

JULY 2026

RVP NEWSLETTER



Greetings

FROM COMMUNITY LIFE

Greetings, Residents!

We are excited to welcome you to another month of fun, friendship, and new opportunities here at Residences at Vantage Point. Whether you've been with us for years or you're just settling in—welcome! If you're new to our community, thank you for choosing to call our community home. We're so glad you're part of the Vantage Point family.

As always, we've got a full calendar of activities, outings, and events designed to bring joy, connection, and enrichment to your life. From engaging classes to exciting social gatherings, there's something for everyone. Read on to discover all that's happening this month!

Upcoming Events:



August 2026



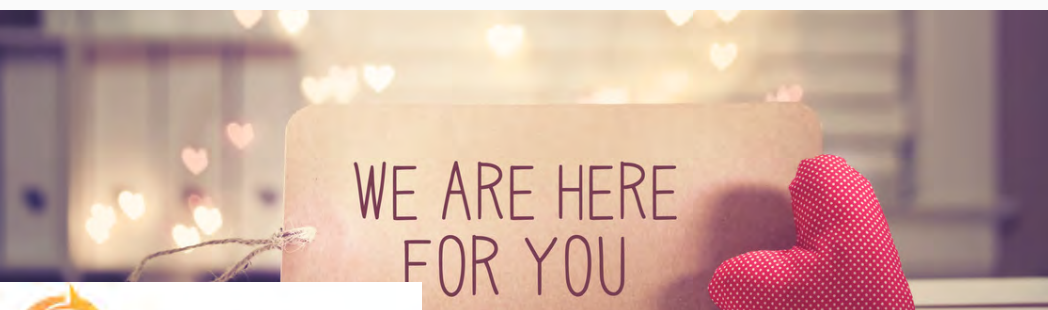
Oktoberfest 2026



November 2026



December 2026





Vantage Point Welcomes Dr. Heather Parrott as Executive Director!

Broadmead is pleased to announce the appointment of Dr. Heather Parrott as Executive Director of Residences at Vantage Point in Columbia, Maryland, effective June 22, 2026.

Dr. Parrott brings extensive experience in senior living and healthcare leadership, along with a deep commitment to creating environments where residents feel heard, supported, and connected. Most recently, she served as Chief Executive Officer of Dogwood Village Senior Living and Health and Rehab, where she led initiatives to strengthen community culture, support team members, and enhance the resident experience.

“We are delighted to welcome Heather to this important leadership role,” said Jay Prince, President and CEO of Broadmead. “Her depth of experience and collaborative leadership style, combined with her clear respect for the culture and values of Residences at Vantage Point, make her an outstanding fit.”

As Broadmead prepares to assume management of Residences at Vantage Point on July 1, 2026, Dr. Parrott will play a key role in ensuring a smooth and thoughtful transition. She will work closely with residents, team members, and the Board to maintain continuity while honoring the traditions, culture, and strong sense of connection that define the community.

“I am honored to join Residences at Vantage Point at such an important time,” said Parrott. “I look forward to getting to know residents and team members, listening carefully, and becoming an active part of this community as we build on its strong foundation and look ahead to the future together.”

Highlights This Month!



WALK TO END ALZHEIMER'S
FUNDRAISER KICK-OFF

CAR WASH

Vantage Point is making a splash for a great cause. Bring your vehicles for a cleaning (exterior only) and make a donation payable to the Alzheimer's Association.

All proceeds will go towards the Residences at Vantage Point team's fundraising for the WALK to End Alzheimer's.

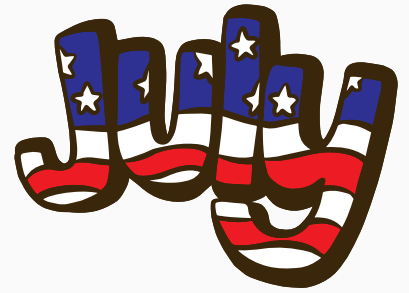
Goal--\$10,000

\$5,000

\$1,000

Friday, July 10th | LD
10:00am- 3:00pm

For more information, please contact team captain Vivian O. Smith at ext. 2015.



JULY
is....

National Ice Cream Month

National Minority Mental Health Awareness Month

Disability Pride Month

National Picnic Month

National Park and Recreation Month

UV Awareness Month

Sarcoma Awareness Month





WHERE

Let's GO!

Not sure where to go? Check the room key!

