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<p style="text-align: center; margin: 0;">1</p> <p>9:15 Seated Tai Chi w/Patrick (CS) 10:45 Script Reading (TH) 12:30 Mah Jongg (R) 1:00 NEW TIME Rummi Q (TR) 3:30 Scrabble (TR)</p>	<p style="text-align: center; margin: 0;">2</p> <p style="text-align: center; color: purple;">Labor Day</p> <p>9:00 Seated Cardio & Strength (FC) 10:00 Brandeis Biopic Films and Beyond (TH) 10:00 UCSD Webinar (CS) 10:00 Standing Cardio & Strength (FC) 11:00 Seated Gentle Stretch & Strength (FC) 1:00 Claire's Knitting Group (TR) 3:00 Special Event: Borscht Belt and Beyond The Legacy of the Jewish Catskills (TH) Episode 1</p>	<p style="text-align: center; margin: 0;">3</p> <p>9:00 Seated Stretch Flex & Flow (FC) 9:15 Advanced Hearing Care (TR) 10:00 Brandeis: American Judaism (CS) 10:00 Mat Class/Floor & Standing (FC) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 1:00 Trip: JCPenney's (previous sign up required) 1:15 Current Events w/Rick (TH) 2:30 Pet Therapy Dogs w/Jamie and Aika (A Bldg Lobby) 3:00 Seated Volleyball (FC) 6:30 Evening Movie (TH)</p>	<p style="text-align: center; margin: 0;">4</p> <p>Shopping Loops 9am, 11am, 1pm, 3pm 9:00 Seated Cardio & Strength (FC) 9:45 Water Aerobics (FC) 10:00 Balance and Strength for Walker Users (FC) 11:00 Seated Gentle Stretch & Strength (FC) 1:00 SkipBo Card Game (R) 2:00 Social Hour w/Shinshinit Eden (TH) 3:00 Adult Education: w/Rabbi Yaffa-Shira (TH)</p>	<p style="text-align: center; margin: 0;">5</p> <p>9:00 Seated Stretch Flex & Flow (FC) 10:00 Trip: Einstein Brothers Bagels (previous sign up required) 10:00 Bangles & Beads (R) 10:00 Standing Circuit/Cardio (FC) 10:30 Heart to Heart w/Carl (Francy's) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 3:30 Happy Hour: Naomi Alter (Francy's) 6:30 Evening Movie (TH)</p>	<p style="text-align: center; margin: 0;">6</p> <p>9:00 Sit & Stand Combo Moves (FC) 9:30 Armchair Astronomy w/Ken Van Lew (TH) 10:00 Mat Class/Floor & Standing (FC) 10:35 Morning Movie: (TH) 11:00 Seated Cardio & Strength (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (CS) 2:00 You Be The Judge w/Judi (TH) 3:15 Mini Meditation (TH) 5:00 Shabbat Blessings w/Rabbi Yaffa-Shira (DR)</p>	<p style="text-align: center; margin: 0;">7</p> <p>10:00 Shabbat Services w/Rabbi Yaffa-Shira and Cantor Mark (DAVS) 12:00-4:00 Open Gym & Pool (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>
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<p style="text-align: center; margin: 0;">8</p> <p style="text-align: center; color: purple;">Grandparents' Day</p> <p>9:15 Seated Tai Chi w/Patrick (CS) 10:30 Grandparents day All Campus Performance: Irish Dancers (CS) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Grandparent's Day Reception & Tile Painting - (DAVS) 3:30 Scrabble (TR)</p>	<p style="text-align: center; margin: 0;">9</p> <p>9:00 Seated Cardio & Strength (FC) 10:00 UCSD Webinar (CS) 10:00 Standing Circuit Class (FC) 11:00 Seated Gentle Stretch & Strength (FC) 1:00 Claire's Knitting Group (TR) 3:00 Special Event: Borscht Belt and Beyond The Legacy of the Jewish Catskills (TH) Episode 2 3:30 Sunshine and Conversation Garden Patio 6:30 Poker Night w/Jeff Stoff (TR) previous sign up required</p>	<p style="text-align: center; margin: 0;">10</p> <p>9:00 Seated Stretch Flex & Flow (FC) 10:00 Mat Class/Floor & Standing (FC) 10:30 UCSD Webinar (CS) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 1:00 Trip: Oceanside Beachside Walk w/ Fitness Staff (previous sign up required) 1:15 Current Events w/Rick (TH) 3:30 What's on Your Mind w/Larry (TH) previous sign up required 6:30 Evening Movie (TH)</p>	<p style="text-align: center; margin: 0;">11</p> <p>Shopping Loops 9am, 11am, 1pm, 3pm 9:00 Seated Cardio & Strength (FC) 9:45 Water Aerobics (FC) 10:00 