

JANUARY 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 The 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:



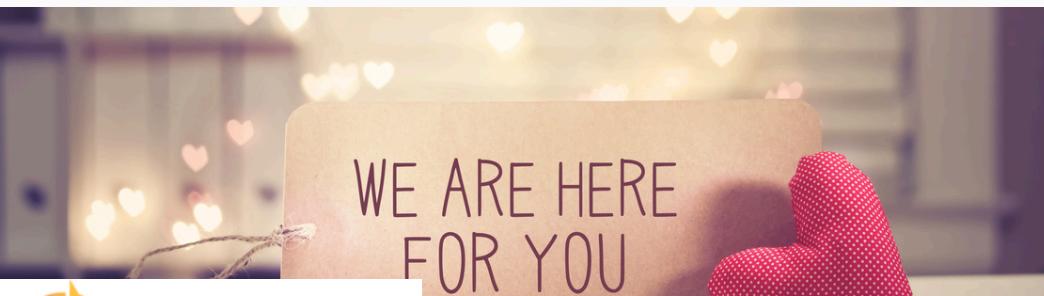
Valentine's  
Day Happy  
Hour



Mardi Gras  
Cocktail  
Hour



St. Patrick's  
Day Social





## A Message From Our Executive Director:

Dear Residents,

January is a time for fresh beginnings, winter traditions, and staying connected. This month we are looking forward to a variety of activities designed to keep minds engaged, bodies moving, and spirits lifted. From seasonal celebrations and creative programs to wellness offerings and social gatherings, there will be something for everyone to enjoy. We encourage residents to join us, try something new, and start the new year together with community and purpose.

Best,  
Pierce

Executive Director

# Highlights This Month!

## Hello WINTER



### Honoring Dr. Martin Luther King Jr.

Monday, January 19, 2026

On this day, we pause to honor a man who refused to bow to fear, who spoke truth with a steady voice, and who carried a dream big enough to shake the nation awake. Dr. King didn't just march—he moved hearts. He challenged us to build a world where dignity isn't optional and justice isn't delayed.

As we look back, we're reminded how far that dream has carried us. As we look forward, we remember how much is still asked of each of us—courage, kindness, fairness, and the willingness to stand up when it would be easier to sit down.

Let today be a day of reflection, gratitude, and renewed purpose.

A day to practice the simple, stubborn belief that love still has work to do.

**"The time is always right to do what is right."**

—Dr. King



JANUARY  
is....

National Hobby  
Month

National Braille  
Literacy Month

National Blood Donor  
Month

National Birth Defects  
Prevention Month

National Thank You  
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

# Fitness Tips & Updates



**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!



**JANUARY** may come in with a chill, but it's still a fine month to wake up the body and shake off the winter cobwebs. No heroics needed—just steady steps and a little determination.

- Ease into movement.

Start the day with a gentle stretch in your chair or at the edge of the bed. Ankles, wrists, shoulders—wake the joints before you ask them to go to work.

- Keep winter walks short and safe.

Indoor hallways count! A few laps inside is safer than braving icy paths. Good posture, easy breathing, and a comfortable pace are the goal.

- Strength matters more than speed.

Light hand weights, soup cans, or resistance bands help protect bones and improve balance. Slow, controlled movements are the gold standard.

- Balance is a daily practice.

Try standing behind a sturdy chair and lifting one foot for a few seconds. It might feel simple, but it pays big dividends.

- Hydrate like it's July.

The cold fools us into drinking less water. Keep a bottle nearby and sip through the day to avoid fatigue and dizziness.

- Stretch your spine often.

Sitting too long? Roll your shoulders back, lift your chest, and take a long, deliberate breath. It keeps you limber and helps with circulation.

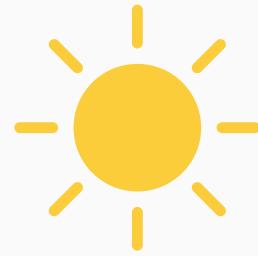
- Join group classes when you can.

A familiar face or two makes exercise lighter and a lot more fun. Community movement keeps spirits high and bodies healthier.

- Rest is part of the plan.

Listen to your body. A little soreness is normal—sharp pain is not. Take breaks and honor your limits.

January isn't about resolutions; it's about routines. A little movement each day is enough to keep you strong, steady, and ready for whatever the new year brings.