ROOM KEY

GROUND FLOOR

(SG) Sidwell Garden

1st FLOOR

(CLASS) Classroom

(CR) Columbia Room

(ED) East Door

(FC) Fitness Center

(GFS) Group Fitness Studio

(MP) Marketplace

(THTR) Theater

(WG) Wintergarden

2nd FLOOR

(AUD) Auditorium

(BISTRO) Dining Room

(CA) Creative Arts

(FD) Fireside

(GR) Game Room

(LO) 2nd Floor Lounge Area

(PUB) The Pub

(TERR) 2nd Floor Terrace

(PD) Private Dining Room

I am exactly
where I need to be



Vivian Smith:
Fitness
Coordinator

Your health is your wealth, and it's never too late to keep moving and stay strong! This month we're bringing you a variety of ways to stay active, energized, and engaged. Whether you enjoy a calming stretch, a heart pumping cardio session, or a walk with friends, there's something for everyone. Don't forget to check out our weekly fitness classes, helpful wellness tips, and upcoming movement challenges. Let's keep thriving one step, one stretch, and one smile at a time!



Keep Moving This Summer!

The warm days of July invite us to slow down and enjoy the season, but it's also important to keep our bodies moving. Regular physical activity helps improve strength, balance, flexibility, and overall well-being—no matter your age or fitness level. During the hotter months, remember to exercise safely by staying hydrated, wearing comfortable clothing, and choosing cooler times of the day for outdoor activities. Better yet, take advantage of our indoor fitness opportunities and stay active in a comfortable environment.

Whether you're participating in a fitness class, taking a walk with friends, stretching in the morning, or simply choosing the stairs instead of the elevator, every movement counts. Small, consistent efforts can lead to big benefits.

This month, challenge yourself to add a little extra movement to your day. Your body will thank you!

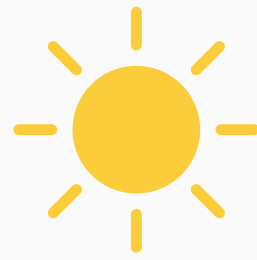
☀️ July Fitness Mantra:

"Move a little more, sit a little less, and enjoy the strength that comes with every step."

Stay active, stay healthy, and enjoy a vibrant July! 💙



🌿 **"Move a little. Breathe a little deeper. Let summer do the rest."**



Monthly Support Groups:

**7/3 Friday (Columbia Room) at
11am Finding Your Way After
the Death of a Spouse/Partner**

**7/7 Tuesday (Classroom) at
2pm Low Vision Group**

**7/10 Friday (Classroom) at
2:30pm Caregiver Support
Group**

**Mondays in July (7/6, 7/13, 7/20,
7/27) Columbia Room at 11am-
12pm - A 4-week discussion
group "Living a Full Life: Our
Journey Together in Aging"
(sign-up with Sunnie**



**LIVING A FULL LIFE:
OUR JOURNEY
TOGETHER IN AGING**

Facilitator: Mary Brandenburg & Sunnie Sun

**4 Mondays in July
(7/6, 7/13, 7/20, 7/27)
11am-12pm | Classroom**

Meryl Streep said: "Aging is not for the weak. One day you wake up and realize that your youth is gone, but along with it, so go insecurity, haste, and the need to please ... You learn to walk more slowly, but with greater certainty. You say goodbye without fear, and you cherish those who stay. Aging means letting go, it means accepting, it means discovering that beauty was never in our skin ... but in the story we carry inside us."

Consider joining this group to discuss and meditate on what you are noticing, learning, struggling and celebrating about the experience of aging. All are welcome.

For registration and inquiries, please contact Independent Living Social Worker, Sunnie Sun, at extension 1311 or SunS@vantagepointresidences.org

Did you know?!

- Scammers are taking advantage of the good nature of our community members. Here are some helpful ways to identify a suspicious caller/email:
 - Whether they create a sense of urgency
 - Request personal information
 - Use generic salutation
 - Having weird links and typos
- When in doubt, hang up. If it is a text message/email/letter, consider having another person you trust taking a look at it.

SPEAKERS THIS MONTH



Lectures, guest speakers, and lifelong learning for lively minds. Join us as we welcome this month's presenters and engage in thought-provoking discussions.

*Please check posters for additional information.

***All programs held in the AUD unless otherwise stated.**



Evening Speaker Hugo Keesing:
"The Soundtrack of Our Lives"
Thursday, JULY 2nd at 7:30pm AUD
.....

