



A Message from your Executive Director



It's September, and that means one of my favorite traditions is here: National Assisted Living Week! If you haven't heard the story, this week-long celebration was created nearly 30 years ago to honor the deep connections between residents, teams and families in communities just like ours. Each year brings a new theme—this year, it's "Ageless Adventure"—reminding us there's no expiration date on joy, curiosity, or a good laugh.

Here's a nugget of assisted living history you might not know: the very first modern assisted living facility in the country was Park Place in Portland, Oregon, opened by Dr. Karen Wilson in 1981. It was a game-changer—combining private rooms, around the clock care, community spaces, and real independence for residents. Oregon issued the first official assisted living license in 1988, so this whole movement isn't as old as you might think. But the heart of assisted living—respect, dignity, a sense of home—goes back much further.


That's always been our focus, too. When Barry Ray and Bryan Cook founded Legacy Senior Living,

they did it as a ministry, believing that every senior deserves to be treated like family, and served with honor, respect, faith and integrity.

We've got a full slate of fun planned for National Assisted Living Week, and you're invited to join us—not just for the week of festivities, but any day you want to stop by. Our doors are always open to family, friends, and anyone who wants to share in the adventure.

As we head into another month, thank you for the trust you place in us. It's a privilege to care for our residents and to share in the stories, smiles, and moments that make this community truly feel like home.

Here's to another month of living fully, loving deeply, and maybe learning something new along the way.

Sincerely,

Sandra Siler
Executive Director

Your Administrative Team



Sandy Siler
Executive Director



Liesa Dodson
Harbor Marketing Director



Erica Lovingood, LPN
Resident Services Director



Amber Shoultz, LPN
Assistant Resident Services Director



Hailey Siler
Life Enrichment Coordinator



Iona Ralls
Business Office Manager



Mary Morris
Housekeeping and Laundry Director



Spencer Williams
Dietary Manager



Franklin Covington
Maintenance Director



Pedro Thompson
Chaplain



Amber Moran
Regional Director of Operations



LIFE ENRICHMENT CORNER

Falling for Fun: The Harbor's Fall Festival is Almost Here!

"Autumn shows us how beautiful it is to let things go" – and at The Harbor, we're ready to let go of summer and dive headfirst into one of our most beloved annual traditions:

The Harbor Fall Festival! Mark your calendars for Saturday, October 18th at 12 pm because this is a seasonal celebration you won't want to miss.

Our Fall Festival is one of the biggest events of the year, and it's not just for our residents – it brings together families, staff, volunteers, and the wider community for a crisp and colorful day full of festive fun. If you've been with us before, you know the warm cider isn't the only thing that's heartwarming.

This year's festival plans are looking gourd-geous! We're hoping to feature a festive hayride, local craft vendors, classic fall games, toe-tapping music, and more surprises sure to leaf you smiling!

Whether you're coming for the cider, staying for the music, or just there to get your "fall fix," there's something for everyone.

We're also currently accepting donations for select items to help make this year's event extra special. And if you'd like to lend a hand – or a rake – we're always looking to grow our volunteer family. Contact the Activities Department to find out how you can donate or get involved. Helping out is unbe-leaf-ably rewarding!

So dust off your flannel, grab your pumpkin spice, and put this in your calendar. This is one event that's sure to put the "harvest" in your heart.

Let's make this Fall Festival one for the (scrap)books!

Hailey Siler
Life Enrichment Coordinator

SEPTEMBER HIGHLIGHTS:

National Assisted Living Week is Sept. 8th - 12th

Sept. 5th 2:30pm Tailgate Party

Sept. 18th 4:30pm Family Dinner

Mark your Calendar & Save the Date!

Oct. 11th 12:00pm Harbor Fall Festival

Happy Birthday!

RESIDENTS

4th Linda Breeden
8th Diana Montague
12th Ellie Beck
17th Leon White
18th Georgette Perry
18th Karla Young
20th Dennis George

TEAM MEMBERS

3rd Ellie Dodson
9th Amber Shoultz
11th Madison Covington
16th Courtney Leer
18th Jackie Perry

TEAM MEMBER Anniversaries

4 years Tyler Morris
Victoria Proffitt

1 year Amy Wright-Dyer

THANK YOU FOR BEING THE HEART OF
OUR COMMUNITY. WE APPRECIATE YOU.



3 yrs Robert Finno
2 yrs Lawrence Fielding
1 yr Diana Montague

Positive mind.
Positive Vibes.
Positive Life.



Kyleigh Ewers SEPTEMBER WINNER

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

This month, we're proud to recognize Kyleigh Ewers as our Going the Extra Mile award recipient. As one of our dedicated caregivers at The Harbor, Kyleigh exemplifies compassion, strength, and a genuine love for the work she does—and for the residents she serves.

