

Experience Extraordinary Living



THE FOUNTAINS

AT MILLBROOK

A WATERMARK RETIREMENT COMMUNITYSM

INDEPENDENT LIVING
COTTAGE LIVING
ASSISTED LIVING

REIMAGINED SENIOR LIFESTYLE

More than 30 years of experience has taught us that today's seniors want greater choices and are leading a more active lifestyle than ever before. That's why we created a community with bright, modern residences, engaging opportunities, delectable chef-prepared cuisine, fun events, plus mind and body fitness classes every day. It's all part of our culture of choice.

IT'S NOT WHAT YOU'D EXPECT,
AND THAT'S A PROMISE.



Elegant dining room
Health and Wellness Center
Art and Creative Studio
Library
Salon and Barber Services
Bistro & Café
Beautiful outdoor spaces
Community gardens
Housekeeping, transportation,
and maintenance



SAVOR THE GOOD LIFE

Here, meals are culinary celebrations of good taste, good health, and good company. Friends and neighbors connect to share meals, stories, and laughs. Our unique menus are overflowing with flavorful and nutritious choices, and our expert chefs will dazzle your palate with an array of tempting culinary creations from upscale selections to comfort food favorites prepared using only the freshest ingredients.

VARIETY IS TRULY THE SPICE OF LIFE.



SAMPLE MENU

Chef's Minestrone Soup

Buttermilk Chicken
Caesar Salad

Pan-Seared Blackened
Atlantic Salmon with
Whipped Potatoes

Garlic Lemon Shrimp
with Wild Rice Pilaf

Steak of the Day
with Onion Strings

White and Dark Chocolate
Bread Pudding



THRIVING THROUGH WATERMARK UNIVERSITY

Discover a world of well-being at The Fountains at Millbrook. Embrace your cherished passions and try something new with our enticing calendar of programs, outings, events, and Watermark University classes.

Stimulate your mind in *Art History*, bring a new recipe to life in *Creative Cooking*, discover a new artistic talent in *The Artist Within*, strengthen your body with *Chair Yoga*, or dance the day away in ballroom dancing. With dozens of classes taught by residents, associates, and professional partners, you'll always find meaningful ways to connect, explore, and learn.

EXPLORE NEW INTERESTS AND INDULGE IN WHATEVER INSPIRES YOU.



