


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New: Medicare Bingo & Informational Session - 18th	Italian Theme Dinner on 11/5 is at your regularly scheduled time. If you have questions, please call the Hostess Desk @ 905-8047	WU Fountains' Radio Workshop - 8th & 22nd New: Saxophone Name That Tune -26th	New Documentary Series: Aerial Italy - Wednesdays - 1 pm  New Health Series: All About Active Aging w/ OT, Sarah Domschine - 1st Wednesday @ 2 pm	WU Fountains History Walk & Talk w/ Deb - 20th  WU = Watermark University- an educational series led by a live instructor.	10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 12:30 Trip: Martin Van Buren home w/ Farm Market Stop 1:00 Series: The Great Ideas of Philosophy - 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 Documentary Film: Ethel - A, 591 (Ethel Kennedy) 2:15 Crafts w/ Jess: Wooden Pumpkin Trucks - 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 Mahjong - NL 2:00 Film: My Big Fat Greek Wedding 2 - 591, A 3:45 Thanksgiving Bingo! - UL	10:45 WU Rehab Workout - A 11:30 WU Current Affairs - AL 1:00 Bridge - NL 1:00 Shopping Trip; Tops 1:30 WU Knit/Crochet - UL 3:00 WU Opera part 1: Carmen by Georges Bizet. - A 4:30 Natural Healing - 591 7:00 Film: Arthur's Whiskey - AL, 591	10:45 WU Lucy's Limber Up - A 11:30 Inventions Series - AL 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 WU Beginner's Art - AR 2:00 Voting Trip to Union Vale 3:00 WU Active Listening Group w/ Maayana - AL 4:00 Deb's Update Meeting - A Theme Dinner - Main DR	10:00 Men's Coffee Social - CS 10:45 WU Alexander Tech. - A 11:00 WU Woodshop - WS 12:30 Trip: Resorts World Casino Hudson Valley 1:00 Bridge - NL 1:00 Doc. Series: Aerial Italy: Central Italy (45 min) - 591, AL 2:00 WU Health Series w/ Sarah: All About Active Aging - AL 3:00 WU Opera part 2 - A	10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Canasta - UL 1:00 WU Art w/ Ellen - AR 1:30 WU Walking Club - NL 2:00 WU Art History: Rothko, Pictures Must Be Miraculous - A 3:00 WU Film Discussion - AR 3:30 WU Bible Study Series- L 4:00 Catholic Communion - AL 6:30 Game Night - UL	10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Series: The Great Ideas of Philosophy - AL, 591 1:00 WU Fountains' Radio Workshop - L 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 New Film: Reagan - A, 591 2:15 Crafts w/ Jess: Thanksgiving Wreaths - 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 Mahjong - NL 2:00 Film: Bruce Almighty - 591, A 3:00 WU Making Connections w/ Maayana - AL	9:30 Veteran's Day Breakfast - BIS 10:45 WU Rehab Workout - A 11:30 WU Current Affairs - AL 1:00 Bridge - NL 1:30 Group Knit/Crochet - UL 2:30 Veterans Day Service - A 3:00 WU Music Appreciation: Patriotic Music w/ Dr. Mullee - A 4:30 Natural Healing - 591 7:00 Film: American Veteran AL	10:45 WU Lucy's Limber Up - A 11:30 Inventions Series - AL 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Shopping Trip: Millbrook 1:00 WU Beginner's Art w/ Ellen - AR 3:15 WU Sound Bath Experience w/ Elizabeth - A	10:00 Equine Therapy - Inn LR 10:45 WU Alexander Tech. - A 11:00 WU Woodshop - WS 1:00 Bridge - NL 1:00 Doc. Series: Aerial Italy: Northern Italy (45 min) - 591, AL 2:00 WU Writers Exchange - L 3:00 Lance & Co. Concert - A 4:30 Dinner Trip: The Blue Fountain Italian Restaurant	10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Canasta - UL 1:00 WU Art w/ Ellen - AR 1:30 WU Walking Club - NL 2:00 WU Art History w/ Ellen: The Abstract Expressionist Mind - A 3:00 WU Film Discussion - AR 3:30 WU Bible Study Series- L 4:00 Catholic Communion - AL 6:30 Game Night - UL	10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Series: The Great Ideas of Philosophy - AL, 591 2:00 Trivial Pursuit - AL 3:30 Italian Wine Tasting w/ Carl - BIS 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: My Penguin Friend - A, 591 2:15 Trivia w/ Jen - INN LR 4:00 Piano Singalong - Inn
