

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please check channel 591 daily for updates! WU = Watermark University Series, taught by a live Instructor	WU Sound Bath & Chakra Clearing w/ Elizabeth - 5th	New series: Tuesdays: <i>Genius - The Life of Albert Einstein</i> Wednesdays: Archaeology Thursdays: Oceanography		10:00 WU Equine Therapy - Inn 10:45 WU Lucy's Limber Up - A 11:30 Oceanography -AL, 591 1:00 Canasta - UL 1:00 WU Advanced Art - AR 2:00 WU Art History Film: The Impressionists: Monet - A 591 3:00 Art History Discussion AR 3:45 WU Bible Study - Inn 4:00 Catholic Communion AL 6:30 Game Night - UL	10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breath - A 1:00 Series: The Great Ideas of Philosophy - AL, 591 1:00 WU Spanish 101 - L 2:00 Trivial Pursuit - AL 3:00 Fountains Radio Network Performance - A 4:00 Shabbat Shalom - PDR	10:30 WU Vitality & Balance A 11:00 Scrabble - NL 1:00 Real Zen Series - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Chariots of Fire - A, 591 2:15 Crafts w/ Jess: Mothers day Card Making - AR 4:00 Intergenerational Piano Singalong - Inn
9:30 Church Trip 10:00 Catholic Mass - 591 12:30 Brunch Trip: Hudson House River Inn 1:30 Streamed Tai Chi - 591 2:00 Film: The Simple Life of Noah Dearborn - A, 591	10:45 WU Rehab Workout - A 11:30 House of David - 591 11:30 WU Current Affairs - AL 1:00 Shopping Trip: Shoprite 1:30 Group Knit/Crochet - UL 2:00 Sound Bath & Chakra Clearing w/ Elizabeth - AL 3:00 WU Opera part 1: La Traviata by Verdi - AL Theme Dinner: Cinco de Mayo 7:00 Film: Marlowe - 591, AL	10:45 WU Lucy's Limber Up - A 11:30 Series: Genius - 591, AL 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 WU Beginner's Art - AR 2:30 WU Health Seminar* w/ Sarah: Unplug to Recharge - Cultivating Happiness - AL 3:00 WU Garden Girls Plant Project - AR 4:00 WU Sign Language - AL	10:00 Men's Coffee Social - CS 10:45 WU Alexander Tech - A 11:00 Shopping Trip: Newburgh Vintage Emporium 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club w/ Lisa & Chewy - NL 2:00 WU Crafts: Mother's Day Wooden Picture Frame - AR 3:00 WU Opera part 2 - AL	10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series -AL, 591 1:00 Canasta - UL 2:00 WU Art History Film: Henri Matisse, Understanding Modern Art - A, 591 2:45 Art History Discussion- AR 3:45 WU Bible Study - Inn 4:00 Catholic Communion - AL	10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breath - A 11:30 TED Talk & Discussion on PURPOSE: How to Ikigai - AL, 591 1:00 Series: The Great Ideas of Philosophy - AL, 591 1:00 WU Spanish 101 - L 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR	10:30 WU Vitality & Balance A 11:00 Scrabble - NL 1:00 Real Zen Series - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: The Kindness Within - A, 591 2:15 Crafts w/ Jess: Paper Flower Pots - AR 4:00 Intergenerational Piano Singalong - Inn
Happy Mother's Day! 9:30 Church Trip 10:00 Catholic Mass - 591 1:30 Streamed Tai Chi - 591 2:30 Gordon George Concert - Inn	10:45 WU Rehab Workout - A 11:30 House of David - 591 11:30 WU Current Affairs - AL 1:00 Shopping Trip: Adams 1:30 Group Knit/Crochet - UL 3:00 Country Music Concert w/ Nancy & Jeff - Inn 7:00 Film: The Maiden Heist - 591, AL	10:45 WU Lucy's Limber Up - A 11:30 Series: Genius - 591, AL 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Independent Art - AR 3:00 WU Active Listening - AL 4:00 Deb's Update Meeting - A	10:45 WU Alexander Tech. - A 11:30 Archaeology Series - AL, 591 1:00 New Film: Bonhoeffer - A, 591 1:30 WU Walking Club - NL 2:00 WU Writers Exchange - L 2:00 Saxophone Name That Tune - Inn 3:00 WU Wine Tasting - BIS	10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series -AL, 591 1:00 Canasta - UL 1:00 WU Advanced Art - AR 2:00 WU Art History Film: The Hudson River Painters: Artistic Pioneers - A, 591 3:15 Art History Discussion AR 3:45 WU Bible Study - Inn 4:00 Catholic Communion - A	10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Series: The Great Ideas of Philosophy - AL, 591 1:00 WU Spanish 101 - L 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR 6:15 Millbrook HS: Addams Family	10:30 WU Vitality & Balance A 11:00 Scrabble - NL 1:00 Real Zen Series - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Last Breath AL, 591 2:15 Craft w/ Jess: Painting Wooden Boxes - AR 3:00 Not So Newlywed Rehearsal - A 4:00 Intergenerational Piano Singalong - Inn
