


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
La Rondine by Puccini is the Opera this month - 22nd & 29th	Monday Night Films: 6th: Andrea Bocelli, Live in Tuscany 13th: My All American 20th: The Miracle Club 27th: Megan Leavey	<u>Trip Sign Up:</u> <u>Shopping trips - podium in Lobby</u> <u>Community Life trips - 905-8014</u>	9:30 Men's Coffee Social - CS 10:00 WU Woodshop - WS 10:45 WU Stretch & Strengthen - A 1:00 Bridge - NL 2:00 Documentary: Mission Blue - AL, 591 3:00 Flower Arranging - AR 4:00 Deb's Update Meeting - A	10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Canasta - UL 1:30 Art History: Mr. Turner - AL 2:30 Walking Club - NL 4:00 WU Art History Discussion - AR 4:00 Catholic Communion - AL 4:15 WU Bible Study Series-L 6:30 Game Night - UL	10:15 Cards: Hand, Knee, Foot -NL 10:45 WU Chair Yoga - A 11:30 New Series: Optimizing Brain Fitness (30 min) - AL, 591 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR	10:30 WU Chair Zumba - A 11:00 Scrabble - NL 1:00 Wii Bowling w/ Reed - AL 2:00 Film: You've Got Got Mail - AL, 591 2:15 WU Crafts w/ Jess: Spring Bouquets - AR 4:00 Piano Singalong - Inn
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: Shakespeare in Love - AL, 591	11:00 Group Tai Chi - A 11:35 WU Current Affairs - AL 1:00 Bridge - NL 1:00 Shopping Trip: Adams 1:30 WU Knit/Crochet - UL 2:00 Health Seminar: Spring Renewal w/ Pam F, RN - AL 3:30 Grandpa Joe's Band - A 4:30 Natural Healing - 591 7:00 Film: Bocelli Concert-591,	10:45 WU Lucy's Limber Up - A 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 WU Art w/ Ellen - AR 2:00 WU Begnner's Art - AR 2:00 John Denver Concert : Live in Japan 1984 - AL, 591 3:30 WU Active Listening Group w/ Maayana Howard - AL	10:00 WU Woodshop - WS 10:45 WU Stretch & Strengthen - A 12:15 Cinco de Mayo - lunch trip to Casa Amigos 1:00 Bridge - NL 1:00 WU 360 Well w/ Lisa - L 2:00 WU Write Around the World: Spain w/ Lorraine -AL 3:00 Film Duscussion - AL	10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Canasta - UL 1:30 Gardening Meeting - AL 2:00 Art History: Venice Biennale - AL (20 min) 2:30 Walking Club - NL 2:30 WU Art History Disc - AR 4:00 Catholic Communion - AL 4:15 WU Bible Study Series-L 6:30 Game Night - UL	10:15 Cards: Hand, Knee, Foot -NL 10:45 WU Chair Yoga - A 11:30 New Series: Optimizing Brain Fitness (30 min) - AL, 591 2:00 Trivial Pursuit - AL 3:30 Wine Tasting Happy Hour - Bistro 4:00 Shabbat Shalom - PDR	10:30 WU Chair Zumba - A 11:00 Scrabble - NL 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Freud's Last Session - AL, 591 2:15 Sip & Paint: Tulips in a Teacup - AR 4:00 Piano Singalong w/ Judith - Inn Living Room
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Board Games - UL 1:30 Classic Film: Second Chorus - 591, AL 3:00 Mother's Day Concert w/ Phil Parquet - A	11:00 Group Tai Chi - A 11:35 WU Current Affairs - AL 1:00 Bridge - NL 1:30 Group Knit/Crochet - UL 2:00 Audiology Seminar w/ Dr. Molly Koester - AL 3:00 WU Music Appreciation; Fiesta, History of Mexican Music- A 4:30 Natural Healing - 591 7:00 My All American - 591	10:45 WU Lucy's Limber Up - A 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Shopping Trip: Millbrook 1:00 WU Art w/ Ellen - AR 2:00 WU Begnner's Art - AR 3:00 WU Positive Reflections-AL 4:00 Bobby Darin Concert -591 & AL	10:00 WU Woodshop - WS 10:45 WU Stretch & Strengthen - A 1:00 Bridge - NL 1:00 WU 360 Well w/ Lisa - L 2:00 Documentary: From Stress to Happiness - AL, 591 (58 min) 3:15 Father Matt's Service - AL 4:00 Flower Arranging - AR	10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Canasta - UL 1:00 Magazinno Italian Art Museum 2:30 Walking Club - NL 4:00 Catholic Communion - AL 4:15 WU Bible Study Series-L 6:30 Game Night - UL	10:15 Cards: Hand, Knee, Foot -NL 10:45 WU Chair Yoga - A 11:30 New Series: Optimizing Brain Fitness (30 min) - AL, 591 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR	10:30 WU Chair Zumba - A 11:00 Scrabble - NL 1:00 Wii Bowling w/ Reed - AL 2:00 Broadway Film: Bye Bye Birdie - AL, 591 2:15 WU Crafts w/ Jess: Ink Dyed Jewelry Dishes - AR 4:00 Piano Singalong w/ Judith - Inn Living Room
