

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please note new location for Woodshop - Art Room</p> <p>Fountains Radio Network & Music Appreciation resume in February</p>	<p>New PBS series:</p> <p><i>The Story of China</i> streams on Mondays at 1 pm, plus the 28th & 29th at 1 pm</p>		<p>Happy New Year!</p> <p>10:45 WU Alexander Technique - A</p> <p>12 - 2:00 New Year's Day Brunch - Main Dining Room</p> <p>2:00 Gordon George Concert - Inn</p>	<p>10:00 WU Equine Therapy - Inn</p> <p>10:45 WU Lucy's Limber Up - A</p> <p>11:30 American His. AL, 591</p> <p>1:00 Canasta - UL</p> <p>1:00 WU Art w/ Ellen - AR</p> <p>1:30 WU Walking Club - NL</p> <p>2:00 WU Art History Film & Discussion (TBA) - A</p> <p>3:30 WU Bible Study Series- L</p> <p>4:00 Catholic Communion - AL</p> <p>4:45 Trip: Millbrook Cafe</p> <p>6:30 Game Night - UL</p>	<p>9:30 WU Fitness Center Q&A w/ Mariel Mustello, PT</p> <p>10:00 Hand, Knee, Foot - NL</p> <p>10:45 WU Stretch & Breath w/ Judith - A</p> <p>1:00 Series: The Great Ideas of Philosophy - AL, 591</p> <p>2:00 Projects w/ Dave - Inn</p> <p>2:00 Trivial Pursuit - AL</p> <p>3:30 Happy Hour - UL</p> <p>4:00 Shabbat Shalom - PDR</p>	<p>10:30 WU Chair Zumba - A</p> <p>11:00 Scrabble - NL</p> <p>1:00 Wii Bowling w/ Reed - AL</p> <p>2:00 Film: Here 2024 - A, 591</p> <p>2:15 Crafts w/ Jess: Let's build a Snowman - AR</p> <p>4:00 Piano Singalong - Inn</p>
<p>9:30 Church Trip</p> <p>10:00 Catholic Mass - 591</p> <p>10:30 WU Meditation & Movement w/ Elizabeth - A</p> <p>1:30 Mahjong - NL</p> <p>2:00 Film: Mary - 591, A</p> <p>2:30 Bingo w/ prizes - UL</p>	<p>10:45 WU Rehab Workout - A</p> <p>11:30 WU Current Affairs - AL</p> <p>1:00 Shopping Trip: Adams</p> <p>1:00 Bridge - NL</p> <p>1:00 Documentary: The Story of China: Ancestors - AL, 591</p> <p>1:30 WU Knit/Crochet - UL</p> <p>2:00 WU Brain Cafe Series - L</p> <p>3:00 Lance Lavender Concert - A</p> <p>7:00 Film: Key Largo -AL, 591</p>	<p>10:45 WU Lucy's Limber Up - A</p> <p>11:30 Inventions Series - AL</p> <p>1:00 Kings in the Corner - NL</p> <p>1:00 Canasta - UL</p> <p>1:00 WU Beginner's Art - AR</p> <p>2:00 Documentary: The Only Girl in the Orchestra - 591, AL</p> <p>3:00 WU Active Listening w/ Maayana - AL</p> <p>4:00 Deb's Update Meeting - A</p>	<p>10:00 Men's Coffee Social - CS</p> <p>10:45 WU Alexander Tech. - A</p> <p>11:00 WU Woodshop - AR</p> <p>1:00 Bridge - NL</p> <p>1:00 Documentary: Legends in Concert: Old Time Rock n' Roll - 591, A</p> <p>2:00 WU Writers' Exchange w/ Lorraine - L</p> <p>3:00 WU Active Aging Seminar w/ Sarah - AL</p>	<p>10:45 WU Lucy's Limber Up - A</p> <p>11:30 American His. AL, 591</p> <p>1:00 Canasta - UL</p> <p>1:00 WU Art w/ Ellen - AR</p> <p>1:30 WU Walking Club - NL</p> <p>2:00 WU Art History Film & Discussion (TBA) - A</p> <p>3:30 WU Bible Study Series- L</p> <p>4:00 Catholic Communion - AL</p> <p>6:30 Game Night w/ Amber & Chris - UL</p>	<p>10:00 Hand, Knee, Foot - NL</p> <p>10:45 WU Stretch & Breath w/ Judith - A</p> <p>1:00 WU Well 360 w/ Lisa - L</p> <p>1:00 Series: The Great Ideas of Philosophy - AL, 591</p> <p>2:00 Projects w/ Dave - Inn</p> <p>2:00 Trivial Pursuit - AL</p> <p>3:30 Happy Hour - UL</p> <p>4:00 Shabbat Shalom - PDR</p>	<p>10:30 WU Chair Zumba - A</p> <p>11:00 Scrabble - NL</p> <p>1:00 Wii Bowling w/ Reed - AL</p> <p>2:00 Film: Joy, the Birth of IVF - A, 591</p> <p>2:15 Crafts w/ Jess: Let it Snow Snowman Ornament - AR</p> <p>4:00 Piano Singalong - Inn</p>
