


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NEW: The Science of Natural Healing 1st: Shifting the Health Care Paradigm 8th: Understanding Holistic Medicine 15th: You Are More Than Your Genes 22nd: Food Matters 29th: Not All Foods Are Equal</p>	<p>11:00 WU Tai Chi w/ Diane - A 11:35 WU Current Affairs - AL 1:00 Bridge - NL 1:30 Group Knit/Crochet - UL 3:00 Nancy Paroli Concert: Patsy Cline Tribute - A 4:30 Science of Natural Healing ep 1- 591 7:00 Film: American Fiction - 591</p>	<p>10:45 WU Lucy's Limber Up - A 1:00 Kings in the Corner Cards - NL 1:00 Canasta - UL 1:00 Open Art Studio - AR 1:00 Film: Oppenheimer A, 591 2:00 Game: Deal or No Deal AL 3:30 WU Active Listening Exercises w/ Maayana - AL</p>	<p>9:30 Men's Coffee Social - CS 10:00 Trip: Adams Market 10:00 WU Woodshop - WS 10:45 WU Stretch & Strengthen - A 1:00 Bridge - NL 3:00 Flower Arranging - AR 4:00 Deb's Update Meeting - A</p>	<p>10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Canasta - UL 1:30 Art History Film: Mr. Turner (2.5 hrs) 2:30 Walking Club - NL 3:00 Spring Bingo! - UL 4:45 Dinner Trip: Les Baux 4:00 Catholic Communion - AL 4:15 WU Bible Study Series- L 6:30 Game Night - UL</p>	<p>10:15 Cards: Hand, Knee, Foot -NL 10:45 WU Chair Yoga - A 11:30 New Series: Optimizing Brain Fitness: How your Brain Works (30 min) - AL, 591 1:45 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR</p>	<p>10:30 WU Chair Zumba - A 11:00 Scrabble - NL 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Airplane - AL, 591 2:15 WU Crafts w/ Jess: Stained Glass Painting - AR 4:00 Piano Singalong w/ Judith - Inn Living Room</p>
<p>9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Board Games - UL 2:00 Film: The Sand Pebbles - AL, 591 3:00 WU Centering Prayer & Meditation w/ Brother Bernard - AL</p>	<p>11:00 WU Tai Chi w/ Diane - A 11:35 WU Current Affairs - AL 1:00 Bridge - NL 1:30 WU Knit/Crochet - UL 2:00 Seminar: Healthy Living for Brain & Body w/ Joan Carl - AL 3:00 Eclipse Viewing - LOBBY 3:30 Gordon George Concert - A 4:30 Natural Healing ep 2- 591 7:00 Film: Poor Things- 591</p>	<p>10:45 WU Lucy's Limber Up - A 1:00 Trip: Millbrook Shopping 1:00 Kings in the Corner Cards - NL 1:00 Canasta - UL 1:00 Open Art Studio - AR 2:00 WU Begnner's Art - AR 3:15 WU Write Around the World: France w/ Lorraine - A</p>	<p>10:00 WU Woodshop - WS 10:45 WU Stretch & Strengthen - A 1:00 Bridge - NL 2:45 Antarctica Presentation w/ Judith Lyons - A 3:30 Antarctica Documentary: Wildest Places - A, 591</p>	<p>10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Canasta - UL 1:45 Trip: Art Show - Leon Nesis at Millbrook Library 2:30 Walking Club - NL 4:00 Catholic Communion - AL 4:15 WU Bible Study Series- L 6:30 Game Night - UL</p>	<p>10:15 Cards: Hand, Knee, Foot -NL 10:45 WU Chair Yoga - A 11:30 New Series: Optimizing Brain Fitness: How your Brain Changes (30 min) - AL, 591 1:45 Trivial Pursuit - AL 3:30 Wine Tasting Happy Hour - Bistro 4:00 Shabbat Shalom - PDR</p>	<p>10:30 WU Chair Zumba - A 11:00 Scrabble - NL 1:00 Wii Bowling w/ Reed - AL 2:00 New Film: Irish Wish - AL, 591 2:15 WU Crafts w/ Jess: Key Chain Creations - AR 4:00 Piano Singalong w/ Judith - Inn Living Room</p>
<p>9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 12:45 Theater Trip: Grease @ Ketchum HS 1:30 Board Games - UL 2:00 Film: Hold Overs - AL, 591</p>	<p>11:00 WU Tai Chi w/ Diane - A 11:35 WU Current Affairs - AL 1:00 Bridge - NL 1:30 WU Knit/Crochet - UL 3:00 WU Opera part 1: Rigoletto by Verdi - A 4:30 Science of Natural Healing ep 3- 591 7:00 Film: Past Lives - 591</p>	<p>10:45 WU Lucy's Limber Up - A 1:00 Kings in the Corner Cards - NL 1:00 Canasta - UL 1:00 WU Art w/ Ellen - AR 2:00 WU Beginner's Art - AR 3:00 WU Positive Reflections w/ Samantha - AL</p>	<p>10:00 WU Woodshop - WS 10:45 WU Stretch & Strengthen - A 11:30 Lunch Trip: Tomo Asian Fusion