

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2025

## Life Enrichment Calendar

Seacrest Village Retirement Communities at Encinitas  
Lee and Frank Goldberg Residence Court

[Activities can occur at any time and are not limited to formal activity staff. All activities are subject to change.]



We thank our contributors for making these programs possible:

- The Haimsohn Family Holiday Program
- Irwin & Joan Jacobs Cultural Program
- Irwin & Joan Jacobs Transportation Program
- The Galinson Family Rehabilitative Therapy Program
- The Merrill & Robert Haimsohn Alzheimer's Program
- Lipinsky Family Foundation Nursing Program
- The A. Wexler, R. Simon & E. Addleson Family Assisted Living Program
- The Sima & Joseph Oppenheimer Religious and Education Program

- 1
- 10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 1390)
  - 12:00- 4:00 Open Gym (FC)
  - 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)
  - 2:30 Classic Movie Saturday: (TH)
  - 3:30 Seated Israeli Folk Exercise/ Dance (CS)

<p>2</p> <p>9:15 Seated Tai Chi w/Patrick (CS) 10:45 Script Reading (TH) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 2:30 All Campus Concert: Shirim B'Lev Women's Choir (CS) 3:30 Scrabble (TR) 4:00 OSCARS!: Academy Awards Showing (TH)</p>	<p>3</p> <p>9:00 Seated Cardio &amp; Strength (FC) 10:00 Mat Yoga Class w/Natalie (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Seated Gentle Stretch &amp; Strength (FC) 1:00 Claire's Knitting Group (TR) 3:00 Afternoon Movie (TH)</p>	<p>4</p> <p>9:00 Seated Stretch Flex &amp; Flow (FC) 10:00 Brandeis Lecture: American Judaism Antisemitism In America (CS) 10:00 Standing Circuit Cardio Training (FC) 11:00 Seated Strength (FC) 11:45 Trip: Ruby's Diner Carlsbad Outlet w/shopping after (previous sign up required) 1:00 Mah Jongg (TR) 1:15 Current Events w/Rick (TH) 2:00 Let's Bid It Right in Bridge w/Deanna (CS) 3:30 What's on Your Mind w/Larry (TH) (Previous sign up required) 6:30 Evening Movie (TH)</p>	<p>5</p> <p>Shopping Loops 1:00 &amp; 3:00 ONLY 9:00 Seated Cardio &amp; Strength (FC) 10:00 Balance and Strength for Walker Users (FC) 11:00 Seated Gentle Stretch &amp; Strength (FC) 2:00 Men's Group w/Carl (Francy's) 2:30 Crafting w/Maya (R) Previous sign up required 6:30 Piano Sing Along (Francy's)</p>	<p>6</p> <p>9:00 Seated Stretch Flex &amp; Flow (FC) 10:00 Trip: Costco (previous sign up required) 10:00 Bangles &amp; Beads (R) 10:00 Brandeis Webinar: Taxes 101 w/Benny Alfano IRS Agent (TH) 10:00 Mat Class/Floor &amp; Standing (FC) 10:30 Time in the Library w/Marsha (LI) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 3:30 Happy Hour: Adam Wolff (Francy's) 6:30 Evening Movie (TH)</p>	<p>7</p> <p>9:00 Sit &amp; Stand Combo Moves (FC) 10:00 Standing Circuit Cardio Training (FC) 10:30 Morning Movie (TH) 10:30 Learn To Play Canasta (TR) Previous Sign Up Required 11:00 Seated Cardio &amp; Strength (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (TH) 2:15 You Be The Judge w/Judi (TH) 5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</p>	<p>8</p> <p>International Women's Day</p> <ul style="list-style-type: none"> <li>10:00 Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Mark (CS &amp; 1390)</li> <li>12:00- 4:00 GYM CLOSED TODAY</li> <li>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</li> <li>2:30 Classic Movie Saturday (TH)</li> <li>3:30 Seated Israeli Folk Exercise/Dance (CS)</li> </ul> <p>International Women's Day</p>
<p>9</p> <p>Daylight Savings</p> <p>9:15 Seated Tai Chi w/Patrick (CS) 10:45 Script Reading (TH) 12:30 Mah Jongg (R) 1:00 Trip: North Coast Rep Theater (previous sign up required) 1:00 Rummi Q (TR) 3:30 Scrabble (TR)</p>	<p>10</p> <p>9:00 Seated Cardio &amp; Strength (FC) 10:00 Mat Yoga Class w/Natalie (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Seated Gentle Stretch &amp; Strength (FC) 1:00 Claire's Knitting Group (TR) 2:30 Pizza Making w/Maya &amp; Wyatt (R) 3:00 Afternoon Movie (TH) 6:30 Poker Night w/Jeff Stoff (TR)</p>	<p>11</p> <p>9:00 Seated Stretch Flex &amp; Flow (FC) 9:15 Advanced Hearing Care (TR) previous sign up required 10:00 Standing Circuit Cardio Training (FC) 11:00 Seated Strength (FC) 11:45 Trip: Spanish Village Balboa Park w/Lunch (previous sign up required) 1:00 Mah Jongg (TR) 1:15 Current Events w/Rick (TH) 2:00 Let's Bid It Right in Bridge w/Deana (CS) 6:30 Evening Movie (TH)</p>	<p>12</p> <p>Shopping Loops 9:00, 11:00, 1:00, 3:00 9:00 Seated Cardio &amp; Strength (FC) 10:00 Balance and Strength for Walker Users (FC) 11:00 Heart to Heart w/Carl (Francy's) 11:00 Seated Gentle Stretch &amp; Strength (FC) 1:15 Bridge Club (TR) 1:30 Purim Craft w/Eden (R) 2:30 Purim: Hamantaschen tasting w/Rabbi Yaffa Shira (Mel's)</p>	<p>13</p> <p>9:00 Seated Stretch Flex &amp; Flow (FC) 10:00 Trip: Thrifting in Encinitas (previous sign up required) 10:00 Bangles &amp; Beads (R) 10:00 Mat Class/Floor &amp; Standing (FC) 10:30 Time in the Library w/Marsha (LI) 11:00 Sound Therapy w/Kathleen (FC) 1:00 Mah Jongg (TR) 2:00 Let's Schmooze w/Dina (TH) 3:30 Happy Hour: Carlos Velasco (Francy's) 6:30 Evening Movie (TH)</p>	<p>14</p> <p>Purim!</p> <p>9:00 Sit &amp; Stand Combo Moves (FC) 10:00 Purim Shpiel w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS &amp; 1390) 12:45 AARP Tax Preparation (previous sign up required) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (TH) 2:15 You Be The Judge w/Judi (TH) 5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</p>	<p>15</p> <ul style="list-style-type: none"> <li>10:00 Shabbat Services w/Rabbi Yaffa-Shira (CS &amp; 1390)</li> <li>12:00- 4:00 Open Gym (FC)</li> <li>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</li> <li>2:30 Classic Movie Saturday: (TH)</li> <li>3:30 Seated Israeli Folk Exercise/ Dance (CS)</li> </ul>
<p>16</p> <p>9:15 Seated Tai Chi w/Patrick (CS) 10:45 Script Reading (TH) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 2:30 Concert: San Diego Jewish Men's Choir (CS) 3:30 Scrabble (TR)</p>	<p>17</p> <p>9:00 Seated Cardio &amp; Strength (FC) 10:00 Mat Class/Floor &amp; Standing (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Seated Gentle Stretch &amp; Strength (FC) 1:00 Claire's Knitting Group (TR) 2:00 Town Hall (CS) 3:00 Afternoon Movie (TH) 6:30 Bingo w/ Wayne &amp; Linda (CS)</p>	<p>18</p> <p>9:00 Seated Stretch Flex &amp; Flow (FC) 10:00 Standing Circuit Cardio Training (FC) 10:30 Travel Log w/Hernan: France (TH) 11:00 Seated Strength (FC) 11:45 Trip: The Fish Market Del Mar (previous sign up required) 1:00 Mah Jongg (TR) 1:15 Current Events w/Rick (TH) 2:00 Let's Bid It Right in Bridge w/Deanna (CS) 2:30 Trivia w/Gail &amp; Terry (TH)</p>	<p>19</p> <p>Shopping Loops 9:00, 11:00, 1:00, 3:00 9:00 Seated Cardio &amp; Strength (FC) 10:00 Brandeis Webinar: Great Decisions (CS) 10:00 Balance and Strength for Walker Users (FC) 11:00 Seated Gentle Stretch &amp; Strength (FC) 1:30 Food for Thought W/Nutritionist Erica Dempsey: Supplements 2:30 Pet Therapy Dog Visit (A Bldg Lobby) 3:00 Learn to play Qwirkle w/Marianne (TR) 5:30 Monthly Birthday Bash (DR) 6:30 Piano Sing Along (Francy's)</p>	<p>20</p> <p>9:00 Seated Stretch Flex &amp; Flow (FC) 10:00 Trip: Emy's Yarns in Chula Vista (previous sign up required) 10:00 Bangles &amp; Beads (R) 10:00 Culinary Meeting (TH) 10:00 Mat Class/Floor &amp; Standing (FC) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 3:30 Happy Hour: Vincent Young (Francy's) 6:30 Evening Movie (TH)</p>	<p>21</p> <p>9:00 Sit &amp; Stand Combo Moves (FC) 10:00 Standing Circuit Cardio Training (FC) 10:30 Morning Movie (TH) 10:30 Learn To Play Canasta (TR) Previous Sign Up Required 11:00 Seated Cardio &amp; Strength (FC) 11:30 CVS Walk w/ride back to Seacrest (Previous sign up required) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (TH) 2:15 You Be The Judge w/Judi (TH) 5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</p>	<p>22</p> <ul style="list-style-type: none"> <li>10:00 Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS &amp; 1390)</li> <li>12:00- 4:00 Open Gym (FC)</li> <li>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</li> <li>2:30 Classic Movie Saturday: (TH)</li> <li>3:30 Seated Israeli Folk Exercise/ Dance (CS)</li> </ul>
