

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026 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

4
9:10 Seated Tai Chi w/Patrick (FC)
10:00-2:00 NEW OPEN GYM
12:30 Mah Jongg (R)
1:00 Rummi Q (TR)
1:30 Script Reading (TH)
2:30 Sunday Matinee: (TH)
3:30 Scrabble (TR)

5
9:00 Stretch & Strengthen w/Zy (FC)
10:00 Mat Pilates (FC)
10:30 Technology Assistance w/Barry (CL)
11:00 Sit N Be Fit w/Kyle (FC)
1:00 Claire's Knitting Group (TR)
1:00 Seated Volleyball w/Zy (FC)
3:00 Afternoon Movie (TH)

6
9:00 Stretch & Strengthen w/Zy (FC)
9:15 Advanced Hearing Care (TR)
10:00 Circuit Cardio & Strength w/Zy (FC)
10:00 NEW! Brandeis: American Judaism IN PERSON (TH)
10:15 Beginning Bridge (CS)
11:00 Tai Chi w/Ryan (FC)
11:45 Lunch: Leucadia Pizza
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick (TH)
2:30 Baking w/Maya (R)
3:30 The Coffee Dilemma w/Yaar (CS)
6:30 Evening Movie (TH)

7
Shopping Loops 9am & 11am, 1pm & 3pm
9:00 Stretch & Strengthen w/Kyle (FC)
9:15 Dr. Spencer Podiatry (TR)
9:45 Aqua Fun w/Ryan (FC)
10:00 Brandeis Univ. On Wheels (CS)
10:00 Balance Training w/Zy (FC)
11:00 Sit & Be Fit w/Ryan (FC)
1:45 Art w/Yaar (R)
3:00 Cooking Demo w/Ben (R)
6:30 Opera Night (CS)

8
9:00 Stretch & Strengthen w/Zy (FC)
9:45 Trip: Breakfast at The Original Pancake House Encinitas
10:00 Bangles & Beads (R)
10:00 Circuit Cardio & Strength (FC)
10:30 Time in the Library w/Marsha (LI)
11:00 Sit N Be Fit (FC)
1:00 Tai Chi w/Ryan (FC)
1:00 Mah Jongg (TR)
2:30 Community Wide Memorial Service (CS)
3:30 Happy Hour: Marty Schwartz (Francys)
6:30 Evening Movie (TH)

9
9:00 Balance Training w/ Zy (FC)
10:00 Chair Yoga w/Ryan (FC)
10:30 Morning Movie (TH)
10:30 Canasta (TR)
11:00 Stretch & Strengthen w/Zy (FC)
1:00 Rummi-Q (TR)
1:00 Word Game w/Kelly (TH)
1:00 Seated Volleyball w/Zy (FC)
2:15 You Be The Judge w/Judi (TH)
3:15 Technology w/Steve (CL)
5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

10
10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS/2493)
12:00 – 4:00 Open Gym (FC)
1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)
2:30 Classic Movie Saturday (TH)

11
9:10 Seated Tai Chi w/Patrick (FC)
10:00-2:00 NEW OPEN GYM
12:30 Mah Jongg (R)
1:00 Rummi Q (TR)
1:30 Script Reading (TH)
2:30 All Campus Concert (CS)
3:30 Scrabble (TR)

12
Shopping Loops 9am & 11am, 1pm & 3pm
9:00 Stretch & Strengthen w/Zy (FC)
10:00 Mat Pilates (FC)
11:00 Sit N Be Fit w/Kyle (FC)
1:00 Claire's Knitting Group (TR)
1:00 Seated Volleyball w/Zy (FC)
2:15 Crafting w/Maya (R)
3:00 Afternoon Movie (TH)
6:30 Poker w/Jeff Stoff (TR)

