, but only if we're married." And so, in 1964, they stood before the Justice of the Peace, beginning a partnership built on honesty and mutual respect.

When Bob's mother heard about their decision, she offered them \$10,000 for a traditional church wedding. Susan, ever practical, had another idea. "Why not use it to buy furniture?" she suggested, instead of spending it all on something that was over after one day. The two of them wandered through furniture showrooms instead of aisles of pews and flowers, picking out pieces that would turn a house into their home—each chair and table a small act of building their life together.

Virginia brought new opportunities. Susan started at a local grocery store but, encouraged by a coworker who saw her potential, she considered what else she might do. "You can do more," the coworker urged. Susan took the advice to heart. She moved into data management, and then set her sights even higher—on a career with the federal government.

Determined, she filled out 100 applications and sat through 10 interviews, each one a test of her patience and grit. Eventually, her efforts paid off: she landed a job with the U.S. Tax Court as a clerk typist.

The courtrooms were full of quiet tension and the clatter of typewriter keys, but Susan found her rhythm. She rose to assistant manager, and later to managing a section of the Court—assembling tax cases, guiding her team, and earning the trust of the judges. She was known for her instincts, her fairness, and her ability to keep everything moving, even on the busiest days. Over 33 years, Susan rarely missed a day of work—her steady presence a comfort to those around her.

But Susan's days did not end with the office lights. After work, she often changed out of her work clothes, slipped into something comfortable, and hoisted her kayak onto her Subaru Crosstrek, heading out to Burke Lake. The water was calm, the air cool, and Susan relished the solitude—just her paddle and the gentle lap of water against the hull. Walking, too, became a daily routine. She'd lace up her sneakers and set out for a brisk 30- to 45-minute walk, sometimes lost in thought, sometimes simply enjoying the rhythm of her steps.

Yoga and Silver Sneakers classes brought a different kind of energy—



Susan stretching, laughing alongside friends, savoring the feeling of movement. For a decade, she danced with the SHAG Club, letting the music carry her across the floor. And each week, she kept up a tradition: jogging at noon with a group of lawyers, from the Capitol to the Washington Monument, the city humming around them. Tennis came next, her shoes squeaking on the court as she played alongside lawyers and judges, always ready for a friendly match.

Animals have always been part of Susan's world. Horses, especially, spoke to her soul. She owned two—Tuffy and Scooter—who became her companions at Jarvis Stables. Early mornings, she'd arrive with an apple or two in her pocket, saddle up, and set off for pleasure rides, or work with her horses through obstacles at Manassas Battlefield, the sun glinting off the fields. The bond was simple and deep—trust, patience, and shared adventure.

Her love for dogs, especially pugs, was a family tradition, sparked by Rita and carried through decades. Susan's home was never complete without the soft shuffling of a pair of pugs at her heels—their curious faces and affectionate nature a constant source of comfort and joy.

Susan's sense of style carried through every part of her life. She kept a wardrobe that was both practical and elegant, always mindful that looking good was a way to feel prepared for whatever the day might bring. Whether heading to work, meeting friends, playing tennis, or simply running errands, Susan took pleasure in putting herself together—"I need to look good for the job," she'd say, straightening her jacket or smoothing her skirt.

Designing her dream home in Fairfax Station was one of Susan's proudest accomplishments. She had a vision for every detail—especially the separation between the

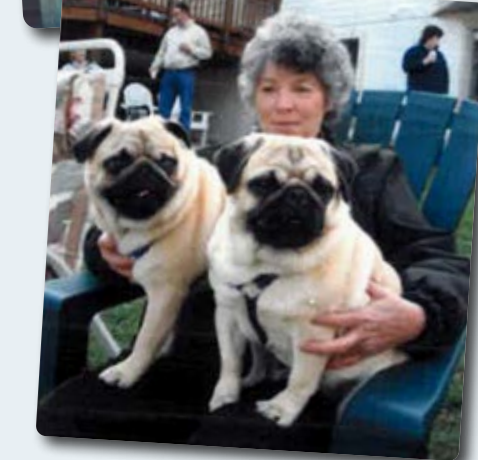
kitchen and family room. "I don't want to sit in the family room and look at dirty dishes!" she laughed, and so the house was built to her specifications, every room a reflection of her taste and thoughtfulness.

