

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1
9:15 Seated Tai Chi w/Patrick (CS)
10:45 Script Reading (TH)
12:30 Mah Jongg (R)
12:30-4:30 **The Shuk Market**
Room 149 A BLDG.
1:00 Rummi Q (TR)
2:00 TVIA Bingo & Ice Cream Social (CS)
3:30 Scrabble (TR)


2
9:00 Seated Cardio & Strength (CS)
10:00 Standing Circuit Class (CS)
10:30 Technology Assistance w/Barry (CL)
11:00 Seated Gentle Stretch & Strength (CS)
12:30-4:30 **The Shuk Market**
Room 149 A BLDG.
1:00 Claire's Knitting Group (TR)
2:30 Rousing Trivia (TH)
3:30 Afternoon Movie (TH)
6:30 Black Jack w/Jeff Stoff (TR)

3
9:00 Seated Stretch Flex & Flow (CS)
10:00 **Brandeis: American Judaism (TH)**
10:00 Mat Class/Floor Standing (CS)
11:00 Seated Strength (CS)
11:45 **Trip: Lunch Best Pizza Cardiff**
12:30-4:30 **The Shuk Market**
Room 149 A BLDG.
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick (TH)
6:30 Evening Movie (TH)

4
Shopping Loops 11am, 1pm, 3pm
9:00 Seated Cardio & Cardio (CS)
9:30 **Dr. Spencer Podiatry (TR)**
10:00 Balance & Strength for Walker Users (CS)
11:00 Seated Gentle Stretch & Strength (CS)
12:30-4:30 **The Shuk Market**
Room 149 A BLDG.
2:00 Men's Group w/Carl (Francy's)
2:00 Program w/Eden: **Israeli Chocolate Balls (R)**
6:30 Piano Sing Along (Francy's)

5
9:00 Seated Stretch Flex & Flow (CS)
10:00 **Trip: Costco**
10:00 Bangles & Beads (R)
10:00 Mat Class/Floor & Standing (CS)
11:00 Seated Strength (CS)
1:00 Mah Jongg (TR)
3:30 **Happy Hour: Robert Hardaway (Francy's)**
6:30 Evening Movie (TH)

6
9:00 Sit & Stand Combo Moves (CS)
10:00 Standing Circuit/Cardio (CS)
10:30 Morning Movie (TH)
11:00 Seated Cardio & Strength (CS)
1:00 Rummi Q (TR)
1:00 Word Game w/Kelly (TH)
2:15 **You Be The Judge w/Judi (TH)**
3:00 Technology w/Steve (CL)
5:00 **Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)**

7
Pearl Harbor Remembrance Day
10:00 **Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark (CS & 1390)**
12:00-4:00 Open Gym (Room 137)
1:30 **Shabbat Limud w/Rabbi Yaffa-Shira (CS)**
2:30 Classic Movie Saturday (TH) 

8
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 **"Sunday Symphony at Seacrest" with 16 piece Big Band "Big Time Operator" (CS)**
3:30 Scrabble (TR)

9
9:00 Seated Cardio & Strength (CS)
10:00 Standing Circuit Class (CS)
11:00 Seated Gentle Stretch Strength (CS)
1:00 Claire's Knitting Group (TR)
2:30 **Culinary Tasting w/Maya: Challah Bread (previous sign up) (R)**
3:00 Afternoon Movie (TH)
3:30 Sunshine and Conversation (Garden Patio)
6:30 **Bingo w/Wayne & Linda (CS)**

10
9:00 Seated Stretch Flex & Flow (CS)
10:00 **UCSD Webinar (CS)**
10:00 Mat Class/Floor & Standing (CS)
11:00 Seated Strength (CS)
12:30 **Trip: New Movie Cinepolis: Wicked**
1:00 Mah Jongg (TR)
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)