Kyleigh's journey has been one marked by perseverance. She moved to Greene County just a year before the COVID-19 pandemic—a time of major transition for her. She attended Murray Elementary School and Henley Middle School, with the pandemic disrupting her 8th-grade year. Despite these challenges, Kyleigh remained resilient, graduating from William Monroe High School this past May.

Her path to caregiving began when her great-grandfather became very ill. It was through caring for him that Kyleigh discovered her calling. That same love and dedication have never left her. Although her grandfather passed away this summer, Kyleigh continues to honor his memory by offering that same level of care and tenderness

to every resident she supports.

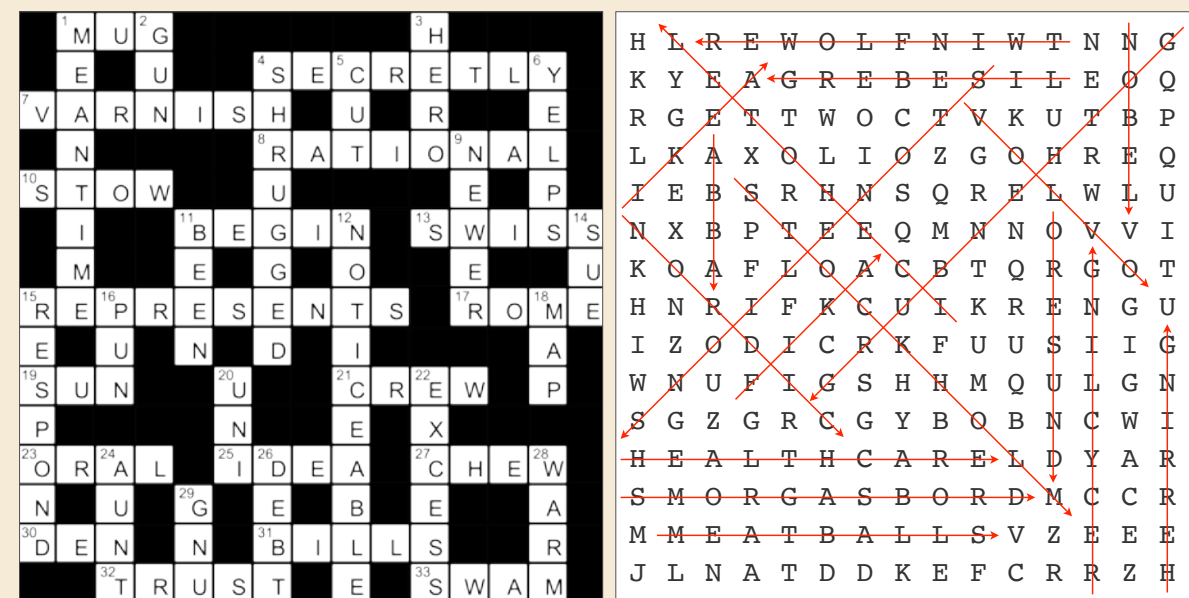
Kyleigh's motivation runs even deeper. She carries the memory of her daughter, Raelynn, with her every day. Everything she does is in Raelynn's honor—a powerful reminder of her strength and heart.

Outside of work, Kyleigh enjoys spending time with her family and being around dogs. Her favorite movie, *Coat of Many Colors*, is a fitting choice for someone who brings warmth and color into the lives of those around her.

Kyleigh is a bright light at The Harbor. Her gentle spirit, kind voice, and ever-present smile make a lasting impact on staff, families, and residents alike. It's rare to hear anything but praise when it comes to Kyleigh—and we couldn't be more thankful to have her as part of our team.

Kyleigh, thank you for your hard work, your heart, and your constant positivity. You truly go the extra mile every day. Keep illuminating the world with all you do.

Submit your nominations in the lobby!



matching vases: 5&7

You are
never
too old
to play
in the
leaves.

HUGS & HOOVES: HAPPY MOMENTS AT THE PETTING ZOO



Honoring the Heart of The Harbor: *Happy Labor Day!*

Labor Day is all about recognizing the dedication, hard work, and heart that keep our country—and our community—going. Here at The Harbor at Renaissance, we're especially grateful for the incredible people who make this place feel like home.

To our caring caregivers, supportive staff, and every team member who goes the extra mile for our residents: thank you. Your kindness, professionalism,

and tireless spirit create a warm, welcoming environment where everyone feels safe, valued, and truly cared for.

Whether you're lending a helping hand, preparing a comforting meal, keeping our spaces beautiful, or simply sharing a smile and a listening ear, your efforts make a difference every single day. You are the heart of The Harbor.