Through every stage of her life, Bob has been her constant. He promised Susan he'd always be by her side—and he's kept that promise. After all these years together, it is clear that their love and partnership have remained one of the most important parts of Susan's story. Even now, Susan's face lights up when Bob walks into the room. They still enjoy walks together, their steps in easy rhythm, or sit together listening to music, Susan swaying along, unable to resist the beat. "She's the best, the greatest inspiration in my life," Bob says, his voice soft with gratitude.

When you look at Susan's life—a grocery store in North Carolina, the halls of the U.S. Tax Court, the quiet water of Burke Lake, the open fields of Manassas Battlefield—you see a woman who has always found her own way, met every challenge with strength and curiosity, and filled her days with purpose and adventure.

And in Susan's own words: "Man makes plans, God changes them." Her story is proof that every plan, every detour, every new chapter brings its own lesson and its own

kind of joy. The Renaissance family is honored to celebrate Susan Matthews—a woman of remarkable work ethic, spirit, and heart.



**ALZHEIMER'S
SUPPORT SERVICES**

**LEGACYSL.NET/
ALZHEIMERS-SUPPORT**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Breakfast Club 10:00 Morning Headlines 10:30 Beach Ball Pass / Hydration 11:00 Common Threads 1:00 Wisdom Wheel/ Hydration 2:00 Sailboat Sunset Collage 3:00 Snack & Hydration 3:45 Water Balloon Toss 5:30 Guided Sensory Mediation	9:30 Tabletime Chat 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Armchair Travel: Philippines 1:00 Individual Engagement/ Hydration 1:30 Charades 2:00 Roll & Race 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Classic TV Shows	9:30 Morning Greetings 10:00 Daybreak Digest 10:30 Melodies with Steve/ Hydration 11:30 Rhyming Chain 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Travel Video Night	9:30 Start the Day Social 10:00 Today's Gazette 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Hockey Ball/ Hydration 11:30 Word Unscramble 1:00 Individual Engagement/ Hydration 1:30 Connect 4 2:00 Odd One Out 3:00 Snack & Hydration 3:45 Bocce Ball 5:30 Evening Melodies	9:30 Rise & Connect 10:00 Sunrise Bulletin 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Name 5 1:00 Life Skills Club /Hydration 2:00 Puzzle Paradise 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Tabletop Games
9:30 Morning Company Corner 10:00 Hymn Sing 10:15 Memory Lane News 10:30 Daily Devotions & Prayers 11:00 Chair Exercises/ Hydration 11:30 Bible Study 1:00 Guess in 3/ Hydration 2:00 Sunflower Leaf Stamping Art 3:00 Snack & Hydration 3:45 Target Practice 5:30 Movie Night!: <i>The Sound of Music</i>	9:30 Coffee & Good Mornings 10:00 Today in History 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading-Learning about Labor Day / Hydration 2:00 Workin' 9 to 5: Labor Day Trivia 3:00 Snack & Hydration 3:45 Construction Cone Toss 5:30 Read Aloud Story Session Labor Day	9:30 Start the Day Social 10:00 Daybreak Digest 10:30 Scenic Drive with David: Accotink Park (*Walking Club w/ Hydration at Renaissance) *11:00 Simple-C 1:00 Individual Engagement/ Hydration 1:30 Matching Mania 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Travel Video Night	9:30 