



THE FOUNTAINS
AT MILLBROOK

INDEPENDENT LIVING • ASSISTED LIVING

UNRETIREMENT LIVING

As part of Watermark Retirement Communities, we are creating an extraordinary and innovative community where people thrive. 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, fun events, engaging mind and body fitness classes, 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

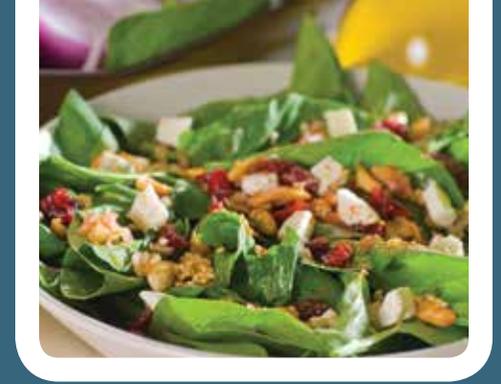
Abundant paths and nature trails

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. At The Fountains, enjoy convenient restaurant-style dining, with delicious, healthy meals prepared by a skilled chef in whites, and you and your friends and family will always enjoy gracious service with impeccable attention to detail. With our Gourmet Bites signature program, we are restoring the joys of dining for individuals with cognitive, physical or neuromuscular challenges, so they can enjoy 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 offer dozens of interesting classes through Watermark University. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door, from *Yoga*, *Creative Cooking*, *The Artist Within* and everything in between. You may 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 sign up to learn (or teach) something new.



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. 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, personalized care and assistance when and how you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, treat yourself to a signature salon service or a community outing to the Village of Millbrook. Come by for a visit – we know you'll be pleasantly surprised.



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

Biweekly housekeeping and linen services

24-hour maintenance services





ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living at the Inn, we're not what you'd expect. Forget cookie-cutter apartments, boring stereotypical activities and health care delivered on a schedule so rigid that it becomes the center of your day. Here, choose from exciting floor plans 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 – 24 hours a day.



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.

Call 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
GARDEN



BIRD-WATCHING
AT THE
CARY INSTITUTE



PICK UP
SUMMER
FLOWERS AT
ADAMS FAIRACRE
FARMS



At Watermark Retirement Communities, we're committed to creating extraordinary and innovative communities where people thrive. Watermark communities are known for highly trained associates, a lifestyle built on choice and innovative signature programs, including our award-winning Watermark University featuring a wide variety of engaging classes and programs for residents and locals, alike. A privately held company with a reputation for service, innovation, integrity and financial stability, Watermark manages more than 50 retirement communities nationwide and has been certified as a Great Place to Work by Fortune Magazine. Learn more about the Watermark difference at watermarkcommunities.com.





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79 Flint Road
Millbrook, NY 12545

845-605-4457

watermarkcommunities.com

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