This Labor Day, we celebrate you. We hope you enjoy a well-deserved break and know just how much you're appreciated!

Spotlight on Joyce: Warmth, Laughter, & Memories



This month, we're excited to introduce you to someone who truly lights up The Harbor—Joyce Hagee.

If you've ever shared a laugh in the courtyard or found yourself smiling during Bingo, chances are, Joyce was part of the reason why. Raised in Charlottesville, Virginia, by her devoted parents George and Myrtle, Joyce grew up with her brother (also George!) in a home where family always came first. That sense of belonging and care is something Joyce still brings with her, every single day.

After graduating from Lane High School, Joyce spent more than 25 years as a cashier at CVS. Her warm smile and easy conversation left a lasting mark on everyone who came through her line—co-workers and customers alike remember her kindness.

Life's biggest adventure for Joyce began when she married Jerry Hagee, her soulmate and best friend. Together, they raised two sons, and today, Joyce lights up at any mention of her five grandchildren. She's quick to share a story or a proud grin about their latest accomplishments; ask her about them, and you'll get to see her happiest smile.

Joyce has a knack for finding joy in the little things. She loves starting her day with a classic

breakfast—bacon and eggs never go out of style—and treats herself to fresh blueberry muffins whenever she can. On a hot day, nothing beats an ice-cold Sprite for Joyce.

She's always been a bit of an explorer, whether off to Bear Creek Lake, the beach, Tennessee, or West Virginia. For Joyce, it's not just about the destination, but the memories made along the way. These days, you'll often find her soaking up sunshine in The Harbor's courtyard, or keeping everyone entertained during our bus outings with her laughter and stories.

Inside our walls, Joyce's spirit is just as lively. She's a Bingo regular, a trivia enthusiast, and quick to call out the tune during our favorite games. Her laughter is contagious, and her presence makes every event brighter.

Evenings are her time to unwind—she never misses *Wheel of Fortune* and loves revisiting old favorites like *Beverly Hills Cop*. No matter where you find her, Joyce has a way of making everyone feel at home. She's always ready with a story, a listening ear, and a smile that sticks with you long after.

We feel so lucky to have Joyce as part of our Harbor family. This month, and every month, we celebrate her warmth, her stories, and the joy she brings to everyone around her.

EGG BALANCING ISN'T JUST FOR SPRING.

There's a popular myth that you can balance an egg on its end only during the equinox.

The truth? With a steady hand, you can do it any day of the year—but it's a fun tradition to try on the first day of fall!



A Walk Down MEMORY LANE with Beverly Jane



September is National Self-Improvement Month. What advice would you give someone aiming for personal growth?

Start with making your bed. Make it a habit then keep adding habits. Get good sleep too because I've always slept good.

