

Southwick Village

Independent Living | Assisted Living

July 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 28 10:00 Chalice of Salvation- THE 2:00 The Afternoon Picture Show - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards & Company-CAF	June, Donna Jewelry 29 10:00 Rock Painting - CRM 10:30 Donna, the Jewelry Lady - CAF 11:00 "Power Back" Ex.-YRM 1:00 Cardmaking - CRM 2:00 Bingo - COM 6:00 Grace & Frankie -THE	June - Wedding Cel. 30 10:00 Open Art Studio- CAF 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 2:00 Weddings Celebration - COM 6:00 Cards & Company-CAF 6:00 Pitch Game - BRM	July 4th Cel. Cookout 1 10:00 Divine Mercy Chaplet Prayer Group - THE 11:30 Cook-out - DH 1:00 Chair Yoga - YRM 2:00 Food Forum - COM 6:00 Scrabble Game- BRM	New Ears Appts. 2 9:00 Southwick Shop*-POR 11:00 Tai Chi - YRM 12:00 Bridge Club - COM 1:30 Exercise Class - YRM 6:30 Dominos (w/o Kate and Ross) - COM	3 9:00 Chair Yoga - YRM 10:00 Rock Painting - CRM 2:00 Word Puzzles & Challenges - CAF 6:00 Cards & Company-CAF 6:00 Movie Night - THE	Happy 4th of July! 4 10:00 Cafe Banter - CAF 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 6:00 Cards &Company-CAF
5 10:00 Chalice of Salvation - THE 2:00 Movie Classics - THE 3:30 Rummikub Game- BRM 6:00 Cards & Company-CAF	Make Your Sundae 6 10:30 Learn to Play Pitch Card Game - Cafe 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Sundae Bar - CAF 2:00 Bingo - COM 6:00 Grace & Frankie - THE	Basket Prize Bingo 7 10:30 Balloon Volleyball-YRM 1:30 Exercise Class - YRM 2:00 Southwick Stitch -CAF 2:30 July 4th Basket Prize Bingo - COM 6:00 Cards & Company-CAF 6:00 Pitch Game - COM	Scam Awareness Talk 8 10:00 Cardio Drum-YRM 1:00 Chair Yoga - YRM 2:00 Scam Awareness, Protect Yourself - COM 3:30 Rosary - THE 6:00 Scrabble Game - BRM	Max, Therapy Dog 9 9:00 Westfield Shop**- POR 12-4 Bridge Club - COM 1:00 Therapy Dog Visit - DH 1:30 Exercise Class - YRM 6:30 Dominos, K&R - COM	R.I.S.K. Performs 10 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 New Resident Welcome and Social Sip - COM 2:30 R.I.S.K. Performs -COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	11 10:00 Cafe Brews - COM 1:30 Afternoon Picture Show - THE 4:00 Cottager's Pot Luck & Trivia - SH 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
12 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 13 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	Men Lunch/Jeopardy 14 10:00 Watercolor Class- CRM 10:00 Communion - THE 12:00 Men's Pizza - COM 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 3:00 Jeopardy - COM 6:00 Pitch Game - BRM	Share a Joke 15 10:00 Cardio Drum - YRM 1:00 Chair Yoga - YRM 2:00 Share a Joke Social- CAF 3:00 Balloon Volleyball-YRM 6:00 Scrabble Game- BRM	The Mill on the River 16 9:00 Southwick Shop*- POR 11:00 Tai Chi/Arthritis - YRM 12:00 The Mill on the River Restaurant Lunch Trip-*POR 12-4 Bridge Club - COM 1:30 Exercise Class - YRM 6:30 Dominos w/K&R - COM	Jack & His Guitar 17 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 Jack & His Guitar-COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	18 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 4:00 Music by R.I.S.K. - SH 6:00Cards & Co. - CAF
19 10:00 Chalice of Salvation- THE 2:00 Comedy Movie - THE 3:30 Rummikub Game-BRM 6:00 Cards & Company-CAF	Iced Tea & Cookies 20 10:00 Pitch Practice - Cafe 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Iced Tea & Cookies- POR 2:00 Bingo - COM 6:00 Grace & Frankie -THE	MGM Trip 21 9:50 MGM Casino -**POR 1:30 Exercise Class - YRM 2:00 Southwick Stitch-CAF 2:30 Activity Forum - CAF 6:00 Cards & Company-CAF 6:00 Pitch Game - BRM	22 10:00 Cardio Drum - YRM 1:00 Tai Chi - YRM 2:00 Activities Forum - CAF 3:00 Cottager's Build Your Own Sundae Social - SH 3:30 Rosary - THE 6:00 Scrabble Game - BRM	K's /Roger Hart Show 23 9:00 Westfield Shop**- POR 11:00 Tai Chi/Arthritis - YRM 12-4 Bridge Club - COM 12:00 K's Lunch Trip -**POR 1:30 Exercise Class - YRM 2:45 Roger Hart Show - THE 6:30 Dominos, K&R - COM	Sarah the Fiddler 24 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 Sarah the Fiddler Performs - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	25 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
26 10:00 Chalice of Salvation - THE 2:00 Afternoon Picture Show - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards Social - THE	Donna, Jewelry Lady 27 10:00 Jewelry Lady - CAF 11:00 Get Your Power Back Exercise - YRM 1:00 World War II w/Tom Hanks - THE 2:00 Bingo - COM 6:00 Grace & Frankie -THE	Bridge of Flowers 28 10:00 Bridge of Flowers Trip, Shelburne Falls - POR 10:00 Communion - THE 1:30 Exercise Class - YRM 6:00 Cards & Co. - CAF 6:00 Pitch Game - BRM	Resident Forum 29 10:00 Cardio Drum - YRM 10:30 Resident Forum-COM 1:00 Chair Yoga - YRM 3:00 Balloon Volleyball-YRM 6:00 Scrabble Game- BRM	30 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	Memory Lane Music 31 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 Birthday Social - COM 2:30 Memory Lane Performs - COM 6:00 Cards & Company CAF 6:00 Movie Night - THE	August 1 10:00 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