SAMPLE CLASSES

Mindful Meditation

Art History

Chair Zumba

Book Club

Fun with Facebook

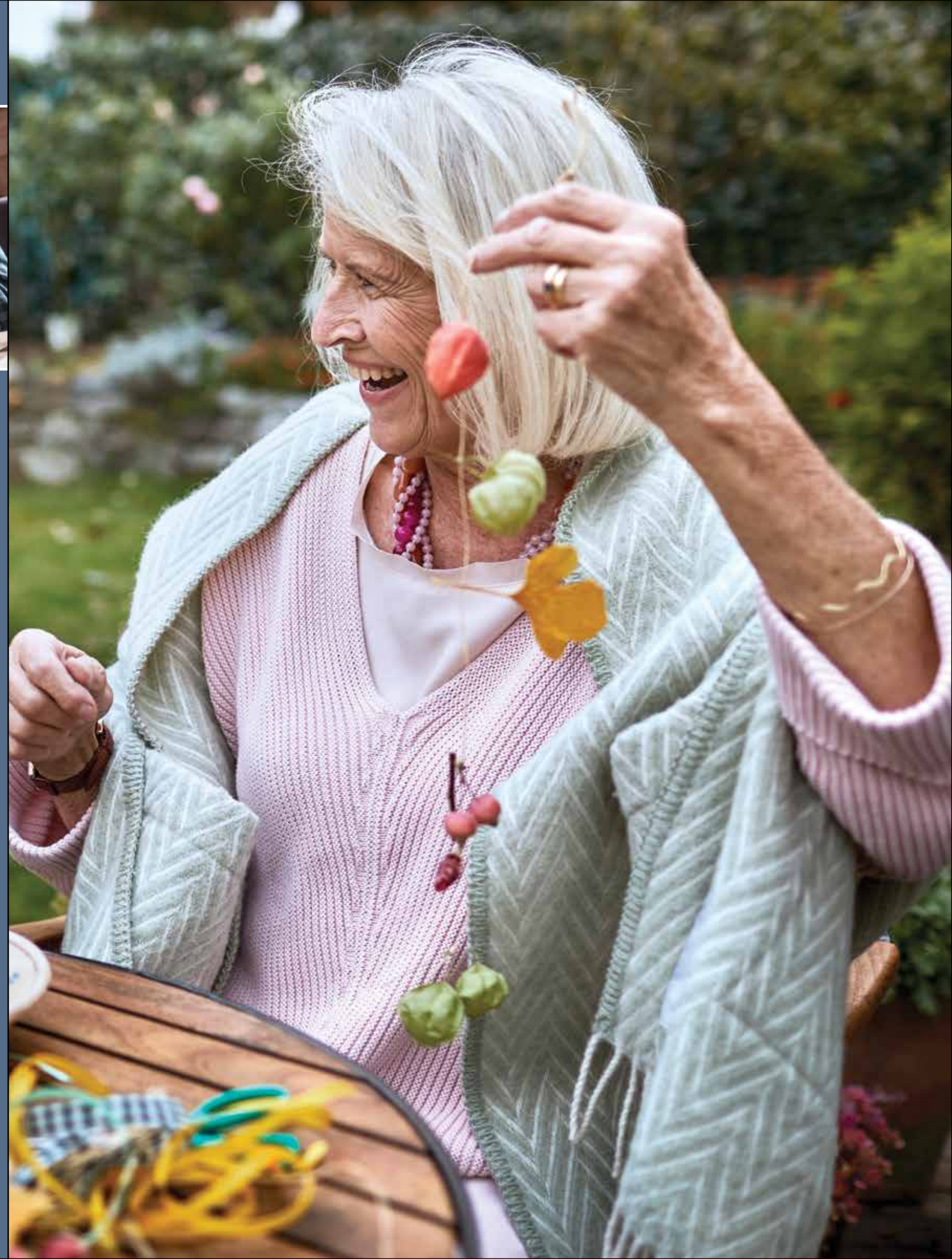
Chair Yoga

Oil Painting

Tai Chi

Whimsical Watercolors

Woodcarving Shop



INDEPENDENT LIVING AT THE TOWN CENTER

Trade the headaches of home maintenance, countless bills to pay, and endless errands for the extraordinary lifestyle you deserve. Enjoy the fun side of life in a lively community filled with attentive associates who know more than just your name. We know your preferences, and we love exceeding your expectations.

With a variety of bright and spacious one-bedroom and two-bedroom residences, and even cottages, to choose from, we're confident you'll find a space to call home. When you're ready to move, take advantage of our move-in coordination professionals who are ready to help you navigate the move-in process. If you'd like a helping hand every now and then, you can request personalized services delivered right to your door.

**WE TAKE CARE OF EVERYTHING SO
YOU CAN THRIVE.**



- Full kitchen with frost-free refrigerator and electric appliances
- Private garages with all cottage residences
- Ample closet space
- Bath with safety grab bars
- Resident call response system
- Prewired 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
- Move-in coordination



ASSISTED LIVING WITH A DIFFERENCE

Customized care, one-on-one support, independence, and peace of mind live in perfect harmony in our Assisted Living community. Our caring, trained associates have your health and well-being covered 24/7. From simple daily living routines to more comprehensive wellness plans, we tailor our expert care, services, and wellness offerings to meet your needs.

**DISCOVER OUR UNIQUE APPROACH TO
INTEGRATIVE CARE AND WELL-BEING.**



Cheerful residences overlooking the countryside

Three chef-prepared meals daily

Watermark University classes

Senior health and wellness programs

Caring, trained associates available 24/7

Housekeeping services

Transportation services

State-of-the-art wireless resident call response system

All utilities except cable TV and phone service

Move-in coordination



AMENITIES AND SERVICES THAT MAKE LIFE GREAT

We've thought of practically everything. Our lifestyle will keep you feeling strong, centered, and energized. Enjoy countless lifestyle enhancements and courteous services that will leave you feeling catered to and cared for.

Celebrate good times, great meals, and unforgettable events and activities while choosing from a robust selection of engaging programs, challenging classes, and exhilarating outings. At The Fountains at Millbrook, there's never a shortage of new experiences, new things to do, and new people to meet. Come discover, learn, and grow with us.

ENJOY SENIOR LIVING AT ITS FINEST.



Private dining room
for entertaining

Millbrook Market & Café

Bistro 79

Full-service beauty salon
and barber shop

Art and Creative Studio

Health and Wellness Center

Outdoor gardening area

Move-in coordination service

Scheduled local
transportation services



About Watermark Retirement Communities

Watermark creates extraordinary communities where people thrive. We believe aging is about renewal rather than retirement. Watermark communities are known for highly trained and caring associates, a lifestyle built on choice, fine amenities, integrative wellness, and innovative programs including the award-winning Watermark University featuring a wide variety of engaging classes for residents and area seniors.

Watermark has been named in the top 25 Best Workplaces for Aging Services™ in a national program conducted by the Great Place to Work® Institute and published on Fortune.com. Based in Tucson, Arizona, Watermark is a privately held company with a reputation for more than 30 years for service, innovation, integrity and financial stability, and manages more than 65 retirement communities in 21 states.

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.





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79 Flint Road
Millbrook, NY 12545

845-677-8550

millbrook.watermarkcommunities.com