Gorgeous Grandmas

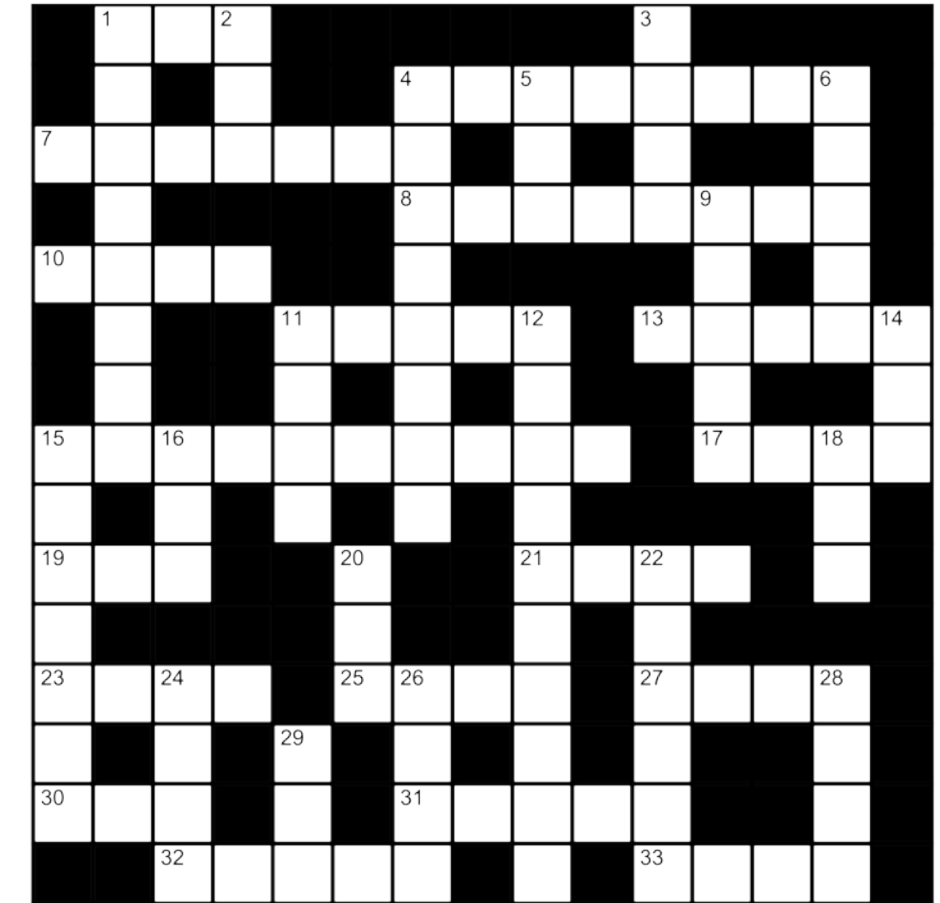


ACROSS

1. The picture taken when arrested is called a ___ shot.
4. Covertly
7. Glossy wood coating
8. Sensible
10. Pack away
11. Start
13. Cheese choice
15. Symbolizes, stands for
17. Where the Vatican is
19. Overhead light?
21. Workers on a boat or film set
23. Word-of-mouth
25. Concept
27. Prepare to swallow
30. Animal house
31. Invoices to pay
32. Believe in
33. Did laps, say

DOWN

1. Until then, in the ___
2. "Glue" or "staple" follower
3. "My ___!" (said to one who saved your kitten)
4. Raised shoulders to show lack of interest
5. Film director's cry
6. Reacts to a stubbed toe
9. More modern



11. "___ there, done that"
12. Conspicuous, easily seen
14. Take to court
15. Give an answer
16. "Lettuce pray" is one
18. Navigator's need
20. Prefix for "verse" or "corn"
22. Surplus
24. Em, to Dorothy
26. Chapter 11 issue
28. Welcoming
29. African antelope

National Assisted Living Week at The Harbor: Celebrating Community, Compassion, and Care

Each year, National Assisted Living Week offers a special opportunity to recognize and celebrate the unique role assisted living communities play in enriching the lives of older adults. At The Harbor at Renaissance, it's a time to honor the deep connections between our residents, their families, and the dedicated staff who care for them every day.

This year's theme highlights the importance of compassion, dignity, and personalized care—values that are at the heart of everything we do. From meaningful activities and shared meals to quiet conversations and joyful moments, assisted living is about more than

just support—it's about community, respect, and quality of life.

We are incredibly proud of our team, whose dedication and warmth help make The Harbor not just a place to live, but a true home. And we are equally grateful for our residents, who inspire us daily with their stories, resilience, and spirit.

Thank you for being part of our community. Let's celebrate this week together—with a spirit week! Each day will be different themes with a fun party each day at 2:30 pm! Staff will be dressed up, there will be fun themed activities and even prizes for both staff and residents!



NALW: Sept. 8-12 Daily Themes!

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

Sojourn in Sweden

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

ABBA
FIKA
GOTHENBURG
HEALTH CARE
HERRING
ICE HOTEL

IKEA
LISEBERG
MEATBALLS
NOBEL
NORDIC
ÖRESUND

RECYCLING
SMORGASBORD
STOCKHOLM
STONE LIONS
TWIN FLOWER
VOLVO





The Heartbeat of Local Support.

Liesa Dodson, Marketing Director at The Harbor, is your trusted resource for dementia support and can be reached at:

(540) 222-4263

CRUNCHY LEAVES
BENEATH OUR FEET,

PUMPKIN SPICE
IN EVERY TREAT.

SWEATERS COZY,
SKIES SO CLEAR,

FALL'S THE BEST
TIME OF THE YEAR!

SEPT
03

Greene County Alzheimer's Caregivers Support Group

WHEN: Wednesday, Sept. 3 at 10am

WHERE: The Harbor

NOTE: Meets the 1st Wednesday of every month at 10am

SEPT
03

Powerful Tools For Caregivers

WHEN: Wednesdays, Sept. 3, 10, 17 & 24, 2:00-3:30pm

WHERE: Culpeper Baptist Church

NOTE: Helping caregivers boost self-care, manage emotions, build confidence & access vital community resources. Contact Liesa for more information

SEPT
04

Dementia Live

WHEN: Thursday, September 4

WHERE: Generations Central at Culpeper Baptist Church

NOTE: Dementia Live is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change.

