














MARCH Is Nutrition Month


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Build a balanced plate filled with a variety of colorful veggies & fruits.</p>	<p>2 Choose whole grains (brown rice, quinoa, whole-wheat pasta, oats) —less effects on blood sugar.</p> 	<p>3 Read food labels to compare & choose those products with less sodium, saturated fats and added sugars.</p>	<p>4  Eat breakfast within 1-hr of waking to fuel your metabolism.</p>	<p>5 Get out your old recipe book and choose a dish you've not eaten in a while.</p> 	<p>6 Prioritize liquid vegetable oils like olive, canola, soy, sunflower or peanut oil for cooking & salads.</p>	<p>7 Eat snacks that combine two food groups (ex. Apple + peanut butter).</p> 
<p>8 Today is the day to try a new dish—go for an international cuisine.</p> 	<p>9 Opt for healthy proteins like fish, poultry, beans and nuts.</p>	<p>10 Eat at regular intervals (every 3-4 hrs.) to maintain stable blood sugar.</p>	<p>11 Turn your leftovers into a new, delicious dish—soup, dip, etc.</p>	<p>12 Avoid eating fried foods, choose grilled, baked or steamed options.</p>	<p>13  Avoid eating too close to bedtime.</p>	<p>14 Use mustard or hummus instead of mayonnaise to reduce fat.</p>
<p>15  Limit salt to less than 5g (1 tsp) per day to protect heart health.</p>	<p>16 HYDRATION WEEK begins today! Aim for 6-8 glasses of fluid daily.</p>	<p>17 Set phone reminders or timer to sip water throughout the day.</p> 	<p>18 Swap soda for sparkling water or tea to cut liquid calories.</p> 	<p>19 Add fruit, veggies or candy to freshen up and flavor your water.</p> 	<p>20 Drink a glass of water with every meal or routine activity.</p>	<p>21 Carry a reusable bottle with you all day to fill up as needed.</p>
<p>22 DRINK UP for World Water Day!</p> 	<p>23  Try 'Meatless Monday' by substituting beans or tofu for meat.</p>	<p>24 Replace sugary snacks with fruit or Greek yogurt.</p>	<p>25 Make a plant based meal.</p> 	<p>26 Don't skip meals— it can lead to overeating.</p>	<p>27 Put away the phones and turn off the tv! Take the time to enjoy your meal.</p>	<p>28 Dine with a friend today! There are many health benefits to eating with others.</p>
<p>29 Start meals with a salad to increase satiety before the main course.</p> 	<p>30 Reduce intake of butter, lard and tropical oils—high in saturated fats.</p>	<p>31 Include foods rich in iron, vitamins B & C to daily meals for brain health.</p>	<p>Healthy nutrition is built on the core principles of adequacy, balance, moderation and diversity. Instead of extreme restrictions, focus on consistent, high- quality choices that provide essential nutrients while managing calories.</p> <p>Follow this calendar for a nutritious and well-balance diet.</p>			

FIT & WELL NEWSLETTER

March/April 2026


FITNESS DEPARTMENT EXT. 2015

Important Info:
 *Fitness Boxing is now moving to Tuesdays at 2pm.
March is Nutrition Month 
 (Your challenge for this month is to follow the Nutrition calendar on the last page.)
 *Mar. 19: Dementia Sensitivity Simulation—Sign up in the trip book for a 10-15 minute experience. (see flyer for details)
April is Parkinson's Awareness Month
-PUNCHES FOR PARKINSON'S returns each Friday of April at 11:15am
 -April 1: **Chair Soccer @ 1pm**
 -April 1- 11: **Stand UP to PD**
 -April 9: **Pump It For PD**
 -April 13 & 15: **PD PWR!Moves @1pm**
 -April 20: **Parkinson's Foundation Presents Hospital Safety Guide @ 11am**
 -April 22 & 27: **LSVT Big & Loud @1pm**
 *April 30: **Howard County Fire & Rescue presents Fall Prevention @ 2pm**

Congrats!  to **Marilyn Donovan** for the winning quote for the **2026 National Senior Health & Fitness Day** Theme Contest. We are looking forward to coming up with special activities related to her now famous **"Move a Little, Live a Lot"**.