13
9:00 Stretch & Strengthen w/Zy (FC)
10:00 Circuit Cardio & Strength w/Zy (FC)
10:00 NEW! Brandeis: Contemporary Jewish Comedians: IN PERSON (TH)
10:15 Beginning Bridge (CS)
10:30 Yiddish Club (TR)
11:00 Tai Chi w/Ryan (FC)
11:45 Lunch: The Cottage Encinitas
1:00 Mah Jongg (TR)
1:30 Table Tennis/Wii Fun (FC)
3:00 NEW PROGRAM: The Travel Experience w/Shoshana (TH)
6:30 Evening Movie (TH)

14
Shopping Loops Moved 1/12
9:00 Stretch & Strengthen w/Kyle (FC)
9:45 CANCELLED: Aqua Fun w/Ryan (FC)
10:00 Balance Training w/Zy (FC)
11:00 Sit & Be Fit (FC)
1:15 Bridge Club (TR)
2:00 Heart to Heart w/Carl (Francys)
3:30 Cooking Schnitzel w/Yaar (R)
6:30 Piano Sing Along (Francys)

15
9:00 Stretch & Strengthen w/Zy (FC)
10:00 Bangles & Beads (R)
10:00 Circuit Cardio & Strength (FC)
10:30 Culinary Meeting (TH)
10:30 Time in the Library w/Marsha (LI)
11:00 Sit N Be Fit (FC)
1:00 Tai Chi w/Ryan (FC)
1:00 Mah Jongg (TR)
2:00 Let's Schmooze w/Dina (TH)
3:30 Happy Hour: Vincent Young (Francys)
6:30 Evening Movie (TH)

16
9:00 Balance Training w/ Zy (FC)
10:00 Chair Yoga w/Ryan (FC)
10:30 Morning Movie (TH)
10:30 Canasta (TR)
11:00 Stretch & Strengthen w/Zy (FC)
1:00 Rummi-Q (TR)
1:00 Word Game w/Kelly (TH)
1:00 Seated Volleyball w/Zy (FC)
2:15 You Be The Judge w/Judi (TH)
3:15 Technology w/Steve (CL)
5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

17
10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS/2493)
12:00 – 4:00 Open Gym (FC)
1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)
1:45 Pool/Aqua Fun w/Ryan (FC)
2:30 Classic Movie Saturday (TH)

18
9:10 Seated Tai Chi w/Patrick (FC)
10:00-2:00 NEW OPEN GYM
10:30 Concert: David Saliomonas (CS)
12:30 Mah Jongg (R)
12:45 Trip: San Diego Symphony NEW DEPARTURE TIME
1:00 Rummi Q (TR)
1:30 Script Reading (TH)
2:30 Sunday Matinee: (TH)
3:30 Scrabble (TR)

19
Martin Luther King Jr. Day
9:00 Stretch & Strengthen w/Zy (FC)
10:00 Mat Pilates (FC)
11:00 Sit N Be Fit w/Kyle (FC)
1:00 Claire's Knitting Group (TR)
1:00 Seated Volleyball w/Zy (FC)
2:00 Town Hall (CS)
3:00 Afternoon Movie (TH)
6:30 Bingo w/Wayne & Linda (CS)

20
9:00 Stretch & Strengthen w/Zy (FC)
10:00 Circuit Cardio & Strength w/Zy (FC)
10:15 Beginning Bridge (CS)
10:30 Travel Log w/Hernan (Italy) (CS)
11:00 Tai Chi w/Ryan (FC)
11:45 Lunch: The Encinitas Fish Shop
1:00 Mah Jongg (TR)
1:30 Resident Art Show (Open House)
6:30 Evening Movie (TH)

21
Shopping Loops 9am & 11am, 1pm & 3pm
9:00 Stretch & Strengthen w/Kyle (FC)
9:45 Aqua Fun w/Ryan (FC)
10:00 Balance Training w/Zy (FC)
11:00 Sit & Be Fit (FC)
2:00 Men's Group w/Carl (Francys)
3:30 The Coffee Dilemma w/Yaar (CS)
5:30 Monthly Birthday Bash (DR)
6:30 Opera Night (CS)