Breakfast Club 10:00 Today's Gazette 10:30 Football Pass /Hydration 11:00 Annual Spelling Bee 1:00 What's the Verdict? /Hydration 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Tabletop Games	9:30 Rise & Connect 10:00 Morning Headlines 10:30 Balloon Swatters/ Hydration 11:00 A to Z Race 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Nature Printing 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Evening Melodies Rosh Hashanah Begins	9:30 Tabletime Chat 10:00 Sunrise Bulletin 10:30 Music Therapy with NeuroSound 11:00 Ball Bounce /Hydration 11:30 Fill the Category 1:00 Riddle Rally /Hydration 2:00 Crazy Eights 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Classic TV Shows Rosh Hashanah Begins	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Scattergories 1:00 Individual Engagement/ Hydration 1:30 Water Painting 2:00 Left, Center, Right 3:00 Snack & Hydration 3:45 Indoor Fishing 5:30 Guided Sensory Mediation
9:30 Tabletime Chat 10:00 Daily Devotions & Prayers 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Daybreak Digest 11:30 Toss & Catch/ Hydration 1:00 Creative Expression: Our Family Tree Centerpiece Craft/ Hydration 2:00 Through the Years: Then vs. Now 3:00 Grandparents Day Garden Social 5:30 Movie Night!: Yours, Mine and Ours <u>National Assisted Living Week Begins</u> Grandparents Day	9:30 Start the Day Social 10:00 Morning Headlines 10:30 Chair Exercises/ Hydration 11:00 1950s Friendly Feud! 1:30 Stronger Memory: Reading/ Hydration 2:00 Surprise 1950s Entertainment! 3:00 Root Beer Floats Social 3:45 Soda Bottle Ring Toss 5:30 Movie Night!: Cheaper by the Dozen <u>Spotlight on the 50s Day</u>	9:30 Morning Greetings 10:00 Today in History 10:30 Beach Ball Pass/ Hydration 11:00 1960s Twister Trivia 1:00 Moon Landing Challenge/ Hydration 2:00 Tie-Dye Party! 3:00 Snack & Hydration 3:45 Space Darts 5:30 Movie Night!: The Incredible Journey <u>Exploring the 60s Day</u>	9:30 Coffee & Good Mornings 10:00 Sunrise Bulletin 10:30 Walking Club/ Hydration 11:00 Name that Tune 1:00 1970s Flower Power Crafts/ Hydration 2:00 Mini Horse Visits with Lift Me Up 3:45 Ice Cream Social 4:00 Horseshoes 5:30 Movie Night!: Gus <u>Groovin through the 70s Day</u>	9:30 Breakfast Club 10:00 Daily Chronicle 10:30 Pool Noodle Exercises/ Hydration 11:00 Who Am I?- 1980s Edition 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Glow Bingo! 3:00 Finish the Phrase 4:00 80s Throwback BBQ 5:30 Movie Night!: Field of Dreams <u>Dazzling into the 80s Day</u>	9:30 Rise & Connect 10:00 Memory Lane News 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Balloon Swatters/ Hydration 11:30 Around the World Trivia 1:00 Olympic Medal Craft/ Hydration 2:00 Renaissance Olympic Games! 3:00 Popcorn Social 3:45 Olympic Ring Toss 5:30 Movie Night!: The Sandlot <u>Shining as a Team Day</u>	9:30 Morning Company Corner 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Rhyming Chain 1:00 Individual Engagement/ Hydration 1:30 All About Oktoberfest 2:00 Paper German Hearts Craft 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Classic TV Shows Oktoberfest Begins