Thank you all for submitting your feedback on this year's **Fitness Survey**. We truly value your input and appreciate you taking the time to share your thoughts.

We will carefully review all requests and suggestions and will make every effort to implement those that are feasible and aligned with our mission of providing exceptional service to all residents and the broader community.



Thank you again for helping us continue to improve our Fitness programs & facility.

March is Nutrition Month—please see the Nutrition calendar on the last page for guidance on healthy eating and improving overall health.

April is Parkinson's Disease Awareness Month—join us for the various activities highlighted in blue boxes (see insert). Our goal is to continue to raise awareness of PD and let those residents, families and peers of Residences at Vantage Point know that they are not alone in the **'Fight Against Parkinson's'**. Let's show our support and encourage each other to stay physically active and acquire as many resources needed to live the best quality of life as possible. Then join us for **Moving Day on Saturday, June 6th** to gather with others living with Parkinson's, caring for those with Parkinson's and providing services for those with Parkinson's.

MARCH GROUP EXERCISE & FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">1</p> <p>Pickleball 9AM</p>	<p style="text-align: center;">2</p> <p>Toning & Sculpt 9:15AM</p> <p>Chair Qigong 10:15AM(w/Ling) (\$) (w/Ling)</p> <p>Rock Steady Boxing 1PM (\$) (w/Ling)</p> <p>International Folkdance 6:30PM</p>	<p style="text-align: center;">3</p> <p>Pickleball 9AM</p> <p>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) (w/Ling)</p> <p>Chair Yoga 11AM (w/Ling) (\$) (w/Ling)</p> <p>Wii Bowling 12PM</p> <p style="color: red;">New Day & Time: Fitness Boxing w/Joel 2PM</p>	<p style="text-align: center;">4</p> <p>Toning & Sculpt 9:15AM</p> <p style="color: red;">Fitness Combo 11AM</p> <p>Rock Steady Boxing 1PM (\$) (Short Class)</p>	<p style="text-align: center;">5</p> <p>Pickleball 9AM</p> <p>Boot Camp 9AM</p> <p>Balance, Strength & Mobility 10AM</p> <p style="color: blue;">Stretch & Flex 10:30AM</p> <p>Sit & Be Fit 11AM</p> <p>HC Exercise 1:30PM</p> <p>Resident Tap Dance 3PM</p>	<p style="text-align: center;">6</p> <p>Pickleball 9AM</p> <p>Resident Walking Group 9AM</p> <p>Toning & Sculpt 9:15AM</p> <p>Movement & Fun w/JoAnn 10AM</p> <p style="background-color: #e6e6fa;">Silver Sneaker Classic 1:30PM</p>	<p style="text-align: center;">7</p> <p>Pickleball 9AM</p>
<p style="text-align: center;">8</p> <p>Pickleball 9AM</p>	<p style="text-align: center;">9</p> <p>Toning & Sculpt 9:15AM</p> <p>Chair Qigong 10:15AM(w/Ling) (\$) (w/Ling)</p> <p>Rock Steady Boxing 1PM (\$) (w/Ling)</p> <p>International Folkdance 6:30PM</p>	<p style="text-align: center;">10</p> <p>Pickleball 9AM</p> <p>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) (w/Ling)</p> <p>Chair Yoga 11AM (w/Ling) (\$) (w/Ling)</p> <p>Wii Bowling 12PM</p> <p style="color: red;">New Day & Time: Fitness Boxing w/Joel 2PM</p>	<p style="text-align: center;">11</p> <p>Toning & Sculpt 9:15AM</p> <p style="color: red;">Fitness Combo 11AM</p> <p>Rock Steady Boxing 1PM (\$) (Short Class)</p>	<p style="text-align: center;">12</p> <p>Pickleball 9AM</p> <p>Boot Camp 9AM</p> <p>Balance, Strength & Mobility 10AM</p> <p style="color: blue;">Stretch & Flex 10:30AM</p> <p>Sit & Be Fit 12PM</p> <p>HC Exercise 1:30PM</p> <p>Resident Tap Dance 3PM</p>	<p style="text-align: center;">13</p> <p>Pickleball 9AM</p> <p>Resident Walking Group 9AM</p> <p>Toning & Sculpt 9:15AM</p> <p>Movement & Fun w/JoAnn 10AM</p>	<p style="text-align: center;">14</p> <p>Pickleball 9AM</p>