Dr. Jenner: HOT TOPICS: Wednesday, JULY 8th
Come join us in the Auditorium with Dr. Jenner for our
NEW "HOT TOPICS" discussion at 7:30pm
.....

Steve Friedman : Thursday, JULY 9th 2pm AUD
Come join us in the AUDITORIUM for a presentation
Broadway Lectures and Tours
.....

Evening Speaker Dr. Jenner:
"The Legacy of John Adams"
Wednesday, JULY 15th at 7:30pm AUD
.....

Townhall: Thursday JULY 16th at 11am
Join us in the AUD as we hear the latest news from the
Executive Director.
.....

Evening Speaker Lisa Seis:
"Ambassador for Road Scholar"
Thursday, JULY 16th at 7:30pm AUD
.....

ARMCHAIR TRAVELERS :
Friday, JULY 17th at 7:30pm AUD
Come join us if you love photography
.....

TouchTown Tutorial: Wednesday, JULY 15th at 1p-3p
Jeff Friedhoffer will be giving a Touchtown Tutorial to
help residents learn how to navigate and make the
most of the platform
.....

Dr Andy Lazris: Friday, JULY 17th at 11am
Health talk w/Dr. Andy Lazris **CANCELLED**
.....

New Perspectives: Wednesday, JULY 22nd 7:30pm AUD
Come join us in the AUDITORIUM for a New Chair of the
Howard County Commission on Aging and University
of Maryland instructor, for an insightful discussion on
emerging trends, challenges, and opportunities in
elder care Perspectives presentation JIM SANDERS
.....

Great Decisions: Monday, JULY 27th , 2026 at 2pm
UKRAINE/FUTURE OF EUROPEAN SECURITY
Discussion Leader: Bernie Geller
.....

Evening Presentation: Monday, JULY 27th , 2026 at 7:30pm
Come Join us in the Auditorium to hear guest speaker
Assistant Attorney General ELSA CLAUSEN on "IDENTITY
THEFT"

Music This Month



We're proud to offer a wide variety of music and genres to suit every taste. Join us in welcoming the talented musicians performing in our community this month. Sit back, relax, and enjoy the music!



**Robert Bunning
(Pianist)**

Saturday JULY 4
7:30pm

**VOV's
Dave Phenicie,
Kassie Sandacz,
Paula Richardson,
and Mike Noonan
(Patriotic Tunes)**

Sunday JULY 5
7:30pm

**Dapogny Duo
(Pianist/Bassist)**

Monday JULY 6
7:30pm

**Borisevich
Duo
(Pianist/Violinist)**

Sunday JULY 12
7:30pm

**VOV's
Sarah Polinski &
Lucas Reilly
(Jazz/Musical
Theatre)**

Monday JULY 20
7:30pm

**VOV's
Napat
Mingkwanyuen
(Piano Bar)**

Thursday JULY 23
7:30pm

**Lavenia Nesmith
(Jazz Vocalist)**

Friday JULY 24
7:30pm

**Javier Arrey &
Hai Jin Duet
(Pianist/ Baritone
Opera)**

Saturday JULY 25
7:30pm

**VOV's
Alexus Monroe &
Justin Taylor
(JAZZ)**

Sunday JULY 26
7:30pm

**Tom Johnson
(Pianist)**

Thursday JULY 30
7:30pm

**SANGHIE
LEE
(Classical Pianist)**

Friday JULY 31
7:30pm

**THIS
MONTH'S
MUST
SEE'S**



We've got a film scheduled everyday—but these are the ones you won't want to miss!

**BECAUSE I SAID SO
(2007)**

RATED PG-13 | 1hr 41min

A meddling mother tries to set her daughter up with the right man so her kid won't follow in her footsteps.

THURSDAY 7/2 @7:30PM

**SOMETHING'S GOTTA GIVE
(2003)**

RATED PG-13 | 1hr 57min

Fifty-something New York music mogul Harry Langer has a libido much younger than his years, the world on a string ... and a string of young girlfriends. A swinger on the cusp of being a senior citizen with a taste for young women falls in love with an accomplished woman closer to his age.

TUESDAY 7/7 @7:30PM

**ON A WING AND A PRAYER
(2023)**

RATED PG-13 | 1hr 42min

In this extraordinary true story of faith and survival, ON A WING AND A PRAYER follows passenger Doug White's (Dennis Quaid) harrowing journey to safely land a plane and save his entire family from insurmountable danger, after their pilot dies unexpectedly mid-flight.