Balance and Strength for Walker Users (FC) 11:00 Seated Gentle Stretch & Strength (FC) 1:00 SkipBo Card Game (R) 2:00 Men's Group w/Carl (Francy's) 3:00 Shinshinit Eden's Program (TH) 6:30 Piano Sing Along (Francy's)</p>	<p style="text-align: center; margin: 0;">12</p> <p>9:00 Seated Stretch Flex & Flow (FC) 10:00 Trip: Encinitas Library (previous sign up required) 10:00 Bangles & Beads (R) 10:00 Standing Circuit/Cardio (FC) 10:30 Time in the Library w/Marsha (LI) 11:00 Sound Therapy w/Kathleen (FC) 1:00 Mah Jongg (TR) 2:00 iPhone and iPad tutoring w/Kate (CS) 3:30 Happy Hour: Adam Wolff (Francy's) 6:30 Evening Movie (TH)</p>	<p style="text-align: center; margin: 0;">13</p> <p>9:00 Sit & Stand Combo Moves (FC) 10:00 Mat Class/Floor & Standing (FC) 10:30 Morning Movie (TH) 11:00 Seated Cardio & Strength (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (CS) 2:00 You Be The Judge w/Judi (TH) 5:00 Shabbat Blessings w/Rabbi Yaffa-Shira (DR)</p>	<p style="text-align: center; margin: 0;">14</p> <p>10:00 Outdoor Shabbat Services w/Rabbi Yaffa-Shira and Cantor Mark (DAVS) 12:00-4:00 Open Gym & Pool (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>
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<p style="text-align: center; margin: 0;">15</p> <p>9:15 Seated Tai Chi w/Patrick (CS) 10:30 All Campus Concert: Shalom Strings (CS) 10:45 Script Reading (TH) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 3:30 Scrabble (TR)</p>	<p style="text-align: center; margin: 0;">16</p> <p>9:00 Seated Cardio & Strength (FC) 10:00 UCSD Webinar (CS) 10:00 Standing Cardio & Strength (FC) 11:00 Seated Gentle Stretch & Strength (FC) 1:00 Claire's Knitting Group (TR) 2:30 Culinary Tasting w/Maya (R) 6:30 Bingo w/Wayne & Linda (CS)</p>	<p style="text-align: center; margin: 0;">17</p> <p>9:00 Seated Stretch Flex & Flow (FC) 10:00 Mat Class/Floor & Standing (FC) 10:30 Travel Log w/Hernan (TH) 11:00 Seated Strength (FC) 11:45 Trip: Lunch at Panda Garden (previous sign up required) 1:00 Mah Jongg (TR) 1:00 Beginning Mah Jongg w/Sheryl (R) Previous sign up required 1:15 Current Events w/Rick (TH) 6:30 Evening Movie: (TH)</p>	<p style="text-align: center; margin: 0;">18</p> <p>Shopping Loops 9am, 11am, 1pm, 3pm 9:00 Seated Cardio & Strength (FC) 9:45 Water Aerobics (FC) 10:00 Balance and Strength for Walker Users (FC) 11:00 Seated Gentle Stretch & Strength (FC) 1:00 SkipBo Card Game (R) 2:00 Shinshinit Eden's Program (TH) 3:00 Adult Education: w/Rabbi Yaffa-Shira (TH) 5:30 Monthly Birthday Bash (DR)</p>	<p style="text-align: center; margin: 0;">19</p> <p>9-3pm Flu Vaccine Clinic (CS) 9:00 Seated Stretch Flex & Flow (FC) 10:00 Trip: Costco (previous sign up required) 10:00 Bangles & Beads (R) 10:00 Culinary Meeting (TH) 10:00 Standing Circuit/Cardio (FC) 10:30 Time in the Library w/Marsha (LI) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 2:00 Let's Schmooze w/Dina (TH) 3:30 Happy Hour: Vincent Young (Francy's) 6:30 Evening Movie (TH)</p>	<p style="text-align: center; margin: 0;">20</p> <p>9:00 Sit & Stand Combo Moves (FC) 10:00 Brandeis Discussion Historical Fiction: Imperium (CS) 10:00 Mat Class/Floor & Standing (FC) 10:30 Morning Movie (TH) 11:00 Seated Cardio & Strength (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (CS) 2:00 You Be The Judge w/Judi (TH) 3:15 Mini Meditation (TH) 5:00 Shabbat Blessings w/Rabbi Yaffa-Shira (DR)</p>	<p style="text-align: center; margin: 0;">21</p> <p>10:00 Shabbat Services w/Rabbi Yaffa-Shira and Cantor Kathy (CS & 1390) 12:00-4pm Open Gym & Pool (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (TH)</p>
