






SUN	MON	TUE	WED	THUR	FRI	SAT
9:30 AM Coffee With a View (Gallery) 9:30 AM Trip to Church (Sign-Up) 10:00 AM Virtual Church (Aud) 10:00 AM Weekend Virtual Fitness Program (Gym) 2:00 PM After Dinner Movie (Aud) 7:15 PM Open Game Night (GR)	1 Groundhog Day 9:30 AM Coffee With a View (Gallery) 10:00 AM Strength Training (Gym) 10:00 AM Trip to Town (Sign-Up) 4:00 PM Happy Hour & Monthly Birthday Party (Aud) 7:15 PM Open Game Night (GR)	2 9:30 AM Coffee With a View (Gallery) 10:00 AM Salon Hours (Sweetwood Salon) 10:00 AM Strength Training (Gym) 2:00 PM Lifelong Learning-Virtual (Aud) 7:15 PM Open Game Night (GR)	3 9:30 AM Coffee With a View (Gallery) 10:00 AM Strength Training (Gym) 1:00 PM Tech Help with Janice (Sign-up in book by Salon) 4:00 PM Happy Hour (Aud) 7:15 PM Open Game Night (GR)	4 9:30 AM Coffee With a View (Gallery) 10:00 AM Claiming Williams- Virtual (Aud) 10:00 AM Shopping Trip (Sign-Up) 10:00 AM Strength Training (Gym) 11:15 AM "Sweet Flowers" 2:00 PM Resident Council Officer's Meeting (PDR) 3:00 PM Root Beer Floats (LR) 7:15 PM Open Game Night (GR)	5 National Wear Red Day 8:00 AM Puzzle Challenge (Table Outside Salon) 9:30 AM Coffee With a View (Gallery) 10:00 AM Parkinson's Support Fitness Class (Gym) 4:00 PM Happy Hour (Aud) 5:00 PM Shabbat Candles (LR) 7:15 PM Open Game Night (GR)	6 9:30 AM Coffee With a View (Gallery) 10:00 AM Weekend Virtual Fitness Program (Gym) 2:00 PM Before Dinner Movie (Aud) 7:15 PM Open Game Night (GR)
8 9:30 AM Coffee With a View (Gallery) 9:30 AM Trip to Church (Sign-Up) 10:00 AM Virtual Church (Aud) 10:00 AM Weekend Virtual Fitness Program (Gym) 2:00 PM After Dinner Movie (Aud) 7:15 PM Open Game Night (GR)	9 9:30 AM Coffee With a View (Gallery) 10:00 AM Strength Training (Gym) 10:00 AM Trip to Town (Sign-Up) 2:00 PM Group Sing (Aud) 4:00 PM Happy Hour (Aud) 7:15 PM Open Game Night (GR)	10 9:30 AM Coffee With a View (Gallery) 10:00 AM Salon Hours (Sweetwood Salon) 10:00 AM Strength Training (Gym) 2:00 PM Resident Association Meeting (Aud) 7:15 PM Poker (GR)	11 9:30 AM Coffee With a View (Gallery) 10:00 AM Strength Training (Gym) 11:15 AM Residents with Parkinson's Support Group (PDR) 1:00 PM Tech Help with Janice (Sign-up in book by Salon) 4:00 PM Happy Hour (Aud) 7:15 PM Open Game Night (GR)	12 9:30 AM Coffee With a View (Gallery) 10:00 AM Shopping Trip (Sign-Up) 10:00 AM Strength Training (Gym) 11:15 AM "Sweet Flowers" 2:00 PM Met Opera (Aud) 3:00 PM Root Beer Floats (LR) 7:15 PM Open Game Night (GR)	13 9:30 AM Coffee With a View (Gallery) 10:00 AM Parkinson's Support Fitness Class (Gym) 1:15 PM Movie Club (Aud) 4:00 PM Happy Hour (Aud) 5:00 PM Shabbat Candles (LR) 7:15 PM Open Game Night (GR)	14 Valentine's Day 9:30 AM Coffee With a View (Gallery) 10:00 AM Weekend Virtual Fitness Program (Gym) 2:00 PM Before Dinner Movie (Aud) 7:15 PM Open Game Night (GR)