9:30 Breakfast Club 10:00 Hymn Sing 10:15 Morning Headlines 10:30 Daily Devotions & Prayers 11:00 Ball Bounce/ Hydration 11:30 Bible Study 1:00 Simple-C/ Hydration 2:00 Skip-Bo Card Game! 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Movie Night!: <i>Singin' in the Rain</i> Yom Kippur Begins	9:30 Tabletime Chat 10:00 Today's Gazette 10:30 Chair Exercises/ Hydration 11:00 Alzheimer's Awareness Purple Walk 1:30 Stronger Memory: Reading/ Hydration 2:00 Creative Expression: Purple Mosaic Lanterns 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Tabletop Games <u>World Alzheimer's Day</u>	9:30 Morning Company Corner 10:00 Daily Chronicle 10:30 Echoes of Nature: Animals of Nobility 1:00 Individual Engagement/ Hydration 1:30 Roll into Fall! 2:00 Hello, Autumn Wreaths 3:00 Snack & Hydration 3:45 Axe Throwing 5:30 Classic TV Shows Autumn Begins	9:30 Rise & Connect 10:00 Today in History 10:30 Balloon Swatters /Hydration 11:00 Fall Jeopardy! 2:00 Sip & Paint: September Moonlight 3:00 Snack & Hydration 3:45 Target Practice 5:30 Evening Melodies	9:30 Coffee & Good Mornings 10:00 Sunrise Bulletin 10:30 Hockey Ball/ Hydration 11:00 Armchair Travel: Guatemala 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Loteria 3:00 Table Topics 4:00 Hispanic Heritage Month Social 5:30 Guided Sensory Mediation	9:30 Morning Greetings 10:00 Daybreak Digest 10:30 Music Therapy with NeuroSound 11:00 Football Pass /Hydration 11:30 Fact or Fiction 1:00 Common Threads /Hydration 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Read Aloud Story Session Sukkot Begins	9:30 Start the Day Social 10:00 Morning Lane News 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Would You Rather? 1:00 Individual Engagement/ Hydration 1:30 Ker Plunk 2:00 Autumn Leaf Suncatchers 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Travel Video Night
9:30 Rise & Connect 10:00 Daily Devotions & Prayers 10:15 Spiritual Engagement with Chaplain Marcus 11:00 Hymn Sing 11:15 Daily Chronicle 11:30 Balloon Swatters/ Hydration 1:00 Life Skills Club/ Hydration 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Movie Night!: <i>Mary Poppins</i>	9:30 Breakfast Club 10:00 Memory Lane News 10:30 Chair Exercises / Hydration 11:00 Spin the Wheel! 1:30 Stronger Memory: Reading/ Hydration 2:00 Sweet Creations: Apple Pie Bites 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Guided Sensory Mediation	9:30 Rise & Connect 10:00 Sunrise Bulletin 10:30 Field Trip with David: Pumpkin Pie Blizzards at Dairy Queen (* Hockey Ball w/ Hydration at Renaissance) * 11:00 Guess in 3 1:00 Creative Expression: Piece by Piece Pumpkin / Hydration 2:00 Resident Council 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Evening Melodies	9:30 Start the Day Social 10:00 Morning Headlines 10:30 Walking Club/ Hydration 11:00 Word Ladder 1:00 Individual Engagement/ Hydration 1:30 Conversation Dice! 2:00 Culinary Club with Nora: Caramel Apple Cheesecake Bars 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Travel Video Night	September 2026 Harbor at Renaissance of Annandale		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Harbor Plus at Renaissance of Annandale 						