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<p style="text-align: center; margin: 0;">22</p> <p>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 style="text-align: center; margin: 0;">23</p> <p>9:00 Seated Cardio & Strength (FC) 10:00 Standing Circuit Class (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Book Club w/Special Guest Author Elinor Florence via zoom (TH) 11:00 Seated Gentle Stretch & Strength (FC) 1:00 Claire's Knitting Group (TR) 1:30 EFT Tapping (Art Studio) 2:00 Town Hall (CS) 3:00 Special Event: Borscht Belt and Beyond The Legacy of the Jewish Catskills Episode 4 (TH)</p>	<p style="text-align: center; margin: 0;">24</p> <p>9:00 Seated Stretch Flex & Flow (FC) 10:00 Brandeis Jewish-Themed Film (CS) 10:00 Mat Class/Floor & Standing (FC) 11:00 Seated Strength (FC) 11:45 Trip: Lunch at BJ's (previous sign up) 1:00 Mah Jongg (TR) 1:00 Beginning Mah Jongg w/Sheryl (R) Previous sign up required 1:15 Current Events w/Rick (TH) 3:30 What's on Your Mind w/Larry (TH) previous sign up required 6:00 Special Event: Groundhog Day Movie and High Holiday Discussion w/Rabbi Yaffa-Shira(TH)</p>	<p style="text-align: center; margin: 0;">25</p> <p>Shopping Loops 9am, 11am, 1pm, 3pm 9:00 Seated Cardio & Strength (FC) 9:15-11:15 Dr Spencer Podiatry (TR) appt w/ Dr required 9:45 Water Aerobics (FC) 10:00 Balance and Strength for Walker Users (FC) 11:00 Seated Gentle Stretch & Strength (FC) 1:00 SkipBo Card Game (R) 2:00 Men's Group w/Carl (Francy's) 2:30 Rousing Trivia w/Gail & Terry (TH) 3:00 Taki Card Game w/Eden (R) 6:30 Piano Sing Along (Francy's)</p>	<p style="text-align: center; margin: 0;">26</p> <p>9:00 Seated Stretch Flex & Flow (FC) 10:00 Trip: Sugar Bears Bakery (previous sign up required) 10:00 Bangles & Beads (R) 10:00 Standing Circuit/Cardio (FC) 10:30 Time in the Library w/Marsha (LI) 11:00 Seated Strength (FC) 1:00 Mah Jongg (TR) 2:00 Technology w/Maya (CL) 2:00 Womens' Group (TH) previous sign up required 3:30 Happy Hour: Carlos Velasco (Francy's) 6:30 Evening Movie (TH)</p>	<p style="text-align: center; margin: 0;">27</p> <p>9:00 Sit & Stand Combo Moves (FC) 10:00 Mat Class/Floor & Standing (FC) 10:30 Morning Movie (TH) 11:00 Seated Cardio & Strength (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (CS) 2:00 You Be The Judge w/Judi (TH) 3:15 Food For Thought w/Erica (TH) 5:00 Shabbat Blessings w/Rabbi Yaffa-Shira (DR)</p>	<p style="text-align: center; margin: 0;">28</p> <p style="text-align: center; color: purple;">Selichot</p> <p>Fitness Center Closed today</p> <p>10:00 Shabbat Services w/Rabbi Yaffa-Shira and Cantor Mark (CS & 1390) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (TH) 3:30 Seated Israeli Folk Exercise/Dance (CS) 6:30 Selichot Service w/Rabbi Yaffa-Shira (CS)</p>
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<p style="text-align: center; margin: 0;">29</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) 3:30 Scrabble (TR)</p>	<p style="text-align: center; margin: 0;">30</p> <p>9:00 Seated Cardio & Strength (FC) 10:00 Standing Circuit Class (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Seated Gentle Stretch & Strength (FC) 1:00 Claire's Knitting Group (TR) 2:30 Crafting w/Maya (R) 6:30 Bingo w/Wayne & Linda (CS)</p>		<h2 style="margin: 0;">September 2024</h2> <h1 style="margin: 0;">Life Enrichment Calendar</h1> <p style="margin: 5px 0;">Seacrest Village Retirement Communities at Encinitas</p> <h3 style="margin: 0;">Lee and Frank Goldberg Residence Court</h3> <p style="margin: 0;">[Activities can occur at any time and are not limited to formal activity staff. All activities are subject to change.]</p>	<p style="font-size: small; margin: 0;">We thank our contributors for making these programs possible:</p> <ul style="list-style-type: none"> 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. Adleson Family Assisted Living Program The Sima & Joseph Oppenheimer Religious and Education Program 	
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September 2024 - Life Enrichment Newsletter