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Mahjong - NL 2:00 Film: The Family Man - 591, A 3:00 WU Spiritual Study w/ Beth & Maayana - AL	10:45 WU Rehab Workout - A 11:30 WU Current Affairs - AL 1:00 Bridge - NL 1:30 WU Knit/Crochet - UL 2:00 Medicare Bingo & Informational Seminar w/ Mike Hatfield - L 3:00 Choir Intro w/ Dr/ Mullee - A 4:30 Natural Healing - 591 7:00 Film: Midway - AL, 591	10:45 WU Lucy's Limber Up - A 11:30 Inventions Series - AL 1:00 Kings in the Corner - NL 1:00 Canasta - UL 1:00 Shopping Trip: Adams 1:00 WU Beginner's Art w/ Ellen - AR 2:30 Food Service Meeting BIS 3:30 WU Laura's Book Club - L	10:45 WU Alexander Tech. - A 11:00 WU Woodshop - WS 1:00 Bridge - NL 1:00 Doc. Series: Aerial Italy: Italian Islands (45 m) - 591, AL 2:00 WU Writers Exchange w/ Lorraine - L 3:15 Father Matt's Service - AL 4:00 WU Fountains History Walk & Talk w/ Deb - AL	10:45 WU Lucy's Limber Up - A 11:30 American His. AL, 591 1:00 Canasta - UL 1:00 WU Art w/ Ellen - AR 1:30 WU Walking Club - NL 2:30 Holiday Art Opening - AG 3:30 WU Bible Study Series- L 4:00 Catholic Communion - AL 5:00 Birthday Dinner - PDR 6:30 Game Night w/ Amber - UL	10:00 Shopping Trip: Walmart 10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Series: Philosophy AL 591 1:00 WU Fountains' Radio Workshop - L 2:00 Trivial Pursuit - AL 3:15 WU Greek Cooking Class w/ Irene & Kat - 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: Under the Tuscan Sun - A, 591 2:15 Crafts w/ Jess: Bird Seed Ornaments - AR 3:30 Michael Leidig Concert - A
9:30 Church Trip 10:00 Catholic Mass - 591 10:30 WU Meditation & Movement w/ Elizabeth - A 1:30 Mahjong - NL 2:00 Film: Cabrini - 591, A 2:00 Trip: Vassar College Chamber Singers @ Skinner Hall	10:45 WU Rehab Workout - A 11:30 WU Current Affairs - AL 1:00 Bridge - NL 1:00 Shopping Trip: Shoprite 1:30 WU Knit/Crochet - UL 2:00 WU Brain Games w/ Gabrielle - L 3:00 Choir Practice - A 4:30 Natural Healing - 591 7:00 Film: Dragnet - AL, 591	10:45 Walking Club* - Lobby 11:30 Inventions Series - AL 1:00 Kings in the Corner - NL 1:00 Canasta - UL 2:00 Saxophone Name That Tune - AL 3:00 WU Active Listening Group w/ Maayana - AL 4:15 WU Prayer w/ Edwin - AL	10:45 WU Exercise Therapy w/ Cris Caivano - A 11:00 Woodshop - WS 1:00 Bridge - NL 1:00 Doc. Series: Aerial Italy: Southern Italy (45 min) - 591, AL 3:00 Gordon George Concert - Inn LR	Happy Thanksgiving! 9:30 Macy's Day Parade & Coffee Social - AL 12 - 2 Thanksgiving Holiday Meal - Dining Room by reservation only 905-8047 2:00 Film: Invincible - 591, AL	10:00 Hand, Knee, Foot - NL 10:45 WU Stretch & Breath w/ Judith - A 1:00 Series: The Great Ideas of Philosophy - AL, 591 2:00 Trivial Pursuit - AL 3:30 Happy Hour - UL 4:00 No Shabbat Shalom	10:30 WU Chair Zumba - A 11:00 Scrabble - NL 1:00 Wii Bowling w/ Reed - AL 2:00 Film: Fly Me to the Moon - A, 591 2:15 SIP & Paint Cozy Fall Cabin - AR 4:00 Piano Singalong - Inn

**NOVEMBER 2024**

**Independent Living**



**THE FOUNTAINS**  
AT MILLBROOK  
A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

**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

A - Auditorium  
AG - Art Gallery  
AL - Allen Lounge  
AR - Art Room  
BIS - Bistro  
CS - Country Store  
DR - Dining Room  
L - Library

LOB - Main Lobby  
LR - Living Room at the Inn  
NL - North Lounge  
PDR - Private Dining Room  
UL - Upper Lobby  
WS - Woodshop (1A)

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