SEPT
15

Culpeper Alzheimer's Caregivers Support Group

WHEN: Monday, Sept. 15 at 10am

WHERE: Generations Central at Culpeper Baptist Church

NOTE: Meets the 3rd Monday of every month at 10am

SEPT
16

Dementia Friendly Workshop

WHEN: Tuesday, Sept. 16

WHERE: Orange Rotary Club – Orange Community Center

NOTE: Contact Liesa for more information

SEPT
24

Aging Together Rappahannock Senior Expo

WHEN: Wednesday, Sept. 24

WHERE: Reynolds Baptist Church

NOTE: Contact Liesa for more information

SEPT
25

Page County TRIAD Conference

WHEN: Thursday, Sept. 25

WHERE: Christ United Methodist Church – Shenandoah, VA

NOTE: Contact Liesa for more information

OCT
02

SAVE the DATE! Chronic Disease Self-Management

WHEN: Thursdays, October 2 – November 6, 1:00 – 3:30pm

WHERE: Culpeper Baptist Church

NOTE: Stay tuned for more information!



The Secret to a Long Marriage

A couple was celebrating their golden wedding anniversary. Their domestic tranquility had long been the talk of the town. A local newspaper reporter was inquiring as to the secret of their

long and happy marriage. "Well, it dates back to our honeymoon," explained the man. "We visited the Grand Canyon and took a trip down to the bottom of the canyon by pack mule. We hadn't gone too far when my wife's mule stumbled. My wife quietly said, 'That's once.' We proceeded a little further and the mule stumbled again. Once more my wife quietly said, 'That's twice.' Hadn't gone a half mile when the mule stumbled the third time. My wife quietly removed a revolver from her pocket and shot the mule dead. I started to yell at her for her treatment of the mule when she looked at me and quietly said, 'That's once.'"



FALL EQUINOX FOLKLORE



Open your doors to good spirits:

Folklore from parts of Europe claims that spirits wander freely on the equinox, so people would open their doors and windows to let good energy in—or sweep the thresholds to drive bad energy out.

Plant garlic for protection:

In some rural traditions, planting garlic bulbs on the autumn equinox is believed to keep your household safe from evil over the winter. Plus, you get tasty garlic in the spring—win-win.

"I'm not superstitious, but I am a little stitious."



Michael Scott, *The Office*

PETALS & PURPOSE: Women's Club Volunteers Spread Cheer Through Flower Arrangements



MEMORY BOXES BRING COMFORT AND CONNECTION TO YOUR LOVED ONE'S DAILY LIFE.



We know how comforting it can be for residents living with dementia to connect with the people, places, and memories that matter most. That's why we're inviting families to help us create Memory Boxes—a simple, heartfelt way to help your loved one feel seen, supported, and at home.

Each Memory Box is a small collection of personal treasures: perhaps a favorite photo, a special keepsake, a postcard from a meaningful trip, or a little memento that tells a piece of your loved one's story. When a resident feels anxious, overwhelmed, or just needs a moment of connection, our Life Enrichment Coordinator can bring out their Memory Box. Looking through these familiar items together often sparks conversation, soothes worries, and gently redirects attention toward happy memories and calming thoughts.



SHADOW BOX IDEAS:

- Family photos
- Favorite small keepsakes
- Childhood mementos
- Travel souvenirs
- Hobby items (golf ball, knitting piece, etc.)
- Beloved postcards or greeting cards
- Awards, ribbons, or pins
- Special notes, poems, drawings or artwork
- Favorite book cover or music CD

Memory Boxes are also a wonderful way for our team members to get to know each resident as an individual, and the process of putting one together is a special opportunity for families to reflect on joyful times and celebrate their loved one's personality.

For safekeeping, each Memory Box will be kept securely in the Life Enrichment Coordinator's office. We'll provide the boxes to make participation easy, but you're welcome to use your own if you prefer. Our hope is that every resident can have a Memory Box ready to spark a smile or offer comfort whenever it's needed.

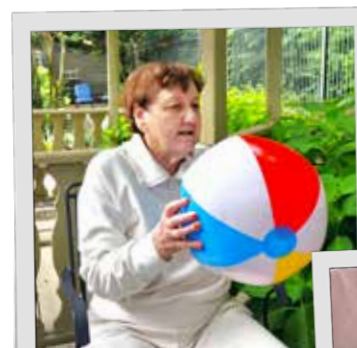
If you'd like ideas or a little help getting started, we're always here for you. Even the smallest item can make a big difference—let's work together to help every resident feel at home, one cherished memory at a time.

Leaf it to Science: Fun Fall Facts

Bird Migration Superhighways: Many birds use the autumnal equinox as a trigger to begin—or hit a major milestone in—their long migrations. Some species, like the ruby-throated hummingbird, will cross the Gulf of Mexico in a single nonstop flight right around the equinox.

The "Manhattanhenge" Effect: On the equinox, the sun aligns nearly perfectly with the street grid in some cities (most famously New York). You get a dazzling sunset that runs straight down the avenues—an accidental modern stonehenge.