<p>9:30 Church Trip</p> <p>10:00 Catholic Mass - 591</p> <p>10:30 WU Meditation & Movement w/ Elizabeth - A</p> <p>1:30 Mahjong - NL</p> <p>2:00 Classic Film: The Shop Around the Corner - 591, A</p> <p>2:30 Team Game: Family Feud - Inn</p> <p>3:00 WU Making Connections w/ Maayana - AL</p>	<p>10:45 WU Rehab Workout - A</p> <p>11:30 WU Current Affairs - AL</p> <p>1:00 Bridge - NL</p> <p>1:00 Documentary: The Story of China: Silk Roads - AL, 591</p> <p>1:30 WU Knit/Crochet - UL</p> <p>2:00 WU Brain Cafe Series - L</p> <p>3:00 Binghamton Crosbys Acappella Concert - A</p> <p>7:00 Film: Average Joe - AL, 591</p>	<p>10:45 WU Lucy's Limber Up - A</p> <p>11:30 Inventions Series - AL</p> <p>1:00 Kings in the Corner - NL</p> <p>1:00 Shopping Trip: Millbrook</p> <p>1:00 Canasta - UL</p> <p>1:00 WU Beginner's Art - AR</p> <p>3:00 WU Brain Games w/ Jen McCreery from Millbrook Library - L</p> <p>Chinese Theme Dinner - DR</p>	<p>10:45 WU Alexander Tech. - A</p> <p>11:00 WU Woodshop - AR</p> <p>1:00 Bridge - NL</p> <p>1:00 Documentary: Dancing With the Birds - AL, 591</p> <p>2:00 Saxophone Name That Tune - Inn</p> <p>2:00 Indoor Corn Hole - A</p> <p>3:15 Father Matt's Service - AL</p>	<p>10:45 WU Lucy's Limber Up - A</p> <p>11:30 American His. AL, 591</p> <p>1:00 Canasta - UL</p> <p>1:00 WU Art w/ Ellen - AR</p> <p>1:30 WU Walking Club - NL</p> <p>2:00 Trip: S. Fernekes Art Opening @ Millbrook Library</p> <p>3:30 WU Bible Study Series- L</p> <p>4:00 Catholic Communion - AL</p> <p>6:30 Game Night - UL</p>	<p>10:00 Hand, Knee, Foot - NL</p> <p>10:45 WU Stretch & Breath w/ Judith - A</p> <p>1:00 WU Well 360 w/ Lisa - L</p> <p>1:00 Series: The Great Ideas of Philosophy - AL, 591</p> <p>2:00 Projects w/ Dave - Inn</p> <p>2:00 Trivial Pursuit - AL</p> <p>3:30 WU Wine Tasting w/ Carl - Bistro</p> <p>4:00 Shabbat Shalom - PDR</p>	<p>10:30 WU Chair Zumba - A</p> <p>11:00 Scrabble - NL</p> <p>1:00 Wii Bowling w/ Reed - AL</p> <p>2:00 Film: It Ends With Us - A, 591</p> <p>2:15 Crafts w/ Jess: Jewelry Making - AR</p> <p>4:00 Piano Singalong - Inn</p>
<p>9:30 Church Trip</p> <p>10:00 Catholic Mass - 591</p> <p>10:30 WU Meditation & Movement w/ Elizabeth - A</p> <p>1:30 Mahjong - NL</p> <p>2:00 WU Art Opening: Barbara Braun - AG</p> <p>3:00 WU Spiritual Study w/ Beth & Maayana - AL</p>	<p>10:45 WU Rehab Workout - A</p> <p>11:30 WU Current Affairs - AL</p> <p>1:00 Bridge - NL</p> <p>1:00 Documentary: The Story of China: Golden Age - AL, 591</p> <p>1:30 WU Knit/Crochet - UL</p> <p>2:00 WU Brain Cafe Series - L</p> <p>3:00 WU Opera part 1: Die Fledermaus by Offenbach - A</p> <p>7:00 Film: Dr. MLK Jr., A Historical Perspective - AL, 591</p>	<p>10:45 WU Lucy's Limber Up - A</p> <p>11:30 Inventions Series - AL</p> <p>1:00 Kings in the Corner - NL</p> <p>1:00 Canasta - UL</p> <p>1:00 WU Beginner's Art - AR</p> <p>2:30 Food Service Meeting - BIS</p> <p>3:30 WU Laura's Book Club - L</p> <p>4:15 WU Edwin's Prayer Group - AL</p>	<p>9:00 Trip: Daily Planet Diner</p> <p>10:45 WU Alexander Tech. - A</p> <p>11:00 WU Woodshop - AR</p> <p>1:00 Bridge - NL</p> <p>1:00 Documentary: Hack Your Health: The Secrets of Your Gut - 591, A</p> <p>2:00 WU Writers' Exchange w/ Lorraine - L</p> <p>3:00 WU African Drumming - A</p>	<p>10:45 WU Lucy's Limber Up - A</p> <p>11:30 American His. AL, 591</p> <p>1:00 Shopping Trip: Shoprite</p> <p>1:00 Canasta - UL</p> <p>1:00 WU Art w/ Ellen - AR</p> <p>1:30 WU Walking Club - NL</p> <p>2:00 WU Art History Film & Discussion (TBA) - A</p> <p>3:30 WU Bible Study Series- L</p> <p>4:00 Catholic Communion - AL</p> <p>5:00 Birthday Dinner - PDR</p> <p>6:30 Game Night - UL</p>	<p>10:00 Hand, Knee, Foot - NL</p> <p>10:45 WU Stretch & Breath w/ Judith - A</p> <p>1:00 Series: The Great Ideas of Philosophy - AL, 591</p> <p>2:00 Projects w/ Dave - Inn</p> <p>2:00 Trivial Pursuit - AL</p> <p>3:30 Happy Hour - UL</p> <p>4:00 Shabbat Shalom - PDR</p>	<p>10:30 WU Chair Zumba - A</p> <p>11:00 Scrabble - NL</p> <p>1:00 Wii Bowling w/ Reed - AL</p> <p>2:00 Classic Film: Casablanca - A, 591</p> <p>2:15 Trivia w/ Jen - Inn</p> <p>4:00 Piano Singalong - Inn</p>
<p>9:30 Church Trip</p> <p>10:00 Catholic Mass - 591</p> <p>10:30 WU Meditation & Movement w/ Elizabeth - A</p> <p>1:30 Mahjong - NL</p> <p>2:00 Film: Maria - 591, A</p> <p>2:30 Team Game: Smart Alec - Inn</p>	<p>10:45 WU Rehab Workout - A</p> <p>11:30 WU Current Affairs - AL</p> <p>1:00 Shopping Trip: Tops</p> <p>1:00 Bridge - NL</p> <p>1:00 Documentary: The Story of China: The Ming - AL, 591</p> <p>1:30 WU Knit/Crochet - UL</p> <p>2:00 WU Brain Cafe Series - L</p> <p>3:00 WU Opera part 2: Die Fledermaus by Offenbach - A</p> <p>7:00 Film: Twilight Zone, The Movie - AL, 591</p>	<p>10:45 WU Lucy's Limber Up - A</p> <p>11:30 Inventions Series - AL</p> <p>1:00 Kings in the Corner - NL</p> <p>1:00 Canasta - UL</p> <p>1:00 Documentary: The Story of China: The Last Empire - AL, 591</p> <p>1:00 WU Beginner's Art - AR</p> <p>3:00 WU Active Listening w/ Maayana - AL</p>	<p>10:45 WU Alexander Tech. - A</p> <p>11:00 WU Woodshop - AR</p> <p>1:00 Bridge - NL</p> <p>1:00 Documentary: The Story of China: The Age of Revolution - AL, 591</p> <p>2:00 Singing Bowl Sound Bath w/ Elizabeth - A</p> <p>3:15 Strawberry Hill Student Fiddlers Recital - Inn</p>	<p>10:00 Shopping Trip: Walmart</p> <p>10:45 WU Lucy's Limber Up - A</p> <p>11:30 American His. AL, 591</p> <p>1:00 Canasta - UL</p> <p>NO Art w/ Ellen</p> <p>1:30 WU Walking Club - NL</p> <p>2:00 Trip: Vassar Loeb Museum</p> <p>3:30 WU Bible Study Series- L</p> <p>4:00 Catholic Communion - AL</p> <p>6:30 Game Night - UL</p>	<p>10:00 Hand, Knee, Foot - NL</p> <p>10:45 WU Stretch & Breath w/ Judith - A</p> <p>1:00 WU Well 360 w/ Lisa - L</p> <p>1:00 Series: The Great Ideas of Philosophy - AL, 591</p> <p>2:00 Projects w/ Dave - Inn</p> <p>2:00 Trivial Pursuit - AL</p> <p>3:30 Happy Hour - UL</p> <p>4:00 Shabbat Shalom - PDR</p>	<p>A - Auditorium</p> <p>AG - Art Gallery</p> <p>AL - Allen Lounge</p> <p>AR - Art Room</p> <p>BIS - Bistro</p> <p>CS - Country Store</p> <p>DR - Dining Room</p> <p>L - Library</p> <p>LOB - Main Lobby</p> <p>LR - Living Room at the Inn</p> <p>NL - North Lounge</p>

JANUARY 2025

Independent Living



THE FOUNTAINS
AT MILLBROOK
A WATERMARK RETIREMENT COMMUNITYSM

ACTIVITY LOCATOR KEY

Your Community Life Team:

Lisa Rieckermann, Director
Jennifer Bourque, Associate
Raegan Haege, Associate
Jessica Kaufman, Associate
845-905-8014

Please check channel 591 daily for updates!

Shopping trips: sign up @ podium - Lobby

Community Life trips: 905-8014

An Unfamiliar Place: Modern Landscape in East Asian and Asian American Works on Paper is the special exhibit at the Loeb Museum for our trip on the 30th

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

PDR - Private Dining Room
UL - Upper Lobby
WS - Woodshop (1A)