

Southwick Village

Independent Living | Assisted Living

October 2026
Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 27 10:00 Chalice of Salvation- THE 2:00 The Afternoon Picture Show - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards & Company-CAF	Author/Foot Care Cl. 28 10:30 The Jewelry Lady-CAF 10:30 Trivia Time - Cafe 11:00 "Power Back"Exercise - YRM 1:00 Laura Bellusci - THE 2:30 Bingo - COM 6:00 Grace & Frankie -THE	29 10:30 Trivia Time - Cafe 1:00 Exercise Class - YRM 2:00 Southwick Stitch - CAF 2:00 Live to 100:Secrets of the Blue Zones (40min.)-THE 6:00 Cards & Company-CAF 6:00 Pitch Game - BRM	Sept.Resident Forum 30 10:30 Resident Forum-COM 11:00 Chair Yoga - YRM 2:00 Activity Forum - CAF 3:00 Balloon Volleyball-YRM 6:00 Scrabble Game- BRM	October / New Ears 1 9:00 Westfield Shop*-POR 11:00 Tai Chi/Arthritis - YRM 12:00 Bridge Club - COM 1:30 Exercise Class - YRM 2:15 WWII Tom Hanks - THE 6:30 Dominos (w/Kate and Ross) - COM	October/ R.I.S.K. 2 11:00 Book Club - CAF 2:00 New Resident Social Sip - COM 2:30 R.I.S.K. Gospel Group Entertains-COM 6:00 Cards & Company-CAF 6:00 Movie Night - THE	October 3 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Music at Social House - SH 4:00 Open Art Studio - CRM 6:00 Cards & Company-CAF
4 10:00 Chalice of Salvation - THE 2:00 Movie Classics - THE 3:30 Rummikub Game- BRM 6:00 Cards & Company-CAF	Cider & Donuts 5 10:30 Make a Crazy Hat Craft - CRM 11:00 "Power Back" Ex.-YRM 1:00 Cider & Apple Cider Donuts - CAF 2:00 Bingo - COM 6:00 Grace & Frankie - THE	Jeopardy/Crazy Hat 6 10:30 Jogging My Memory with Jane O. - CAF - CAF 1:00 Exercise Class - YRM 2:00 Southwick Stitch - CAF 3:15 Jeopardy Game - COM 6:00 Cards & Company-CAF 6:00 Pitch Game - COM	Wildlife on Wheels 7 10:00 Cardio Drum-YRM 1:00 Chair Yoga - YRM 1:00 Food Forum - COM 2:00 Wildlife on Wheels Presentation - COM 6:00 Scrabble Game - COM	SteamingTender/Max 8 9:00 Southwick Shop**- POR 10:00 Divine Mercy - THE 11:00 Tai Chi - YRM 12-4 Bridge Club - COM 1:00 Max, Therapy Dog - DH 3:30 Steaming Tender-*POR 6:30 Dominos, K&R - COM	Sarah the Fiddler 9 11:00 Book Club - CAF 1:30 Social Sip - COM 2:00 Sarah the Fiddler- COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	10 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
11 10:00 Chalice of Salvation - THE 2:00 Movie Classics - THE 3:30 Billiards Game -BRM 6:00 Cards & Company CAF	Columbus Day 12 10:30 Daily Chronicles, reviewing History - CAF 1:00 Pretzels & Dip Social -CAF 2:00 Bingo - COM 6:00 Grace & Frankie - THE	MGM Trip/Poetry Sh. 13 9:50 MGM CasinoTrip-*POR 10:00 Communion - THE 10:30 Poetry Share - CAF 1:00 Exercise Class - YRM 2:00 Southwick Stitch - CAF 2:00 Make a Scarecrow-CRM 6:00 Pitch Game - BRM	Remembrance Group 14 10:00 Cardio Drum - YRM 11:15 Mystery Dinner-*POR 1:00 Chair Yoga - YRM 2:00 "Young Washington" Movie - THE 6:00 Scrabble Game - BRM 6:30 Remembrance Gr.-THE	Westfield Technical 15 8:00-10:30 Tech Help from the Students - CAF 9:00 Westfield Shop*- POR 12-4 Bridge Club - COM 1:00 Scarecrow Set-Up- POR 2:15 WWII Tom Hanks -THE 6:30 Dominos w/K&R - COM	Amer.Mel./Boss' Day 16 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 American Melody Band Entertains - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	17 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 6:00Cards & Co. - CAF