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Mahjong - NL 2:00 Film: Brigadoon - AL, 591 3:00 Not So Newlywed Game hosted by Britney Mendez - A	10:45 WU Rehab Workout - A 11:30 House of David - 591 11:30 WU Current Affairs - AL 1:30 Group Knit/Crochet - UL 3:00 Tommy Spinella Concert - A 7:00 Film: Overboard - AL, 591	10:45 WU Lucy's Limber Up - A 11:30 Series: Genius - 591, AL 1:00 Shopping Trip: Millbrook 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Independent Art - AR 2:30 Food Service Meeting - Bistro 3:00 WU Active Listening - AL 3:30 WU Laura's Book Club - L	10:45 WU Alexander Tech. - A 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club w/ Lisa & Chewy - NL 2:00 Documentary: The Brooklyn Bridge - A 3:15 Father Matt's Service - AL 4:00 Bingo w/ prizes - UL	10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series -AL, 591 1:00 Canasta - UL 1:00 WU Advanced Art - AR 1:30 Trip: Frances Loeb Museum at Vassar College: Great Green Hope for the Hudson Valley Exhibit 3:45 WU Bible Study - Inn 4:00 Catholic Communion - A	10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Series: The Great Ideas of Philosophy - AL, 591 1:00 WU Spanish 101 - L 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR	10:30 Streamed Fitness - 591 11:00 Scrabble - NL 1:00 Real Zen Series - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Love, Weddings & Other Disasters - A, 591 2:15 Craft w/ Jess: Decoupage Cans - AR 4:00 Intergenerational Piano Singalong - Inn
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Mahjong - NL 2:00 Film: Lion - A, 591 2:30 Team Game: Smart Alec - UL 3:00 WU Spiritual Study w/ Beth & Maayana - AL	Memorial Day 10:45 WU Alexander Technique w/ Judith - A 12 - 2 Memorial Day Picnic & Celebration w/ Frankie Keene- Outside (weather pending) 2:30 Film: The Monuments Men - AL, 591	10:45 WU Lucy's Limber Up - A 11:30 Series: Genius - 591, AL 1:00 Shopping Trip: Tops 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 WU Beginner's Art - AR 2:30 New Film: Nickel Boys - A, 591 4:15 WU Edwin's Prayer Group - AL	10:45 WU Exercise Therapy w/ Cris Caivano - A 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club w/ Lisa & Chewy - NL 2:00 WU Writers Exchange - L 3:00 WUMusic Appreciation w/ : Patriotic Songs A 4:30 Dinner Trip: Tomos	10 -12 Artist Photos w/ Lori Adams by appointment - LOB 10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series -AL, 591 1:00 Canasta - UL 2:30 WU Expressions Art Show - A 3:45 WU Bible Study - INN 4:00 Catholic Communion - AL 5:00 Birthday Dinner - PDR	10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Series: The Great Ideas of Philosophy - AL, 591 1:00 WU Spanish 101 - L 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR	10:30 WU Vitality & Balance A 11:00 Scrabble - NL 1:00 Real Zen Series - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Talk of theTown - A, 591 2:15 Broadway Trivia w/ Jen - AL 4:00 Intergenerational Piano Singalong - Inn
MAY 2025 Independent Living		ACTIVITY LOCATOR KEY Your Community Life Team: Lisa Rieckermann, Director Jennifer Bourque, Associate Raegan Haege, Associate Jessica Kaufman, Associate 845-905-8102	Red - Live Exercise Purple - Music Dark Orange - Arts & Crafts Teal - Vocational Black - Educational/Social Pink - Health Green - Trips Blue - Spiritual, Therapeutic	A - Auditorium AG - Art Gallery AL - Allen Lounge AR - Art Room BIS - Bistro CS - Country Store DR - Dining Room L - Library LOB - Main Lobby	NL - North Lounge PDR - Private Dining Room UL - Upper Lobby	Church & Shopping trips: sign up @ podium - Lobby Community Life trips: IL- 905-8014 Inn - 095-8102
 THE FOUNTAINS AT MILLBROOK A WATERMARK RETIREMENT COMMUNITY SM						