



THE FOUNTAINS
AT MILLBROOK

INDEPENDENT LIVING • ASSISTED LIVING

UNRETIREMENT LIVING

Over 25 years of experience have taught us that today's seniors want more choices and are leading a more active lifestyle than generations before. That's why we created a community filled with options, from affordable studio apartments to spacious cottages, great cuisine and an active lifestyle of growth and discovery. It's all part of our culture of choice.

IT'S NOT WHAT YOU'D EXPECT, AND THAT'S THE WHOLE POINT.



Beautifully landscaped grounds nestled on 200 wooded acres 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

Private transportation

AN OPTION FOR EVERY APPETITE

Dining at The Fountains at Millbrook isn't what you'd expect from a retirement community. In fact, we think you'll be amazed. Do you expect your meals to be prepared by a skilled chef? Graciously served by friendly staff with impeccable attention to detail? This isn't a dining room in a retirement community, this is an evening spent at one of your favorite restaurants!



Elegant dining room

Menus featuring fresh
local ingredients

Millbrook Market & Café

Bistro 79

Private dining room
for entertaining

Catering services

Room service

MIND AND BODY WELLNESS



Stimulating the mind and strengthening the body has enormous benefits at any age. That's why, as part of Watermark Retirement Communities®, we created Watermark University. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Choose from *Yoga*, *Creative Cooking*, *The Artist Within* and everything in between. You might want to try a little of each or even become a faculty member and teach your passion! These classes and programs aren't just for residents. Call for a schedule and enroll today.



TOWN CENTER LIVING

At The Fountains at Millbrook, we've created a culture built on choice. The first (and maybe the most fun) is selecting the luxury apartment that's perfect for you. Choosing from a selection of bright and spacious studio, one-bedroom and two-bedroom residences and even cottages, you'll find a space that's just right to call your own. With move-in professionals ready to help you customize your apartment, you're sure to have a ball expressing your style. And if you'd like a helping hand every now and then, you can enjoy personalized services delivered right to your door.

Why wait to get a taste of The Fountains lifestyle? Try us out for a short-term stay. Enjoy a fully furnished guest apartment, fantastic food made just how you like it and fun with friendly neighbors.



Full modern kitchen with frost-free refrigerator, electric oven, range and dishwasher

Private garages with all cottage residences

Ample closet space

Bath with safety grab bars

Resident call system

Wall-to-wall carpeting in living areas, vinyl flooring in kitchen, ceramic bath

Pre-wired for telephone and cable TV

Individually controlled air conditioning and heating

Some cottages feature patios and fireplaces

Bi-weekly housekeeping and linen services

24-hour maintenance services



ASSISTED LIVING

When it comes to Assisted Living, we're not what you'd expect. No cookie cutter apartments, boring stereotypical activities and health care delivered on a schedule so rigid that it becomes the center of your day. You'll have exciting floor plans to choose from with great views of our idyllic campus, a varied calendar of community doings and top notch care tailored to your needs, on your schedule – not ours.



Bright, cheerful apartments overlooking the Hudson Valley countryside

Three meals created daily by our expert chefs

Diverse wellness plans including Watermark University classes

24-hour staffing

Housekeeping services

Transportation services

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

CATCH THE **vibe**

AT THE FOUNTAINS AT MILLBROOK

Life's too short to sit around watching TV when you could be having fun with us. What are you doing today? Here, our chef is pairing artisan cheeses with local wines and the painting class is just finishing up. The bus is taking off to a concert and a history lecture is just getting started. We have 25 years of experience, a great location in the heart of the Hudson Valley and fun things to do each and every day. The only thing missing is you.

Call 1-845-605-4457 for more information or to schedule a tour.

COOKING
DEMONSTRATION
WITH THE CHEF



TAKE
THE GREAT
GRANDKIDS TO
TREVOR ZOO



HIT THE COURSE
FOR A ROUND
OF GOLF



PAINT A
LANDSCAPE IN
YOUR OWN
BACKYARD



MEET
FRIENDS AT
THE MILLBROOK
MARKET & CAFÉ



TOUR THE
COUNTRYSIDE
TO SEE LEAVES
CHANGE COLOR



SAMPLE LOCAL
FLAVORS AT
THE MILLBROOK
FARMERS'
MARKET



AFTERNOON OF
WINE TASTING
AT CLINTON
VINEYARDS



ANTIQUING
ON MAIN
STREET



TRIP TO
INNISFREE
GARDENS



BIRD WATCHING
AT THE
CARY INSTITUTE



PICK UP
SUMMER
FLOWERS AT
ADAMS FAIRACRE
FARMS





Creating extraordinary communities where people **thrive**.



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AT MILLBROOK

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