

AUGUST 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:



September 22



October 9



October 30



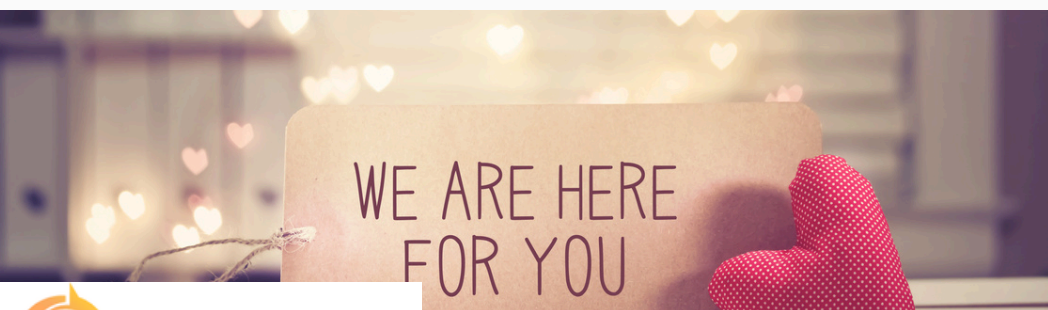
November 2026



December 2026



December 2026





A Message from the Executive Director

Dear Residents,

It has been a true pleasure getting to know so many of you over these first few weeks. Thank you for the warm welcome, thoughtful conversations, and the kindness you've shown me as I settle into my new role. Every interaction has reinforced what a special community Residences at Vantage Point is.

One of the highlights of my week continues to be our resident dinners. I appreciate the opportunity to hear your stories, learn about the history of our community, and listen to your ideas for the future. Your insights are invaluable and help guide our work as we continue to build upon the strong foundation already in place. As we move through this exciting transition with Broadmead, my commitment is to be visible, approachable, and engaged. My door is always open, and I look forward to continuing to meet many more of you in the weeks ahead.

Thank you for making me feel so welcome. I am honored to serve as your Executive Director, and I am excited about all that we will accomplish together.

Warmly,
Heather Parrott, DHSc, LNHA, CCC-SLP
Executive Director

Highlights This Month!



AUGUST
is....

National Wellness
Month

National Back-To-
School Month

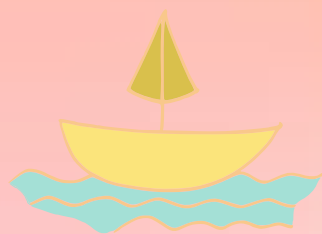
Black Business Month

Happiness
Happens Month

National Dog Month

Family Fun Month

National Civility Month





VANCE PARKER

A Lifetime Dedicated to the Martial Arts

Vance Parker started training in the martial arts at the age of 10yrs and currently holds Upper Black Belt rank in four disciplines of the Arts.



空手

- Shorin-Ryu Okinawa Karate
- Ufochiku Den Kobujutsu
- Yang Style Tai Chi Chuan
- Okinawa Goju-Ryu Karate

He has dedicated his life in learning teaching the martial arts for over **57 yrs.** teaching nearly **29 yrs.** He is the owner and Principal Instructor of the Three Dragons Karate School in Woodlawn Md.



TEACHING FAR AND WIDE

Vance has taught students from far and wide including student from as far away as China. He taught programs for the University of Maryland, Morningside House of Ellicott City, The Arc of Baltimore and sales Reps for St Johns Properties just to name a few.



SKILLS THAT EARNED RESPECT

While in the US Air Force Vance was the only Airman allowed to train Hand to hand with the US Marines because of his skills.



A RECORD OF HONOR

Vance has been honored by his peers before such as the Baltimore Martial Hall of Fame, World Martial Arts Hall of Fame and many of his students and families of which he loves as his own.

His training has taken him across the US and also to Japan. His Dojo is the only Okinawa Goju-Ryu Karate School in Baltimore Md.

★ ON AUGUST THE 29TH ★

VANCE WILL BE HONORED IN LOUISVILLE, KY, TO THE HIGHEST TITLE TO BE ACHIEVED IN OKINAWA GOJU-RYU KARATE,

**THE TITLE OF
HANSHI
GRANDMASTER
10TH DAN**

He will represent his teacher,
LLOYD JOHNSON III, HANSHI

Okinawa Goju-Ryu Karate,
Ueichi Ryu and Kobudo on
the East Coast of the USA.