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 Meditation/Movement -A 1:30 Board Games - UL 1:45 Theater Trip; Rhinebeck Performing Arts: Little Shop of Horrors 2:00 Film: Shirley - 591 3:00 WU Centering Prayer & Meditation w/ Maayana - AL	11:00 Group Tai Chi - A 11:35 WU Current Affairs - AL 1:00 Bridge - NL 1:00 Shopping Trip; Shoprite 1:30 Group Knit/Crochet - UL 3:00 J. Grady's Swing Band - A 4:30 Natural Healing - 591 7:00 Film: The Miracle Club - 591	10:45 WU Lucy's Limber Up - A 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 WU Art w/ Ellen - AR 2:00 WU Begnner's Art - AR 2:00 Johnny Cash Concert: Man in Black - AL, 591 3:30 WU Active Listening Group w/ Maayama Howard - AL	10:00 WU Woodshop - WS 10:45 WU Stretch & Strengthen - A 1:00 Bridge - NL 1:00 WU 360 Well w/ Lisa - L 2:00 WU Storyteller's Exch. - L 3:00 WU Opera part 1 - A 4:15 Dinner Trip: White Horse Country Pub	10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Canasta - UL 2:00 Art History Film: Italian Futurism 40 min - A 2:30 Walking Club - NL 2:45 WU Art History Discussion - AR 4:00 Catholic Communion - AL 4:15 WU Bible Study Series-L 6:30 Game Night - UL	10:15 Cards: Hand, Knee, Foot -NL 10:45 WU Chair Yoga - A 11:30 New Series: Optimizing Brain Fitness (30 min) - AL, 591 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR	10:30 WU Chair Zumba - A 11:00 Scrabble - NL 1:00 Wii Bowling w/ Reed - AL 2:00 Western Classic Film: The Searchers - AL, 591 4:00 Piano Singalong w/ Judith - Inn Living Room
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: Tyson's Run- AL, 591 4:15 WU Lectio Divina w/ Beth & Maayana- AL	10:30 Streamed Fitness - 591 11:00 Streamed Tai Chi - 591 12 - 2 Memorial Day Picnic & Concert w/ Frankie Keene - outside, weather pending 2:15 New Film: Megan Leavey - 591	10:45 WU Lucy's Limber Up - A 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Shopping Trip: Tops 1:00 WU Art w/ Ellen - AR 2:00 WU Begnner's Art - AR 2:00 Andre Rieu Concert - 591 3:30 WU Laura's Book Club - L 4:15 Edwin's Prayer Group AL	10:00 WU Woodshop - WS 10:45 WU Exercise Theraoy - A 11:00 Shopping Trip: Poughkeepsie Galleria - A 1:00 Bridge - NL 1:00 WU 360 Well w/ Lisa - L 2:00 Documentary: Heal - AL, 591 3:00 WU Opera part 2 - A	10:45 WU Limber Up w/ Lisa* - A 11:30 American His. AL, 591 1:00 Canasta - UL 2:00 Art History Film:Amedeo Modigliani (53 m) - A 2:30 Walking Club - NL 3:00 WU Art History Discussion - AR 4:00 Catholic Communion - AL 4:15 WU Bible Study Series-L 6:30 Game Night - UL	10:15 Cards: Hand, Knee, Foot -NL 10:45 WU Chair Yoga - A 11:30 New Series: Optimizing Brain Fitness (30 min) - AL, 591 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 Shabbat Shalom - PDR	Please check channel 591 daily for updates!

**MAY 2024**  
**Independent Living**  
 **THE FOUNTAINS**  
 AT MILLBROOK  
 A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

**ACTIVITY LOCATOR KEY**

Community Life Staff:  
 Lisa Rieckermann, Director  
 Jennifer Bourque, Associate  
 Raegan Haege, Associate  
 Jessica Kaufman, Associate  
 845-905-8014

Red - Live Exercise  
 Purple - Music  
 Dark Orange - Arts & Crafts  
 Teal - Vocational  
 Black - Educational /Social  
 Pink - Health  
 Green - Trips  
 Blue - Spiritual, Therapeutic

American History schedule:  
 2nd - African Americans at War Time  
 9th - The Union Drive to Victory  
 16th Prseidential Reconstruction  
 23rd - Congress Takes Command  
 30th - Reconstruction Ends

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)