


| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|--|--|--|--|--|--|
| <p>Please check channel 591 daily for updates and important messages!</p>  | <p>27th: Art History w/ Ellen:<br/><i>Jack B. Yeats, The Man Who Painted Ireland</i></p>   | <p>Active Aging Seminar w/ Sarah:<br/>"Nourish to Flourish" - 12th</p>   | <p>New Series:<br/><i>The Irish Identity: Independence, History &amp; Literature- Thursdays</i><br/><br/><i>Real Zen for Real Life - Saturdays</i><br/><br/><i>Bible Study topic: Light in the Darkness, A Study in Judges - Thursdays w/ Pastor Kyle</i></p>                              | <p>A - Auditorium<br/>AG - Art Gallery<br/>AL - Allen Lounge<br/>AR - Art Room<br/>BIS - Bistro<br/>CS - Country Store<br/>DR - Dining Room<br/>L - Library<br/>LOB - Main Lobby<br/>LR - Living Room at the Inn<br/>NL - North Lounge</p>   | <p>PDR - Private Dining Room<br/>UL - Upper Lobby<br/>WS - Woodshop (1A)</p>   | <p>10:30 WU Chair Zumba - A<br/>11:00 Scrabble - NL<br/>1:00 Great Courses Series: Real Zen for Real Life - 591<br/>1:00 Wii Bowling w/ Reed - AL<br/>2:00 Film: Smart House - A, 591<br/>2:15 Crafts w/ Jess: Shamrock Suncatchers- AR<br/>4:00 Intergenerational Piano Singalong - Inn</p>                                 |
| <p>9:30 Church Trip<br/>10:00 Catholic Mass - 591<br/>10:30 WU Meditation &amp; Movement w/ Elizabeth - A<br/>1:30 Mahjong - Sales Office 1A<br/>1:45 Trip: Rhinebeck Performing Arts - Mousetrap<br/>2:00 New Film: Unstoppable - A, 591</p>  | <p>10:45 WU Rehab Workout - A<br/>11:30 WU Current Affairs - AL<br/>1:00 Bridge - UL<br/>1:30 WU Knit/Crochet - UL<br/>2:00 Doc: Hidden Ireland - AL, 591 (56 min)<br/>3:00 Gordon George Concert - Inn<br/>3:00 Singing Bowl Sound Bath w/ Elizabeth - AL<br/>7:00 Film: Contact - 591, AL</p>                        | <p>10:45 WU Lucy's Limber Up - A<br/>11:30 Inventions Series - 591<br/>1:00 Kings in the Corner - 1A<br/>1:00 Canasta - UL<br/>1:00 WU Beginner's Art - AR<br/>1:00 Shopping Trip: Millbrook<br/>2:45 WU Fountains Radio Network - A<br/>3:00 WU Active Listening - AL</p>                                     | <p>ASH WEDNESDAY<br/>10:00 St. Joseph's Service - INN<br/>10:45 WU Alexander Tech. - A<br/>1:00 Bridge - UL<br/>1:30 WU Walking Club - NL<br/>2:00 Episcopal Service w/ Father Matt - AL<br/>3:00 Gabrielle &amp; Joe Tranchina's New Orleans Carnival Concert - A</p>                     | <p>10:00 WU Equine Therapy - Inn<br/>10:45 WU Lucy's Limber Up - A<br/>11:30 Irish Identity - AL, 591<br/>1:00 Canasta - UL<br/>1:00 WU Advanced Art - AR<br/>2:00 WU Art History Film: Frank Lloyd Wright part 1 - A<br/>3:30 Art History Discussion - AR<br/>3:45 WU Bible Study Series- INN<br/>4:00 Catholic Communion - AL<br/>6:30 Game Night w/ Amber -UL</p> | <p>10:00 Hand, Knee, Foot - NL<br/>10:45 WU Stretch &amp; Breath w/ Judith - A<br/>1:00 Series: The Great Ideas of Philosophy - AL, 591<br/>1:00 WU Spanish 101 - L<br/>2:00 Trivial Pursuit - AL<br/>3:30 Happy Hour - UL<br/>4:00 Shabbat Shalom - PDR</p> | <p>10:30 WU Chair Zumba - A<br/>11:00 Scrabble - NL<br/>1:00 Great Courses Series: Real Zen for Real Life - 591<br/>1:00 Wii Bowling w/ Reed - AL<br/>2:00 Film: Clue - A, 591<br/>2:15 Crafts w/ Jess: Card Making- AR<br/>4:00 Intergenerational Piano Singalong - Inn</p>   |