## Monthly Support Groups:

### Groups:

- **Low Vision Group: 1/6 (Tuesday) 2-3pm Classroom**
- **Caregiver Support Group: 1/9 (Friday) 2:30-3:30pm Classroom**
- **The Newbie's Group: 1/7, 1/14, 1/21 and 1/28 (Wednesdays) 11am-12pm Columbia Room**
- **Health & Wellness Fair 2025: 1/22 (Thursday) from 1-3pm AUD**

**The holiday season can be particularly painful for someone living with grief. Please do not hesitate to contact me at x1311 during this season. I'm here to listen.**



## Welcome to the RVP Library Section!

Here, you'll find the latest updates and information about our community library. Whether you're looking to unwind with a good book, explore new topics, or simply enjoy the peaceful atmosphere, we invite you to stop by. Feel free to browse our shelves, relax with a read, or borrow from our wide selection of wonderful books.

We look forward to seeing you at the library!



This month I'd like to mention some things that have come up recently. The first item is that occasionally RVP residents return Howard County Public Library books to our book return cabinet instead of to the public library. Our RVP library volunteers and Concierge Rebecca have kindly taken these books back to the correct library, but, of course, it would be easier if this extra activity wasn't needed. Please make sure that you return only RVP books to our library.

The next item is about the wait list. When a new book, that is in high demand, comes into our library I usually set up a wait list. This enables the book to circulate among the residents who are most interested in reading it. If you are interested in reading any of these in-demand books, the procedure is, as follows: write a note stating your wish to read the book and place it in the tin on the library desk. As well as your name, please add your apartment and phone numbers. I will then add you to the wait list and you will receive the book in the order on the wait list. If you have any questions, please call me (x 1032) or email [pauline.cohen@gmail.com](mailto:pauline.cohen@gmail.com).

Pauline J. Cohen

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### Library Committee:

Mary Ruth Alter—Overdue books

Bob Kibler—paperback books and magazines

Joan Parvis—Giveaway cart and general tasks

Phil Reitzel—newspapers and book cataloging

David Simmons—computer support

Sue Sternheimer—book cataloging, and other tasks

Hope Vasholz—recording books loaned and returned, reshelving

Pauline Cohen—Chair

x1032

## 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.

**Board of Directors and RVP Residents Dinner: Tuesday, JANUARY 6 & 13, 2026 at 5pm AUD**

**Evening Speaker Hugo Keesing:  
"The Soundtrack of Our Lives"  
Wednesday JANUARY 7<sup>th</sup> at 7:30pm AUD**

**Pierce's Points: Thursday JANUARY 15<sup>th</sup> at 11am  
Join us in the AUD as we hear the latest news from the Executive Director, Pierce Carey.**

**Dr Andy Lazris: Friday JANUARY 16<sup>th</sup> at 11am  
Health talk w/Dr. Andy Lazris**

**Steve Friedman: Friday JANUARY 16<sup>th</sup> at 2pm  
Join us in the Auditorium for another one of Steve's Broadway Tours and Lectures**

**ARMCHAIR TRAVELERS :  
Friday JANUARY 16<sup>th</sup> at 7:30pm AUD  
Come join us if you love photography**

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



**MaCCRA: Tuesday, JANUARY 20, 2026 at 7:30pm AUD**

**Health & Wellness Fair: Thursday, JANUARY 22, 2026 at 1pm AUD**

**Great Decisions: Monday, JANUARY 26, 2026 at 2pm**

# 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!



**VOV  
Blue Grass Group**  
Saturday Jan 3  
7:30pm

**VOV's  
Napat  
Piano Bar Tunes**  
Sunday Jan 25  
7:30pm

**Gary Jay Duo**  
Monday Jan 5  
7:30pm

**Cindy Zhang Duo**  
Thursday Jan 29  
7:30pm

**John & James  
Dapogny**  
Saturday Jan 10  
7:30pm

**VOV's  
John, Mike, Greg  
Harrison**  
Monday Jan 19  
7:30pm

**Jiin Kim**  
Thursday Jan 15  
7:30pm

**Abiodun Adebiyi**  
Saturday Jan 31  
7:30pm



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



## THE PIANIST (2002)

RATED R | 2hr 30min

During WWII, acclaimed Polish musician Wladyslaw faces various struggles as he loses contact with his family. As the situation worsens, he hides in the ruins of Warsaw in order to survive.

SATURDAY 1/3 @2PM

## POMS (2019)

RATED PG13 | 1hr 30min

POMS is a comedy about a group of women who form a cheerleading squad at their retirement community, proving that you're never too old to 'bring it'!

MONDAY 1/5 @7:30PM

## DON'T WORRY DARLING (2022)

RATED R | 2hr 3min

While her husband leaves home every day to work in a top secret facility, a young 1950s housewife begins to question her life when she notices strange behavior from the other wives in the neighborhood.

WEDNESDAY 1/7 @ 7:30PM

## RADIO (2003)

RATED PG | 1hr 49min

The story of a high school coach and the developmentally challenged man who he took under his wing.