11
Shopping Loops 9am, 11am, 1pm, 3pm
9:00 Seated Cardio & Strength (CS)
10:00 **Brandeis Webinar: Engineering Wonders of the Ancient World (TH)**
10:00 Balance and Strength for Walker Users (CS)
11:00 Seated Gentle Stretch & Strength (CS)
1:30 Open Bridge Time (TR)
2:00 Beginning Hebrew w/Eden (TH)
3:00 **Cooking Demo w/Ben Mastracco (R)**

12
9:00 Seated Stretch Flex & Flow (CS)
10:00 **Trip: Marshalls Oceanside**
10:00 Bangles & Beads (R)
10:00 **Brandeis Webinar: Taxes 101 (TH)**
10:00 Mat Class/Floor & Standing (CS)
11:00 Sound Therapy w/Kathleen (CS)
1:00 Mah Jongg (TR)
2:00 **Adult Education w/Rabbi Yaffa-Shira: Who Wrote The Bible (TH)**
3:30 **Happy Hour: Glenn Kramer (Francy's)**
6:30 Evening Movie (TH)

13
9:00 Sit & Stand Combo Moves (CS)
10:00 Standing Circuit/Cardio (CS)
10:30 Morning Movie (TH)
11:00 Seated Cardio & Strength (CS)
12:30 **Trip: City of Del Mar Holiday Party (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)
3:15 Technology w/Steve (CL)
5:00 **Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)**

14
10:00 **Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 1390)**
12:00-4:00 Open Gym (Room 137)
1:30 **Shabbat Limud w/Rabbi Yaffa-Shira (CS)**
2:30 Classic Movie Saturday (TH)
3:30 Seated Israeli Folk Exercise/ Dance (CS)

15
9:15 Seated Tai Chi w/Patrick (CS)
10:00 **Cookie Decorating & Dreidel w/ Students from Beth Israel (R)**
10:45 Script Reading (TH)
12:30 Mah Jongg (R)
1:00 Rummi Q (TR)
3:30 Scrabble (TR)

16
9:00 Seated Cardio & Strength (CS)
10:00 Standing Circuit Class (CS)
11:00 Seated Gentle Stretch & Strength (CS)
1:00 Claire's Knitting Group (TR)
2:00 Town Hall (CS)
3:00 Afternoon Movie (TH)
3:30 **Concert: Steven Romande Singers (CS)**

17
9:00 Seated Stretch Flex & Flow (CS)
10:00 Mat Class/Floor & Standing (CS)
10:30 **Travel Log w/Hernan: Ireland (TH)**
11:00 Seated Strength (CS)
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick (TH)
1:30 **Trip: Pelly's Miniature Golf (previous sign up required)**
6:30 Evening Movie (TH)

18
Shopping Loops 9am, 11am, 1pm, 3pm
9:00 Seated Cardio & Strength (CS)
10:00 **Brandeis Webinar: Great Decisions (TH)**
10:00 Balance and Strength for Walker Users (CS)
11:00 Seated Gentle Stretch & Strength (CS)
1:30 Heart to Heart w/ Carl (Francy's)
2:30 **Art Program w/Volunteer Irene, Maya & Eden (R)**
3:30 Food for Thought w/Erica (TH)
5:30 **Monthly Birthday Bash (DR)**
6:30 Piano Sing Along (Francy's)

19
9:00 Seated Stretch Flex & Flow (CS)
9:30 **Trip: JCPenney's/Macy's (Previous Sign-Up required)**
10:00 Bangles & Beads (R)
10:00 Culinary Meeting (TH)
10:00 Mat Class/Floor & Standing (CS)
11:00 Seated Yoga (CS)
1:00 Mah Jongg (TR)
2:00 **Adult Education w/Rabbi Yaffa-Shira: Who Wrote The Bible (TH)**
3:30 **Happy Hour Vincent Young (Francy's)**
6:30 Evening Movie (TH)

20
9:00 Sit & Stand Combo Moves (CS)
10:00 Standing Circuit/Cardio (CS)
10:30 **Latke tasting w/Rabbi Yaffa-Shira and Maya (Garden Patio)**
10:30 Morning Movie (TH)
11:00 Seated Cardio & Strength (CS)
1:00 Rummi-Q (TR)
1:00 Word Game w/Kelly (TH)
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)**


