

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:00 Men's Coffee Social -CS 10:45 WU Alexander Technique w/ Judith - A 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club - NL 2:00 WU Writers Exchange - L 3:00 Tranchina Duo Concert: German Oktoberfest Music - A	10:00 WU Equine Therapy - Inn 10:30 Streamed Exercise - 591 11:30 Oceanography - AL, 591 11:30 Flower Arranging - AR 1:00 Canasta - UL 1:00 WU Open Art w/ Ellen - AR 2:00 Art History: Audubon - A, 591 3:00 WU Film Discussion - A 3:45 WU Bible Study w/ Kyle INN 4:00 Catholic Communion - A 6:30 Game Night w/ Amber - UL	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Judith - A 11:00 Trip: Walmart 1:00 WU 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 & Holiday Dinner - PDR	10:30 WU Vitality & Balance w/ Demetra - A 11:00 Scrabble - NL 1:00 Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Dennis the Menace - A, 591 2:15 WU Crafts w/ Jess : Card Making - 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 New Film: F1 - 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 1:30 WU Knit/Crochet - UL 2:00 National Library Week Event w/ Jen McCreery - AL 3:00 WU Opera part 1: Rusalka w/ Dr. Marguerite Mullee - AL 7:00 Film: Chocolat - AL, 591	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 2:30 WU Active Listening w/ Maayana - AL 4:00 Deb's Update Meeting - A	10:45 WU Alexander Tech - A 11:30 Archaeology Series - AL, 591 1:00 DC Board of Elections UL 1:30 WU Walking Club - NL 2:00 Active Aging Seminar w/ Sarah: Minds Matter - Strengthening Our Mental Health - AL 3:00 WU Opera part 2 - AL 7:00 Jazz Club Night - PDR	10:30 Streamed Exercise - 591 11:30 Oceanography Series - AL, 591 1:00 Canasta - UL 1:00 WU Open Art w/ Ellen - AR 2:00 WU Art Opening: Landscapes & Ellen's Nantucket Trees - Art Gallery 3:45 WU Bible Study w/ Pastor Kyle - INN 4:00 Catholic Communion - A	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Judith 1:00 Trip: Millbrook Library 1:00 WU 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 - PDF	10:30 WU Vitality & Balance w/ Demetra - A 11:00 Scrabble - NL 1:00 Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Move Over Darling - A, 591 2:15 WU Crafts w/ Jess : Halloween Wind Chimes - 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 1:30 Trip: Rhinebeck Aerodrome 2:30 Kara & Co. Hymns - Inn 3:30 Bocce - Bocce Court	10:00 Trip: Adams 10:45 WU Rehab Workout - A 11:30 America's Founders - 591 11:30 WU Current Affairs - AL 1:30 WU Knit/Crochet - UL 3:00 Halloween Bingo - UL 7:00 Film: Downton Abbey - AL, 591	10:45 WU Lucy's Limber Up Resumes - 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 WU Beginner's Art w/ Ellen - AR 3:00 WU Fountains Radio Workshop - A	10:45 WU Alexander Tech - A 11:30 Archaeology Series - AL, 591 Fall Festival! 12:30 Donuts & Cider - UL 12:30 Wagon Ride - Lobby 2:00 Ring Toss - Front Lawn 2:30 Wagon Ride- Lobby 3:30 Grandpa Joe's Band - A 4:00 Non-narrated Wagon Ride - Lobby	10:45 WU Lucy's Limber Up - A 11:30 Oceanography -AL, 591 11:30 Flower Arranging - AR 1:00 Canasta - UL 1:00 WU Open Art w/ Ellen - AR 2:00 WU Art History Film: Cezanne Painting Saint Victoire - A, 591 2:30 WU Film Discussion - AR 3:45 WU Bible Study w/ Kyle - INN 4:00 Catholic Communion - AL 6:30 Trip: Millbrook Library - The Stonework of Millbrook	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Judith 1:00 WU 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	10:30 WU Vitality & Balance w/ Demetra - A 11:00 Scrabble - NL 1:00 Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: The Still of the Night - A, 591 2:15 WU Crafts w/ Jess : Foam Pumpkins - 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: Sweeney Todd @ RPA 3:00 J. Muir's Student Recital - INN 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 Trip: Stop n Shop 1:30 WU Knit/Crochet - UL 3:00 Gordon George Concert - INN 7:00 Film: The Clearing - 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 WU Beginner's Art w/ Ellen - AR 2:30 WU Active Listening w/ Maayana - AL 4:15 WU Sign Language - AL	10:30 Streamed Exercise -591 11:30 Archaeology - AL, 591 1:30 WU Walking Club - NL 2:00 Saxophone Name That Tune w/ Wil Greenstreet - INN 2:30 FMRA Cider & Donut Social - A 3:15 Father Matt Service: All are welcome - AL 4:00 Dinner Trip: Mountain Brauhaus	10:00 Trip: NY Botanical Gardens Van Gogh Flowers Exhibit 10:45 WU Lucy's Limber Up - A 11:30 Oceanography Series - AL, 591 1:00 Canasta - UL 1:00 WU Sip & Paint w/ Jess: Fall Pumpkins - AR 3:45 WU Bible Study w/ Pastor Kyle - INN 4:00 Catholic Communion - AL	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Judith 1:00 WU Spanish 101 - L 1:00 Series: Introduction to Cognitive Science - AL, 591 2:00 Trivial Pursuit - AL 3:30 WU Wine Tasting - UL 4:00 Shabbat Shalom - PDR	10:30 WU Vitality & Balance w/ Demetra - A 11:00 Scrabble - NL 1:00 Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Thursday Murder Club - AL, 591 2:00 WU Fountains Radio Workshop - 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: Walk, Don't Run - A, 591 3:30 WU Spiritual Study w/ Beth & Maayana - AL 3:00 Trip: NDSO Broadway Gala Concert @ Marriott Pavillion 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 3:00 Gloria's Line Dancers: Halloween Performance! - A 7:00 Film: Vertigo - 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 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	10:45 WU Tai Chi w/ Cris - A 11:30 Archaeology - AL, 591 1:30 WU Walking Club - NL 2:00 WU Spooky Stories w/ Lorraine - AL 3:00 WU Music Appreciation: 19th Century Supernatural Music - A 4:15 Rosary w/ The Knights of Columbus Volunteers - AL 7:00 Jazz Club Night - PDR	10:45 WU Lucy's Limber Up - A 11:30 Oceanography -AL, 591 11:30 Flower Arranging - AR 1:00 Canasta - UL 1:00 WU Open Art w/ Ellen -AR 2:00 WU Art History: Munch - A, 591 3:45 WU Film Discussion - AR 3:45 WU Bible Study - INN 4:00 Communion - AL 5:00 Birthday Dinner - PDR	Happy Halloween! 10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Judith 1:00 WU Spanish 101 - L 1:00 Series: Introduction to Cognitive Science - AL, 591 2:00 Trivial Pursuit - AL 3:00 Halloween Dance Party w/ Frankie Keene - A 4:00 Shabbat Shalom - PDR	Please check channel 591 daily for updates

October 2025

Independent Living



THE FOUNTAINS
AT MILLBROOK
A WATERMARK RETIREMENT COMMUNITY™

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

Location Key:

A - Auditorium
AG - Art Gallery
AL - Allen Lounge
AR - Art Room
BIS - Bistro
CS - Country Store
DR - Dining Room

Location Key cont'd:

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

Shopping Trips - Sign up at podium in Lobby
Community Life Trips - Please call 905-8014