


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>January 2026</div> <div>Life Enrichment Calendar</div> <div>Seacrest Village Retirement Communities at Encinitas Lee and Frank Goldberg Residence Court</div> <div>[Activities can occur at any time and are not limited to formal activity staff. All activities are subject to change.]</div> </div>		<div>  <div>We thank our contributors for making these programs possible:</div> <div>The Haimsohn Family Holiday Program Irwin &amp; Joan Jacobs Cultural Program Irwin &amp; Joan Jacobs Transportation Program The Galinson Family Rehabilitative Therapy Program The Merrill &amp; Robert Haimsohn Alzheimer's Program Lipinsky Family Foundation Nursing Program The A. Wexler, R. Simon &amp; E. Addleson Family Assisted Living Program</div> </div>		<div> <div>New Year's Day</div> <div>1</div> <div>7:00-12:00 OPEN GYM HOLIDAY HOURS</div> <div>9:00 Stretch &amp; Strengthen (FC)</div> <div>10:00 Bangles &amp; Beads (R)</div> <div>10:30 Table Tennis &amp; Wii Fun (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>NO HAPPY HOUR TODAY</div> <div>6:30 Evening Movie (TH)</div> </div>	<div> <div>2</div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 <del>CANCELLED</del>: Chair Yoga (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Canasta (TR)</div> <div>11:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>3:15 Technology w/Steve (CL)</div> <div>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div> </div>	<div> <div>3</div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS/2493)</div> <div>12:00 – 4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>2:30 Classic Movie Saturday (TH)</div> </div>
<div> <div>4</div> <div>9:10 Seated Tai Chi w/Patrick (FC)</div> <div>10:00-2:00 NEW OPEN GYM</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>1:30 Script Reading (TH)</div> <div>2:30 Sunday Matinee: (TH)</div> <div>3:30 Scrabble (TR)</div> </div>	<div> <div>5</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>10:00 Mat Pilates (FC)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Sit N Be Fit w/Kyle (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>3:00 Afternoon Movie (TH)</div> </div>	<div> <div>6</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>9:15 Advanced Hearing Care (TR)</div> <div>10:00 Circuit Cardio &amp; Strength w/Zy (FC)</div> <div>10:00 NEW! Brandeis: American Judaism IN PERSON (TH)</div> <div>10:15 Beginning Bridge (CS)</div> <div>11:00 Tai Chi w/Ryan (FC)</div> <div>11:45 Lunch: Leucadia Pizza</div> <div>1:00 Mah Jongg (TR)</div> <div>1:15 Current Events w/Rick (TH)</div> <div>2:30 Baking w/Maya (R)</div> <div>3:30 The Coffee Dilemma w/Yaar (CS)</div> <div>6:30 Evening Movie (TH)</div> </div>	<div> <div>7</div> <div>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</div> <div>9:00 Stretch &amp; Strengthen w/Kyle (FC)</div> <div>9:15 Dr. Spencer Podiatry (TR)</div> <div>9:45 Aqua Fun w/Ryan (FC)</div> <div>10:00 Brandeis Univ. On Wheels (CS)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Sit &amp; Be Fit w/Ryan (FC)</div> <div>1:45 Art w/Yaar (R)</div> <div>3:00 Cooking Demo w/Ben (R)</div> <div>6:30 Opera Night (CS)</div> </div>	<div> <div>8</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>9:45 Trip: Breakfast at The Original Pancake House Encinitas</div> <div>10:00 Bangles &amp; Beads (R)</div> <div>10:00 Circuit Cardio &amp; Strength (FC)</div> <div>10:30 Time in the Library w/Marsha (LI)</div> <div>11:00 Sit N Be Fit (FC)</div> <div>1:00 Tai Chi w/Ryan (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>2:30 Community Wide Memorial Service (CS)</div> <div>3:30 Happy Hour: Marty Schwartz (Francy's)</div> <div>6:30 Evening Movie (TH)</div> </div>	<div> <div>9</div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair Yoga w/Ryan (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Canasta (TR)</div> <div>11:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>3:15 Technology w/Steve (CL)</div> <div>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div> </div>	<div> <div>10</div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS/2493)</div> <div>12:00 – 4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun w/Ryan (FC)</div> <div>2:30 <del>CANCELLED</del>: Classic Movie Saturday (TH)</div> <div>2:45 Special Program w/Asti (TH)</div> <div>3:30 Seated Israeli Dance w/Barbara (FC)</div> </div>
