

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Morning Mingle ● Energy Burst This Day in History Think Tank Tuesday Rest and Relax ● WU: Writers Collective ● Brain Games ● Strength & Balance ● WU: Artistry Unleashed Musical Expressions Joyful Movement Tuesday Evening Movie	Morning Mingle ● Energy Burst This Day in History Rewind Wednesday Rest and Relax Brain Games ● Slow Flow Yoga ● Guided Imagery Sour Dough Tasting Musical Expressions Joyful Movement Western Wednesday Movie	Morning Mingle ● Energy Burst This Day in History Throwback Thursday Rest and Relax ● Virtual Adventure ● Stretch & Strength ● Brain Games WU: All About Dogs Musical Expressions Joyful Movement Thursday Evening Movie	Morning Mingle ● Energy Burst This Day in History Flashback Friday Rest and Relax ● Community Life Committee Meeting Fun facts Friday Musical Expressions ● WU: Culinary Creations: Air Fryer ● Joyful Movement Friday Night Flick	Morning Mingle Combined Cardio This Day in History Brain Breaks Rest and Relax ● Energy Burst ● WU: An Eye for Art: Spring Craft Musical and Movement Joyful Movement Saturday Night Flick
Morning Mingle LDS Sarament Meeting ● Energy Burst Hymn Sing A Long Ananda Baskets Color and Create Thrive Music Hand Massages Music And Movement ● Sole to Soul Walking Club Sunday Evening Movie	Morning Mingle ● Energy Burst This Day in History Good News Monday Hair styles Anada Baskets ● Tai Chi Hand Massages Thrive Music Brain Games ● Joyful Movement Monday Evening Movie	Morning Mingle ● Energy Burst This Day in History Think Tank Tuesday Rest and Relax ● Brain Games ● Strength & Balance ● WU: Artistry Unleashed Musical Expressions Joyful Movement Tuesday Evening	Morning Mingle ● Energy Burst This Day in History Rewind Wednesday Rest and Relax Brain Games ● Gratitude & Reflections ● Slow Flow Yoga Musical Expressions Family Social Joyful Movement LDS Church Services Western Wednesday Movie	Morning Mingle ● Energy Burst This Day in History Throwback Thursday Rest and Relax ● Virtual Trip Down Memory Lane ● Stretch & Strength ● Brain Games ● WU: Culinary Creations: Grilled Cheese Musical Expressions Joyful Movement Thursday Evening Movie	Morning Mingle ● Energy Burst Music Program This Day in History Flashback Friday Rest and Relax ● Service Circles Fun Facts Friday Musical Expressions ● Joyful Movement Friday Night Flick	Morning Mingle Combined Cardio This Day in History Brain Breaks Rest and Relax ● Energy Burst Game Group: Easter Bingo Musical and Movement Joyful Movement Saturday Night Flick
Morning Mingle LDS Sarament Meeting ● Energy Burst Hymn Sing A Long Ananda Baskets Color and Create Thrive Music Hand Massages Music And Movement ● Sole to Soul Walking Club Sunday Evening Movie	Morning Mingle ● Energy Burst This Day in History Good News Monday Hair styles Anada Baskets ● Tai Chi ● WU: Culinary Creations Hand Massages Thrive Music Brain Games ● Joyful Movement Monday Evening Movie	Morning Mingle ● Energy Burst This Day in History Think Tank Tuesday Rest and Relax ● Brain Games ● Strength & Balance Travel Tuesday: Grand Canyon Musical Expressions Joyful Movement Tuesday Evening Movie	Morning Mingle ● Energy Burst This Day in History Rewind Wednesday Rest and Relax Brain Games ● Gratitude & Reflections Jukebox Karaoke ● Slow Flow Yoga Musical Expressions Joyful Movement LDS Church Services Western Wednesday Movie	Morning Mingle ● Energy Burst This Day in History Throwback Tureday Rest and Relax ● Virtual Roadtrippers ● Stretch & Strength ● Brain Games Bracelet Beading Making Musical Expressions Joyful Movement Thursday Evening Movie	Morning Mingle ● Energy Burst This Day in History Easter Brunch Flashback Friday Rest and Relax ● WU: Lives Well Lived Fun Facts Friday Easter Games Musical Expressions ● Joyful Movement Friday Night Flick	Morning Mingle Combined Cardio This Day in History Brain Breaks Rest and Relax ● Energy Burst Game Group: Easter Games Musical and Movement Joyful Movement Saturday Night Flick
Morning Mingle LDS Sarament Meeting ● Energy Burst Hymn Sing A Long Ananda Baskets Color and Create Thrive Music Hand Massages Music And Movement ● Sole to Soul Walking Club Sunday Evening Movie	Morning Mingle ● Energy Burst This Day in History Good News Monday Hair styles Anada Baskets ● Tai Chi Hand Massages Thrive Music Brain Games ● Joyful Movement Monday evening Movie	Morning Mingle ● Energy Burst This Day in History Think Tank Tuesday Rest and Relax ● Brain Games ● Strength & Balance ● WU: Artistry Unleash: Tree Craft Musical Expressions Joyful Movement Tuesday Evening Movie	Morning Mingle ● Energy Burst This Day in History Rewind Wednesday Rest and Relax Brain Games ● Guided Imagery ● Slow Flow Yoga WU: Bat Class with Alexis Musical Expressions Joyful Movement LDS Church Services Western Wednesday Movie	Morning Mingle ● Energy Burst This Day in History Throwback Tureday Rest and Relax Virtual Adventure ● Stretch & Strength ● Brain Games ● WU: An Eye for Art Musical Expressions Joyful Movement Thursday Evening Movie	Morning Mingle ● Energy Burst This Day in History Flashback Friday Rest and Relax Fun Facts Friday ● WU: Person of Interest Combined Karaoke & Happy Hour Musical Expressions ● Joyful Movement Friday Night Flick	Morning Mingle ● Energy Burst This Day in History Brain Breaks Rest and Relax ● Tai Chi Game Group: Spring Bingo Musical and Movement Joyful Movement Saturday Night Flick
Morning Mingle LDS Sarament Meeting ● Energy Burst Hymn Sing A Long Ananda Baskets Color and Create Thrive Music Hand Massages Music And Movement ● Sole to Soul Walking Club Sunday Evening Movie	Morning Mingle ● Energy Burst This Day in History Good News Monday Hair styles Anada Baskets ● Tai Chi Hand Massages Thrive Music Brain Games ● Joyful Movement Monday evening Movie	Morning Mingle ● Energy Burst This Day in History Think Tank Tuesday Rest and Relax ● Brain Games ● Strength & Balance ● WU: Culinary Creations: PB&J Musical Expressions Joyful Movement Tuesday Evening Movie	Morning Mingle ● Energy Burst This Day in History Rewind Wednesday Rest and Relax Brain Games ● Gratitude & Reflections Birthday Bash Musical Expressions Joyful Movement LDS Church Services Western Wednesday Movie			

APRIL 2025

Prema Memory Support



SUMMIT
SENIOR LIVING

A WATERMARK RETIREMENT COMMUNITYSM

ACTIVITY LOCATOR KEY

- Body
- Community
- Mind
- Spirit