AL-SR= Assisted Living Sunroom
AS= Art Studio
CL= Computer Lab
CS= Chodorow Synagogue
DAVS= Dave & Annette's Village Square**
DR= Dining Room
FC = Fitness Center
FP = Fireside Patio
Francy's= Dining Room Lounge

Room Codes

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



9/16 Carolyn H. F-172
 9/23 Lucy T. A-253

Welcome

Carolyn A-106

Did you know? We have a resident librarian, Sandra Zinn. She is a retired librarian and she helps take care of our Seacrest Abraham Library. Please contact Life Enrichment if you would like to schedule a tour of the library with Sandra.



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**
 Kristin Sutton - Fitness Program 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**

Color Key

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

Hair Salon Open Thursdays

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

Entertainment

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



September 5: Naomi Alter
 September 12: Adam Wolff
 September 19: Vincent Young
 September 26: Carlos Velasco

On Campus Performances:
 Sunday September 8 10:30am (CS)
 Petri School of Irish Dancers

Sunday September 15 10:30am (CS)
 Shalom Strings

Off Campus Event:
 Sunday September 22 1pm
 North Coast Rep Theater
 (previous sign up required)



Program Highlights

Bingo:
 Mon September 16 and 30 6:30pm w/Wayne & Linda (CS)

Poker:
 Mon September 9, 6:30pm (TR) previous sign up required

Trips: (previous sign up required)
 All Wednesdays Shopping Loops at 9am, 11am, 1pm, 3pm
 Tues September 3 1pm JCPenney Carlsbad
 Thurs September 5 10am Einstein Bros Bagels
 Tues September 10 1pm Oceanside Harbor Walk w/Fitness
 Thurs September 12 10am Home Goods
 Tues September 17 11:45am Lunch at Panda Garden
 Thurs September 19 10am Costco
 Sun September 22 10am North Coast Rep Theater
 Tues September 24 11:45am Lunch at BJs
 Thurs September 26 10am Sugar Bear's Bakery

Pet Therapy Dogs:
 September 3 2:30 pm (A Bldg Lobby)

Discussion Groups:
 Tues September 10 3:30pm What's on Your Mind w/Larry (TH) (previous sign up required)
 Tues September 24 3:30pm What's on Your Mind w/Larry (TH) (previous sign up required)
 Thurs September 19 2pm Let's Schmooze w/Dina (TH)
 Thurs September 26 2pm Women's Group (TH)

Religious Education w/Rabbi Yaffa-Shira:
 Wed September 4 & 18 3pm Adult Education (TH)
 Sat September 7, 14, 21, 28 1:30pm Shabbat Limud (CS)

Clubs:
 Knitting (Mondays at 1pm) (TR)

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.

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| • 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.