

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grandparents Day - 7th Please invite your grandchildren to the afternoon events! Current Affairs resumes on 9/8. Starting on 9/15 they will feature local candidates for election from both parties.	Labor Day 10:30 Streamed Exercise - 591 12 - 2:00 Labor Day Picnic - Patio (weather permitting) 2:00 Labor Day w/ Frankie Keene Concert - A 3:30 Film: Heart of Champions - 591, AL 1	10:45 WU Lucy's Limber Up - A 11:30 Series: 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 Group Beginner's Art - AR 2:30 WU Active Listening w/ Maayana - AL 4:00 Deb's Update Meeting - A 2	10:00 Men's Coffee Social -CS 10:45 WU Alexander Technique w/ Judith - A 11:30 Archaeology - AL, 591 1:00 Shopping Trip; Acme 1:30 WU Walking Club - NL 2:00 WU Writers Exchange - L 3:30 Michael Leidig Concert - A 3	10:45 WU Lucy's Limber Up - A 11:30 Oceanography -AL, 591 11:30 Flower Arranging - AR 1:00 Trip: Hudson River Boat Cruise 1:00 Canasta - UL 2:00 Art History - A, 591 3:45 WU Bible Study w/ Pastor Kyle - INN 4:00 Communion - AL 6:30 Game Night w/ Amber & Chris - UL 4	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Judith - A 1:00 Series: Introduction to Cognitive Science - AL, 591 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR 7:00 Billiards w/Edwin - PR 5	10:30 WU Vitality & Balance w/ Demetra - A 11:00 Scrabble - NL 1:00 NEW Series: Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Raising the Bar (2025) - A, 591 2:15 WU Craft w/ Jess : Flower Pot Scarecrow- AR 4:00 Intergenerational Piano Singalong - Inn 6
Grandparents Day 9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Mahjong - NL 1:00 Mini Pony Visits - Front Lawn 2:00 Bocce - Bocce Court 3:00 Make Your Own Sundaes AR 7 3:30 Grandpa Joe's Concert A	10:30 WU 360 Well Seminar w/Sue Ronaler, RN: Seasonal Mood Changes - Inn 10:45 WU Rehab Workout - A 11:30 America's Founders - 591 11:30 WU Current Affairs - AL 11:30 Lunch Trip: The Egg @CIA 1:30 WU Knit/Crochet - UL 3:00 African Drumming - A 7:00 Film: Radio - AL, 591 8	10:30 Streamed exercise only 591 10:30 Flu vaccine Clinic (by appointment only please) - A 11:30 Series: America's Parks- 591, AL 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Group Beginner's Art - AR 3:00 WU Fountains Radio Workshop - A Theme Dinner: Oktoberfest 9	10:00 Shopping Trip: Adams 10:45 WU Alexander Tech - A 11:30 Archaeology - AL, 591 1:30 WU Walking Club - NL 2:00 Well 360 TED Talk: Lessons from the Longest Happiness Study- 591, AL 3:00 FMRA General Meeting AL 7:30 Jazz Club Night - BIS 10	10:00 9/11 Tribute - AL, 591 10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series - AL, 591 1:00 Canasta - UL 2:00 WU Art History Seminar: The Vassar Loeb Collection - AL 3:45 WU Bible Study w/ Pastor Kyle - INN 4:00 Communion - AL 11	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Lisa 1:00 Spanish 101 -L 1:00 Series: Introduction to Cognitive Science - AL, 591 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR 12	10:30 WU Vitality & Balance w/ Demetra - A 11:00 Scrabble - NL 1:00 NEW Series: Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Rebecca - AL, 591 2:15 WU Craft w/ Jess: Fall Flower Bouquet - AR 13
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Mahjong - NL 2:00 Classic Film: Rio Bravo - A 2:30 Kara & Co. Hymns - Inn 3:30 WU Spiritual Study w/ Beth & Maayana - AL 14 3:30 Bocce - Bocce Court	10:00 Shopping Trip : Shoprite 10:45 WU Rehab Workout - A 11:30 America's Founders - 591 11:30 WU Current Affairs - AL 1:30 WU Knit/Crochet - UL 2:00 WU Brain Games w/ Jen McCreery - L 3:30 WU Opera: The Magic Flute, part 1 - AL 7:00 Film: The Age of Innocence - AL, 591 15	10:45 WU Lucy's Limber Up - A 11:30 Series: 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 WU Beginner's Art w/ Ellen - AR 2:30 WU Active Listening w/ Maayana - AL 4:15 WU Sign Language - AL 16	10:30 Streamed Exercise -591 11:30 Archaeology - AL, 591 1:30 WU Walking Club - NL 2:00 WU Writers Exchange: w/ Guest Author: Liz Tracy -AL 2:00 Saxophone Name That Tune w/ Wil Greenstreet - INN 3:15 Father Matt Service: All are welcome - AL 17	10:45 WU Lucy's Limber Up - A 11:30 Oceanography -AL, 591 11:30 Flower Arranging - AR 1:00 Canasta - UL 2:00 WU Art History Film - A, 591 3:00 WU Discussion w/ Ellen - AR 3:45 WU Bible Study w/ Pastor Kyle - INN 4:00 Communion w/ Fr Mathew - AL 4:30 Dinner Trip: Blue Fountain 18	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Lisa 1:00 Spanish 101 -L 1:00 Series: Introduction to Cognitive Science - AL, 591 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR 19	10:30 Streamed exercise only*- 591 11:00 Scrabble - NL 1:00 Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Walk, Ride, Rodeo- A, 591 2:15 WU Sip & Paint w/ Jess: A Fall Wheelbarrow - AR 20
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Mahjong - NL 2:00 Greer Documentary & Discussion - All are Welcome - AL 3:00 Lucy & Margaret's Chapel of the Child Presentation - AL 21 3:30 Bocce - Bocce Court	10:45 WU Rehab Workout - A 11:30 America's Founders - 591 11:30 WU Current Affairs - AL 1:30 WU Knit/Crochet - UL 2:00 Dr. Schwartz presents: Stories of My Involvement w/ the U2 Spy Plane - A 3:30 WU Opera part 2: The Magic Flute - AL 7:00 Film: The Great Waldo Pepper - AL, 591 22	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 WU Beginner's Art w/ Ellen - AR 3:00 WU Fountains Radio Workshop - A 23	10:45 WU Tai Chi w/ Cris Caivano- A 11:30 Archaeology - AL, 591 1:30 WU Walking Club - NL 2:00 Well 360 TED Talk: 10 Ways to Have a Better Conversation - 591, AL 3:00 WU Music Appreciation: Cole Porter - A 7:30 Jazz Club Night - BIS 24	Streamed exercise only - 591 11:30 Oceanography Series - AL, 591 1:00 Canasta - UL 2:00 WU Art History: - A, 591 3:30 WU Film discussion w/ Ellen - AR 3:45 WU Bible Study - INN 4:00 Communion - AL 5:00 Birthday Dinner - PDR 25	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Spanish 101 -L 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 26	10:30 WU Vitality & Balance w/ Demetra - A 11:00 Scrabble - NL 1:00Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Footloose- A, 591 2:15 WU Craft w/ Jess: Yarn Pumpkins - AR 4:00 Intergenerational Piano Singalong - Inn 27
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Mvmt - A 1:30 Mahjong - NL 2:00 Film: Julie & Julia - 591, A 2:00 Trip: Rhinebeck Performing Arts: Footloose 3:30 Bocce - Bocce Court 28 3:30 WU Spiritual Study w/ Beth & Maayana - AL	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 2:00 Local Filmmaker Seminar: Wildflowers & the Human Connection - AL 3:00 L. Lavender Concert - A 7:00 Film: Mama Mia - AL, 591 29	10:30 Streamed Exercise -591 11:30 Series: America's Parks- 591, AL 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 WU Beginner's Art w/ Ellen- AR 2:00 Food Service Meeting - Bis 3:30 WU Laura's Book Club - L 4:15 WU Prayer w/ Edwin - AL 30	Please check channel 591 daily for updates	Location Key: A - Auditorium AG - Art Gallery AL - Allen Lounge AR - Art Room BIS - Bistro CS - Country Store DR - Dining Room L - Library (1A) LOB - Main Lobby LR - Living Room at the Inn NL - North Lounge PDR - Private Dining Room PR - Pool Room on 1A UL - Upper Lobby	Art History schedule: 9/4: Neo Rauch 9/11: The Vassar Loeb Art Collection w/ Docents, Anna O'Shea & Ian Shelley 9/18: Karina, the Pop Art Nun 9/25: Anselm	
September 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	EXERCISE - DARK RED MUSIC - PURPLE SPIRITUAL/THERAPEUTIC - BLUE ARTS & CRAFTS - DARK ORANGE EDUCATION/SOCIAL - BLACK VOCATIONAL - TEAL TRIPS - GREEN HEALTH - PINK				Shopping Trips - sign up at podium in Lobby Community Life Trips - please call 905-8102