SUNDAY 7/12 @ 2:00PM

**MAD MONEY
(2008)**

RATED PG-13 | 1hr 39min

Deep inside the most secure bank in America, three desperate women from very different worlds cook up the most unlikely heist of the century to smuggle out millions of dollars in worn-out currency headed for Federal Reserve shredder every day. Taking the cash is going to be easy, but getting away with it will be insane.

TUESDAY 7/14 @7:30PM

**LAST VEGAS
(2013)**

RATED PG-13 | 1hr 40min

Billy, Paddy, Archie and Sam have been best friends since childhood. When Billy proposes to his much-younger girlfriend, they go to Vegas to relive their glory days. However, the decades have changed Sin City and tested their friendship.

FRIDAY 7/17 @ 7:30PM

**THE JUDGE
(2014)**

RATED R | 2hr 15min

Robert Downey Jr. stars as a successful attorney who returns to his childhood home, only to discover that his estranged father is suspected of murder. Determined to find the truth, he must reconnect with the family he left behind years ago. With an acclaimed cast including Billy Bob Thornton, Melissa Leo, Vera Farmiga and more, this family drama finds its home where the heart (and hurt) is.

MONDAY 7/20 @ 7:30PM

**HARRIET
(2019)**

RATED PG-13 | 2hr 5min

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroines, whose courage, ingenuity and tenacity freed hundreds of slaves and changed the course of history.

SATURDAY 7/25 @ 2:00PM

**THE VISITOR
(2008)**

RATED PG-13 | 1hr 39min

A college professor travels to New York City to attend a conference and finds a young couple living in his apartment.

TUESDAY 7/28 @7:30PM



Jenn Lavinish

ART EXPERIENCE

Wednesdays at 10:30 in
Creative Arts Room

Music In The
**WINTER
GARDEN** 

Tuesday 7/7 | 2PM
Pianist VOV

Tuesday 7/21 2PM
Pianist VOV



Floral Arranging workshop w/ Laura

1ST & 3RD MONDAYS

1:00pm Class

2:00pm Class

MUST SIGN-UP IN MAILROOM \$15PP PER CLASS

Brain *Fitness*™

STAY SHARP!!!!
w/ DANA

JUL 13th

JUL 27th

TIME: 11:00AM

WHERE: CA

***Classes are now open to
NEW participants!***

Transportation Services



Our community offers scheduled transportation for:

- Medical appointments
- Grocery and shopping trips
- Local outings and museums
- And more!

Need a ride?

Transportation request forms are available at the Transportation Desk, located next to Security.

Please submit your request in advance to ensure availability. We're happy to get you where you need to go!

Transportation:

**Operates Mon–Fri from
8:00am
until 4pm
EXCEPT on Holidays**

**Lyft Services are available
24hrs a day, 7 days a week
upon request. Contact
Concierge for scheduling
Lyft services.**

**Please remember that
transportation requests,
require 5 days advance
notice! While we do our best
to accommodate every
request, not all requests may
be fulfilled due to scheduling
limitations. If we are unable
to accommodate your
request, please feel free to
utilize the lyft services
available through the
community.**

**Transportation: Dial x3059 or
contact Concierge to be
transferred.**



Trip Level System

Designed to help residents choose outings that are enjoyable, appropriate, and comfortable for their individual abilities, while also supporting overall trip safety and planning.

****Please note level ratings are noted on posters and sign up sheets.***

- **Trip Level I:** Very little walking required and rollator accessible. Examples may include lunch outings, dinner outings, musical performances, concerts, and speaker events.
- **Trip Level II:** Requires the ability to be on your feet or seated for up to one hour and is rollator accessible. Examples may include accessible museum tours, restaurants, shopping trips, and similar outings.
- **Trip Level III:** Physically strenuous and may involve extensive walking, uneven terrain, or all-day activity. Examples may include walking tours/hikes, festivals, large museums, city excursions, outdoor events, aquarium or zoo visits, sporting events, and trips requiring longer distances to be navigated independently.

BUS TRIPS: JULY 2026

You will need to sign up for trips! Sign up sheets located in mailroom binder.