<p>23</p> <p>9:15 Seated Tai Chi w/Patrick (CS) 10:45 Script Reading (TH) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 3:00 Games w/Abby, Ivy, Sage (R) 3:30 Scrabble (TR)</p>	<p>24</p> <p>9:00 Seated Cardio &amp; Strength (FC) 10:00 Mat Class/Floor &amp; Standing (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Seated Gentle Stretch &amp; Strength (FC) 11:00 Book Club (TH) 1:00 Claire's Knitting Group (TR) 3:00 Afternoon Movie (TH)</p>	<p>25</p> <p>9:00 Seated Stretch Flex &amp; Flow (FC) 10:00 Brandeis Discussion: Jewish Themed Film (CS) 10:00 Standing Circuit Cardio Training (FC) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 1:00 Trip: JC Penny's Carlsbad (previous sign up required) 1:15 Current Events w/Rick (TH) 2:00 Let's Bid It Right in Bridge w/Deanna (CS) 3:30 What's on Your Mind w/Larry (TH) (Previous sign up required) 6:30 Evening Movie (TH)</p>	<p>26</p> <p>Shopping Loops 9:00, 11:00, 1:00, 3:00 9:00 Seated Cardio &amp; Strength (FC) 10:00 Balance and Strength for Walker Users (FC) 11:00 Seated Gentle Stretch &amp; Strength (FC) 1:15 Bridge Club (TR) 2:30 Vision Board Making w/Eden (R) 3:30 Music Appreciation (TH)</p>	<p>27</p> <p>9:00 Seated Stretch Flex &amp; Flow (FC) 10:00 Trip: Passover Shopping at Ralphs La Jolla (previous sign up required) 10:00 Bangles &amp; Beads (R) 10:00 Mat Class/Floor &amp; Standing (FC) 10:30 Time in the Library w/Marsha (LI) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 2:00 Womens' w/Guest Speaker: Maria Coleman (CS) 3:30 Happy Hour: Sonny Mayer (Francy's) 6:30 Evening Movie (TH)</p>	<p>28</p> <p>9:00 Sit &amp; Stand Combo Moves (FC) 10:00 Standing Circuit Cardio Training (FC) 10:30 Morning Movie (TH) 10:30 Learn To Play Canasta (TR) Previous Sign Up Required 11:00 Seated Cardio &amp; Strength (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (TH) 2:15 You Be The Judge w/Judi (TH) 5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</p>	<p>29</p> <ul style="list-style-type: none"> <li>10:00 Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Mark (CS &amp; 1390)</li> <li>12:00 Open Gym (FC)</li> <li>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</li> <li>2:30 Classic Movie Saturday: (TH)</li> <li>3:30 Seated Israeli Folk Exercise/ Dance (CS)</li> </ul>
<p>30</p> <p>9:15 Seated Tai Chi w/Patrick (CS) 10:45 Script Reading (TH) 12:00 Trip: San Diego Symphony (previous sign up required) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 3:30 Scrabble (TR)</p>	<p>31</p> <p>9:00 Seated Cardio &amp; Strength (FC) 10:00 Mat Class/Floor &amp; Standing (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Seated Gentle Stretch &amp; Strength (FC) 1:00 Claire's Knitting Group (TR) 3:00 Afternoon Movie (TH) 6:30 Bingo w/ Wayne &amp; Linda (CS)</p>	<p>31</p> <p>9:00 Seated Stretch Flex &amp; Flow (FC) 10:00 Brandeis Discussion: Jewish Themed Film (CS) 10:00 Standing Circuit Cardio Training (FC) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 1:00 Trip: JC Penny's Carlsbad (previous sign up required) 1:15 Current Events w/Rick (TH) 2:00 Let's Bid It Right in Bridge w/Deanna (CS) 3:30 What's on Your Mind w/Larry (TH) (Previous sign up required) 6:30 Evening Movie (TH)</p>	<p>31</p> <p>Shopping Loops 9:00, 11:00, 1:00, 3:00 9:00 Seated Cardio &amp; Strength (FC) 10:00 Balance and Strength for Walker Users (FC) 11:00 Seated Gentle Stretch &amp; Strength (FC) 1:15 Bridge Club (TR) 2:30 Vision Board Making w/Eden (R) 3:30 Music Appreciation (TH)</p>	<p>31</p> <p>9:00 Seated Stretch Flex &amp; Flow (FC) 10:00 Trip: Passover Shopping at Ralphs La Jolla (previous sign up required) 10:00 Bangles &amp; Beads (R) 10:00 Mat Class/Floor &amp; Standing (FC) 10:30 Time in the Library w/Marsha (LI) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 2:00 Womens' w/Guest Speaker: Maria Coleman (CS) 3:30 Happy Hour: Sonny Mayer (Francy's) 6:30 Evening Movie (TH)</p>	<p>31</p> <p>9:00 Sit &amp; Stand Combo Moves (FC) 10:00 Standing Circuit Cardio Training (FC) 10:30 Morning Movie (TH) 10:30 Learn To Play Canasta (TR) Previous Sign Up Required 11:00 Seated Cardio &amp; Strength (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (TH) 2:15 You Be The Judge w/Judi (TH) 5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</p>	<p>31</p> <ul style="list-style-type: none"> <li>10:00 Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Mark (CS &amp; 1390)</li> <li>12:00 Open Gym (FC)</li> <li>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</li> <li>2:30 Classic Movie Saturday: (TH)</li> <li>3:30 Seated Israeli Folk Exercise/ Dance (CS)</li> </ul>