FRIDAY 1/9 @7:30PM

## WIND RIVER (2017)

RATED R | 1hr 47min

A wildlife officer helps an FBI agent investigate a murder on an American Indian reservation.

THURSDAY 1/15 @ 7:30PM

## SELMA (2014)

RATED PG13 | 2hr 8min

A chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

SUNDAY 1/18 @ 7:30PM

## KING (1969)

RATED PG13 | 3hr 5min

Follows Martin Luther King's life and decades-long civil rights activism.

MONDAY 1/19 @ 7:30PM

## THE GRAY MAN (2022)

RATED PG13 | 2hr 2min

When the CIA's most skilled operative, whose true identity is known to none, accidentally uncovers dark agency secrets, a psychopathic former colleague puts a bounty on his head, setting off a global manhunt by international assassins.

WEDNESDAY 1/28 @7:30PM



# Jean Lavish

## ART EXPERIENCE

Wednesdays at 10:30 in  
Creative Arts Room



**1ST & 3RD MONDAYS**  
1:00pm Class  
2:00pm Class

# Music In The WINTER GARDEN



**Tuesday 1/6 / 2PM**  
*Pianist VOV*

**Tuesday 1/20 / 2PM**  
*Pianist VOV*

**BrainFitness™**

**STAY SHARP!!!!**  
**w/ DANA**

**JAN. 12<sup>TH</sup>**

**JAN. 26<sup>TH</sup>**

**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.**



# BUS TRIPS: JAN 2026

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

**FRI  
JAN 9**

Departs ED  
at 4:15pm

**COLUMBIA  
FILM  
SOCIETY**

*at the Horowitz Center*

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**SUN  
JAN 18**

Departs ED  
at 2:15pm



*Sundays At Three  
Chamber Music Series*

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**FRI  
JAN 30**

Departs ED  
at 4:15pm

**COLUMBIA  
FILM  
SOCIETY**

*at the Horowitz Center*

# 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**



## **Winter Weather Transportation Notice**

**As we prepare for the winter weather, please be advised that transportation services may be delayed or canceled to ensure the safety of our drivers and residents.**

**If inclement weather is predicted or road conditions are unsafe, decisions will be made using best judgment with safety as the top priority.**

**For scheduled medical appointments, drivers will reach out directly to residents with updates regarding delays or cancellations.**

**Please watch for updates regarding any transportation delays or cancellations. Notices will be shared through:**

- **Community email blasts**
- **Posted signage in the building**

**Thank you for your understanding and cooperation as we prioritize everyone's safety.**

**DONATION DAY Pick-Up by GreenDrop  
Charitable Donations & Swap Meet**

**SWAP MEET:  
DATE: JANUARY 8TH 2026  
TIME: 1PM-5PM**

**What types of items are  
accepted for donation:**

**Clothing & Shoes, Books & Artwork,  
Linens & Bedding, Toys, Small appliances,  
Kitchenware, Items in Good Condition**

**Items that cannot be brought  
down for donation:**

**PERISHABLES, PLANTS, FOOD, LARGE ITEMS,  
FURNITURE, MEDICATIONS, MEDICAL  
SUPPLIES  
NO EXCEPTIONS**

**How Items should be packaged  
BEFORE being brought down:**

**ALL Items MUST be bagged or boxed.  
NO EXCEPTIONS. If any fragile items,  
please label the box "FRAGILE" So  
handled with care.**

**Independent Living residents are invited to bring  
items to the auditorium for the swap meet on  
JAN. 8<sup>TH</sup> BETWEEN 8AM-11:30AM**

**Residents are encouraged to bring donated items to  
the auditorium to participate in the swap meet prior  
to the scheduled pickup.**

**Swap Meet is from 1pm-5pm**

**All unclaimed donations will be picked up by  
GreenDrop Charitable Donations on 1/9/2026 7a-8a**

**Reminder: Any items you wish to keep, must be taken  
back to your apartment after swap meet. All  
unclaimed items will be donated to GreenDrop.**

**\*\*PLEASE NOTE: THIS EVENT IS EXCLUSIVELY FOR THE  
INDEPENDENT LIVING COMMUNITY ONLY.**

**For questions or volunteering Please contact:  
Carolyn Ehrlich x1226**



# MLK JR.

# FILM FEST



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**JANUARY 18-24**

**1/18 @2P I AM MLK JR (2018)**

**1/18 @7:30P SELMA (2014)**

**1/19 @7:30P KING (1969)**

**1/20 @7:30P BOYCOTT (2001)**

**1/21 @7:30P THE ROSA PARKS**

**STORY (2002)**

**1/22 @7:30P ALL THE WAY (2016)**

**1/23 @7:30P THE AUTOBIOGRAPHY  
OF MISS JANE PITTMAN (1974)**

**1/24 @2P MLK/FBI (2020)**

**1/24 @7:30P 4 LITTLE GIRLS (1997)**



AT  
 JOHNS HOPKINS  
KRIEGER SCHOOL  
of ARTS & SCIENCES

# OSHER Spring 2026 Preview Information Session

IN PARTNERSHIP  
WITH



Please join us on Monday, January 20th in the Auditorium to learn about Osher at JHU classes offered at Vantage Point this Spring 2026.