22
9:00 Stretch & Strengthen w/Zy (FC)
10:00 Bangles & Beads (R)
10:00 Circuit Cardio & Strength (FC)
10:00 Trip: Costco
10:30 Time in the Library w/Marsha (LI)
11:00 Sit N Be Fit (FC)
1:00 Tai Chi w/Ryan (FC)
1:00 Mah Jongg (TR)
2:00 Women's Group: Judith Bender (TH)
3:30 Happy Hour: Yale Strom Klezmer Music (Francys)
6:30 Evening Movie (TH)

23
9:00 Balance Training w/ Zy (FC)
10:00 Chair Yoga w/Ryan (FC)
10:30 Morning Movie (TH)
10:30 Canasta (TR)
11:00 Stretch & Strengthen w/Zy (FC)
1:00 Rummi-Q (TR)
1:00 Word Game w/Kelly (TH)
1:00 Seated Volleyball w/Zy (FC)
2:15 You Be The Judge w/Judi (TH)
3:15 Technology w/Steve (CL)
5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)
6:30 Rousing Kabbalah Shabbat Program

24
10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS/2493)
12:00 – 4:00 Open Gym (FC)
1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)
1:45 Pool/Aqua Fun w/Ryan (FC)
2:30 Classic Movie Saturday (TH)
3:30 Seated Israeli Dance w/ Barbara (FC)

25
9:10 Seated Tai Chi w/Patrick (FC)
10:00-2:00 NEW OPEN GYM
12:30 Mah Jongg (R)
12:45 Trip: North Coast Rep Theater
1:00 Rummi Q (TR)
1:30 Script Reading (TH)
2:30 Sunday Matinee: (TH)
3:30 Scrabble (TR)

26
9:00 Stretch & Strengthen w/Zy (FC)
10:00 Mat Pilates (FC)
10:30 Technology Assistance w/Barry (CL)
11:00 Sit N Be Fit w/Kyle (FC)
11:00 Book Club (TH)
1:00 Claire's Knitting Group (TR)
1:00 Seated Volleyball w/Zy (FC)
2:30 Art w/Irene (R)
3:00 Afternoon Movie (TH)
6:30 Bingo w/Wayne & Linda (CS)

27
9:00 Stretch & Strengthen w/Zy (FC)
10:00 Circuit Cardio & Strength w/Zy (FC)
10:15 Beginning Bridge (CS)
10:30 Yiddish Club (TR)
11:00 Tai Chi w/Ryan (FC)
11:45 Lunch: Aria Persian Food San Marcos
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick (TH)
1:30 Table Tennis/ Wii (FC)
3:30 What's On Your Mind w/Larry (TH)
6:30 Evening Movie (TH)

28
Shopping Loops 9am & 11am, 1pm & 3pm
9:00 Stretch & Strengthen w/Kyle (FC)
9:45 Aqua Fun (FC)
10:00 Balance Training w/Zy (FC)
11:00 Sit & Be Fit (FC)
1:15 Bridge Club (TR)
2:15 Culinary Tasting w/Maya (R)
3:30 Israel Story Telling w/Yaar (TH)
6:30 Piano Sing Along (Francys)

29
9:00 Stretch & Strengthen w/Zy (FC)
10:00 Bangles & Beads (R)
10:00 Circuit Cardio & Strength (FC)
10:00 Trip: Marshall's Solana Beach
10:30 Time in the Library w/Marsha (LI)
11:00 Sit N Be Fit (FC)
1:00 Tai Chi w/Ryan (FC)
1:00 Mah Jongg (TR)
2:00 Food For Thought w/Erica Dempsey: Protein (TH)
3:30 Happy Hour: Sonny Mayer (Francys) -
6:30 Evening Movie (TH)