<div> <div>11</div> <div>9:10 Seated Tai Chi w/Patrick (FC)</div> <div>10:00-2:00 NEW OPEN GYM</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>1:30 Script Reading (TH)</div> <div>2:30 All Campus Concert (CS)</div> <div>3:30 Scrabble (TR)</div> </div>	<div> <div>12</div> <div>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>10:00 Mat Pilates (FC)</div> <div>11:00 Sit N Be Fit w/Kyle (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:15 Crafting w/Maya (R)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Poker w/Jeff Stoff (TR)</div> </div>	<div> <div>13</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio &amp; Strength w/Zy (FC)</div> <div>10:00 NEW! Brandeis: Contemporary Jewish Comedians: IN PERSON (TH)</div> <div>10:15 Beginning Bridge (CS)</div> <div>10:30 Yiddish Club (TR)</div> <div>11:00 Tai Chi w/Ryan (FC)</div> <div>11:45 Lunch: The Cottage Encinitas</div> <div>1:00 Mah Jongg (TR)</div> <div>1:30 Table Tennis/Wii Fun (FC)</div> <div>3:00 NEW PROGRAM: The Travel Experience w/Shoshana (TH)</div> <div>6:30 Evening Movie (TH)</div> </div>	<div> <div>14</div> <div>Shopping Loops Moved 1/12</div> <div>9:00 Stretch &amp; Strengthen w/Kyle (FC)</div> <div>9:45 CANCELLED: Aqua Fun w/Ryan (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Sit &amp; Be Fit (FC)</div> <div>1:15 Bridge Club (TR)</div> <div>2:00 Heart to Heart w/Carl (Francys)</div> <div>3:30 Cooking Schnitzel w/Yaar (R)</div> <div>6:30 Piano Sing Along (Francys)</div> </div>	<div> <div>15</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>10:00 Bangles &amp; Beads (R)</div> <div>10:00 Circuit Cardio &amp; Strength (FC)</div> <div>10:00 Culinary Meeting (TH)</div> <div>10:30 Time in the Library w/Marsha (LI)</div> <div>11:00 Sit N Be Fit (FC)</div> <div>1:00 Tai Chi w/Ryan (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>2:00 Let's Schmooze w/Dina (TH)</div> <div>3:30 Happy Hour: Vincent Young (Francy's)</div> <div>6:30 Evening Movie (TH)</div> </div>	<div> <div>16</div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair Yoga w/Ryan (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Canasta (TR)</div> <div>11:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>3:15 Technology w/Steve (CL)</div> <div>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div> </div>	<div> <div>17</div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS/2493)</div> <div>12:00 – 4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun w/Ryan (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div> </div>
<div> <div>18</div> <div>9:10 Seated Tai Chi w/Patrick (FC)</div> <div>10:00-2:00 NEW OPEN GYM</div> <div>10:30 Concert: David Saliamonas (CS)</div> <div>12:30 Mah Jongg (R)</div> <div>12:45 Trip: San Diego Symphony NEW DEPARTURE TIME</div> <div>1:00 Rummi Q (TR)</div> <div>1:30 Script Reading (TH)</div> <div>2:30 Sunday Matinee: (TH)</div> <div>3:30 Scrabble (TR)</div> </div>	<div> <div>19</div> <div>Martin Luther King Jr. Day</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>10:00 Mat Pilates (FC)</div> <div>11:00 Sit N Be Fit w/Kyle (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:00 Town Hall (CS)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Bingo w/Wayne &amp; Linda (CS)</div> </div>	<div> <div>20</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio &amp; Strength w/Zy (FC)</div> <div>10:15 Beginning Bridge (CS)</div> <div>10:30 Travel Log w/Hernan (Italy) (CS)</div> <div>11:00 Tai Chi w/Ryan (FC)</div> <div>11:45 Lunch: The Encinitas Fish Shop</div> <div>1:00 Mah Jongg (TR)</div> <div>1:30 Resident Art Show (Open House)</div> <div>6:30 Evening Movie (TH)</div> </div>	<div> <div>21</div> <div>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</div> <div>9:00 Stretch &amp; Strengthen w/Kyle (FC)</div> <div>9:45 Aqua Fun w/Ryan (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Sit &amp; Be Fit (FC)</div> <div>2:00 Men's Group w/Carl (Francys)</div> <div>3:30 The Coffee Dilemma w/Yaar (CS)</div> <div>5:30 Monthly Birthday Bash (DR)</div> <div>6:30 Opera Night (CS)</div> </div>	<div> <div>22</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>10:00 Bangles &amp; Beads (R)</div> <div>10:00 Circuit Cardio &amp; Strength (FC)</div> <div>10:00 Trip: Costco</div> <div>10:30 Time in the