18 10:00 Chalice of Salvation- THE 2:00 Comedy Movie - THE 3:30 Rummikub Game-BRM 6:00 Cards & Company-CAF	Apple Cake & Cider 19 10:30 Trivia Time - CAF 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Apple Cake & Cider Social - CAF 2:00 Bingo - COM 6:00 Grace & Frankie -THE	Jeopardy Game 20 10:00 Watercolor Class-CRM 1:00 Exercise Class - YRM 2:00 Southwick Stitch - CAF 2:30 Jeopardy Game - COM 6:00 Cards & Company-CAF 6:00 Pitch Game - BRM	Baked Potato Bar 21 10:00 Cardio Drum - YRM 1:00 Chair Yoga - YRM 2:00 Left,Center, Right-CAF 3:00 Baked Potato Bar-COM 6:00 Scrabble Game - BRM	Cousins LobsterTruck 22 9:00 Southwick Shop**- POR 11:00 - 2:00 Cousins Maine Lobster Truck - POR 12:00 Bridge Club - COM 3:00 Tai Chi - YRM 6:30 Dominos - COM	Ben & Josh Show 23 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 The Ben & Josh Musical Show - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	Pumpkin Painting 24 10:00 Cafe Brews - COM 1:30 Picture Show - THE 1:00 Pumpkin Paint-DH-AL 3:00 Music at Social House - SH 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
25 10:00 Chalice of Salvation - THE 2:00 Afternoon Picture Show - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards Social - THE	Treat or Treat! 26 10:30 Jewelry Lady - CAF 10:30 Trivia Time - CAF 11:00 Get Your Power Back Exercise - YRM 1:00 Treat or Treat! - CAF 2:00 Bingo - COM 6:00 Grace & Frankie -THE	Fill Candy Treat Bags 27 10:00 Communion - THE 10:30 Jogging My Memory with Jane O. - CAF 1:00 Exercise Class - YRM 2:00 Fill Candy Bags - CAF 6:00 Cards & Co. - CAF 6:00 Pitch Game - BRM	Resident Forum 28 10:00 Cardio Drum - YRM 10:30 Resident Forum-COM 1:00 Chair Yoga - YRM 2:00 Activity Forum - CAF 3:00 Balloon Volleyball-YRM 6:00 Scrabble Game- BRM	Trunk or Treat Night 29 9:00 Westfield Shop*- POR 11:00 Tai Chi/Arthritis - YRM 12-4 Bridge Club - COM 1:30 Exercise Class - YRM 2:15 WWII Tom Hanks - THE 4:00-5:30 Trunk or Treat- POR	Birthday/Spooky Soc. 30 11:00 Book Club - CAF 2:00 Birthday/Spooky Social Sip - COM 6:00 Cards & Company CAF 6:00 Movie Night - THE	Halloween 31 10:00 Cafe Brews & Banter- COM 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF

Calender Key:
CAF-Cafe
COM-Community Room
CRM-Craft Room

SH-Social House
POR-Front Porch
BRM-Billiard's Room
PDR-Private Dining Room

THE-Theater Room
DH-Dublin House
AL-Assisted Living
YRM-Yoga Room

**Denotes an activity that requires advanced sign-up
*Hair Salon Appointments available Wednesdays**

Address: 1 Sawmill Park
Southwick, MA 01077

Phone: 413-569-1945

**Blood Pressure Clinic-
Walk-in, Every Friday
1:00 - 2:00 - AL
All residents welcome

SOUTHWICK
VILLAGE
RESIDENTIAL LIVING