| <p>9:30 Church Trip<br/>10:00 Catholic Mass - 591<br/>10:30 WU Meditation &amp; Movement w/ Elizabeth - A<br/>1:30 Mahjong - Sales Office 1A<br/>2:00 Classic Film: My Fair Lady - A, 591<br/>2:30 Team Game: Hedbanz - UL<br/>3:00 WU Making Connections w/ Maayana - AL</p>                            | <p>10:45 WU Rehab Workout - A<br/>11:30 WU Current Affairs - AL<br/>1:00 Bridge - UL<br/>1:00 Shopping Trip: Shoprite<br/>1:30 WU Knit/Crochet - UL<br/>2:00 Irish Storytelling w/ Lorraine - AL<br/>3:00 Grandpa Joe's Band - Inn<br/>7:00 Film: Quintessentially Irish - AL, 591</p>                                 | <p>10:45 WU Lucy's Limber Up - A<br/>11:30 Inventions Series - 591<br/>1:00 Kings in the Corner 1A<br/>1:00 Canasta - UL<br/>1:00 WU Beginner's Art - AR<br/>2:45 WU Fountains Radio Network - A<br/>3:00 WU Brain Games w/ Jen McCreery - L<br/>4:00 Deb's Update Meeting - A<br/>Irish Theme Dinner - DR</p> | <p>10:45 WU Alexander Tech. - A<br/>1:00 Bridge - UL<br/>1:30 WU Walking Club - NL<br/>2:00 WU Active Aging Seminar w/ Sarah: - AL<br/>3:00 FMRA General Meeting w/ Fountains Chapel History Presentation (all welcome) - AL<br/>4:30 Dinner Trip: American Pie Company in Sherman, CT</p> | <p>10:45 WU Lucy's Limber Up - A<br/>11:30 Irish Identity - AL, 591<br/>1:00 Canasta - UL<br/>1:00 WU Advanced Art - AR<br/>2:00 WU Art History Film: Frank Lloyd Wright part 2- A<br/>2:30 Game w/ Jess: Family Feud - L<br/>3:30 Art History Discussion - AR<br/>3:45 WU Bible Study Series- INN<br/>4:00 Catholic Communion - AL</p>                              | <p>10:00 Hand, Knee, Foot - NL<br/>10:45 WU Stretch &amp; Breath w/ Judith - A<br/>1:00 Series: The Great Ideas of Philosophy - AL, 591<br/>1:00 WU Spanish 101 - L<br/>2:00 Trivial Pursuit - AL<br/>3:30 Happy Hour - UL<br/>4:00 Shabbat Shalom - PDR</p> | <p>10:30 WU Chair Zumba - A<br/>11:00 Scrabble - NL<br/>1:00 Great Courses Series: Real Zen for Real Life - 591<br/>1:00 Wii Bowling w/ Reed - AL<br/>2:00 Film: Then she Found Me - A, 591<br/>2:15 Sip &amp; Paint: A Shamrock with a Lady Bug- AR<br/>4:00 Intergenerational Piano Singalong - Inn</p>                    |
| <p>9:30 Church Trip<br/>10:00 Catholic Mass - 591<br/>10:30 WU Meditation &amp; Movement w/ Elizabeth - A<br/>1:30 Mahjong - Sales Office 1A<br/>2:00 Film: Something the Lord Made - A, 591<br/>2:30 St. Patty's Day Bingo w/ prizes - UL</p>   | <p>10:45 WU Rehab Workout - A<br/>11:30 WU Current Affairs - AL<br/>1:00 Bridge - UL<br/>1:00 Shopping Trip: Adams<br/>1:30 WU Knit/Crochet - UL<br/>3:00 St. Patty's Day Dance Party w/ Frankie Keene - A<br/>7:00 Film: Waking Ned Divine -AL, 591</p>   | <p>10:45 WU Lucy's Limber Up - A<br/>11:30 Inventions Series - 591<br/>1:00 Kings in the Corner - Sales Office 1A<br/>1:00 Canasta - UL<br/>1:00 WU Beginner's Art - AR<br/>2:45 WU Fountains Radio Network - A<br/>2:30 Food Service Meeting BIS<br/>3:30 WU Laura's Book Club -</p>                          | <p>10:00 Men's Coffee Social - CS<br/>10:45 WU Alexander Tech. - A<br/>1:00 Bridge - UL<br/>1:30 WU Walking Club - NL<br/>2:00 WU Writers' Exchange w/ Lorraine - L<br/>2:00 Saxophone Name That Tune - Inn<br/>3:00 WU Wine Tasting w/ Carl - Bistro</p>                                  | <p>10:45 WU Lucy's Limber Up - A<br/>11:30 Irish Identity - AL, 591<br/>1:00 Canasta - UL<br/>1:00 WU Advanced Art - AR<br/>2:00 WU Art Opening: Barbara Braun- AG<br/>3:00 Game w/Jess: Pictionary L<br/>3:45 WU Bible Study Series- INN<br/>4:00 Catholic Communion AL</p>   | <p>10:00 Hand, Knee, Foot - NL<br/>10:45 WU Stretch &amp; Breath w/ Judith - A<br/>1:00 Series: The Great Ideas of Philosophy - AL, 591<br/>1:00 WU Spanish 101 - L<br/>2:00 Trivial Pursuit - AL<br/>3:30 Happy Hour - UL<br/>4:00 Shabbat Shalom - PDR</p> | <p>10:30 WU Chair Zumba - A<br/>11:00 Scrabble - NL<br/>1:00 Great Courses Series: Real Zen for Real Life - 591<br/>1:00 Wii Bowling w/ Reed - AL<br/>2:00 Film: Fanny (1961) - A, 591<br/>2:15 Crafts w/ Jess: Beautiful Spring Tree - AR<br/>4:00 Intergenerational Piano Singalong - Inn</p>                              |