Leaves don't "turn" because it gets colder: Those gorgeous reds, oranges, and yellows? They're always in the leaves—chlorophyll just masks them during summer. As days shorten, chlorophyll fades, and the hidden colors finally show.



Life as we live it.



BE SILLY
BE HONEST
BE KIND

FOCUS
ON THE
GOOD

HAPPY FALL, YA'LL!



TWIN VASES

Find the only two vases that match each other



National Apple Dumpling Day

There's something special about the scent of warm apples and cinnamon drifting through the kitchen. In honor of National Apple Dumpling Day, September 17th, here's a recipe for Old-Fashioned Apple Dumplings that's sure to bring comfort and nostalgia to your table.

Ingredients



- 1 (14.1 oz.) double-crust pie pastry, thawed
- 6 large Granny Smith apples, peeled and cored
- ½ c butter
- ¾ c brown sugar
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 3 c water
- 2 c white sugar
- 1 tsp vanilla extract

Old-Fashioned Apple Dumplings

Directions

1. Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C). Butter a 9x13-inch pan.
2. Roll pastry into a 24x16-inch rectangle on a lightly floured surface. Cut into six 8-inch squares. Place an apple on each pastry square with the cored opening facing upward.
3. Cut butter into 8 pieces; place 1 piece in the opening of each apple; reserve the remaining butter for sauce.
4. Divide brown sugar between apples, poking some inside each cored opening and the rest around the base of each apple. Sprinkle cinnamon and nutmeg over apples.
5. Using slightly wet fingertips, bring one corner of the pastry square up to the top of the apple, then bring the opposite corner to the top and press together. Bring up the two remaining corners, and seal. Slightly pinch the dough at the sides to completely seal in the apple. Repeat with the remaining apples and place in the prepared baking dish.
6. To make the sauce: Combine water, white sugar, vanilla extract, and reserved butter in a large saucepan. Place over medium heat, and bring to a boil. Reduce the heat to low and simmer until sugar is dissolved, about 5 minutes.
7. Carefully pour the sauce over dumplings.
8. Bake in the preheated oven until golden brown and crisp on top, about 50 to 60 minutes.
9. Place each apple dumpling in a dessert bowl, and spoon some of the sauce over the top.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:00 Devotions 1 10:00 Hydration & Cup Pong 11:00 Labor Day Discussion 1:30 Trivia 2:30 Pass the Memory Ball & Snacks 3:30 Movie Party 6:00 Inspirational Music <small>Labor Day</small>	9:00 Music Therapy 2 10:00 Bingo 11:00 Hydration & Reading Group 1:30 Board Games 2:30 Math Games & Snacks 3:30 Weather Wheel Game 6:00 Gospel Music	9:00 Devotions 3 10:00 Hydration & Exercise 11:00 “Alphabet Soup” 1:30 What’s in the Bag 2:30 Aromatherapy & Snacks 3:30 Cornhole 6:00 Music Therapy	9:00 Music Therapy 4 10:00 Hydration & Exercise 11:00 Trivia 1:30 Name that Tune 2:30 Shake loose a Memory & Snacks 3:30 Westerns 6:00 Gospel Music	9:00 Devotions 5 10:00 Hydration & Balloon Tennis 11:00 Name that Tune 1:30 Magazine Finds 2:30 Tailgate Party 6:00 Inspirational Music <small>National Tailgating Day</small>	10:00 Hymns 6 1:30 Board Games 3:30 Fun Fables 6:00 Gospel Music	