30
9:00 Balance Training w/ Zy (FC)
10:00 Chair Yoga w/Ryan (FC)
10:30 Morning Movie (TH)
10:30 Canasta (TR)
11:00 Stretch & Strengthen w/Zy (FC)
1:00 Rummi-Q (TR)
1:00 Word Game w/Kelly (TH)
1:00 Seated Volleyball w/Zy (FC)
2:15 You Be The Judge w/Judi (TH)
5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

31
10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS/2493)
12:00 – 4:00 Open Gym (FC)
1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)
2:30 Classic Movie Saturday (TH)

Room Codes

DAVS= Dave & Annette's Village Square**
 ALLO= Assisted Living Lounge
 CL=Computer Lab
 CS= Chodorow Synagogue
 DR= Dining Room
 FC = Fitness Center
 FP = Fireside Patio
 GHC= Goldberg Health
 GR = Game Room

GRC= Goldberg Resident Court
 LI= Library (Building A)
 LR = Living Room
 TVLO= TV Lounge*
 MR = Meeting Room
 R= Recreation Room*
 SR= Sunroom
 TH =Theater
 TR= Tasting Room*

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

Important Contacts

Katie Park - Building & Life Enrichment Director 760-516-2025
 Kelly Patton - Life Enrichment Specialist 760-632-3729
 Elizabeth Bejarano - Resident Services Coordinator 760-632-3717
 Zy Dewey - Fitness Center Coordinator 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
 Seacrest at Home - 760-632-3715



Color Key

- Trips (Drives, Tours, & Shopping Loops)
- Religious Programming
- Special Programming
- Webinars/Brandeis



Hair Salon Open Thursdays
 Except Holidays

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

NEW FITNESS CENTER HOURS
OPEN GYM ON SUNDAYS 10AM-2PM

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

January 2026 - Life Enrichment Newsletter

BIRTHDAYS

| | |
|------------|------|
| MINO Y. | 1/1 |
| EVELYN B. | 1/17 |
| RAE S. | 1/22 |
| CAROLYN S. | 1/22 |
| RON Z. | 1/22 |
| EDITH A. | 1/23 |
| KEN. S. | 1/23 |
| SYLVIA T. | 1/26 |
| EVELYN E. | 1/29 |
| TOOTIE F. | 1/31 |
| RICHARD W. | 1/31 |



WELCOME TO SEACREST!

Adele G. A-209
 Sue Ann S. A-101
 Irene Corn A-143

Monthly Program Highlights

Programs with Shinshin Yaar

The Coffee Dilemma #1 Appropriate Age to Volunteer in Israel
 Tuesday, January 6
 3:30pm Synagogue



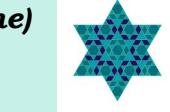
Art Project
 Wednesday, January 7
 1:45pm Rec Room



Cooking Schnitzel
 Wednesday, January 14
 3:30pm Rec Room



The Coffee Dilemma #2 Should A Gap Year Be Allowed in Israel Before Entering the Military
 Tuesday, January 21
 3:30pm Synagogue



Israel Storytelling (Your Stories & Mine)
 Wednesday, January 28
 3:30pm Theater



Concerts & Event Highlights

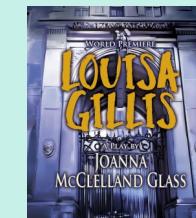
David Saliamonas
Classical Piano Concert
 January 18 10:30am
 Synagogue



San Diego Symphony
Dvorak Symphony No 7
Jacobs Music Center
 January 18
 12:45pm (Departure)
 Previous ticket purchase required



North Coast Rep. Theater
Louisa Gillis
 January 25
 12:45pm/ 1:15pm (Departure)
 Previous ticket purchase required



NEW PROGRAM: The Travel Experience with Shoshana
Let's Explore: Mt Carmel, Kibbutz Dalia & Daliyat al-Karmel
 Tuesday, January 13
 3pm Theater



Poker with Jeff Stoff is Back!
 Monday, January 12
 6:30pm Tasting Room (sign up required)



Cooking Demo w/Ben Mastracco: Creamy Corn & Coconut Soup
 Wednesday, January 7
 3pm Rec Room