Vance is our **RVP** part-time Driver
★ and we wanted to spotlight him!



"DISCIPLINE. RESPECT. DEDICATION. A LIFE IN SERVICE."



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!



Stay Strong • Stay Active • Stay Healthy!

☀️ Beat the Heat & Keep Moving!

August brings warm temperatures, making it the perfect time to focus on staying active while protecting yourself from the summer heat. Regular movement helps improve strength, balance, flexibility, heart health, and overall well-being.

💧 Hydration Matters

Drink plenty of water throughout the day—even if you don't feel thirsty. Proper hydration helps prevent fatigue, dizziness, and muscle cramps.

🚶 Keep Moving

Aim for at least 30 minutes of physical activity most days of the week. Walking, swimming, chair exercises, and stretching are all excellent ways to stay active.

💪 Build Strength

Light resistance exercises using hand weights or resistance bands help maintain muscle strength, improve posture, and make everyday activities easier.

⚖️ Practice Balance

Simple balance exercises, such as standing on one foot while holding onto a sturdy chair or practicing heel-to-toe walking, can help reduce the risk of falls.

🧘 Stretch Daily

Gentle stretching keeps joints flexible, reduces stiffness, and improves mobility. Even five minutes each morning can make a big difference.

🧠 Exercise Your Brain

Physical activity isn't just good for your body—it benefits your brain too! Try learning a new skill, completing a puzzle, reading a book, or attending educational programs offered at RVP.

😊 Stay Social

Exercising with friends makes fitness more enjoyable. Join a fitness class, take a neighborhood walk, or participate in Community Life activities to stay connected.

❤️ Healthy August Reminder

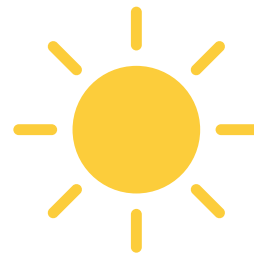
Listen to your body, wear lightweight clothing, avoid prolonged outdoor activity during the hottest part of the day, and celebrate every step toward a healthier you!

"Movement is medicine. Every step you take is an investment in your health and independence."

Community Life Fitness Team
Residences at Vantage Point



Sunnie's Corner



Monthly Support Groups:

- **Tuesday (8/4) at 2pm
(Classroom) Low Vision
Group**
- **Friday (8/14) at 2:30pm
(Classroom) Caregiver
Support Group**
- **Wednesdays (7/29, 8/5,
8/12, 8/19, 8/26) at 11am
(Classroom) The Newbie's
Group**
- **Tuesdays (8/11, 8/18, 8/25)
at 3pm (AUD) Senior Planet
Lifelong Learning Series**

SENIOR PLANET
FROM AARP



Tech for Lifelong Learning

Dates: August 11, 18, 25

Days: Tuesdays

Location: AUD

Time: 3:00p.m. – 4:00p.m.

Join us for this 3-week series that will explore a variety of digital tools you can use to keep learning at your own pace. Feel free to bring your personal device (phone, laptop or tablet) to class, charged.

Week 1: Intro to Learning Apps

Week 2: Digital Tools for Brain Health

Week 3: Virtual Museum Tours



Sign Up Today!

Questions about class? Contact Sunnie Sun, IL social worker at x1311

Email: 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.**

The Newbie's Group

New to Vantage Point? You are not alone! Come and meet other new comers, build connections, and chat about your experiences in a fun & friendly space. All are welcome!

**Four Wednesdays in August
(8/5, 8/12, 8/19, and 8/26)**

Time: 11am-12pm

Location: Classroom

For registration and inquiries, please contact social worker Sunnie Sun at extension 1311 or SunS@vantagepointresidences.org



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.**



Presentation: OSHER FALL PREVIEW
Tuesday, AUGUST 11th at 10am AUD

Evening Presentation: Friday, AUGUST 14th , 2026 at 7:30pm
Come Join us in the Auditorium to hear guest speaker

John Baker lecture on SUBMARINES

Dr. Jenner: HOT TOPICS: Tuesday, AUGUST 18th
Come join us in the Auditorium with Dr. Jenner for our
NEW "HOT TOPICS" discussion at 7:30pm

HEATHER's Topics! Resident Townhall: Thursday AUGUST 20th at 11am
Join us in the AUD as we hear the latest news from the Executive Director.