<p style="text-align: center;">15</p> <p>Pickleball 9AM</p>	<p style="text-align: center;">16</p> <p>Toning & Sculpt 9:15AM</p> <p>Chair Qigong 10:15AM(w/Ling) (\$) (w/Ling)</p> <p>Rock Steady Boxing 1PM (\$) (w/Ling)</p> <p>International Folkdance 6:30PM</p>	<p style="text-align: center;">17</p> <p>Pickleball 9AM</p> <p>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) (w/Ling)</p> <p>Chair Yoga 11AM (w/Ling) (\$) (w/Ling)</p> <p>Wii Bowling 12PM</p> <p style="color: red;">New Day & Time: Fitness Boxing w/Joel 2PM</p>	<p style="text-align: center;">18</p> <p>Toning & Sculpt 9:15AM</p> <p style="color: red;">Fitness Combo 11AM</p> <p>Rock Steady Boxing 1PM (\$) (Short Class)</p>	<p style="text-align: center;">19</p> <p>Pickleball 9AM</p> <p>Boot Camp 9AM</p> <p style="background-color: yellow;">HFC DEMENTIA SENSITIVITY SIMULATION</p> <p>Balance, Strength & Mobility 10AM</p> <p style="color: blue;">Stretch & Flex 10:30AM</p> <p>Sit & Be Fit 12PM</p> <p>HC Exercise 1:30PM</p> <p style="background-color: black; color: white; text-align: center;">NO Resident Tap</p>	<p style="text-align: center;">20</p> <p>Pickleball 8:30AM</p> <p>Resident Walking Group 9AM</p> <p>Toning & Sculpt 9:15AM</p> <p>Movement & Fun w/JoAnn 10AM</p> <p style="background-color: #e6e6fa;">Silver Sneaker Classic 1:30PM</p>	<p style="text-align: center;">21</p> <p>Pickleball 9AM</p>
<p style="text-align: center;">22</p> <p>Pickleball 9AM</p>	<p style="text-align: center;">23</p> <p>Toning & Sculpt 9:15AM</p> <p>Chair Qigong 10:15AM(w/Ling) (\$) (w/Ling)</p> <p>Rock Steady Boxing 1PM (\$) (w/Ling)</p> <p>International Folkdance 6:30PM</p>	<p style="text-align: center;">24</p> <p>Pickleball 9AM</p> <p>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) (w/Ling)</p> <p>Chair Yoga 11AM (w/Ling) (\$) (w/Ling)</p> <p>Wii Bowling 12PM</p> <p style="color: red;">New Day & Time: Fitness Boxing w/Joel 2PM</p>	<p style="text-align: center;">25</p> <p>Toning & Sculpt 9:15AM</p> <p style="color: red;">Fitness Combo 11AM</p> <p>Rock Steady Boxing 1PM (\$) (Short Class)</p>	<p style="text-align: center;">26</p> <p>Pickleball 9AM</p> <p>Boot Camp 9AM</p> <p>Balance, Strength & Mobility 10AM</p> <p style="color: blue;">Stretch & Flex 10:30AM</p> <p>Sit & Be Fit 12PM</p> <p>HC Exercise 1:30PM</p> <p>Resident Tap Dance 3PM</p>	<p style="text-align: center;">27</p> <p>Pickleball 9AM</p> <p>Resident Walking Group 9AM</p> <p>Toning & Sculpt 9:15AM</p> <p>Movement & Fun w/JoAnn 10AM</p>	<p style="text-align: center;">28</p> <p>Pickleball 9AM</p>
<p style="text-align: center;">29</p> <p>Pickleball 9AM</p>	<p style="text-align: center;">30</p> <p>Toning & Sculpt 9:15AM</p> <p>Chair Qigong 10:15AM(w/Ling) (\$) (w/Ling)</p> <p>Rock Steady Boxing 1PM (\$) (w/Ling)</p> <p>International Folkdance 6:30PM</p>	<p style="text-align: center;">31</p> <p>Pickleball 9AM</p> <p>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) (w/Ling)</p> <p>Chair Yoga 11AM (w/Ling) (\$) (w/Ling)</p> <p>Wii Bowling 12PM</p> <p style="color: red;">New Day & Time: Fitness Boxing w/Joel 2PM</p>	<p style="color: green; font-weight: bold; font-size: 1.2em;">Green Tea Pineapple Smoothie</p>  <p>Try a refreshing, nutrient-rich smoothie for a healthy, low-calorie breakfast or snack option. Blend the following ingredients until smooth and frothy; then enjoy:</p> <ul style="list-style-type: none"> ◇ 2 cups frozen unsweetened pineapples, ◇ 1 cup cold unsweetened green tea, ◇ 1 tbsp agave, ◇ 1 tbsp lemon juice <p>Garnish with fresh raspberries and mint leaves.</p>			

