

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Shopping Trips - Sign up at podium in Lobby Community Life Trips - Please call 905-8014		Please check channel 591 daily for updates				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 Documentary Film: Jane- A, 591 (Jane Goodall) 2:15 WU Collage Workshop w/ Susan Meyers - AR 4:00 Intergenerational Piano Singalong - Inn1
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:00 Early Voting Trip to Polls @ Cornell Cooperative 1:30 Mahjong - NL 2:00 Film: Many Beautiful Things - A, 591 2:30 Game: Hedbanz - UL2	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 Discussion w/ Tom Williams, Attorney; Wills & Trusts - AL 3:00 Scott Stephens Concert - A 7:00 Film: Mama Mia Here We Go Again - AL, 5913	Election Day 10:45 WU Lucy's Limber Up - A 11:30 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 1:00 Shopping Trip: Millbrook 2:30 WU Active Listening w/ Maayana - AL 4:00 Deb’s Update Meeting A4	9:30 PT Fitness Center Intro 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 3:00 WU Choir Intro w/ Dr. Mullee (all welcome!) A5	10:00 WU Equine Therapy - LR 10:45 WU Lucy’s Limber Up- A 11:30 Oceanography - AL, 591 1:00 Canasta - UL 1:00 WU Open Art w/ Ellen -AR 2:00 Art History: Frida - A, 591 3:30 WU Film Discussion - AR 3:45 WU Bible Study w/ Kyle LR 4:00 Catholic Communion - AL 6:30 Game Night - UL6	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Judith - A 12:30 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 - PDR7	10:30 Streamed exercise - 591 11:00 Scrabble - NL 1:00 Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Million Dollar Arm - A, 591 2:15 WU Crafts w/ Jess: Rock Painting - AR 4:00 Intergenerational Piano Singalong - Inn8
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Mahjong - NL 2:00 Film: Meet Joe Black - A, 591 2:30 Game: Bingo w/ prizes! - UL9	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 3:00 WU Music Appreciation: Patriotic Music - A 7:00 Film: Something’s Gotta Give - AL, 59110	9:30 Veterans’ Breakfast -BIS 10:45 WU Lucy’s Limber Up - A 11:00 Shopping Trip: Adams 11:30 America’s Parks -591, AL 1:00 Kings in the Corner - NL 1:00 Canasta 1:00 WU Beginner’s Art - AR 2:00 Veterans’ Day Program - A 4:00 More to Life in the Hebrew & Christian Scripture w/ Jonah Ritter - AL11	10:45 WU Alexander Technique w/ Judith - A 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club - NL 2:00 Medicare Seminar w/ Jamie Carey of DCOFA - AL 3:00 WU Choir Practice w/ Dr. Mullee - AL 4:30 Trip: Harp & Eagle Pub12	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: Diego Rivera: Epic Artist (YT) - A, 591 2:20 WU Film Discussion - AR 3:45 WU Bible Study w/ Kyle - INN 4:00 Catholic Communion - AL13	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Judith - A 12:30 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 - PDR14	10:30 Streamed exercise - 591 11:00 Scrabble - NL 1:00 Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Caramelo - A, 591 2:15 WU Sip & Paint w/ Jess: A Fall Barn - AR 4:00 Intergenerational Piano Singalong - Inn15