Steve Friedman : Thursday, AUGUST 20th 2pm AUD

Come join us in the AUDITORIUM for a presentation Broadway Lectures and Tours

ARMCHAIR TRAVELERS :

Friday, AUGUST 21st at 7:30pm AUD

Come join us if you love photography

Dr Andy Lazris: Friday, AUGUST 21st at 11am
Health talk w/Dr. Andy Lazris

New Perspectives: August 12th 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, AUGUST 24th , 2026 at 2pm

Multilateral Institutions in a Changing World
Discussion Leader: Bob Kibler

Evening Speaker Dr. Jenner:
"The Life of George M. Cohan"
Tuesday, AUGUST 25th at 7:30pm AUD

Evening Speaker Hugo Keesing:
"The Soundtrack of Our Lives"
Wednesday, AUGUST 26th at 7:30pm AUD

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!



**Hyunji Oh
(Gayageum)**
Saturday AUG 1
7:30pm

**VOV's
John Pineda, Kassie
Sandacz & Anthony
Pocetti
(Great American
Songbook Standards)**
Monday AUG 17
7:30pm

**VOV's
Kassie Sandacz &
Tom Lagana
(Jazz Classics)**
Sunday AUG 2
7:30pm

**Evangelina
Ciobanu
(Classical Cellist)**
Wednesday AUG 19
7:30pm

**VOV's
Dave Phenicie &
Paula Richardson
(Oldies Favorites)**
Wednesday AUG 5
7:30pm

**VOV's
Dave Phenicie Group
(Beach Boys
Tribute)**
Sunday AUG 23
7:30pm

**Dieer Hu
(Mezzo-Soprano)**
Saturday AUG 15
7:30pm

**Piano Cello Duo
(Film Scores)**
Friday AUG 28
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!

PROJECT HAIL MARY (2026)

RATED PG-13 | 2hr 36min

A science teacher wakes up alone on a spaceship. As his memory returns, he uncovers a mission to stop a mysterious substance killing Earth's sun, and realizes that an unexpected friendship may be the key.

SUNDAY 8/2 @ 7:30PM

THE FUGITIVE (1993)

RATED PG-13 | 2hr 10min

A respected Chicago surgeon unjustly accused of murdering his wife must find the real killer while being the target of a nationwide manhunt led by a seasoned U.S. Marshal.

MONDAY 8/3 @ 7:30PM

GOLDFINGER (1965)

RATED PG-13 | 1hr 50min

All that glitters is definitely...Goldfinger! From the opening bomb blast outside a steamy nightclub to a last-minute escape from the president's personal jet, James Bond's (Sean Connery) third screen adventure is a pulse-pounding thrill-ride!

WEDNESDAY 8/5 @ 7:30PM

2001: A SPACE ODYSSEY (1970)

RATED PG-13 | 2hr 13min

When a mysterious artifact is uncovered on the Moon, a spacecraft manned by two scientists and one supercomputer is dispatched to Jupiter to find its origins.

TUESDAY 8/11 @ 7:30PM

LEFT-HANDED GIRL (2025)

RATED R | 1hr 48min

A single mother and her two daughters relocate to Taipei to open a night market stall, each navigating the challenges of adapting to their new environment while striving to maintain family unity.

SUNDAY 8/16 @ 7:30PM

JURASSIC PARK (1993)

RATED PG-13 | 2hr 7min

Two dinosaur experts are invited to a new amusement park, but someone sabotages the security system and things get dangerous.

OSCARS® 3X winner

MONDAY 8/17 @ 7:30PM

THE SHEEP DETECTIVES (2026)

RATED PG | 1hr 54min

When their beloved farmer is found dead under mysterious circumstances, a flock of the sheep conclude they will have to solve the murder themselves, even if it means leaving their meadow for the first time and facing the fact that the human world isn't as simple as it appears in books.

FRIDAY 8/28 @ 7:30PM

CHARADE (1963)

RATED PG-13 | 1hr 48min

A trio of crooks relentlessly pursue a young American through Paris in an attempt to recover the fortune her dead husband stole from them. The only person she can trust is a suave, mysterious stranger.

