

Southwick Village

Independent Living | Assisted Living

September 2026
Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 30 10:00 Chalice of Salvation- THE 2:00 The Afternoon Picture Show - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards & Company-CAF	August 31 10:30 Donna, The Jewelry Lady - CAF 11:00 "Power Back" Ex.-YRM 1:00 Learn Hand & Foot Card Game-CAF 2:00 Bingo - COM 6:00 Grace & Frankie -THE	September Voting 1 10:30 Trivia Time - CAF 1:00 Exercise Class - YRM 2:00 Southwick Stitch - CAF 3:00 Balloon Volley - YRM 6:00 Cards & Company-CAF 6:00 Pitch Game - BRM	FoodForum/Cookout 2 10:00 Cardio Drum - YRM 11:30 Cook Out - DH 1:00 Chair Yoga - YRM 2:00 Food Forum - YRM 3:00 Learn to Play Pitch/Setback-CAF 6:00 Scrabble Game- BRM	Cottager Forum 3 9:00 Westfield Shop*-POR 11:00 Cottager Forum - SH 12:00 Bridge Club - COM 1:30 Exercise Class - YRM 2:15 WWII Tom Hanks - THE 6:30 Dominos (w/Kate and Ross) - COM	Charcuterie Social 4 10:30 Balloon Volley - YRM 11:00 Book Club - CAF 2:00 Charcuterie Social - 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 &Company-CAF
6 10:00 Chalice of Salvation - THE 2:00 Movie Classics - THE 3:30 Rummikub Game- BRM 6:00 Cards & Company-CAF	Labor Day 7 10:00 Open Art Studio- CRM 11:00 Live to 100: Secrets of the Blue Zones (34m.) - THE 2:00 Bingo - COM 6:00 Grace & Frankie - THE	Jeopardy Game 8 10:00 Communion - THE 10:00 Trivia Time - CAF 1:00 Exercise Class - YRM 2:00 Southwick Stitch - CAF 2:30 Jeopardy Game - COM 6:00 Cards & Company-CAF 6:00 Pitch Game - COM	9 10:00 Cardio Drum-YRM 1:00 Chair Yoga - YRM 2:00 Learn to Play Pitch/Setback - CAF 6:00 Scrabble Game - COM 6:30 Remembrance Group - THE	Schermerhorn Lunch 10 9:00 Southwick Shop**- POR 12:00 Schermerhorn's Lunch Trip - **POR 12-4 Bridge Club - COM 2:15 WWII Tom Hanks - THE 6:30 Dominos, K&R - COM	Combo Compact 11 10:28 9-11 Remembrance and Moment of Silence-CAF 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 Combo Compact- COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	Rosh Hashana 12 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Music at Social Hse.-SH 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
MAJESTIC THEATER 13 10:00 Chalice of Salv. -THE 12:00 Majestic Theater-POR 2:00 Movie "Parental Guidance", in celebration of Grandparent's Day - THE 3:30 Billiards Game -BRM 6:00 Cards & Company CAF	Assisted Living Week 14 10:00 Rock Painting - CAF 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Live to 100: Secrets of the Blue Zones (45m) - THE 2:00 Bingo - COM 6:00 Grace & Frankie - THE	Watercolor/Bingo 15 9:50 MGM CasinoTrip-*POR 10:00 Watercolor Class-CRM 1:00 Exercise Class - YRM 2:00 Southwick Stitch - CAF 2:30 Prize Bingo - COM 6:00 Pitch Game - BRM	Social House Mixer 16 10:00 Cardio Drum - YRM 1:00 Chair Yoga - YRM 2:00 Learn to Play Pitch/Setback - CAF 3:00 Social House Mixer-SH 6:00 Scrabble Game- BRM	AL Social 17 9:00 Westfield Shop*- POR 12-4 Bridge Club - COM 1:30 Exercise Class - YRM 2:15 AL Social - AL Porch 6:30 Dominos w/K&R - COM	Robert Werme 18 10:30 Balloon Volley - YRM 11:00 Book Club - CAF 2:00 Social Sip - THE 2:30 Robert Werme Entertains - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	19 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show - THE 4:00 Open Art Studio - CRM 6:00Cards & Co. - CAF
20 10:00 Chalice of Salvation- THE 2:00 Comedy Movie - THE 3:30 Rummikub Game-BRM 6:00 Cards & Company-CAF	Yom Kippur 21 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Live to 100: Secrets of the Blue Zones (39m) - THE 2:00 Bingo - COM 6:00 Grace & Frankie -THE	Jeopardy Game 22 10:00 Communion - THE 10:00 Trivia Time - CAF 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	Wound Care Talk 23 10:00 Cardio Drum - YRM 1:00 Chair Yoga - YRM 2:00 Wound Care Health Discussion, with Ice Cream - COM 3:00 Left,Center, Right-CAF 6:00 Scrabble Game - BRM	Rail Trail Lunch Trip 24 9:00 Southwick Shop**- POR 12:00 Rail Trail Ale House Lunch-**POR 1:00 Max, Therapy Dog - DH 2:45 Roger Hart, "Nature's Grand Cathedral" - THE 6:30 Dominos - COM	Jack & His Guitar 25 11:00 Book Club - CAF 2:00 Birthdays Social - COM 2:30 Jack & His Guitar - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	26 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
27 10:00 Chalice of Salvation - THE 2:00 Afternoon Picture Show - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards Social - THE	Author Laura Bellusci 28 10:30 Jewelry Lady - CAF 11:00 Get Your Power Back Exercise - YRM 1:00 Laura Bellusci, Book Reading - THE 2:30 Bingo - COM 6:00 Grace & Frankie -THE	Foot Care Clinic 29 10:00 Trivia Time - CAF 1:00 Exercise Class - YRM 2:00 Live to 100: Secrets of the Blue Zones (40m) - THE 6:00 Cards & Co. - CAF 6:00 Pitch Game - BRM	Resident Forum 30 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	October 1 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 6:30 Dominos w/K&R - COM	October R.I.S.K. 2 10:00 Balloon Volley - YRM 11:00 Book Club - CAF 2:00 Birthday Social - COM 2:30 R.I.S.K.Entertains-COM 6:00 Cards & Company CAF 6:00 Movie Night - THE	3 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