**WED
JUL 8**

**Departs ED at
12:30pm
Level I**



**THURS
JUL 9**

**Departs ED
at 11am
Level I**



**FRI
JUL 17**

**Departs ED
at 11am
Level III**



**THURS
JUL 23**

**Departs ED
at 10am
Level III**



**FRI
JUL 24**

**Departs ED
at 10:30am
Level III**



**FRI
JUL 31**

**Departs ED
at 11am
Level III**





RVP RESIDENT ASSOCIATION

MID-YEAR MEETING



TUESDAY,
JULY 28TH



1:00 PM



AUDITORIUM



Join your Resident Association Board for an important **Mid-Year Meeting** as we review accomplishments, provide community updates, discuss upcoming initiatives, and hear resident feedback.

This is a wonderful opportunity to stay informed, share your thoughts, and learn what's ahead for our community.

★ **ALL RESIDENTS ARE WELCOME
& ENCOURAGED TO ATTEND!** ★



Residences at Vantage Point

Building Community Through Resident Engagement



— You're Invited! —

Join Us for a Special Presentation

Interested in travel, learning, and new experiences?



Join us for an inspiring presentation with

Lisa Seis

AMBASSADOR FOR
ROAD SCHOLAR®

Life's a journey. Learn along the way.



Presented by **ROAD SCHOLAR®** —
a nonprofit educational travel organization
that offers enriching travel experiences
designed especially for older adults.
Their programs combine travel, education,
culture, history, and adventure with
like-minded travelers from across the country.



THIS PRESENTATION WILL BE A WONDERFUL OPPORTUNITY TO:



LEARN MORE
about Road Scholar
programs



EXPLORE
travel
opportunities
near and far



CONNECT
with residents
interested in
travel



DISCUSS IDEAS
for a potential
resident
Travel Club



WHETHER YOU ENJOY
cultural experiences,
guided tours, cruises,
nature adventures,
or lifelong learning
opportunities,
this presentation
is for you!



**THURSDAY,
JULY 16, 2026**



7:30 PM



AUDITORIUM

Let's explore the world—together!



For more information,
please contact
the Community Life Office.



SERVICES



We recognize and respect the rich spiritual traditions within our community. These services offer moments of reflection, connection, and peace for those who wish to participate.

All residents are welcome to attend the gatherings that speak to their faith and personal journey.

Together, we create a space of reverence, respect, and community.

**EVERY SUNDAY | 12:30PM,
AUD
CATHOLIC
COMMUNION SERVICE**

**EVERY SUNDAY | 2PM,
AUD
PROTESTANT CHURCH
SERVICE**

**EVERY WEDNESDAY | 4:30PM,
AUD
CATHOLIC COMMUNION
SERVICE**

**FOURTH WEDNESDAY
4:30PM, AUD
CATHOLIC MASS**

**SECOND & FOURTH FRIDAY
3:45-5PM, AUD
SHABBAT SERVICES**

**FIRST FRIDAY
10-11AM, AUD
QUIET REFLECTION HOUR**



Resident Committees



Committees are the heartbeat of our community. These dedicated groups of residents come together to help shape the experiences, activities, and overall well-being of everyone around them.

Committees are a reminder that every resident has something valuable to offer. Together, we can create a vibrant, engaged community where everyone feels seen, heard, and supported.



RA Council

1ST Thursday AFTER the 1ST Monday at 2:00PM (CLASS/ZOOM)
All are welcome to attend any meeting

RA Library Committee

TBD (AS NEEDED)

RA Community Life Committee

3RD Thursday at 10:00AM (CR)

RA Hospitality Committee

3RD Thursday at 1PM (PD)

RA Marketing Committee

3RD Thursday at 3PM (CLASS)

RA Health Services Committee

4TH Tuesday at 3PM (CA)

RA Grounds & Garden Committee

1ST Thursday at 11AM (CLASS)

RA Floor Reps Committee

1ST Tuesday of Every Other Month at 1PM (CLASS)

JAN, MAR, MAY, JULY, SEPT, NOV

RA Finance Committee

4TH Monday at 11AM (CLASS)

RA Dining Committee

2nd Tuesday at 10AM (PD)

RA Building Services Committee

3RD Friday at 1PM (CLASS/ZOOM)



Resident Run

Games & Groups

Armchair Travelers

Third Friday at 7:30PM (AUD)

- Jeff Friedhoffer X 1041
- Paula Rasera X 1166

Artist Guild

Every SUN, TUE, THU, FRI & SAT at 9AM (CA)

Assorted Bridge Groups

Every Thursday at 1PM (CA)

