

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Monday Series: <i>What America's Founders Learned From Antiquity</i> New Tuesday Series: <i>The Wonders of America's State Parks</i> starts on 15th	New Art History Series: <i>In the Footsteps of Vincent van Gogh</i>	10:45 WU Lucy's Limber Up - A 11:30 Series: Genius - 591, AL 11:40 WU Lucy's Breathe Well - A 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Independent Beginner's Art - AR 2:30 WU Active Listening - AL 4:00 Deb's Update Meeting - A	10:00 Men's Coffee Social - CS 10:45 WU Alexander Tech - A 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club - NL 2:00 WU Writers Exchange - L 3:30 Classical Pianist Oscar Rodriguez & Guest, Italian Pianist, Nicolo Giuliano - A	10:00 WU Equine Therapy - Inn 10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series -AL, 591 1:00 Canasta - UL 2:00 Trip: Zoe's Ice Cream 2:00 Art History Film - 591, A 3:45 WU Bible Study - INN 4:00 Catholic Communion - AL 6:30 Game Night w/ Amber UL	Happy Independence Day! 12 -2 July 4th picnic - Patio (weather permitting) 2:00 Concert w/ Frankie Keene - A 3:30 Film: U571 - AL,591	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: Castaway - A, 591 2:15 WU Crafts w/ Jess: Summer Wreaths - 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: I Still Believe - A,591 3:30 Bocce - Bocce Court	10:45 WU Rehab Workout - A 11:30 New Series: What America's Founders Learned From Antiquity - 591 11:30 WU Current Affairs - AL 1:30 WU Knit/Crochet w/ Jen - UL 3:00 Jim Donnelly Concert - INN 3:00 Shopping Trip: Shoprite 7:00 Film: Hitchcock - AL, 59	10:45 WU Lucy's Limber Up - A 11:30 Series: Genius - 591, AL 11:40 WU Lucy's Breathe Well - A 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Independent Beginner's Art - AR 4:00 WU Sign Language - AL Fair Food Theme Dinner -DR	10:45 WU Alexander Tech - A 11:00 Shopping Trip: Walmart 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club - NL 2:00 Fellini Film: Il Bidone w/ Coffee & Cannolis w/ Lou - AL 4:00 Rocket Pops & Ice Cream Truck Trivia - Patio	10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series -AL, 591 11:30 Flower Arranging - AR 1:00 Canasta - UL 2:00 Art History Film - 591, A 3:45 WU Bible Study - INN 4:00 Catholic Communion - AL	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Series: Introduction to Cognitive Science - AL, 591 2:00 Trivial Pursuit - AL 3:00 American Celebration Concert w/ Perenne Theater Co. - 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: Airforce Elite Thunderbirds - A, 591 2:00 Trivia w/ Jen - AL 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: The Last of the Mohicans- A,591 3:30 Bocce - Bocce Court	10:45 WU Rehab Workout - A 11:30 America's Founders- 591 11:30 WU Current Affairs - AL 1:00 Shopping Trip: Adams 1:30 WU Knit/Crochet w/ Jen - UL 2:00 WU Brain Games w/ Jen McCreery - L 3:00 Lance Lavender & Company Concert - A 7:00 Film: Becoming Led Zepplin - AL, 591	10:45 WU Lucy's Limber Up - A 11:30 Series: The Wonders of America's State Parks - 591, AL 11:40 WU Lucy's Breathe Well - A 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Independent Beginner's Art - AR 2:00 Food Service Meeting- Bis 3:00 Swim Trip: Tymor Park	10:45 WU Alexander Tech - A 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club - NL 2:00 Nurture Your Natural Glow: Hydration and Sun Safety w/ Sarah Domschine, OT w/ Raspberry Smoothies - AL 3:15 Father Matt's Episcopal Service (all are welcome!) - AL	10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series -AL, 591 1:00 Canasta - UL 2:00 Art History Film - A 3:00 Pictionary & Pina Coladas on the Patio 3:45 The Secrets of the Dead Sea Scrolls - LR, 591 4:00 Catholic Communion - AL	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Series: Introduction to Cognitive Science - AL, 591 2:00 Trivial Pursuit - AL 3:30 Happy Hour - Patio 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: Sweet Land - A, 591 2:15 WU Crafts w/ Jess: Sip & Paint: To the Beach - 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: Owd Bob - A,591 3:30 Bocce - Bocce Court	10:45 Streamed Exercise only today - Sarah away - A 11:30 America's Founders- 591 11:30 WU Current Affairs - AL 1:30 WU Knit/Crochet -w/ Jen - UL 3:00 I-Heung Lee Classical Piano Concert - A 7:00 Western Film: Rooster Cogburn - AL, 591	10:45 WU Lucy's Limber Up - A 11:30 America's Parks 591, AL 11:40 WU Lucy's Breathe Well - A 1:00 Shopping Trip: Millbrook 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Independent Beginner's Art - AR 2:30 WU Active Listening - AL 3:30 Laura's Book Club - L	10:45 WU Alexander Tech - A 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club - NL 2:00 Popcorn, Lemonade & Movie Trivia on the Patio 3:00 Documentary: The world's Greatest Fair - 591, AL 4:45 Dinner Trip: Casa Amigos	10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series -AL, 591 11:30 Flower Arranging - AR 1:00 Canasta - UL 2:00 Art History - 591, A 3:15 Summer Happy Hour Special Strawberry Daquiris - Patio 3:45 WU Bible Study - INN 4:00 Catholic Communion - A	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Series: Introduction to Cognitive Science - AL, 591 2:00 Trivial Pursuit - AL 3:30 Wine Tasting w/ Carl- BIS 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 Martian - A, 591 2:15 WU Craft w/ Jess: Tic Tac Toe: Lady Bugs & Bees - 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 1:45 Theater Trip: Gypsy @ Rhinebeck Performing Arts 2:00 Film: C.S. Lewis - A,591 3:30 WU Spiritual Study w/ Beth &Maayana - AL 3:30 Bocce - Bocce Court	10:45 WU Rehab Workout - A 11:30 America's Founders- 591 11:30 WU Current Affairs - AL 1:00 Shopping Trip - Tops 1:30 WU Knit/Crochet - UL 1:30 WU Abstract Art Seminar & Demo w/ Elizabeth - AR 3:00 Gordon George Concert - INN 7:00 Film: Horse Whisperer - AL, 591	10:45 WU Lucy's Limber Up - A 11:30 America's Parks - 591 AL 11:40 WU Lucy's Breathe Well - A 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Independent Beginner's Art - AR 3:00 Swim Trip: Tymor Park 4:15 WU Edwin's Prayer Group - AL	10:45 WU Tai Chi w/ Cris C. - A 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club - NL 2:00 WU Writers Exchange: TED Talk: Insight; 12 Truths I learned From Life & Writing by Ann Lamott & discussion - AL 2:00 Saxophone Name That Tune - INN (all are welcome!) 7:00 Jazz Club Night - PDR	10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series -AL, 591 1:00 Canasta - UL 2:00 Art History Film- 591, A 3:30 Root Beer Float Social - Patio 3:45 WU Bible Study - INN 4:00 Catholic Communion - AL 5:00 Birthday Dinner - PDR	Please note the following WU programs will resume in September: Art w/ Ellen Opera & Music Appreciation African Drumming	Location Key: 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
JULY 2025 Independent Living  THE FOUNTAINS AT MILLBROOK A WATERMARK RETIREMENT COMMUNITYSM		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	Church & Shopping trips: sign up @ podium - Lobby Community Life trips: 905-8102	Please check channel 591 daily for updates!	