| <p>9:30 Church Trip<br/>10:00 Catholic Mass - 591<br/>10:30 WU Meditation &amp; Movement w/ Elizabeth - A<br/>12:15 Brunch Trip: McKinney &amp; Doyle in Pawling<br/>1:30 Mahjong - Sales Office 1A<br/>2:00 Film: The Return - A, 591</p>   | <p>10:45 WU Rehab Workout - A<br/>11:30 WU Current Affairs - AL<br/>1:00 Bridge - UL<br/>1:00 Shopping Trip: Tops<br/>1:30 WU Knit/Crochet - UL<br/>3:00 WU Opera part 1: Turandot by Puccini - A<br/>3:00 Gloria's Line Dancers - Inn<br/>7:00 Film: O Brother, Where Art Thou? - AL, 591</p>                         | <p>10:45 WU Lucy's Limber Up - A<br/>11:30 Inventions Series - 591<br/>1:00 Kings in the Corner - 1A<br/>1:00 Canasta - UL<br/>1:00 WU Beginner's Art - AR<br/>2:45 WU Fountains Radio Network - A<br/>3:00 WU Active Listening - AL<br/>4:15 WU Edwin's Prayer Group - AL</p>                                 | <p>10:45 WU Exercise Therapy w/ Cris Caivano - A<br/>1:00 Bridge - UL<br/>1:00 Streamed Concert: Celtic Woman: Destiny - 591, AL<br/>1:30 WU Walking Club - NL<br/>2:00 Game: Scattergories - L<br/>3:00 WU Opera part 2: Turandot by Puccini - A</p>                                      | <p>10:45 WU Lucy's Limber Up - A<br/>11:00 Shopping Trip: Merritt Bookstore<br/>11:30 Irish Identity - AL, 591<br/>1:00 Canasta - UL<br/>1:00 WU Advanced Art - AR<br/>2:00 WU Art History Film: - A<br/>3:00 Art History Discussion AR<br/>3:45 WU Bible Study - INN<br/>4:00 Catholic Communion - AL<br/>5:00 Birthday Dinner - PDR</p>                            | <p>10:00 Hand, Knee, Foot - NL<br/>10:45 WU Stretch &amp; Breath w/ Judith - A<br/>1:00 Series: The Great Ideas of Philosophy - AL, 591<br/>1:00 WU Spanish 101 - L<br/>2:00 Trivial Pursuit - AL<br/>3:30 Happy Hour - UL<br/>4:00 Shabbat Shalom - PDR</p> | <p>10:30 WU Chair Zumba - A<br/>11:00 Scrabble - NL<br/>1:00 Great Courses Series: Real Zen for Real Life - 591<br/>1:00 Wii Bowling w/ Reed - AL<br/>2:00 Film: Nell - A, 591<br/>2:15 Crafts w/ Jess: Mandala Wind Chimes- AR<br/>4:00 Piano Singalong - Inn<br/>5:45 Trip: West Point Concert @ Bard's Fischer Center</p> |
| <p>9:30 Church Trip<br/>10:00 Catholic Mass - 591<br/>10:30 WU Meditation &amp; Movement w/ Elizabeth - A<br/>1:30 Mahjong - Sales Office 1A<br/>2:00 Fellini Foreign Film: Amarcord - A, 591 (requested)<br/>2:30 Team Game: Smart Alec - UL<br/>3:00 WU Spiritual Study w/ Beth &amp; Maayana - AL</p> | <p>10:45 WU Rehab Workout - A<br/>11:30 WU Current Affairs - AL<br/>1:00 Bridge - UL<br/>1:30 WU Knit/Crochet - UL<br/>2:00 Documentary: Living the Tradition: An Enchanting Journey Into Old Irish Airs - 591, A<br/>3:15 WU Music Appreciation: The History of Irish Music - A<br/>7:00 Film: Conclave - 591, AL</p> | <h1>MARCH 2025</h1> <h2>Independent Living</h2>  <p>THE FOUNTAINS<br/>AT MILLBROOK<br/>A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup></p>   |  | <h3>ACTIVITY LOCATOR KEY</h3> <p>Your Community Life Team:<br/>Lisa Rieckermann, Director<br/>Jennifer Bourque, Associate<br/>Raegan Haeg, Associate<br/>Jessica Kaufman, Associate<br/>845-905-8014</p>   |  | <p>Red - Live Exercise<br/>Purple - Music<br/>Dark Orange - Arts &amp; Crafts<br/>Teal - Vocational<br/>Black - Educational/Social<br/>Pink - Health<br/>Green - Trips<br/>Blue - Spiritual, Therapeutic</p>   |