# March 2025 - Life Enrichment Newsletter

## Room Codes

**AVS**= Annette's Village Square\*\*  
**CL**=Computer Lab  
**CS-DR**= Chodorow Synagogue/  
 Dining Room  
**FC** = Fitness Center  
**FP** = Fireside Patio  
**GHC**= Goldberg Healthcare  
**GR**= Guardian Room in GHC  
**GRC**= Goldberg Residence Court

**LI**= Library (Building A)  
**R**= Recreation Room\*  
**SR**= Assisted Living  
 Sunroom (upstairs)  
**TH** =Theater  
**TR**= Tasting Room\*  
**TVLO**= TV Lounge\*

## Buildings

**(A)** Independent Living  
**(B)** Healthcare Center  
**(C)** Administration  
**(D)** Assisted Living  
**(E)** Memory Care  
**(F)** Independent Living

\*\* Non Kosher except for tables directly outside Mel's Café  
 \* Non Kosher



3/1 Ann Z. F-184  
 3/1 Giselle S. A-219  
 3/2 Mary B. A-131  
 3/4 Gilda B. A-211  
 3/4 Ann F. A-150  
 3/7 Trudi K. A-111  
 3/8 Dina R. A-240

3/10 Evelyn K. F-180  
 3/12 Werner D. F-281  
 3/18 Laura L. F-171  
 3/21 Marilyn S. A-224  
 3/25 Bella B. A-261  
 3/30 Joan B. A-128  
 3/31 Carol R. A-106

**DON'TMISS!!**  
**The Purim Shpiel! w/Rabbi**  
**Yaffa-Shira & Cantor Kathy**



**March 14, 10am- Synagogue**  
**\*Featuring Our very Own, Seacrest Resident**  
**Acting troop!**

## Important Contacts

Katie Park - Building & Life Enrichment Director **760-516-2025**  
 Susan Webb - Life Enrichment Specialist **760-632-3704**  
 Kelly Patton - Life Enrichment Assistant **760-632-3729**  
 Elizabeth Bejarano - Resident Services Coordinator **760-632-3717**  
 Fitness Center **760-632-3739**  
 Sheryl Seltser - Volunteer Liaison **760-632-3718**  
 Rabbi Yaffa-Shira - Director of Spiritual Life **760-942-2950**  
 Front Desk Reception - **760-632-0081**  
 Room Tray Line - **760-516-2009**

## Color Key

- Trips (Drives, Tours, & Shopping Loops)
- Religious Programming
- Special Programming
- Webinar Programming

## Hair Salon Open Thursdays Except Holidays

To make an appointment, please come to the salon and write your name in the appointment book.

