Southwick Village

Independent Living | Assisted Living

November 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Time Ends 1 10:00 Chalice of Salv. - THE 12:15 Majestic Trip - POR 2:00 The Afternoon Picture Show - THE 3:30 Rack & Relax Billiards-BRM 6:00 Cards & Company-CAF	2 10:30 Trivia Time - Cafe 11:00 "Power Back"Ex.-YRM 1:00 Left, Center, Right Game - CAF 2:00 Bingo - COM 6:00 Grace & Frankie -THE 6:00 Cards & Company-CAF	**Voting Day** 3 10:30 Trivia Time - Cafe 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 2:30 Trips to Vote - **POR 6:00 Cards & Company-CAF 6:00 Pitch Game - BRM	**Food Forum** 4 10:00 Cardio Drum - YRM 1:00 Chair Yoga - YRM 2:00 Food Forum - CAF 3:00 Balloon Volleyball-YRM 6:00 Scrabble Game- BRM	**Russell Inn Lunch** 5 9:00 Southwick Shop*-POR 10:00 Divine Mercy Ch.-THE 11:00 Tai Chi/Arthritis - YRM 12:00 Bridge Club - COM 12:00 Russell Inn Lunch-POR 1:30 Exercise Class - YRM 6:30 Dominos - COM	**Dave Brinnel** 6 11:00 Book Club - CAF 2:00 New Resident Social Sip - COM 2:30 Dave Brinnel Entertains-COM 6:00 Cards & Company-CAF 6:00 Movie Night - THE	7 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 3:00 Music at Social - SH 4:00 Open Art Studio - CRM 6:00 Cards &Company-CAF
8 10:00 Chalice of Salvation - THE 2:00 Movie Classics - THE 3:30 Rummikub Game- BRM 6:00 Cards & Company-CAF	**Ice Cream Sundaes** 9 10:30 Jogging My Memory w/Jane O. - CAF 11:00 "Power Back" Ex.-YRM 1:00 Ice Cream Sundaes-CAF 2:00 Bingo - COM 6:00 Grace & Frankie - THE 6:00 Cards & Company-COM	**Jeopardy Game** 10 10:00 Communion - THE 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 3:00 Jeopardy Game - COM 6:00 Cards & Company-CAF 6:00 Pitch Game - COM	**Vet's Day/Rem. Gr.** 11 10:00 Cardio Drum-YRM 1:00 Chair Yoga - YRM 2:00 Int. Health Sol. - COM 3:30 Veteran's Day Service at the Flagpole - DH 6:00 Scrabble Game - COM 6:30 Rem. Group - THE	**Technology Help** 12 8:30-10:00 Technology Help, with Students - CAF 9:00 Westfield Shop**- POR 11:00 Tai Chi - YRM 1:30 Exercise Class - YRM 12-4 Bridge Club - COM 6:30 Dominos, K&R - COM	**Veteran's Luncheon** 13 11:00 Book Club - CAF 12:30 Veteran's Luncheon - COM 3:30 Activity Forum - CAF 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	14 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
15 10:00 Chalice of Salvation - THE 2:00 Movie Classics - THE 3:30 Billiards Game -BRM 6:00 Cards & Company CAF	**Foot Care, by Appt.** 16 10:30 Trivia Time - CAF 11:00 "Power Back"Ex.-YRM 1:00 Pie Tasting Contest - CAF 2:00 Bingo - COM 6:00 Cards & Company-CAF 6:00 Grace & Frankie - THE	**MGM Casino Trip** 17 9:50 MGM CasinoTrip-*POR 1:00 Poetry Share - CAF 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 2:00 Craft a Wreath-CRM 6:00 Cards & Company-CAF 6:00 Pitch Game - BRM	**African Drum Circle** 18 10:00 Cardio Drum - YRM 10:30 Resident Forum-COM 1:00 Max, Therapy Dog -DH 2:00 African Drum w/Tara - COM 6:00 Cards & Company-CAF 6:00 Scrabble Game - BRM	19 9:00 Southwick Shop*- POR 12-4 Bridge Club - COM 1:30 Exercise Class - YRM 3:00 Social Hse. Mixer - SH 6:30 Dominos w/K&R - COM	**Memory Lane** 20 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 Memory Lane Entertains - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	21 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 3:00 Friendsgiving at the Social House - SH 4:00 Open Art Studio - CRM 6:00Cards & Co. - CAF
22 10:00 Chalice of Salvation-THE 2:00 Comedy Movie - THE 3:30 Rummikub Game-BRM 6:00 Cards & Company-CAF	23 10:30 Jogging My Memory w/Jane O. - CAF 11:00 "Power Back"Ex.-YRM 1:00 Play Pitch/Setback-CAF 2:00 Bingo - COM 6:00 Grace & Frankie -THE	**Shopping Day** 24 9:00 Westfield Shop - *POR 10:00 Watercolor Class-CRM 10:00 Communion - CAF 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 6:00 Cards & Company-CAF 6:00 Pitch Game - BRM	**Tree Decorating** 25 10:00 Cardio Drum - YRM 1:00 Chair Yoga - YRM 2:00 Decorate the Holiday Tree - DH 6:00 Cards & Co. - CAF 6:00 Scrabble Game - BRM	**Happy Thanksgiving** 26 11:00 OR 12:30 Seatings Thanksgiving Dinner, sign up at the front desk please-DH 3:00 Movie "Planes, Trains & Automobiles" - THE	**Jack & His Guitar** 27 11:00 Book Club - CAF 2:00 Birthday Social Sip - COM 2:30 Jack & His Guitar Entertains - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	28 10:00 Cafe Brews - COM 1:30 Picture Show - THE 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
November 29 10:00 Chalice of Salvation - THE 2:00 Afternoon Picture Show - THE 3:30 Rack & Relax Billiards-BRM 6:00 Cards Social - THE	**November / Jewelry** 30 10:30 Jewelry Lady - CAF 11:00 Get Your Power Back Exercise - YRM 1:00 Finish That Famous Phrase! - CAF 2:00 Bingo - COM 6:00 Grace & Frankie -THE	**December** 1 10:00 Rock Painting - CRM 1:30 Exercise Class - YRM 2:00 It's a Wonderful Life Movie - THE 6:00 Cards & Co. - CAF 6:00 Pitch Game - BRM	**December** 2 10:30 December Game Packets - CAF 1:00 Chair Yoga - YRM 2:00 Food Forum - CAF 3:00 Balloon Volleyball-YRM 6:00 Scrabble Game- BRM	**December** 3 9:00 Southwick Shop*- POR 12-4 Bridge Club - COM 1:30 Exercise Class - YRM 2:30 Holiday Movie - THE 6:30 Dominos - COM	**Richie Mitnick& Voc.** 4 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 Richie Mitnick & Vocalist Party - COM 6:00 Cards & Company CAF 6:00 Movie Night - THE	5 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