APRIL GROUP EXERCISE & FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">5</p> <p>Pickleball 9AM</p>	<p style="text-align: center;">6</p> <p>Toning & Sculpt 9:15AM</p> <p>Chair Qigong 10:15AM(w/Ling) (\$) (w/Ling)</p> <p>Rock Steady Boxing 1PM (\$) (w/Ling)</p> <p>International Folkdance 6:30PM</p>	<p style="text-align: center;">7</p> <p>Pickleball 9AM</p> <p>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) (w/Ling)</p> <p>Chair Yoga 11AM (w/Ling) (\$) (w/Ling)</p> <p>Wii Bowling 12PM</p> <p style="color: red;">Fitness Boxing w/Joel 2PM</p>	<p style="text-align: center;">8</p> <p>Toning & Sculpt 9:15AM</p> <p style="color: red;">Fitness Combo 11AM</p> <p>Rock Steady Boxing 1PM (\$) (Short Class)</p>	<p style="text-align: center;">9</p> <p>PUMP IT FOR PD—sign up today.</p> <p>Pickleball 9AM</p> <p>Boot Camp 9AM</p> <p>Balance, Strength & Mobility 10AM</p> <p style="color: blue;">Stretch & Flex 10:30AM</p> <p>Sit & Be Fit 12PM</p> <p>HC Exercise 1:30PM</p> <p>Resident Tap Dance 3PM</p>	<p style="text-align: center;">10</p> <p>Pickleball 9AM</p> <p>Resident Walking Group 9AM</p> <p>Toning & Sculpt 9:15AM</p> <p>Movement & Fun w/JoAnn 10AM</p> <p>PUNCHES FOR PARKINSON'S 11AM</p> <p style="background-color: #e6e6fa;">Silver Sneaker Classic 1:30PM</p>	<p style="text-align: center;">11</p> <p>Pickleball 9AM</p>
<p style="text-align: center;">12</p> <p>Pickleball 9AM</p>	<p style="text-align: center;">13</p> <p>Toning & Sculpt 9:15AM</p> <p>Chair Qigong 10:15AM(w/Ling) (\$) (w/Ling)</p> <p>PD PWR!Moves/ Rock Steady Boxing 1PM (\$) (w/Ling)</p> <p>International Folkdance 6:30PM</p>	<p style="text-align: center;">14</p> <p>Pickleball 9AM</p> <p>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) (w/Ling)</p> <p>Chair Yoga 11A (w/Ling) (\$) (w/Ling)</p> <p>Wii Bowling 12PM</p> <p style="color: red;">Fitness Boxing w/Joel 2PM</p>	<p style="text-align: center;">15</p> <p>Toning & Sculpt 9:15AM</p> <p style="color: red;">Fitness Combo 11AM</p> <p>PD PWR! Moves/ Rock Steady Boxing 1PM (\$) (Short Class)</p>	<p style="text-align: center;">16</p> <p>Pickleball 9AM</p> <p>Boot Camp 9AM</p> <p>Balance, Strength & Mobility 10AM</p> <p style="color: blue;">Stretch & Flex 10:30AM</p> <p>Sit & Be Fit 12PM</p> <p>HC Exercise 1:30PM</p> <p>Resident Tap Dance 3PM</p>	<p style="text-align: center;">17</p> <p>Pickleball 9AM</p> <p>Resident Walking Group 9AM</p> <p>Toning & Sculpt 9:15AM</p> <p>Movement & Fun w/JoAnn 10AM</p> <p>PUNCHES FOR PARKINSON'S 11AM</p> <p style="background-color: #e6e6fa;">Silver Sneaker Classic 1:30PM</p>	<p style="text-align: center;">18</p> <p>Pickleball 9AM</p>
