

Discover the Watermark Difference



THE FOUNTAINS
AT MILLBROOK
A WATERMARK RETIREMENT COMMUNITY®

**INDEPENDENT LIVING
COTTAGE LIVING
ASSISTED LIVING**

REDEFINING SENIOR LIVING

More than 30 years of experience has taught us that today's seniors want more choices and a more active lifestyle, different than generations before. At The Fountains at Millbrook, we've created a space with those two criteria at the core of our community and offerings.

Our community is based on a culture of choice, offering a variety of programs to engage every individual to stay active. From apartment choices and individualized wellness programs, to events and outings, classes and more, you'll find that the choices are endless.

**WE'RE NOT WHAT YOU'D EXPECT,
AND THAT'S A PROMISE.**



Set on 200 wooded acres in
the heart of the Hudson Valley

Close to the historic town
of Millbrook

Elegant dining room

Health and Wellness Center

Creative arts studio

Computer Center

Two spacious well-stocked
libraries

Beauty salon and barber shop

Millbrook Market & Café

Bistro 79

Fully furnished guest apartments

Outdoor gardening area

Abundant paths and nature trails

Scheduled transportation



AN OPTION FOR EVERY APPETITE

Dining at The Fountains at Millbrook might surprise you. Do you expect your meals to be prepared by skilled chefs and served by friendly associates who give special attention to the details? How about having access to cooking demonstrations? This isn't a dining room in a retirement community, this is an evening spent at one of your favorite restaurants. Whether you prefer fine dining or quick and casual, the choice is yours. Also, if you or your loved one faces cognitive or neuromuscular challenges, explore our signature Gourmet Bites dining program and enjoy your favorite foods without assistance, utensils or distractions.

**AT THE FOUNTAINS AT MILLBROOK,
CHOICE IS ALWAYS ON THE MENU.**



Elegant dining room

Menus featuring fresh, local ingredients

Millbrook Market & Café

Bistro 79

Private dining room for entertaining

Catering services

Meal delivery available



WATERMARK UNIVERSITY CLASSES

Stimulating the mind and strengthening the body have enormous benefits at any age. That's why, as part of Watermark Retirement Communities®, we created Watermark University. You'll have unlimited access to all of our mind and body fitness classes, which are just steps from your door. Our ever-changing calendar of classes feature *Yoga*, *Creative Cuisine*, *The Artist Within* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call to enroll in a class today.

**CREATE A LIFESTYLE THAT SUITS
YOUR PREFERENCES.**



SAMPLE OF PROGRAMS & CLASSES

SOCIAL PROGRAMS

Choral Performances
Holiday parties and socials
Movie screenings with popcorn

EDUCATIONAL PROGRAMS

Floral Arrangement
Literary and current events
discussions
Woodcarving and
craft workshops

CULTURAL PROGRAMS

Art history presentations
Music and dance recitals
Theater performances

WELLNESS PROGRAMS

Fitness classes
Walking groups
Yoga and massage

SPIRITUAL PROGRAMS

Bible study
Non-denominational services

CLUBS & ORGANIZATIONS

Book and Tape Club
Residents' Council
Walking Club

AND MORE!



INDEPENDENT LIVING AT THE TOWN CENTER

Trade the headaches of home maintenance, countless bills to pay and endless errands for the extraordinary lifestyle you deserve. Enjoy the fun side of life in a lively community filled with attentive associates who know more than just your name. We know your preferences, and we love exceeding your expectations.

With a variety of bright and spacious one-bedroom and two-bedroom residences, and even cottages, to choose from, we're confident you'll find a space to call home. When you're ready to move, take advantage of our move-in coordination professionals who are ready to help you navigate the move-in process. If you'd like a helping hand every now and then, you can request personalized services delivered right to your door.

**WE TAKE CARE OF EVERYTHING SO
YOU CAN THRIVE!**



Full kitchen with
frost-free refrigerator and
electric appliances

Private garages with
all cottage residences

Ample closet space

Bath with safety grab bars

Resident call system

Pre-wired for telephone
and cable TV

Individually controlled air
conditioning and heating

Some cottages feature patios
and fireplaces

Biweekly housekeeping
and linen services

24-hour maintenance services

Move-in coordination



ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. Forget cramped, cookie-cutter apartments, stereotypical boring activities and care delivered on a rigid schedule. At The Fountains at Millbrook, customized care and choice are at the foundation of what we do. Let the days unfold with a dynamic calendar of fun outings, exceptional meals with friends, interesting classes, clubs and personal pursuits. Count on us for top-notch care tailored to your needs on your schedule – not ours – so the care you want never interrupts the day's plans.

**OUR UNIQUE APPROACH INTEGRATES MIND
AND BODY WELLNESS INTO DAILY LIFE.**



Cheerful apartments overlooking
the countryside

Three chef-prepared meals
each day

Watermark University classes

Senior health and
wellness programs

Trained associates available
24 hours daily

Housekeeping services

Transportation services

A state-of-the-art wireless
resident call system

All utilities except cable TV
and phone service

Move-in coordination

AMENITIES AND SERVICES THAT MAKE LIFE GREAT

The Fountains at Millbrook is the unparalleled choice for senior living in the Hudson Valley. Having such a variety of amenities and services at your disposal allows you to relax and spend free time how you like. Take a stroll, have a friendly chat or simply watch the birds in our private garden. Maybe you'd enjoy catching up with friends at Bistro 79 for lunch. Or maybe you'd like to pair your afternoon tea with a good book pulled from one of our quaint libraries. The choices are yours.

For appointments, outings and errands, let us do the driving. We offer transportation to and from shops, appointments and social or cultural outings.

**AFTER YOU CHOOSE THE FOUNTAINS AT
MILLBROOK, YOU'LL WISH YOU HAD SOONER.**



Millbrook Market & Café

Bistro 79

Two well-stocked libraries

Private dining room for
entertaining

Full-service beauty salon
and barber shop

Computer Center

Creative arts studio

Health and Wellness Center

Outdoor gardening area

Move-in coordination service

Scheduled local transportation
services

Watermark creates extraordinary communities where people thrive. We believe aging is about renewal rather than retirement. Watermark communities are known for highly trained and caring associates, a lifestyle built on choice, fine amenities, integrative wellness and innovative programs including the award-winning Watermark University featuring a wide variety of engaging classes for residents and area seniors.

Watermark has been named in the top 25 Best Workplaces for Aging Services in a national program conducted by the Great Place to Work Institute and published on Fortune.com. A privately held company with a reputation for more than 30 years for service, innovation, integrity and financial stability, Watermark manages more than 65 retirement communities coast to coast. Based in Tucson, Arizona, Watermark is ranked as the nation's ninth-leading senior housing operator by the American Seniors Housing Association.

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.





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