

Southwick Village

Independent Living | Assisted Living

June 2026 Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 31 10:00 Chalice of Salvation- THE 2:00 The Afternoon Picture Show& Popcorn - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards & Company-CAF	June 1 10:00 Rock Painting - CRM 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Take a Walk - THE 2:00 Bingo - COM 6:00 History 101 Series -THE	2 10:00 Open Art Studio- CAF 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 6:00 Cards & Company-CAF	3 10:00 Take a Walk Outside! - POR 1:00 Chair Yoga - YRM 2:00 Food Forum - COM 3:45 Rev. Paul's Ecumenical Service - THE 6:00 Scrabble Game - BRM	4 9:00 Southwick Shop*-POR 10:00 Open Art Studio-CRM 12:00 Bridge Club - COM 1:30 Exercise Class - YRM 6:30 Dominos, (without Kate and Ross) - COM	Dave Brinnel Music 5 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 Dave Brinnel Entertains - COM 6:00 Cards & Company-CAF 6:00 Movie Night - THE	6 10:00 Cafe Banter - CAF 1:30 Aftenoonn Picture Show & Snacks - THE 4:00 Open Art Studio - CRM 6:00 Cards &Company-CAF
7 10:00 Chalice of Salvation - THE 2:00 Movie Classics - THE 3:30 Rummikub Game- BRM 6:00 Cards & Company-CAF	Ice Cream Treats 8 10:00 Masculine Greeting Cardmaking - YRM 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Ice Cream Treats-POR 2:00 Bingo - COM 6:00 History 101 Series- THE	Red, White&Blue Day 9 10:00 Communion - THE 10:00 Watercolor Class-CRM 1:30 Exercise Class - YRM 2:00 Southwick Stitch -CAF 2:30 Patriotic Day Social - POR 6:00 Cards & Company-CAF	Jeopardy Game 10 10:00 Cardio Drum-YRM 1:00 Chair Yoga - YRM 2:00 Jeopardy Game - COM 3:45 Rev. Paul's Svc. - THE 6:00 Scrabble Game - BRM 6:30 Remembrance Group- THE	Max, Therapy Dog 11 9:00 Westfield Shop**-POR 11:00 Cottager's Forum-SH 12-4 Bridge Club - COM 1:00 Therapy Dog Visit - DH 1:30 Exercise Class - YRM 6:30 Dominos, K&R - COM	Freddie Marion Music 12 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 Freddie Marion Performs - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	13 10:00 Cafe Brews - COM 1:30 Afternoon Picture Show & Sweets - THE 4:00 Music @ Social House - SH 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
Flag Day 14 10:00 Chalice of Salv.-THE 2:00 Movie Classics - THE 3:30 Rack & Relax Billiards Game -BRM 6:00 Cards & Company CAF	Poetry Share 15 10:00 Summer Craft - CRM 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Poetry Share - Cafe 2:00 Bingo - COM 6:00 History 101 Series- THE	Tea Party 16 10:00 Rock Painting - CRM 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 2:30 Patio Tea Party - POR 6:00 Cards & Co. - CAF	Dad Joke Social 17 10:00 Cardio Drum - YRM 1:00 Chair Yoga - YRM 2:00 Dad Jokes Social - CAF 3:45 Rev. Paul's Ecumenical Svc. - THE 6:00 Scrabble Game - BRM	Pub House Lunch 18 9:00 Southwick Shop*-POR 11:00 Tai Chi/Arthritis - YRM 12:00 Pub HouseTrip-*POR 12-4 Bridge Club - COM 1:30 Exercise Class - YRM 3:00 Cottager's Social - SH 6:30 Dominos w/K&R - COM	Juneteenth 19 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 Amer. Melody Band- COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	20 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show & Popcorn- THE 4:00 Open Art Studio - CRM 6:00Cards & Co. - CAF
Father's Day/Summer 21 10:00 Chalice of Salvation- THE 11:00 Father's Day Dinner- DH 2:00 Comedy Movie - THE 3:30 Rummikub Game-BRM 6:00 Cards & Company-CAF	Ice Cream Floats 22 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Ice Cream Floats & Tim Otter Music Social - POR 2:30 Bingo - COM 6:00 History 101 Series -THE	MGM Trip 23 9:50 MGM Casino -**POR 10:00 Communion - THE 1:30 Exercise Class - YRM 2:00 Southwick Stitch-CAF 2:30 Activity Forum - CAF 6:00 Cards & Company-CAF	24 10:00 Cardio Drum - YRM 10:30 Resident Forum - COM 1:00 Chair Yoga - YRM 3:45 Rev. Paul's Ecumenical Service - THE 6:00 Scrabble Game - BRM	Yarde Tavern Lunch 25 9:00 Westfield Shop**-POR 11:00 Tai Chi/Arthritis - YRM 12-4 Bridge Club - COM 12:00 The Yarde Tavern, S. Hadley, Lunch Trip - **POR 1:30 Exercise Class - YRM 6:30 Dominos, K&R - COM	John Stokosa Music 26 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 Birthday Social - COM 2:30 John Stokosa Performs - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	27 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show & Snacks - THE 4:00 Music @Social Hse.- SH 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
28 10:00 Chalice of Salvation - THE 2:00 Afternoon Picture Show & Snacks - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards Social - THE	Donna, Jewelry Lady 29 10:00 Donna, Jewelry Lady - CAF 11:00 Get Your Power Back Exercise - YRM 2:00 Bingo - COM 6:00 History 101 Series -THE	Wedding Celebration 30 10:00 Open Art Studio-CRM 1:30 Exercise Class - YRM 2:00 Wedding Celebration - COM 6:00 Cards & Co. - CAF	July 1 10:00 Cardio Drum - YRM 1:00 Chair Yoga - YRM 2:00 Food Forum - COM 3:00 Jeopardy Game - COM 6:00 Scrabble Game - BRM	July 2 9:00 Southwick Shop*-POR 11:00 Tai Chi/Arthritis - YRM 12-4 Bridge Club - COM 1:30 Exercise Class - YRM 6:30 Dominos w/K&R - COM	3 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 6:00 Cards & Company CAF 6:00 Movie Night - THE	Independence Day 4 10:00 Brews & Banter- COM 1:30 Afternoon Picture Show & Popcorn - 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