21
Winter Begins!
10:00 **Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark (CS & 1390)**
12:00-4:00 Open Gym (Room 137)
1:30 **Shabbat Limud w/Rabbi Yaffa-Shira (CS)**
2:30 Classic Movie Saturday (TH)
3:30 Seated Israeli Folk Exercise/ Dance (CS) 


22
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: Kol Tefillah (CS)**
3:30 Scrabble (TR)


23
9:00 Seated Cardio & Strength (CS)
10:00 Standing Circuit Class (CS)
10:30 Technology Assist. w/Barry (CL)
11:00 Seated Gentle Stretch & Strength (CS)
11:00 Book Club (TH)
1:00 Claire's Knitting Group (TR)
1:00 **Trip: North Coast Rep (previous sign up)**
2:30 **Culinary Tasting w/Maya: Challah (previous sign up) (R)**
3:00 Agatha Christie's Poirot Series (TH)
6:30 **Bingo w/Wayne & Linda (CS)**


24
9:00 Seated Stretch Flex & Flow (CS)
10:00 **UCSD Webinar (CS)**
10:00 Mat Class/Floor & Standing (CS)
11:00 Seated Strength (CS)
1:00 Mah Jongg (TR)
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)


25
First Night of Chanukah
No Shopping Loops
FITNESS CENTER CLOSED ALL DAY
10:00 Morning Movie (TH)
1:30 Open Bridge Time (TR)
2:00 **Program w/Eden: Jelly Donuts & Chanukah Music (Garden Patio)**
5:00 **Chanukah Candle Lighting with Rabbi Yaffa-Shira (DR)**
6:30 Evening Movie (TH) 

26
Chanukah
9:00 Seated Stretch Flex & Flow (CS)
10:00 Bangles & Beads (R)
10:00 Mat Class/Floor & Standing (CS)
11:00 Seated Strength (CS)
1:00 Mah Jongg (TR)
3:30 **Happy Hour: Joyce Caci (Francy's)**
5:00 **Chanukah Candle Lighting with Rabbi Yaffa-Shira (DR)**
6:30 **Chanukah Festival w/ Rabbi Yaffa-Shira & Cantor Kathy (CS)** 

27
Chanukah
9:00 Sit & Stand Combo Moves (CS)
10:00 Standing Circuit/Cardio (CS)
10:30 Morning Movie (TH)
11:00 Seated Cardio & Strength (CS)
1:00 Rummi-Q (TR)
1:00 Word Game w/Kelly (TH)
2:30 **Barbara Appleby's Chanukah Games (CS)**
3:15 Technology w/Steve (CL)
5:00 **Chanukah & Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)** 

28
Chanukah
10:00 **Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 1390)**
12:00-4:00 Open Gym (Room 137)
1:30 **Shabbat Limud w/Rabbi Yaffa-Shira (CS)**
2:30 Classic Movie Saturday (TH)
5:00 **Chanukah Candle Lighting w/Cantor Kathy (DR)** 

29
Chanukah
9:15 Seated Tai Chi w/Patrick (CS)
10:30 **All Campus Concert: The Sussmans (CS)**
10:45 Script Reading (TH)
12:30 Mah Jongg (R)
1:00 Rummi Q (TR)
3:30 Scrabble (TR)
5:00 **Chanukah Candle Lighting with Cantor Kathy (DR)** 

30
Chanukah
9:00 Seated Cardio & Strength (CS)
10:00 Standing Circuit Class (CS)
10:30 Technology Assist. w/Barry (CL)
11:00 Seated Gentle Stretch & Strength (CS)
1:00 Claire's Knitting Group (TR)
3:00 Afternoon Movie (TH)
5:00 **Chanukah Candle Lighting w/Cantor Kathy (DR)** 