<p style="text-align: center;">19</p> <p>Pickleball 9AM</p>	<p style="text-align: center;">20</p> <p>Toning & Sculpt 9:15AM</p> <p>Chair Qigong 10:15AM(w/Ling) (\$) (w/Ling)</p> <p style="background-color: #e6e6fa;">Presentation Hospital Safety Guide 11AM</p> <p>Rock Steady Boxing 1PM (\$) (w/Ling)</p> <p>International Folkdance 6:30PM</p>	<p style="text-align: center;">21</p> <p>Pickleball 9AM</p> <p>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) (w/Ling)</p> <p>Chair Yoga 11AM (w/Ling) (\$) (w/Ling)</p> <p>Wii Bowling 12PM</p> <p style="color: red;">Fitness Boxing w/Joel 2PM</p>	<p style="text-align: center;">22</p> <p>Toning & Sculpt 9:15AM</p> <p style="color: red;">Fitness Combo 11AM</p> <p>LSVT Big & Loud/Rock Steady Boxing 1PM (\$) (Short Class)</p>	<p style="text-align: center;">23</p> <p>Pickleball 9AM</p> <p>Boot Camp 9AM</p> <p>Balance, Strength & Mobility 10AM</p> <p style="color: blue;">Stretch & Flex 10:30AM</p> <p>Sit & Be Fit 12PM</p> <p>HC Exercise 1:30PM</p> <p>Resident Tap Dance 3PM</p>	<p style="text-align: center;">24</p> <p>Pickleball 9AM</p> <p>Resident Walking Group 9AM</p> <p>Toning & Sculpt 9:15AM</p> <p>Movement & Fun w/JoAnn 10AM</p> <p>PUNCHES FOR PARKINSON'S 11AM</p>	<p style="text-align: center;">25</p> <p>Pickleball 8:30AM</p>
<p style="text-align: center;">26</p> <p>Pickleball 9AM</p>	<p style="text-align: center;">27</p> <p>Toning & Sculpt 9:15AM</p> <p>Chair Qigong 10:15AM(w/Ling) (\$) (w/Ling)</p> <p>LSVT Big & Loud/Rock Steady Boxing 1PM (\$) (w/Ling)</p> <p>International Folkdance 6:30PM</p>	<p style="text-align: center;">28</p> <p>Pickleball 9AM</p> <p>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$) (w/Ling)</p> <p>Chair Yoga 11AM (w/Ling) (\$) (w/Ling)</p> <p>Wii Bowling 12PM</p> <p style="color: red;">Fitness Boxing w/Joel 2PM</p>	<p style="text-align: center;">29</p> <p>Toning & Sculpt 9:15AM</p> <p style="color: red;">Fitness Combo 11AM</p> <p>Rock Steady Boxing 1PM (\$) (Short Class)</p>	<p style="text-align: center;">30</p> <p>Pickleball 9AM</p> <p>Boot Camp 9AM</p> <p>Balance, Strength & Mobility 10AM</p> <p style="color: blue;">Stretch & Flex 10:30AM</p> <p>Sit & Be Fit 12PM</p> <p>HC Exercise 1:30PM</p> <p>Resident Tap Dance 3PM</p>	<p>Parkinson's biggest fundraiser & gathering event is coming. Please join the Vantage Point team & RSB Boxers for MOVING DAY, Saturday, June 6th (@UMBC). Scan the QR Code to register and for more information.</p> 	

All classes and times are subject to change due to variable factors. Please consult the Fitness Staff for updated information.