- Bob Kibler X1056

Bridge

Every Monday at 1PM (CA)

- Jansie Rogers x1056
- Bob Kibler X1056

Chat and Stitch Fiber Arts

Every Tuesday at 1PM (CA)

- Barbara Miller X 1034

Chess

Every Friday at 3:00PM (GR)

- Bob Kibler X 1056

Baseball Cornhole

Every Wednesday at 7PM *practice begins at 6:30PM (SG)

SEASONAL

- Rebecca Birnie X 1048

Duplicate Bridge

Every Wednesday at 1PM (CA)

- Bob Kibler X1056

Friday Walking Group

Every Friday at 9AM (MP)

- Dick Bush X 1260

Great Decisions

Fourth Monday at 2PM (AUD)

- Jansie Rogers x1056

International Folk Dance

Every Monday at 6:30PM (GFS)

- Bernie Geller X 1160

Learn & Play Rummikub

Every Monday & Thursday at 10AM (MP)

- Sandra Kniaz X 1043
- Lois Loen X 1168

Learn Spanish

Every Saturday at 2PM (CLASS)

- Edie Young X 1128

Mah Jongg

Every Thursday at 1PM (GR)

- Zelda Rachbach x1227

Poetry Group

Second Tuesday at 3PM (PD)

- Suzanna Meritt X 1187

Scrabble Players

Every Saturday at 1PM (GR)

- Dick Bush X 1260

Catholic Community

- Every Sunday | 12:30pm, AUD | Catholic Comm. Service
- Every Wednesday | 4:30pm, AUD Catholic Communion
- 4th Wednesday Catholic Mass
- Pat Lateri X 1193

Protestant Community

Every Sunday | 2pm, AUD

- Ruth Bell X 1293

Kehilla Jewish Community

Second and Fourth Friday at 3:45PM (AUD)

- Irene Hantman 703-362-3366

Pool Group

Sunday-Thursday & Saturday at 3PM (GR)

Fridays at 12:30PM

- George Gallahorn X 1225

Saturday Sing-A-Long

Every Saturday at 4:15PM (WG)

- Bob Kibler X 1056 Mary Ratcliffe X1216

Spanish Conversation Group

Every Friday at 11:30AM (CLASS)

- Edie Young X 1128

Tap Dance

Thursdays at 3PM (GFS)

- Carole Ross X 1050

The Vantage Point Players

1st & 3rd TUES AT 3PM (CA)

- Erin Peacock x1363

Trivia Group

Every Friday at 2PM (GR)

- Dick Nelson X 1012

Book Clubs

1st Tuesday at 2PM (FD)

2nd Tuesday 2PM (CLASS)

3rd Tuesday 2PM (CLASS)

4th Tuesday 2PM (CLASS)

- Carol McGinnis X1037
- Jansie Rogers X 1056
- Judy Dye X 1135
- Bob Kibler X1056

Pickleball

Sunday, Tuesday, Thursday, Friday, Saturday at 8:30AM (TC)

- Bob Kibler X 1056

Walking with Rollators & Walkers Group

Every First and Third Tuesday at 1:30PM (ED) Seasonal

- Dick Bush x1260

Wii Games

Every Tuesday at 12PM (GFS)

- Lynn Perlin X 1273

Artists Guild 2.0

Every Saturday at 10am (CA)

- Natalie Roberts x1186

New Perspectives

- Fred Alford x1113

Management Team



**Executive
Director:
Dr. Heather
Parrott**



**Interim
Administrator:
Michael
Kuritsky**



**Director of Health
Services:
Fatmatu "Bah"
Barrie**



**Director of
Human
Resources:
Paul Dutton**



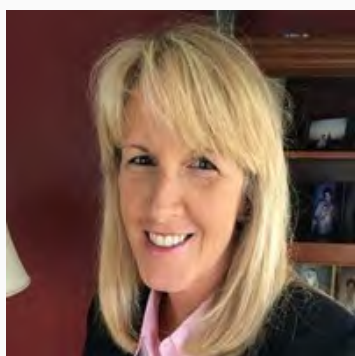
**Director of
Marketing:
Patti Hutton**



**Director of
Community Life:
Carliesa Meakes**



**Director of
Enviornmental
Services: Gil Hardy**



**Director of
Finance:
Janice Hatzakos**



**Director of
Dining Services:
Lisa Rohauer**



**Director of Plant
Operations:
Mark Scoffield**