

APRIL IS PARKINSON'S AWARENESS MONTH

This month the Residences at Vantage Point is spreading awareness of Parkinson's Disease. We are asking that you join us for special activities taking place throughout the community and stand with your peers to

FIGHT AGAINST PARKINSON'S DISEASE.

*Purchases of *Parkinson Awareness buttons* and *Red Tulips* (\$3 each) can be made to support your fellow neighbor living with Parkinson's disease. Proceeds will go towards the Residences At Vantage Point team for Parkinson's Foundation Moving Day. To make a purchase, please contact Fitness Coordinator, Vivian O. Smith at ext 2015.

LISIT OF ACTIVITIES



APRIL 1– 30: #Punches for Parkinson's



Put on a pair of gloves and take your best shot. Throughout the entire month of April, Vantage Point is tallying up as many individual/group punches on the heavy, speed and reflex bags in the Fitness Center each day—shadow punches, included. Our goal is to reach 1,000,000 punches; representing the number of people living with Parkinson's in the United States.



Tuesday, April 5: LSVT—BIG Program @2:00pm

The Encore Rehabilitation team (Kimberly Williams and Lyndsey Wilson) will lead an 1-hour program designed to promote high-amplitude movements and loud voices in people with Parkinson's. (Group Fitness Studio)



Monday, April 11: WORLD PARKINSON'S DAY

On this special day, as we honor Dr. James Parkinson—the first to theorize Parkinson's Disease, the Fitness staff is encouraging everyone to take the **SIT-TO-STAND CHALLENGE**.—complete 100 sit-to-stands on this day.



Friday, April 15: DRUM CIRCLE w/KATY GAUGHAN @1:00pm

Come together with friends for 45-minutes of fun, impromptu and collaborative music led by Master of Drum Circle Katy Gaughan. Drumming accesses parts of the brain that thrive on music memories, reduce stress, improves motor skills and facilitate non-verbal self expression. (Sidwell Gardens)

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Thursday, April 21: RSB ONLINE WORLDWIDE WORKOUT

Join all the other Rock Steady Boxers around the world for a virtual fun and challenging workout led by RSB Headquarters Coaches. (Time to be confirmed; Group Fitness Studio)



Saturday, April 23: TANGO W/ANA OLSZEWSKI @2:00pm



Learn to dance the Tango or 'perfect' your dance technique. Naval Academy student and Ballroom Dance Club member, Ana Olszewski is coming to our community to give Tango dance instructions to the Rock Steady Boxers and peers. Ana is giving back to the RSB community that has helped her father, who is currently living with PD. (Group Fitness Studio)



Friday, April 29: MOVEMENT & COGNITIVE EXERCISES @10:45am

The Fitness Team is leading a different kind of class designed to make you think as you move. Join us for an eclectic fitness class of speed, balance, pattern recognition and more. (Group Fitness Studio)



MARK YOUR CALENDAR:

Wednesday, May 11: PRESENTATION BY DR. HOWARD WEISS

'Myths & Misunderstandings of Parkinson Disease @1:00pm

Dr. Weiss has been named one of Baltimore's "Top Doctors" numerous times over the past twenty years and has also received recognition as one of the "Best Doctors in America" and America's Top Physicians". (Auditorium)

Saturday, June 4th: Moving Day Event

Parkinson's Foundation annual fundraising event to raise awareness and support for Parkinson's Disease. Join the Residences at Vantage Point team at UMBC— transportation provided; to register and for more information, visit <https://movingdaywalk.org/event/moving-day-baltimore>

For more information on any of the programs listed, please contact Fitness Coordinator, Vivian O. Smith at ext. 2015 or via email smithv@vantagepointresidences.org