

Southwick Village

Independent Living | Assisted Living

August 2026
Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 26 10:00 Chalice of Salvation- THE 2:00 The Afternoon Picture Show - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards & Company-CAF	July, Donna Jewelry 27 10:00 Rock Painting - CRM 10:30 Donna, the Jewelry Lady - CAF 11:00 "Power Back"Ex.-YRM 1:00 Learn Setback-CAF 2:00 Bingo - COM 6:00 Grace & Frankie -THE	July Bridge of Flowr. 28 10:00 Bridge of Flowers Trip, Shelburne Falls- **POR 10:00 Communion - THE 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 6:00 Cards & Company-CAF 6:00 Pitch Game - BRM	July Resident Forum 29 10:00 Cardio Drum - YRM 10:30 Resident Forum-COM 1:00 Chair Yoga - YRM 3:00 Balloon Volley - YRM 6:00 Scrabble Game- BRM	July, Tom Hanks Ser. 30 9:00 Southwick Shop*-POR 11:00 Tai Chi - 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	July, Memory Lane 31 10:00 Balloon Volley - YRM 11:00 Book Club - CAF 2:00 Birthday Social - COM 2:30 Memory Lane Entertains - COM 6:00 Cards & Company-CAF 6:00 Movie Night - THE	August 1 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 6:00 Cards &Company-CAF
2 10:00 Chalice of Salvation - THE 2:00 Movie Classics - THE 3:30 Rummikub Game- BRM 6:00 Cards & Company-CAF	Ice Cream Cone Soc. 3 10:30 Learn to Play Pitch (Setback) Card Game - Cafe 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Ice Cream Cones - CAF 2:00 Bingo - COM 6:00 Grace & Frankie - THE	MGM Casino Trip 4 9:50 MGM Casino-**POR 10:00 Balloon Volley - YRM 1:30 Exercise Class - YRM 2:00 Southwick Stitch -CAF 2:30 Left, Center, Right-CAF 6:00 Cards & Company-CAF 6:00 Pitch Game - COM	Jeopardy Game 5 10:00 Cardio Drum-YRM 1:00 Chair Yoga - YRM 1:45 Jeopardy Game - COM 3:00 Cottager's Social - SH 6:00 Scrabble Game - COM	Lost Acres /Ear Appt. 6 9:00 Westfield Shop**- POR 10:00DivineMercyChap.-THE 12-4 Bridge Club - COM 12:00 Lost Acres Trip-**POR 1:30 Exercise Class - YRM 2:15 WWII Tom Hanks - THE 6:30 Dominos, K&R - COM	Dave Brinnel Music 7 10:00 Balloon Volley - YRM 11:00 Book Club - CAF 2:00 New Resident Welcome and Social Sip - COM 2:30 Dave Brinnel - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	8 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
9 10:00 Chalice of Salvation - THE 2:00 Movie Classics - THE 3:30 Rack & Relax Billiards Game -BRM 6:00 Cards & Company CAF	Poetry Share 10 10:00 Learn/Play Hand & Foot Card Game - CAF 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Poetry Share - Cafe 2:00 Bingo - COM 6:00 Grace & Frankie - THE	Watercolor Class 11 10:00 Watercolor Class- CRM 10:00 Communion - THE 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 2:30 America: Our Defining Hours History Series - THE 6:00 Pitch Game - BRM	Strawberry SC Social 12 10:00 Cardio Drum - YRM 1:00 Chair Yoga - YRM 2:00 Strawberry Biscuit Shortcake Social -COM 3:15 Balloon Volleyball-YRM 6:00 Scrabble Game- BRM	Therapy Dog Visit 13 9:00 Southwick Shop*- POR 12-4 Bridge Club - COM 1:00 Max, Therapy Dog-DH 1:30 Exercise Class - YRM 2:15 WWII Tom Hanks - THE 6:30 Dominos w/K&R - COM	14 10:00 Balloon Volley - YRM 11:00 Book Club - CAF 2:00 Mid-day Movie- THE 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	15 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 6:00Cards & Co. - CAF
16 10:00 Chalice of Salvation- THE 2:00 Comedy Movie - THE 3:30 Rummikub Game-BRM 6:00 Cards & Company-CAF	Amazing Race- China 17 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Dragon Pearl - COM 1:30 Tangram Master - COM 2:15 Taste of China - COM 6:00 Grace & Frankie -THE	Amaz. Race -Trinidad 18 10:00 Shell Craft - CRM 1:30 Save Sea Turtle - COM 2:00 Shell Hunt - COM 3:00 Taste of Trinidad - CAF 6:00 Cards & Company-CAF 6:00 Pitch Game - BRM	Amaz. Race-Morocco 19 1:00 Oasis Camel Challenge - COM 2:00 African Drumming Class w/Tara Murphy - COM 3:15 Moroccan Food Tour - CAF 6:00 Scrabble Game - BRM	Am. Race-Italy Dinner 20 9:00 Westfield Shop**- POR 1:30 Exercise Class - YRM 2:30 Cork Tower - CAF 3:30 Pasta Sorting - CAF 4:30 or 5:30 Italian Dinner, please RSVP at Front Desk by 8/14 - COM	Amaz. Race-Germany 21 11:00 Book Club - CAF 1:00 Beer Stein Hold - CAF 1:30 Puzzle Challenge - CAF 2:30 Taste of Germany-CAF 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	22 10:00 Cafe Brews - COM 1:30 Afternoon Picture Show - THE 4:00 Music at Social House - SH 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
August 30 August 23 10:00 Chalice of Salvation - THE 2:00 Afternoon Picture Show - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards Social - THE	August 31 August 24 10:30 Jewelry Lady (8/31) - CAF 11:00 Get Your Power Back Exercise - YRM 1:00 Hand & Foot - CAF 2:00 Bingo - COM 6:00 Grace & Frankie -THE	Simsbury Bridge Trip 25 10:00 Dine at Harvest Restaurant & visit Bridge of Flowers, Simsbury, CT - POR 10:00 Communion - THE 1:30 Exercise Class - YRM 6:00 Cards & Co. - CAF 6:00 Pitch Game - BRM	Resident Forum 26 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	Russell Inn Lunch Trip 27 9:00 Southwick Shop*- POR 11:00 Tai Chi/Arthritis - YRM 12:00 Russell Inn Trip -*POR 12-4 Bridge Club - COM 1:30 Exercise Class - YRM 2:15 WWII Tom Hanks - THE 6:30 Dominos w/K&R - COM	Ritchie Mitnick &Voc. 28 10:00 Balloon Volley - YRM 11:00 Book Club - CAF 2:00 Birthday Social - COM 2:30 Ritchie Mitnick & Vocalist Perform - COM 6:00 Cards & Company CAF 6:00 Movie Night - THE	Music on the Porch 29 10:00 Cafe Brews & Banter- COM 2:00 Music on the Dublin AL Porch - DH PORCH 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