	9:00 Music Hour 7 11:00 Devotions 2:30 Paint by Numbers 6:00 Gospel Music <small>National Assisted Living Week & Grandparents Day</small>	9:00 Devotions 8 10:00 Bus Trip / Star Trek 11:00 Oldies Music 2:00 Galactic Voyage Party 6:00 Inspirational Music <small>Star Trek Day</small>	9:00 Music Therapy 9 10:00 Hydration & Bingo 11:00 Line Dance History 2:00 Wild West Rodeo 6:00 Gospel Music <small>National Line Dance Week</small>	9:00 Devotions 10 10:00 Hydration & Exercise 11:00 Carnival History 2:00 Carnival Thrills Party 6:00 Music Therapy	9:00 Music Therapy 11 10:00 Hydration & Exercise 11:00 80’s Trivia 2:00 Bring Back the 80’s 6:00 Gospel Music	9:00 Devotions 12 10:00 Hydration & Hula Dancing 11:00 Table Talk: Hawaii 2:00 Hawaiian Luau 6:00 Inspirational Music	10:00 Hymns 13 1:30 Trivia 3:30 Puzzle Hour 6:00 Gospel Music
	9:00 Music Hour 14 11:00 Devotions 2:30 Board Games 6:00 Gospel Music	9:00 Devotions 15 10:00 Hydration & Sittercise 11:00 Name that Tune 1:30 Book Club w/ Amanda 2:30 Purposeful Tasks & Snacks 3:30 1 on 1 Hour 6:00 Inspirational Music	9:00 Music Therapy 16 10:00 Bingo 11:00 Hydration & Reading Group 1:30 Creative Writing 2:30 Shake loose a Memory & Snacks 3:30 Game Show Time 6:00 Gospel Music	9:00 Devotions 17 10:00 Hydration & Exercise 11:00 Let’s Talk about It 1:30 Crafting Hour 2:30 What’s in the Bag & Snacks 3:30 Let’s Get Pampered 6:00 Music Therapy	9:00 Music Therapy 18 10:00 Hydration & Exercise 11:00 Air Force History 1:30 Move to the Music 2:30 Reminiscing 4:30 Family Dinner 6:00 Gospel Music <small>Air Force Birthday</small>	9:00 Devotions 19 10:00 Hydration & Cornhole 11:00 “Alphabet Soup” 1:30 Board Games 2:30 Red Hat Ladies Social 3:30 Movie Party 6:00 Inspirational Music	10:00 Hymns 20 1:30 Magazine Finds 3:30 Game Show Time 6:00 Gospel Music <small>Oktoberfest Begins</small>
	9:00 Music Hour 21 11:00 Devotions 2:30 Crafting Hour 6:00 Gospel Music	9:00 Devotions 22 10:00 Hydration & Balloon Tennis 11:00 Oktoberfest History 1:30 Aromatherapy 2:30 Oktoberfest Fun 3:30 Move to the Music 6:00 Inspirational Music <small>Rosh Hashanah Begins Autumn Begins</small>	9:00 Music Therapy 23 10:00 Hydration & Bingo 11:00 Game Show Time 1:30 Reminiscing 2:30 Ice Cream Social 3:30 Movie Party 6:00 Gospel Music	9:00 Devotions 24 10:00 Hydration & Exercise 11:00 “Alphabet Soup” 1:30 Name that Tune 2:30 Cooking Club: Pumpkin S’mores 3:30 1 on 1 Hour 6:00 Music Therapy	9:00 Music Therapy 25 10:00 Hydration & Exercise 11:00 Comic Day Fun 1:30 Magazine Finds 2:30 Birthday Bash 3:30 Guided Meditation 6:00 Gospel Music <small>National Comic Book Day</small>	9:00 Devotions 26 10:00 Hydration & Cup Pong 11:00 Group Discussion 1:30 Resident Council 2:30 Aromatherapy & Snacks 3:30 Movie Party 6:00 Inspirational Music	10:00 Hymns 27 1:30 Trivia 3:30 Game Show Time 6:00 Gospel Music <small>National Chocolate Milk Day</small>
	9:00 Music Hour 28 11:00 Devotions 2:30 Cornhole 6:00 Gospel Music	9:00 Devotions 29 10:00 Hydration & Balloon Tennis 11:00 “Alphabet Soup” 1:30 Pass the Memory Ball 2:30 Purposeful Tasks & Snacks 6:00 Inspirational Music	9:00 Music Therapy 30 10:00 Bingo 11:00 Hydration & Reading Group 1:30 Reminiscing 2:30 Hilltop Mens Club 3:30 Game Time 6:00 Gospel Music	<div><h1>September 2025</h1><p>Blue Ridge Parkway</p></div>			