Library w/Marsha (LI)</div> <div>11:00 Sit N Be Fit (FC)</div> <div>1:00 Tai Chi w/Ryan (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>2:00 Women's Group: Judith Bender (TH)</div> <div>3:30 Happy Hour: Yale Strom Klezmer Music (Francy's)</div> <div>6:30 Evening Movie (TH)</div> </div>	<div> <div>23</div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair Yoga w/Ryan (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Canasta (TR)</div> <div>11:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>3:15 Technology w/Steve (CL)</div> <div>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div> <div>6:30 Rousing Kabbalat Shabbat Program</div> </div>	<div> <div>24</div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS/2493)</div> <div>12:00 – 4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun w/Ryan (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div> <div>3:30 Seated Israeli Dance w/ Barbara (FC)</div> </div>
<div> <div>25</div> <div>9:10 Seated Tai Chi w/Patrick (FC)</div> <div>10:00-2:00 NEW OPEN GYM</div> <div>12:30 Mah Jongg (R)</div> <div>12:45 Trip: North Coast Rep Theater</div> <div>1:00 Rummi Q (TR)</div> <div>1:30 Script Reading (TH)</div> <div>2:30 Sunday Matinee: (TH)</div> <div>3:30 Scrabble (TR)</div> </div>	<div> <div>26</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>10:00 Mat Pilates (FC)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Sit N Be Fit w/Kyle (FC)</div> <div>11:00 Book Club (TH)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:30 Art w/Irene (R)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Bingo w/Wayne &amp; Linda (CS)</div> </div>	<div> <div>27</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio &amp; Strength w/Zy (FC)</div> <div>10:15 Beginning Bridge (CS)</div> <div>10:30 Yiddish Club (TR)</div> <div>11:00 Tai Chi w/Ryan (FC)</div> <div>11:45 Lunch: Aria Persian Food San Marcos</div> <div>1:00 Mah Jongg (TR)</div> <div>1:15 Current Events w/Rick (TH)</div> <div>1:30 Table Tennis/ Wii (FC)</div> <div>3:30 What's On Your Mind w/Larry (TH)</div> <div>6:30 Evening Movie (TH)</div> </div>	<div> <div>28</div> <div>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</div> <div>9:00 Stretch &amp; Strengthen w/Kyle (FC)</div> <div>9:45 Aqua Fun (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Sit &amp; Be Fit (FC)</div> <div>1:15 Bridge Club (TR)</div> <div>2:15 Culinary Tasting w/Maya (R)</div> <div>3:30 Israel Story Telling w/Yaar (TH)</div> <div>6:30 Piano Sing Along (Francys)</div> </div>	<div> <div>29</div> <div>9:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>10:00 Bangles &amp; Beads (R)</div> <div>10:00 Circuit Cardio &amp; Strength (FC)</div> <div>10:00 Trip: Marshall's Solana Beach</div> <div>11:00 Sit N Be Fit (FC)</div> <div>1:00 Tai Chi w/Ryan (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>2:00 Food For Thought w/Erica Dempsey: Protein (TH)</div> <div>3:30 Happy Hour: Sonny Mayer (Francy's) -</div> <div>6:30 Evening Movie (TH)</div> </div>	<div> <div>30</div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair Yoga w/Ryan (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Canasta (TR)</div> <div>11:00 Stretch &amp; Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div> </div>	<div> <div>31</div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS/2493)</div> <div>12:00 – 4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>2:30 Classic Movie Saturday (TH)</div> </div>



# January 2026 - Life Enrichment Newsletter

## 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 Caf   
\* Non Kosher

## 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



**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



## 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**

## Entertainment

**Happy Hour 3:30pm Francy's**

**Thursday, 1/1** **NO HAPPY HOUR**  
**Thursday, 1/8** **Marty Schwartz**  
**Thursday, 1/15** **Vincent Young**  
**Thursday, 1/22** **Yale Strom**  
**Thursday, 1/29** **Sonny Mayer**



## Concerts & Event Highlights

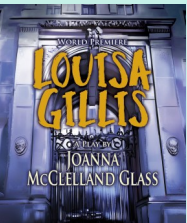
**David Saliamonas**  
**Classical Piano Concert**  
January 18 10:30am  
Synagogue



**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



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

### 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.