9:30 Morning Company Corner 10:00 Memory Lane News 10:15 Hymn Sing 10:30 Chair Exercises/ Hydration 11:00 Daily Devotions & Prayers 11:30 Bible Study 1:00 Guess in 3/ Hydration 2:00 Sunflower Leaf Stamping Art 3:00 Snack & Hydration 3:45 Target Practice 5:30 Movie Night!: <i>The Sound of Music</i>	9:30 Coffee & Good Mornings 10:00 Today in History 10:30 Ballroom Dancing with Garrey/ Hydration 1:30 Stronger Memory: Reading-Learning about Labor Day / Hydration 2:00 Workin' 9 to 5: Labor Day Trivia 3:00 Snack & Hydration 3:45 Construction Cone Toss 5:30 Read Aloud Story Session Labor Day	9:30 Start the Day Social 10:00 Daybreak Digest 10:30 Scenic Drive with David: Accotink Park (*Walking Club w/ Hydration at Renaissance) *11:00 Simple-C 1:00 Individual Engagement/ Hydration 1:30 Sensory Station & Ker Plunk 2:00 Cup Pong 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Travel Video Night	9:30 Breakfast Club 10:00 Today's Gazette 10:30 Balloon Swatters /Hydration 11:00 Annual Spelling Bee 1:00 Color & Sticker by Number /Hydration 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Tabletop Games	9:30 Rise & Connect 10:00 Morning Headlines 10:30 Toss & Catch/ Hydration 11:00 A to Z Race 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Evening Melodies	9:30 Tabletime Chat 10:00 Sunrise Bulletin 10:30 Ball Bounce /Hydration 11:00 Music Therapy with NeuroSound 11:30 Fill the Category 1:00 Riddle Rally /Hydration 2:00 Skip-Bo Card Game! 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Classic TV Shows Rosh Hashanah Begins	9:30 Morning Greetings 10:00 Daily Chronicle 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 3-Topic Scattergories 1:00 Individual Engagement/ Hydration 1:30 Water Painting 2:00 Drum Circle 3:00 Snack & Hydration 3:45 Indoor Fishing 5:30 Guided Sensory Mediation
9:30 Tabletime Chat 10:00 Daybreak Digest 10:15 Hymn Sing 10:30 Daily Devotions & Prayers 11:00 Spiritual Engagement with Chaplain Marcus 11:30 Toss & Catch/ Hydration 1:00 Creative Expression: Our Family Tree Centerpiece Craft/ Hydration 2:00 Through the Years: Then vs. Now 3:00 Grandparents Day Garden Social 5:30 Movie Night!: Yours, Mine and Ours National Assisted Living Week Begins Grandparents Day	9:30 Start the Day Social 10:00 Morning Headlines 10:30 Chair Exercises/ Hydration 11:00 1950s Friendly Feud! 1:30 Stronger Memory: Reading/ Hydration 2:00 Surprise 1950s Entertainment! 3:00 Root Beer Floats Social 3:45 Soda Bottle Ring Toss 5:30 Movie Night!: Cheaper by the Dozen Spotlight on the 50s Day	9:30 Morning Greetings 10:00 Today in History 10:30 Hockey Ball/ Hydration 11:00 1960s Twister Trivia 1:00 Moon Landing Challenge/ Hydration 2:00 Tie-Dye Party! 3:00 Snack & Hydration 3:45 Space Darts 5:30 Movie Night!: The Incredible Journey Exploring the 60s Day	9:30 Coffee & Good Mornings 10:00 Sunrise Bulletin 10:30 Walking Club/ Hydration 11:00 Complete the Song Lyrics 1:00 1970s Flower Power Crafts/ Hydration 2:00 Mini Horse Visits with Lift Me Up 3:45 Ice Cream Social 4:00 Horseshoes 5:30 Movie Night!: Gus Groovin through the 70s Day	9:30 Breakfast Club 10:00 Daily Chronicle 10:30 Pool Noodle Exercises/ Hydration 11:00 Who Am I?- 1980s Edition 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Glow Bingo! 3:00 Finish the Phrase 4:00 80s Throwback BBQ 5:30 Movie Night!: Field of Dreams Dazzling into the 80s Day	9:30 Rise & Connect 10:00 Memory Lane News 10:30 Hymn Sing-Alongs/ Bible Study 11:00 Balloon Toss/ Hydration 11:30 Around the World Trivia 1:00 Olympic Medal Craft/ Hydration 2:00 Renaissance Olympic Games! 3:00 Popcorn Social 3:45 Olympic Ring Toss 5:30 Movie Night!: The Sandlot Shining as a Team Day Oktoberfest Begins	9:30 Morning Company Corner 10:00 Today's Gazette 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Rhyming Chain 1:00 Individual Engagement/ Hydration 1:30 All About Oktoberfest 2:00 Paper German Hearts Craft 3:00 Snack & Hydration 3:45 Table Bowling 5:30 Classic TV Shows