31
Chanukah New Years Eve
Fitness Center Closes at 1pm
9:00 Seated Stretch Flex & Flow (CS)
10:00 Mat Class/Floor & Standing (CS)
11:00 Seated Strength (CS)
1:00 Mah Jongg (TR)
2:00 **Concert: Just Us 4 (CS)**
3:30 **New Years Eve Happy Hour (Francy's)**
5:00 **Chanukah & New Years Eve Candle Lighting w/Rabbi Yaffa-Shira (CS)** 
5:15 **New Years Eve Dinner & Celebration (CS)**

December 2024 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. Adleson Family Assisted Living Program
The Sima & Joseph Oppenheimer



December 2024 - Life Enrichment Newsletter

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
GHC= Goldberg Health

Room Codes
GRC= Goldberg Residence Court
LI= Library (Building A)
PDR = Private Dining Room
R= Recreation Room*
SR= Assisted Living Sunroom
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

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.



12/06 Judith B 163/A	12/21 Iran F. 206/A
12/08 Jerry B 113/A	12/22 Edith S. 203/A
12/08 Larry K 201/A	12/27 Noël D 278/F
12/17 Richard D 278/F	12/30 Catherine C. 178/F

Entertainment

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



December 5: Bob Hardaway
 December 12: Glenn Kramer
 December 19: Vincent Young
 December 26: Joyce Caci

Symphony at Seacrest

Sunday, December 8 2:30pm
 Featuring a 16 piece Big Band "Big Time Operator" (CS)

On Campus Performances:

Sunday, December 22 2:30pm (CS)
 Kol Tefillah
 Sunday, December 29 10:30am (CS)
 The Sussmans
 Sunday, December 31 2:00pm (CS)
 New Years Eve Concert- Just Us 4

SPECIAL CHANUKAH PROGRAMS

Friday, Dec. 20 10:30am (Garden Patio)
 Latke Tasting w/Rabbi Yaffa-Shira & Maya
 Wed. Dec. 25 2:00pm (Garden Patio)
 Jelly Donuts & Chanukah Music w/Eden
 Thurs. Dec. 26 6:30pm (CS)
 Chanukah Festival w/Rabbi Yaffa-Shira & Cantor Kathy
 Friday, Dec. 27 2:30pm (CS)
 Chanukah Games w/Barbara Appleby



There will be more information coming soon regarding our New Years Eve Celebration!

Welcome

Cary S. A-269
 Mark & Michelle B. F-184

Program Highlights

Adult Education w/Rabbi Yaffa-Shira
 Thurs. Dec 12 and 19 2pm Theater

Bingo:

Sun. Dec 1 2:00pm w/Teens Volunteers In Action (CS)
 Mon. Dec 9 & 23 6:30pm w/Wayne & Linda (CS)

Black Jack:

Mon Dec 2, 6:30pm (TR) previous sign up required

Trips: (previous sign up required)

Weds. Shopping Loops at 9am, 11am, 1pm, 3 pm
 Tues. Dec 3 11:45am Lunch at Best Pizza (Cardiff)
 Thurs. Dec 5 10:00am Costco
 Tues. Dec 10 12:30pm Cinepolis: NEW MOVIE: Wicked
 Thurs. Dec 12 10:00am Marshalls Oceanside
 Tues. Dec 17 1:30pm Pelly's Miniature Golf
 Thurs. Dec 19 9:30am JC Penney/Macy's

Discussion Groups: (previous sign up required)

Tues Dec 10 3:30pm What's on Your Mind w/Larry (TH)
 Tues Dec 24 3:30pm What's on Your Mind w/Larry (TH)

Clubs:

Knitting (Mondays at 1:00 pm) (TR)
 Book Club Monday, Dec. 23 11am (TH)

The Shuk Market

Dec 1-4 12:30pm-4:30pm
 Stop by and Purchase an Item to Support the Israeli Red Cross (Room 149-A)

Food for Thought w/Nutritionist Erica Dempsey

Wed. Dec 18 3:30pm (TH)