## AGENDA

**10:00am – 11:00am**

- Welcome
- Faculty Present their Classes on Video
- Q&A
- Registrations Accepted

## SPRING 2026 CLASSES

Tuesday, February 24 – March 31, 2026 (6 weeks) 10am–12noon

How We Came to Be: From the Big Bang to the Age of Man

**Richard  
Barrett**

Tuesday April 7 – May 12, 2026 (6 weeks) 10am–12noon

American Jazz Royalty: Duke Ellington & Count Basie

**Seth  
Kibel**

Tuesday, February 24 – March 31, 2026 (6 weeks) 1pm–3pm

Designing Washington

**Judy  
Scott-Feldman**

Tuesday April 7 – May 12, 2026 (6 weeks) 1pm–3pm

The Godfather I/II

**William  
Florman**



## Zoom Info

**Meeting ID**  
854 3579 2592  
**Passcode**  
1234

# MaCCRA

Maryland Continuing Care Residents Association

Hosted by LeadingAge Maryland and State MaCCRA

*presents*

## Webinar on What Financial Solvency Means for CCRCs

*Tuesday, January 20<sup>TH</sup>  
7:30p-9p | AUD*

*Join us for a presentation on the financial solvency of CCRCs. The session will include an overview of financial metrics and what they mean for overall financial health, as well as a discussion by experts of recent high profile CCRC bankruptcy cases, and a review of other CCRC financial hardship cases that did not end in bankruptcy and why. We will also review what states' laws have to say about bankruptcies and protections.*

*MaCCRA is a non profit organization and the voice for CCRC Residents.*

*Everyone's Welcome !*

# 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 Committee

1ST Thursday AFTER the first Monday at 2:00PM (CLASS)

## RA Library Committee

TBD (AS NEEDED)

## RA Community Life Committee

2ND Thursday at 10:15AM (CLASS)

## RA Hospitality Committee

Third Thursday at 1PM (PD)

## RA Marketing Committee

Third Thursday at 3PM (CLASS)

## RA Health Services Committee

Fourth Tuesday at 3PM (CLASS)

## RA Grounds & Garden Committee

First Thursday at 11AM (CLASS)

## RA Floor Reps Committee

4th Tuesday of Every Other Month at 11AM (CLASS)

## RA Finance Committee

Fourth Monday at 11AM (CLASS)

## RA Dining Committee

2nd Tuesday at 10AM (PD)

## RA Building Services Committee

Third Friday at 1PM (CLASS/ZOOM)



## 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

## BINGO!

Second and Fourth Thursday at 7PM (CLASS)

- Linda Yaffe X 1196
- Teddy Clarke X 1185

## 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 Community

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

- Irene Hantman X 1112

## Pool Group

Sunday-Thursday & Saturday at 3PM (GR)

Fridays at 12:30PM

- George Gallahorn X 1225

## Saturday Sing-A-Long

Every Saturday at 4:30PM (WG)

- Bob Kibler X 1056

## 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

1<sup>st</sup> & 3<sup>rd</sup> TUES AT 3PM (CA)

- Erin Peacock x1363

## Trivia Group

Every Friday at 2PM (GR)

- Dick Nelson X 1012

## Book Clubs

1<sup>st</sup> Tuesday at 2PM (FD)

2<sup>nd</sup> Tuesday 2PM (CLASS)

3<sup>rd</sup> Tuesday 2PM (CLASS)

4<sup>th</sup> 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 Second and Fourth Tuesday at 1:30PM (ED)

- 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: Pierce  
Carey**

**Administrator:  
Alexis  
Hitchcock**

**Director of Health  
Services: Fatmata  
“Bah” Barrie**

**Director of  
Human  
Resources: Paul  
Dutton**



**Director of  
Marketing:  
Patti Hutton**

**Director of  
Community Life:  
Carliesa Meakes**

**Director of  
Environmental  
Services: Gil Hardy**



**Director of  
Finance: Heather  
Warble**

**Director of  
Dining Services:  
Lisa Rohauer**

**Director of Plant  
Operations: Mark  
Scoffield**