SUNDAY 8/30 @ 7:30PM



Jenn Lavinish

ART EXPERIENCE

Wednesdays at 10:30 in
Creative Arts Room



Floral Arranging workshop w/ Laura

1ST & 3RD MONDAYS

1:00pm Class

2:00pm Class

**MUST SIGN-UP IN MAILROOM
\$15 PER PERSON PER CLASS**

Music In The WINTER GARDEN



Tuesday 8/4 2PM

Pianist

LUCAS REILLY

Tuesday 8/18 2PM

Pianist

MIKE NOONAN

Brain *Fitness*™

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

AUG 10th

AUG 24th

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.**

THINGS TO DO IN COLUMBIA MD

⇒ Your Guide to Live Music, Culture & Community Fun! ⇒



LIVE MUSIC & OUTDOOR PERFORMANCES



MERRIWEATHER POST PAVILION CONCERTS

- ★ "Weird Al" Yankovic: August 2 at 7:30 PM (Bigger & Weirder Tour)
- ★ Thomas Rhett: August 13 at 7:30 PM (The Soundtrack to Life Tour)
- ★ The Fray & Dashboard Confessional: August 14 at 7:30 PM (Summer of Light Tour)
- ★ Zac Brown Band & Old Crow Medicine Show: August 15 at 7:00 PM (Love & Fear Tour)
- ★ Kehlani: August 27 at 6:30 PM (Crash World Tour)
- ★ Asake: August 28 at 8:30 PM (In God We Trust World Tour)



Find more updates and direct links on the official Merriweather Post Pavilion site (merriweathermusic.com).



THE MARYLAND SUMMER MUSIC FESTIVAL

August 28–29 at the Jim Rouse Theatre.

This premier event features vibrant indoor/outdoor weekend programming headlined by GRAMMY-nominated soul artist Avery*Sunshine.



SUMMER FLO AFTERNOON

August 15 at 2:00 PM at Busboys and Poets - Columbia. A soulful outdoor live jazz set featuring Billboard-charting contemporary pianist Marcus Johnson.



LAKEFRONT LIVE & COMMUNITY RECITALS



Multicultural Open Mic Night: August 6.

A celebratory outdoor showcase highlighting regional sounds.



Summer Sounds Series: August 9 from 4:00 PM to 7:00 PM at Kings Contrivance Village Center.

A family-oriented "Crafts & Cords" musical gathering.



Jazz Dinner en Blanc: August 22 at 6:00 PM at St. John Baptist Church.

A sophisticated all-white dress code dinner paired with live ensemble jazz.



THEATRICAL PERFORMANCES & CULTURAL EXPOS



TOBY'S DINNER THEATRE BROADWAY PRODUCTIONS

- Mean Girls The Musical: Daily performances running through August 23.
- Summer: The Donna Summer Musical: Launching August 28. This production honors the global icon's journey from a gospel vocalist to the undisputed Queen of Disco.

Check current seating on the Toby's Dinner Theatre site (viagogo.com).



HOWARD COUNTY BLK AUTHOR EXPO

August 1 starting at 11:00 AM at the Harriet Tubman Cultural Center.

A premier literary marketplace spotlighting regional Black authors, book signings, and community dialogue.



SUMMER SPEAKER SERIES

August 15 at the African Art Museum.

This event highlights compelling presentations from local creators, featuring a special session with Ellicia Bragg Chau.



REEL ENLIGHTENMENT FILM SERIES

August 26 at the East Columbia 50+ Senior Center.

A curated community screening and deep-dive discussion celebrating Women's Equality Day.



SEASONAL FESTIVALS & COMMUNITY BLOCK PARTIES



CARIBBEAN AMERICAN HERITAGE MONTH FESTIVAL

August 8 from 3:00 PM to 7:00 PM at The Chrysalis in Symphony Woods.

Immerse yourself in authentic island cuisine, tropical craft vendors, and lively steel drum performances.



BACK TO SCHOOL COMMUNITY MARKETS

CRES BLOCK PARTY: August 22 from: 11:00 AM to 2:00 PM at Cradlerock Elementary School.

Celebrating 50 years of neighborhood community with interactive family games and local vendor pop-ups.



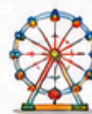
BACK TO SCHOOL COMMUNITY MARKET:

August 29 from 10:00 AM to 4:00 PM at The Meeting House.

Browse 40+ local businesses, grab free school supplies, and enjoy live local DJs.



REGIONAL FAMILY HIGHLIGHTS



THE ARLINGTON COUNTY FAIR: August 12–16.

A short drive away, offering a full week of competitive exhibits, local food stalls, and midway carnival rides.



BCPSFEST 2026: August 22 in nearby Owings Mills.

A large back-to-school fair boasting live entertainment, food trucks, and youth activities.



