



**THE FOUNTAINS**  
AT MILLBROOK

INDEPENDENT LIVING • ASSISTED LIVING

# UNRETIREMENT LIVING

More than 30 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 one-bedroom 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 details? Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. 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 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 more than 30 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.

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



The background is a solid dark blue color. Overlaid on this are several thick, light blue, curved lines that sweep across the frame. One large arc starts from the left edge and curves towards the top right. Another arc starts from the bottom left and curves towards the right. A third, more complex curve starts from the bottom left, loops back on itself, and then extends towards the right. The overall effect is a sense of movement and organic form.

Creating extraordinary and innovative communities where people **thrive**.





**THE FOUNTAINS**  
AT MILLBROOK

79 Flint Road  
Millbrook, NY 12545

**1-845-605-4457**

[www.watermarkcommunities.com](http://www.watermarkcommunities.com)

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