15 9:30 AM Coffee With a View (Gallery) 9:30 AM Trip to Church (Sign-Up) 10:00 AM Virtual Church (Aud) 10:00 AM Weekend Virtual Fitness Program (Gym) 2:00 PM After Dinner Movie (Aud) 7:15 PM Open Game Night (GR)	16 President's Day 9:30 AM Coffee With a View (Gallery) 10:00 AM Strength Training (Gym) 10:00 AM Trip to Town (Sign-Up) 2:00 PM Lifelong Learning-Virtual (Aud) 4:00 PM Happy Hour (Aud) 7:15 PM Open Game Night (GR)	17 9:30 AM Coffee With a View (Gallery) 10:00 AM Salon Hours (Sweetwood Salon) 10:00 AM Strength Training (Gym) 2:00 PM Lifelong Learning (Aud) 7:15 PM Open Game Night (GR)	18 Ash Wednesday 9:30 AM Coffee With a View (Gallery) 10:00 AM Ash Wednesday (Sign-Up) 10:00 AM Strength Training (Gym) 1:00 PM Tech Help with Janice (Sign-up in book by Salon) 4:00 PM Happy Hour (Aud) 7:15 PM Open Game Night (GR)	19 9:30 AM Coffee With a View (Gallery) 10:00 AM Shopping Trip (Sign-Up) 10:00 AM Strength Training (Gym) 11:15 AM "Sweet Flowers" 2:00 PM Book Club (PDR) 3:00 PM Root Beer Floats (LR) 7:15 PM Open Game Night (GR)	20 9:30 AM Coffee With a View (Gallery) 10:00 AM Parkinson's Support Fitness Class (Gym) 2:00 PM Pop-Up Movie (Aud) 4:00 PM Happy Hour (Aud) 5:00 PM Shabbat Candles (LR) 7:15 PM Open Game Night (GR)	21 9:30 AM Coffee With a View (Gallery) 10:00 AM Weekend Virtual Fitness Program (Gym) 2:00 PM Before Dinner Movie (Aud) 7:15 PM Open Game Night (GR)
22 9:30 AM Coffee With a View (Gallery) 9:30 AM Trip to Church (Sign-Up) 10:00 AM Virtual Church (Aud) 10:00 AM Weekend Virtual Fitness Program (Gym) 11:00 AM Coffee Hour with St. John's Church (Aud) 2:00 PM After Dinner Movie (Aud) 7:15 PM Open Game Night (GR)	23 9:30 AM Coffee With a View (Gallery) 10:00 AM Strength Training (Gym) 10:00 AM Trip to Town (Sign-Up) 2:00 PM Group Sing (Aud) 4:00 PM Happy Hour (Aud) 7:15 PM Open Game Night (GR)	24 9:30 AM Coffee With a View (Gallery) 10:00 AM Salon Hours (Sweetwood Salon) 10:00 AM Strength Training (Gym) 2:00 PM Table Topic Talks (Aud) 7:15 PM Poker (GR)	25 9:30 AM Coffee With a View (Gallery) 10:00 AM Strength Training (Gym) 1:00 PM Tech Help with Janice (Sign-up in book by Salon) 2:00 PM Multi-Generational- Live Entertainment (Aud) 4:00 PM Happy Hour (Aud) 7:15 PM Open Game Night (GR)	26 9:30 AM Coffee With a View (Gallery) 10:00 AM Shopping Trip (Sign-Up) 10:00 AM Strength Training (Gym) 11:15 AM "Sweet Flowers" 2:00 PM National Letter to Seniors Day (Gallery) 2:45 PM Council to Council (Aud) 3:00 PM Root Beer Floats (LR) 7:15 PM Open Game Night (GR)	27 9:30 AM Coffee With a View (Gallery) 10:00 AM Parkinson's Support Fitness Class (Gym) 2:00 PM Audio Book Club (PDR) 4:00 PM Happy Hour (Aud) 5:00 PM Shabbat Candles (LR) 7:15 PM Open Game Night (GR)	28 9:30 AM Coffee With a View (Gallery) 10:00 AM Weekend Virtual Fitness Program (Gym) 12:15 PM Trip to The Clark (Sign-Up) 2:00 PM Before Dinner Movie (Aud) 7:15 PM Open Game Night (GR)
					LOCATION KEY Aud - Auditorium GR - Greylock Room Gym - Gym LR - Living Room PDR - Private Dining Room Sign-Up - Sign-Up with Reception Gallery - The View Gallery	

February 2026
 Activities are subject to change.

SWEETWOOD
 OF WILLIAMSTOWN
 INDEPENDENT LIVING COMMUNITY