★ Music. Community. Culture. Columbia. SEE YOU OUT THERE! ★



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: AUG 2026

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

**FRI
AUG 7**

**Departs ED
at 11am
Level II**



**TUES
AUG 11**

**Departs ED at
930am
Level III**



**THURS
AUG 13**

**Departs ED at
11am
Level II**



**WED
AUG 19**

**Departs ED at
11am
Level II**

**National
Gallery of Art**

**WED
AUG 26**

**Departs ED at
11am
Level II**



**THURS
AUG 27**

**Departs ED
at 11am
Level II**





NEWSLETTER *Notice*

Columbia Vantage Point Foundation Receives **\$320,000** Legislative Bond Initiative Award!

\$320,000
LEGISLATIVE
BOND INITIATIVE
AWARD



The Columbia Vantage Point Foundation is pleased to share that, during the most recent Maryland General Assembly session, the Foundation received a **\$320,000 Legislative Bond Initiative award** to support pre-development costs related to the planned renovation of the Residences at Vantage Point Health Center.

This new award builds on a prior-year \$125,000 allocation for the same purpose, bringing total State support for Health Center renovation planning to **\$445,000**.



The Foundation will continue to seek **Legislative Bond Initiative support annually** as the Health Center renovation moves forward.

Residents are always encouraged to reach out to their State Delegates and Senators to thank them for their continued support of this important project and of the RVP community.



The Columbia Vantage Point Foundation is a 501(c)(3) non-profit organization serving Residences at Vantage Point.



Starting in
August

RVP
COMMUNITY LIFE

Beading! Jewelry Making

Class



2nd & 4th
Mondays
of every month



3:00 PM



2nd Floor
Game Room

PLEASE NOTE THE FOLLOWING
REGARDING CLASS FEES:



AUGUST:

Class will be offered
free of charge.
(For the month of August ONLY)



BEGINNING IN SEPTEMBER:

Beading/Jewelry Making:
\$10 per class



SIGN UP SHEET IN MAILROOM
DAY BEFORE CLASS AT 4:30PM



Create. Connect. Celebrate Creativity.
We can't wait to create with you!

Starting in
August ♡

RVP
COMMUNITY LIFE



Card Making / Stamping Class ♡

Create. Stamp. Share. Smile! ♡



1st Thursday
of every month



11:00 AM



**Creative
Arts Room**

**SIGN UP SHEET IN MAILROOM
DAY BEFORE CLASS AT 4:30PM**



AUGUST:

Class will be offered
free of charge.
(For the month of August ONLY)



BEGINNING IN SEPTEMBER:

Card Making/Stamping:
\$10 per class



RESIDENTS MUST SIGN UP IN ADVANCE,
and the sign-up sheets will be
located in the mailroom. ♡

Unleash your creativity and make
beautiful cards to share and cherish!
We can't wait to create with you! ♡



— POOL UPDATE —

RUNNINGBROOK OUTDOOR POOL

Closing for the Season!



The Runningbrook Outdoor Pool
will be **CLOSED** for the season on
SUNDAY, AUGUST 24TH.

This means we will be returning to the
COLUMBIA SWIM CENTER
starting **Sunday, August 24th.**



**RUNNINGBROOK
OUTDOOR POOL**



**COLUMBIA
SWIM CENTER**



Don't forget: A valid Columbia Association
Pool Membership is required.

Thank you for your understanding!



Fall 2026 Information Session

In Partnership
With



Please join us on Tuesday, August 11th in the Auditorium to learn about Osher at JHU classes offered at Vantage Point this Fall.

AGENDA 10:00 - 11:00 a.m.

- Brief Osher Program Overview
- Faculty Present their Classes
- Q & A
- Registrations Accepted

Fall 2026 Class Schedule

Tuesday, 9/15/26–10/20/26(6weeks)

Vladimir Fridman

10am–12noon

Guitar Music of Different Genres and Times

Tuesday, 10/27/26–12/8/26(6weeks) (No class 11/24)

Victor Rezmovic

10am–12noon

The Chatbox Revolution

Tuesday, 9/15/26–10/20/26 (6 weeks)

Kris Obom

1pm–3:00pm

Six More Emerging Infectious Diseases

Tuesday, 10/27/26–12/8/26 (6 weeks) (No class 11/24)

Bob Hines

1pm–3:00pm

The Great War

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**



**Administrator:
Adele
Alexis**



**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**