9:30 Breakfast Club 10:00 Morning Headlines 10:15 Hymn Sing 10:30 Ball Bounce/ Hydration 11:00 Daily Devotions & Prayers 11:30 Bible Study 1:00 Simple-C/ Hydration 2:00 Skip-Bo Card Game! 3:00 Snack & Hydration 3:45 Frisbee Toss 5:30 Movie Night!: <i>Singin' in the Rain</i> Yom Kippur Begins	9:30 Tabletime Chat 10:00 Today's Gazette 10:30 Chair Exercises/ Hydration 11:00 Alzheimer's Awareness Purple Walk 1:30 Stronger Memory: Reading/ Hydration 2:00 Creative Expression: Purple Mosaic Lanterns 3:00 Snack & Hydration 3:45 Hoop Shootin' 5:30 Tabletop Games World Alzheimer's Day	9:30 Morning Company Corner 10:00 Daily Chronicle 10:30 Echoes of Nature: Animals of Nobility 1:00 Individual Engagement/ Hydration 1:30 Autumn Leaves Wreath 2:00 Balloon Volleyball 3:00 Snack & Hydration 3:45 Axe Throwing 5:30 Classic TV Shows Autumn Begins	9:30 Rise & Connect 10:00 Today in History 10:30 Hockey Ball/Hydration 11:00 3-Topic Scattergories 1:00 Puzzle Paradise/ Hydration 2:00 Autumn Silhouette Art 3:00 Snack & Hydration 3:45 Target Practice 5:30 Evening Melodies	9:30 Coffee & Good Mornings 10:00 Sunrise Bulletin 10:30 Balloon Swatters/ Hydration 11:00 Armchair Travel: Guatemala 1:00 Manicures & Massages/ Hydration 1:30 Stronger Memory: Math & Journaling 2:00 Loteria 3:00 Table Topics 4:00 Hispanic Heritage Month Social 5:30 Guided Sensory Mediation	9:30 Morning Greetings 10:00 Daybreak Digest 10:30 Toss & Catch/ Hydration 11:00 Music Therapy with NeuroSound 11:30 Truth or False 1:00 Common Threads /Hydration 2:00 Qwirkle 3:00 Snack & Hydration 3:45 Corn Hole 5:30 Read Aloud Story Session Sukkot Begins	9:30 Start the Day Social 10:00 Morning Lane News 10:30 Walking Club/ Hydration 11:00 Songs & Sunshine in Courtyard 11:30 Would You Rather? 1:00 Individual Engagement/ Hydration 1:30 Matching Mania 2:00 Autumn Leaf Suncatchers 3:00 Snack & Hydration 3:45 Skee Ball 5:30 Travel Video Night
9:30 Rise & Connect 10:00 Daily Chronicle 10:15 Hymn Sing 10:30 Daily Devotions & Prayers 11:00 Spiritual Engagement with Chaplain Marcus 11:30 Balloon Swatters/ Hydration 1:00 Life Skills Club/ Hydration 2:00 Giant UNO! 3:00 Snack & Hydration 3:45 Cup Pong 5:30 Movie Night!: <i>Mary Poppins</i>	9:30 Breakfast Club 10:00 Memory Lane News 10:30 Chair Exercises / Hydration 11:00 Spin the Wheel! 1:30 Stronger Memory: Reading/ Hydration 2:00 Sweet Creations: Apple Pie Bites 3:00 Snack & Hydration 3:45 Horseshoes 5:30 Guided Sensory Mediation	9:30 Rise & Connect 10:00 Sunrise Bulletin 10:30 Field Trip with David: Pumpkin Pie Blizzards at Dairy Queen (*Football Pass w/ Hydration at Renaissance) * 11:00 Guess in 3 1:00 Creative Expression: Piece by Piece Pumpkin / Hydration 2:00 Resident Council 3:00 Snack & Hydration 3:45 Indoor Golf 5:30 Evening Melodies	9:30 Start the Day Social 10:00 Morning Headlines 10:30 Walking Club/ Hydration 11:00 Word Ladder 1:00 Individual Engagement/ Hydration 1:30 Conversation Dice! 2:00 Culinary Club with Nora: Caramel Apple Cheesecake Bars 3:00 Snack & Hydration 3:45 Shuffle Board 5:30 Travel Video Night	September 2026 		