## Transportation Key & Resources

### Shopping Loops

Shopping loops usually take place on Wednesdays and will drop you off at the following locations and pick you up 1 hour later.

- |                                    |                                    |  |
|------------------------------------|------------------------------------|--|
| • Walmart                          | • Fed Ex Office                    | • Kohl's   |
| • Target                           | • Trader Joes                      | • Nail Studio (next to Kohl's)                   |
| • Stater Bros                      | • Ralphs                           | • Best Buy                                       |
| • Ross                             | • Happiness Nails (next to Ralphs) | • T-Mobile                                       |
| • Best Buy                         | • US Bank                          | • Barnes & Noble                                 |
| • CVS- Encinitas Blvd.             | • Chase Bank                       | • Ultra Beauty Supply                            |
| • Smart & Final                    | • Dollar Tree                      | • Famous Footwear                                |
| • Best Nails (Smart & Final plaza) | • TJ Maxx                          | • Bank of America (Encinitas Blvd) *upon request |
|                                    | • Sprouts                          | • Walgreen's *upon request                       |

### Medicals

Medicals **must** be scheduled on Mondays, Wednesdays, and Fridays. Please fill out a medical transportation request form at the **Resident Services Desk in Building A Lobby**. Plan your appointments weeks in advance. Appointment locations must be within a 10 mile radius of Seacrest. Please call Resident Services for any transportation questions. Thank You.

## Entertainment

Happy Hour is every  
 Thursday from  
 3:30pm to 4:30pm  
 in Francy's our  
 Beautiful Dining Room  
 Lounge



March 6: Adam Wolff  
 March 13: Carlos Velasco  
 March 20: Vincent Young  
 March 27: Sonny Mayer

### All Campus Concerts:

Shirim B'Lev Women's Choir  
 Performance  
 Sunday, March 2, 2:30pm (CS)

San Diego Jewish Men's Choir  
 Performance  
 Sunday March 16th 2:30pm (CS)

### Off Campus Events:

Sunday, March 9 1:00pm  
 North Coast Rep Theater  
 (previous sign up required)

Sunday, March 30 12:00pm  
 San Diego Symphony  
 (previous sign up required)

## Program Highlights

### Bingo:

Mon March 17 6:30pm w/Wayne & Linda (CS)  
 Mon March 31 6:30pm w/Wayne & Linda (CS)

### Poker:

Mon March 10 6:30pm (TR) (previous sign up required)

### Trips: (previous sign up required)

Every Wed Shopping Loops at 9am, 11am, 1pm, 3 pm  
 Tues March 4 11:45am Lunch at Ruby's Diner & Shopping at  
 The Carlsbad Outlet Mall  
 Thurs March 6 10:00am Costco  
 Sun March 9 1:00pm North Coast Rep  
 Tues March 11 11:45am Spanish Village Art Center Balboa  
 Park w/Lunch  
 Thurs March 13 10:00am Thrift Store Shopping in Encinitas  
 Tues March 18 1:00pm Lunch at The Fish Market Del Mar  
 Thurs March 20 9:30am Emy's Yarns in Chula Vista  
 Tues March 25 1:00pm JC Penney at Carlsbad Mall  
 Thurs March 27 9:30am Passover Shopping at Ralphs La Jolla  
 Sun March 30 12:00pm The San Diego Symphony

### Discussion Groups:

Tues March 4 3:30pm What's on Your Mind w/Larry (TH)  
 (previous sign up required)  
 Wed March 5 2:00pm Men's Group w/ Carl (Francy's)  
 Wed March 12 11:00am Heart to Heart w/ Carl (Francy's)  
 Thurs March 13 2:00pm Let's Schmooze w/Dina (TH)  
 Thurs March 27 2:00pm Women's Group w/Guest Speaker  
 Maria Coleman (CS)  
 Tues March 31 3:30pm What's on Your Mind w/Larry (TH)  
 (previous sign up required)

### Clubs:

Knitting on Mondays at 1:00pm (TR)  
 Book Club Monday, March 24 11:00am (TH)  
 Bridge Club Wednesday March 12 and 26 1:30pm (TR)