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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
WASHINGTON, DC 20549**

**FORM 8-K/A**

(Amendment No .1)

**CURRENT REPORT**

**Pursuant to Section 13 or 15(d)  
of the Securities Exchange Act of 1934**

**Date of Report (Date of earliest event reported) May 11, 2026**

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**Sonida Senior Living, Inc.**

(Exact name of registrant as specified in its charter)

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**Delaware**

(State or other jurisdiction of incorporation)

**1-13445**

(Commission File Number)

**75-2678809**

(IRS Employer Identification No.)

**14755 Preston Road  
Suite 810**

**Dallas, Texas**

(Address of principal executive offices)

**75254**

(Zip Code)

**(972) 770-5600**

(Registrant's telephone number, including area code)

(Former name or former address, if changed since last report)

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Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging growth company

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.

Securities registered pursuant to Section 12(b) of the Act:

Title of each class	Trading symbol(s)	Name of each exchange on which registered
Common Stock, par value \$0.01 per share	SNDA	New York Stock Exchange

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## EXPLANATORY NOTE

On May 11, 2026, Sonida Senior Living, Inc. (the “Company”) filed with the Securities and Exchange Commission a Current Report on Form 8-K (the “Original Filing”) with respect to its results for the quarter ended March 31, 2026. The Company is filing this amendment to the Original Filing (this “Amendment”) solely for the purpose of correcting a typographical error with respect to an item number and heading. The Original Filing inadvertently included the heading “Item 8.01 Other Events.” The information previously furnished under that heading is now furnished under the heading “Item 7.01 Regulation FD Disclosure.” and shall not be deemed “filed” for purposes of Section 18 of the Securities Exchange Act of 1934, as amended, and is not incorporated by reference into any of the Company’s filings, whether made before or after the date hereof, regardless of any general incorporation language in any such filing.

The disclosure provided in the Original Filing otherwise remains unchanged and now appears under the item number described above. This Amendment hereby amends the Original Filing and, except solely for the Item change, no other amendments to the Original Filing are made hereby.

### **Item 2.02 Results of Operations and Financial Condition.**

On May 11, 2026, the Company announced its financial results for the first quarter ended March 31, 2026 by issuing a press release. The full text of the press release issued in connection with the announcement is attached hereto as Exhibit 99.1.

The information being furnished under Item 2.02 and Exhibit 99.1 shall not be deemed “filed” for purposes of the Securities Exchange Act of 1934, as amended (the “Exchange Act”), or incorporated by reference in any filing under the Securities Act of 1933, as amended, or the Exchange Act, except as may be expressly set forth by specific reference in such a filing. The press release contains, and may implicate, forward-looking statements regarding the Company and includes cautionary statements identifying important factors that could cause actual results to differ materially from those anticipated.

### **Item 7.01 Regulation FD Disclosure.**

Attached hereto as Exhibit 99.2 is the investor presentation used in connection with the Company’s webcast and is incorporated herein in its entirety by reference.

### **Item 9.01 Financial Statements and Exhibits.**

(d) Exhibits.

99.1\* [Press Release dated May 11, 2026](#)

99.2\* [Sonida Senior Living, Inc. Investor Presentation](#)

104 Cover Page Interactive Data File-formatted as Inline XBRL.

\*Previously furnished with the Original Filing.

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## SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date: May 18, 2026

Sonida Senior Living, Inc.

By: /s/ KEVIN J. DETZ

Name: Kevin J. Detz

Title: Executive Vice President and Chief Financial Officer