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Mahjong - NL 2:00 Film: Saving Grace - A, 59116	10:45 WU Rehab Workout - A 11:30 America’s Founders 591 11:30 WU Current Affairs - AL 1:30 WU Knit/Crochet - UL 1:30 Shopping Trip: Tops 2:00 Hospice Seminar - AL 3:00 Jim Donnelly Concert LR 7:00 Film: A Million Miles Away - AL, 59117	10:45 WU Lucy's Limber Up - A 11:30 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 2:30 Food Service Meeting - BIS 3:30 WU Laura’s Book Club - 4:15 WU Sign Language - AL18	10:45 WU Alexander Technique w/ Judith - A 11:30 Archaeology Series - AL, 591 2:00 Saxophone Name That Tune - LR 2:00 WU Writers’ Exchange - L 2:30 Well 360 TED Talk & Discussion: Listening w/ Curiosity - AL 3:15 Fr. Matt’s Service - AL19	10:45 WU Lucy's Limber Up - A 11:30 Oceanography -AL, 591 1:00 Canasta - UL 1:00 WU Open Art w/ Ellen - AR 2:30 Trip: Millbrook Winery 2:00 WU Art History Film: Mayan Renaissance - A, 591 3:00 WU Film Discussion - AR 3:45 WU Bible Study w/ Kyle - INN 4:00 Catholic Communion AL 5:00 Birthday Dinner - PDR20	10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Judith - A 12:30 WU Spanish 101 - L 1:00 Series: Introduction to Cognitive Science - AL, 591 2:00 Trivial Pursuit - AL 2-4 Holiday Bazaar w/ Oscar Rodriguez on Piano - A 4:00 Shabbat Shalom - PDR21	10:30 Streamed exercise - 591 11:00 Scrabble - NL 1:00 Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Sweet Home Alabama - A, 591 2:15 WU Crafts w/ Jess: Beaded Plants - AR 4:00 Intergenerational Piano Singalong - Inn22
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Mahjong - NL 2:00 Film: Pink Panther (1963)- A, 591 2:00 Trip: Vassar College Chamber Singers23	10:45 WU Rehab Workout - A 11:30 America’s Founders - 591 11:30 WU Current Affairs - AL 1:00 Shopping Trip: Shoprite 1:30 WU Knit/Crochet - UL 3:00 Cello Concert w/ Theirzah Bendokas - A 7:00 Film: Leonie- AL, 59124	10:45 WU Lucy's Limber Up - A 11:30 America’s Parks- 591, AL 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Trip: Resorts World Casino 2:00 Doc: T.S. Elliot, The Search for Happiness - AL, 591 3:00 Thanksgiving Bingo - UL 4:15 Edwin’s Prayer Group AL25	10:45 WU Alexander Technique- A (Cris Caivano away) 11:30 Archaeology Series - AL, 591 1:30 WU Walking Club - NL 2:00 WU Sarah’s Health Seminar: Focus on Gratitude -AL 3:00 WU Storytelling w/ Lorraine: Family Kitchen, Stories of Thanksgiving - AL26	Happy Thanksgiving! 9:30 Macy’s Day Parade w/ Pastries & Coffee - AL 10:30 Streamed Exercise - 591 12:00 - 2:00 Holiday Meal-DR 2:30 Film: The Great Turkey Town Miracle - AL, 591 3:00 Thanksgiving Singalong w/ Judith - LR27	10:00 Card Game: Hand, Knee, Foot - NL 10:45 WU Stretch & Breathe w/ Judith - A 12:30 WU Spanish 101 - L 1:00 Series: Introduction to Cognitive Science - AL, 591 1:00 Shopping Trip: Millbrook 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR28	10:30 Streamed exercise - 591 11:00 Scrabble - NL 1:00 Geological Wonders - 591 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Moonstruck- A, 591 2:15 WU Crafts w/ Jess: Beaded Christmas Ornaments - AR 4:00 Intergenerational Piano Singalong - Inn29
9:30 Church Trip 10:00 Catholic Mass - 591 (no meditation - Elizabeth away) 1:00 Streamed Tai Chi -591 1:30 Mahjong - NL 2:00 Classic Film: The Big Country (1958) - A, 591 2:30 Game: Who Am I? UL30	November 2025 Independent Living THE FOUNTAINS AT MILLBROOK A WATERMARK RETIREMENT COMMUNITY SM		ACTIVITY LOCATOR KEY Your Community Life Team: Lisa Rieckermann, Director Jennifer Bourque, Associate Raegan Haege, Associate Jessica Kaufman, Associate 845-905-8014	EXERCISE - RED MUSIC - PURPLE SPIRITUAL/THERAPEUTIC - BLUE ARTS & CRAFTS - 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