Restaurant 1:00 Bridge - NL 2:00 WU Storyteller's Exch. - L 3:00 WU Opera: Rigoletto, part 2 - A 4:30 Flower Arranging - AR</p>	<p>10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Trip: Shop Rite 1:00 Canasta - UL 2:00 Brief History Japanese Art - A 2:30 Walking Club - NL 2:35 WU Art History Discussion AR 3:30 Lillian's Quilt Show - A 4:00 Catholic Communion - AL 4:15 WU Bible Study Series- L 6:30 Game Night - UL</p>	<p>10:15 Cards: Hand, Knee, Foot -NL 10:45 WU Chair Yoga - A 11:30 New Series: Optimizing Brain Fitness: Care & Feeding of the Brain (30 min) - AL, 591 1:45 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR</p>	<p>10:30 WU Chair Zumba - A 11:00 Scrabble - NL 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Perfect Days AL, 591 2:15 WU Sip & Paint w/ Jess: Spring Bicycle - AR 4:00 Piano Singalong w/ Judith - Inn Living Room 6:15 NDSO Trip: Genji Rhinebeck High School.</p>
<p>9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Board Games - UL 2:00 New Film: Bob Marley: One Love - A, 591</p>	<p>11:00 WU Tai Chi w/ Diane - A 11:35 WU Current Affairs - AL 1:00 Bridge - NL 1:30 WU Knit/Crochet - UL 3:00 Music Appreciation: Frank Sinatra, part 3 - A 4:30 Science of Natural Healing ep 4- 591 7:00 Film: Anatomy of a Fall - 591</p>	<p>10:45 WU Lucy's Limber Up - A 1:00 Kings in the Corner Cards - NL 1:00 Canasta - UL 1:00 WU Art w/ Ellen - AR 2:00 WU Beginner's Art - AR 3:00 Documentary: The Mostly Serious History of Wine - 591, AL 3:30 WU Laura's Book Club L</p>	<p>10:00 WU Woodshop - WS 10:45 WU Exercise Therapy w/ Cris Caivano - A 1:00 Trip: Walmart 1:00 Bridge - NL 1:00 Doc: American Symphony - 591 2:00 Father Matt's Service - AL 3:00 Volunteer Appreciation Celebration w/ Frankie Keene -</p>	<p>10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Canasta - UL 2:00 WU Art History: Matisse - A 2:30 Walking Club - NL 3:00 WU Art His. Discussion AR 4:00 Catholic Communion - AL 4:15 WU Bible Study Series- L 5:00 Birthday Dinner - PDR 6:30 Game Night - UL</p>	<p>10:15 Cards: Hand, Knee, Foot -NL 10:45 WU Chair Yoga - A 11:30 New Series: Optimizing Brain Fitness: Creativity & the Playful Brain (30 min) - AL, 591 1:45 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Passover Shabbat Shalom - PDR</p>	<p>10:30 WU Chair Zumba - A 11:00 Scrabble - NL 1:00 Wii Bowling w/ Reed - AL 2:00 Film: The Sting - AL, 591 2:15 WU Crafts w/ Jess: Planting Perennials - AR 4:00 Piano Singalong w/ Judith - Inn Living Room</p>
<p>9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Board Games - UL 2:00 Film: Next Goal Wins - AL, 591 4:15 WU Lectio Divina - AL</p>	<p>11:00 WU Tai Chi w/ Diane - A 11:35 WU Current Affairs - AL 1:00 Bridge - NL 1:00 Trip: Tops Market 1:30 WU Knit/Crochet - UL 3:30 WU African Drumming - A 4:30 Science of Natural Healing ep 5- 591 7:00 Film: Rain Man - AL, - 591</p>	<p>10:45 WU Lucy's Limber Up - A 1:00 Kings in the Corner Cards - NL 1:00 Canasta - UL 1:00 WU Art w/ Ellen - AR 2:00 WU Beginner's Art - AR 3:30 National Poetry Month Event w/ Gabrielle Esposito - AL 4:15 Edwin's Prayer Group Al</p>	<p>Location Key: A - Auditorium AL - Allen Lounge AG - Art Gallery AR - Art Room BIS - Bistro CS - Country Store L - Library LOB - Lobby NL - North Lounge PDR - Private Dining Room UL - Upper Lobby WS - Woodshop (1A)</p>	<p>Red - Live Exercise Purple - Music Dark Orange - Arts & Crafts Teal - Vocational Black - Educational /Social Pink - Health Green - Trips Blue - Spiritual, Therapeutic</p>	<p>American History : 4th - Shifting Tides of Battle 11th - Diplomatic Clashes 18th - Behind the Lines 25th - African Americans at War time</p>	<p>Art History 25th: Matisse - Exhibition on Screen Series - episode 1</p>

APRIL 2024
Independent Living
 **THE FOUNTAINS**
AT MILLBROOK
A WATERMARK RETIREMENT COMMUNITYSM

ACTIVITY LOCATOR KEY

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