The Harbor at Renaissance, 422 William Mills Dr, Stanardsville, Va, 22973. Activities last approximately 30 minutes to an hour. Outdoor activities are weather permitted.

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	9:00 Devotions 1 10:00 Hydration & Cup Pong 11:00 Labor Day Discussion 1:30 Pass the Memory Ball 2:30 Trivia & Snacks 3:30 Movie Party 6:00 Inspirational Music Labor Day	9:00 Music Therapy 2 10:00 Bingo 11:00 Hydration & Reading Group 1:30 Weather Wheel Game 2:30 Math Games & Snacks 3:30 Board Games 6:00 Gospel Music	9:00 Devotions 3 10:00 Hydration & Exercise 11:00 “Alphabet Soup” 1:30 Aromatherapy 2:30 Cornhole & Snacks 3:30 What’s in the Bag 6:00 Music Therapy	9:00 Music Therapy 4 10:00 Hydration & Exercise 11:00 Trivia 1:30 Shake loose a Memory 2:30 Westerns & Snacks 3:30 Name that Tune 6:00 Gospel Music	9:00 Devotions 5 10:00 Hydration & Balloon Tennis 11:00 Name that Tune 1:30 Magazine Finds 2:30 Tailgate Party 6:00 Inspirational Music National Tailgating Day	9:00 Music Hour 6 11:00 Devotions 2:30 Board Games 6:00 Gospel Music
	10:00 Hymns 7 1:30 Fun Fables 3:30 Paint by Numbers 6:00 Gospel Music National Assisted Living Week & Grandparents Day	9:00 Devotions 8 10:00 Bus Trip / Star Trek 11:00 Oldies Music 2:00 Galactic Voyage Party 6:00 Inspirational Music Star Trek Day	9:00 Music Therapy 9 10:00 Hydration & Bingo 11:00 Line Dance Fun 2:00 Wild West Rodeo 6:00 Gospel Music National Line Dance Week	9:00 Devotions 10 10:00 Hydration & Exercise 11:00 Carnival History 2:00 Carnival Thrills Party 6:00 Music Therapy	9:00 Music Therapy 11 10:00 Hydration & Exercise 11:00 80’s Trivia 2:00 Bring Back the 80’s	9:00 Devotions 12 10:00 Hydration & Hula Dancing 11:00 Table Talk: Hawaii 2:00 Hawaiian Luau 6:00 Inspirational Music
10:00 Hymns 14 1:30 Puzzle Hour 3:30 Board Games 6:00 Gospel Music	9:00 Devotions 15 10:00 Hydration & Sittercise 11:00 Name that Tune 1:30 Book Club w/ Amanda 2:30 Purposeful Tasks & Snacks 3:30 1 on 1 Hour 6:00 Inspirational Music	9:00 Music Therapy 16 10:00 Bingo 11:00 Hydration & Reading Group 1:30 Shake loose a Memory 2:30 Game Show Time & Snacks 3:30 Creative Writing 6:00 Gospel Music	9:00 Devotions 17 10:00 Hydration & Exercise 11:00 Let’s Talk about It 1:30 Crafting Hour 2:30 Let’s Get Pampered & Snacks 3:30 What’s in the Bag 6:00 Music Therapy Air Force Birthday	9:00 Music Therapy 18 10:00 Hydration & Exercise 11:00 Air Force History 1:30 Reminiscing 2:30 Move to the Music 4:30 Family Dinner 6:00 Gospel Music	9:00 Devotions 19 10:00 Hydration & Cornhole 11:00 “Alphabet Soup” 1:30 Board Games 2:30 Red Hat Ladies Social 3:30 Movie Party 6:00 Inspirational Music	9:00 Music Hour 20 11:00 Devotions 2:30 Magazine Finds 6:00 Gospel Music Oktoberfest Begins
10:00 Hymns 21 1:30 Crafting Hour 3:30 Game Show Time 6:00 Gospel Music	9:00 Devotions 22 10:00 Hydration & Balloon Tennis 11:00 Oktoberfest History 1:30 Aromatherapy 2:30 Oktoberfest Fun 3:30 Move to the Music 6:00 Inspirational Music Rosh Hashanah Begins Autumn Begins	9:00 Music Therapy 23 10:00 Hydration & Bingo 11:00 Game Show Time 1:30 Reminiscing 2:30 Ice Cream Social 3:30 Movie Party 6:00 Gospel Music	9:00 Devotions 24 10:00 Hydration & Exercise 11:00 “Alphabet Soup” 1:30 Name that Tune 2:30 Cooking Club: Pumpkin S’mores 3:30 1 on 1 Hour 6:00 Music Therapy	9:00 Music Therapy 25 10:00 Hydration & Exercise 11:00 Comic Day Fun 1:30 Magazine Finds 2:30 Birthday Bash 3:30 Guided Meditation 6:00 Gospel Music National Comic Book Day	9:00 Devotions 26 10:00 Hydration & Cup Pong 11:00 Group Discussion 1:30 Resident Council 2:30 Aromatherapy & Snacks 3:30 Movie Party 6:00 Inspirational Music	9:00 Music Hour 27 11:00 Devotions 2:30 Game Show Time 6:00 Gospel Music National Chocolate Milk Day
10:00 Hymns 28 1:30 Trivia 3:30 Cornhole 6:00 Gospel Music	9:00 Devotions 29 10:00 Hydration & Balloon Tennis 11:00 “Alphabet Soup” 1:30 Purposeful Tasks 2:30 Pass the Memory Ball 3:30 Game Show Time & Snacks 6:00 Inspirational Music	9:00 Music Therapy 30 10:00 Bingo 11:00 Hydration & Reading Group 1:30 Reminiscing 2:30 Hilltop Mens Club 3:30 Game Time 6:00 Gospel Music	<div><h1>September 2025</h1><p>Skyline Drive</p></div>			