

Southwick Village

Independent Living | Assisted Living

May 2026 Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April Majestic Trip 26 10:00 Chalice of Salvation 12:00 Majestic Trip - POR 3:00 The Afternoon Picture Shown& Popcorn - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards & Company-CAF	April, Donna, Jewel 27 10:00 Donna, Jewelry - CAF 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Jeopardy Game - THE 2:00 Bingo - COM 6:00 History 101 Series -THE	April Tech Help 28 9:00-11:00 Tech Help - CAF 10:00 Communion - THE 10:00 Open Art Studio- CAF 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 6:00 Cards & Company-CAF	April LiveLikeRoyalty 29 11:00 & 12:15 The Crown Jewel Brunch - COM 1:00-4:00 "The Royal Treatment" Chair Massages 2:00 Portraits of Prestige and Royal Games - COM 1:00 Carriage Rides - POR	April 30 9:00 Westfield Shop*-POR 10:00 Open Art Studio-CRM 12:00 Bridge Club - COM 1:30 Exercise Class - YRM 6:30 Dominos w/K&R - COM	1 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 Mid-day Movie - THE 6:00 Cards & Company-CAF 6:00 Movie Night - THE	Voices of the Valley 2 10:00 Cafe Banter - CAF 10:00 Fairy Walk Trip - POR 2:30 Welcome Social-COM 3:00 Voices Choir Performance - COM 4:00 Open Art Studio - CRM 6:00 Cards &Company-CAF
3 10:00 Chalice of Salvation - THE 2:00 Movie Classics - THE 3:30 Rummikub Game- BRM 6:00 Cards & Company-CAF	MA EDP Phone Pres. 4 9:00-1:30 Foot Nurse-**DH 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Mass. EDP Phone Presentation - CAF 2:30 Bingo - COM 6:00 History 101 Series- THE	Cinco de Mayo 5 10:00 Cinco Crafting- CRM 1:30 Exercise Class - YRM 2:15 Cinco de Mayo Social- COM 2:00 Southwick Stitch -CAF 6:00 Cards & Company-CAF	6 10:00 Cardio Drum-YRM 1:00 Chair Yoga - YRM 3:45 Rev. Paul's Ecumenical Service - THE 6:00 Scrabble Game - BRM	Take Five Lunch Trip 7 9:00 Southwick Shop**-POR 11:00 Cottager's Forum-SH 12-4 Bridge Club - COM 12:00 Take Five - **POR 1:30 Exercise Class - YRM 6:30 Dominos, K&R - COM	Prom Night 8 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 Balloon Volleyball -YRM 6:00 Prom Night w/NHS Students - COM	9 10:00 Cafe Brews - COM 1:30 Afternoon Picture Show & Sweets - THE 4:00 Cottager's Spring Pot Luck - SH 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
Mother's Day 10 10:00 Chalice of Salv.-THE 11:00 Mother's Day - DH 2:00 Movie Classics - THE 3:30 Rack & Relax Billiards Game -BRM 6:00 Cards & Company CAF	Poetry Share 11 10:00 Stained Glass Art 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	12 10:00 Rock Painting - CRM 10:00 Communion - THE 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 6:00 Cards & Co. - CAF	13 10:00 Cardio Drum - YRM 1:00 Chair Yoga - YRM 3:00 Cottager's Social - SH 3:45 Rev. Paul's Ecumenical Svc. - THE 6:00 Scrabble Game - BRM 6:30 Remembrance Gr.-THE	Roger Hart Show 14 9:00 Westfield Shop*-POR 11:00 Tai Chi/Arthritis - YRM 12:00 Crepe's Trip-*POR 12-4 Bridge Club - COM 1:30 Exercise Class - YRM 2:45 "Garden Party" - THE 6:30 Dominos w/K&R - COM	Solid Oak Band 15 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 1:30 Jeopardy - COM 6:30 Solid Oak Band Performs - COM	16 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show & Popcorn- THE 4:00 Cottager's Social/Music - SH 4:00 Open Art Studio - CRM 6:00Cards & Co. - CAF
17 10:00 Chalice of Salvation- THE 2:00 Comedy Movie - THE 3:30 Rummikub Game-BRM 6:00 Cards & Company-CAF	Author E. Meeropol 18 10:30 Donna, Jewelry-CAF 11:00 Get Your "Power Back" Exercise Class - YRM 1:00 Ellen Meeropol, Author Speaks - THE 2:30 Bingo - COM 6:00 History 101 Series -THE	MGM Trip 19 9:50 MGM Casino -**POR 10:00 Watercolor Class-CRM 1:30 Exercise Class - YRM 2:00 Southwick Stitch-CAF 6:00 Cards & Company-CAF	Memorial Picnic, DH 20 10:00 Cardio Drum - YRM 11:00 Dublin Picnic - DH 1:00 Chair Yoga - YRM 2:00 Tara Murphy African Drumming Class - COM 3:45 Rev. Paul's Ser. - THE 6:00 Scrabble Game - BRM	Therapy Dog, Max 21 9:00 Southwick Shop**-POR 11:00 Tai Chi/Arthritis - YRM 12-4 Bridge Club - COM 1:00 Therapy Dog Visit - DH 1:30 Exercise Class - YRM 6:00 Paint & Sip -CRM 6:30 Dominos, K&R - COM	Price is Right Game 22 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 1:00 Memorial Day Svc.- DH 2:30 Price is Right Game - COM 6:00 Cards & Co. - CAF 6:00 Movie Night - THE	23 10:00 Cafe Brews & Banter - COM 1:30 Afternoon Picture Show & Snacks - THE 4:00 Open Art Studio - CRM 6:00 Cards & Co. - CAF
May 31 24 10:00 Chalice of Salvation - THE 2:00 Afternoon Picture Show & Snacks - THE 3:30 Rack & Relax Billiards- BRM 6:00 Cards Social - THE	Memorial Day 25 10:00 Open Art Studio-CRM 11:00 A Great Time for a Walk Outdoors! - YRM 2:00 Bingo - COM 6:00 History 101 Series -THE	Technology Help 26 9:00-11:00 Tech. Help from the Students - CAF 10:00 Communion - THE 10:00 Open Art Studio-CRM 1:30 Exercise Class - YRM 2:00 Southwick Stitch - CAF 6:00 Cards & Co. - CAF	Resident Forum 27 10:00 Cardio Drum - YRM 10:30 Resident Forum-COM 1:00 Chair Yoga - YRM 2:00 Rosary - THE 3:00 Cottager's Picnic - SH 3:45 Rev. Paul's Serv. - THE 6:00 Scrabble Game - BRM	28 9:00 Westfield 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	Jack & His Guitar 29 9:00 Chair Yoga - YRM 11:00 Book Club - CAF 2:00 Social Sip - COM 2:30 Jack & His Guitar Entertains - COM 6:00 Cards & Company CAF 6:00 Movie Night - THE	30 10:00 Brews & Banter- COM 1:30 Afternoon Picture Show & Popcorn - THE 4:00 Open Art Studio - CRM 4:00 Cottager's Social/Music - SH 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