

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 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.]



NEW YEARS DAY¹ OPEN GYM 7am-2pm

9:00 Seated Cardio & Strength (CS)
10:00 Balance & Strength for Walker Users (CS)
11:00 Seated Gentle Stretch & Strength (CS)
2:30 Afternoon Movie (TH)
5:00 Chanukah Candle Lighting (DR)

Chanukah Ends at Sundown²

9:00 Seated Stretch Flex & Flow (CS)
10:00 Bangles & Beads (R)
10:00 Standing Circuit/Cardio (CS)
11:00 Seated Yoga w/Natalie (CS)
1:00 Mah Jongg (TR)
3:30 Happy Hour: Taylor Basset (Francy's)
6:30 Evening Movie (TH)

NEW TIME! Shopping Loops 9am, 11am, 1pm & 3pm³

9:00 Sit & Stand Combo Moves (CS)
10:00 Mat Class/Floor & Standing (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)
5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)

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

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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)

9:00 Seated Cardio & Strength (CS)
10:00 Standing Circuit Class (CS)
10:30 Concert: Steven Romande Singers (CS)

10:30 Technology Assistance w/Barry (CL)
11:00 Seated Gentle Stretch & Strength (CS)
1:00 Claire's Knitting Group (TR)
2:30 Crafting w/Maya (R)
3:00 Afternoon Movie (TH)
6:30 Poker w/Jeff Stoff (TR)

9:00 Seated Stretch Flex & Flow (FC)
10:00 Mat Class/Floor & Standing (FC)
10:00 Brandeis: American Judaism (TH)

11:00 Seated Strength (FC)
11:30 Trip: Lunch at Boker Restaurant (previous sign up required)
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick Levine (TH)
3:30 Winter Traditions and Gin Tasting w/Natalie (TH)
6:30 Evening Movie (TH)

Shopping Loops 9am, 11am, 1pm & 3pm⁸

9:00 Seated Cardio & Strength (FC)
10:00 Balance & Strength for Walker Users (FC)
11:00 Seated Gentle Stretch & Strength (FC)
1:30 Open Bridge Time (TR)
2:00 Men's Group w/Carl (Francy's)
3:00 Adult Education w/Rabbi Yaffa-Shira (TH)

9:00 Seated Stretch Flex & Flow (FC)
10:00 Trip: Costco

10:00 Bangles & Beads (R)
10:00 Brandeis: Taxes 101 (TH)
10:00 Standing Circuit/Cardio (FC)
11:00 Sound Therapy w/Kathleen (FC)
1:00 Mah Jongg (TR)
2:30 Seacrest Community Wide Memorial w/Rabbi Yaffa-Shira (CS)
3:30 Happy Hour: Carlos Velasco (Francy's)
6:30 Evening Movie (TH)

¹⁰

9:00 Sit & Stand Combo Movie (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 (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)

¹¹

10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark (CS)
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 Dance (CS)

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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)

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 Culinary Tasting w/Maya (R)
3:00 Afternoon Movie (TH)
6:30 Bingo w/Wayne & Linda (CS)

9:00 Seated Stretch Flex & Flow (FC)
9:15 Advanced Hearing Care (TR)

10:00 Mat Class/Floor & Standing (FC)
11:00 Seated Strength (FC)
12:30 Trip: GIA Museum (previous sign up required)
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick Levine (TH)
3:30 What's On Your Mind w/Larry (TH)
6:30 Evening Movie (TH)

Shopping Loops 9am, 11am, 1pm & 3pm¹⁵

9:00 Seated Cardio & Strength (FC)
10:00 Brandeis Webinar: Great Decisions (TH)
10:00 Balance & Strength for Walker Users (FC)
11:00 Seated Gentle Stretch & Strength (FC)
2:00 Town Hall (CS)
3:00 Food For Thought w/Erica Dempsey (TH)
5:30 Monthly Birthday Bash (DR)
6:30 Piano Sing Along (Francy's)

¹⁶

9:00 Seated Stretch Flex & Flow (FC)
10:00 Trip: Walk to CVS with a ride home
10:00 Bangles & Beads (R)
10:00 Culinary Meeting (TH)
10:00 Standing Circuit/Cardio (FC)
11:00 Seated Yoga w/Natalie (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)

¹⁷

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 (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)

¹⁸

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

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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)

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)
3:00 Afternoon Movie (TH)

9:00 Seated Stretch Flex & Flow (FC)
10:00 Mat Class/Floor & Standing (FC)

10:30 Travel Log w/Hernan: The Island of Puerto Rico (TH)
11:00 Seated Strength (FC)
11:30 Trip: Balboa Park Museum (previous sign up required)
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick Levine (TH)
2:00 Let's Bid It Right w/Deanna (CS)
6:30 Evening Movie (TH)

Shopping Loops 9am, 11am, 1pm & 3pm²²

9:00 Seated Cardio & Strength (FC)
10:00 Balance & Strength for Walker Users (FC)
11:00 Seated Gentle Stretch & Strength (FC)
1:30 Open Bridge Time (TR)
2:00 Men's Group w/Carl (Francy's)
3:00 Adult Education w/Rabbi Yaffa-Shira (TH)

9:00 Seated Stretch Flex/Flow (FC)
10:00 Trip: Marshalls Solana Beach (previous sign up required)

10:00 Bangles & Beads (R)
10:00 Standing Circuit/Cardio (FC)
11:00 Seated Yoga w/Natalie (FC)
1:00 Mah Jongg (TR)
2:00 Women's Group (TH)
3:30 Happy Hour: Sonny Mayer (Francy's)
6:30 Evening Movie (TH)

²⁴

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 (TH)
2:15 You Be The Judge w/Judi (TH)
5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

²⁵

10:00 Shabbat Services w/Rabbi Yaffa-Shira (CS)
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 Dance (CS)

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9:15 Seated Tai Chi w/Patrick (CS)
10:30 Concert: Dancers w/Heart (CS)
10:45 Script Reading (TH)
12:30 Mah Jongg (R)
12:45 Trip: San Diego Symphony (previous sign up required)
1:00 Rummi Q (TR)
3:30 Scrabble (TR)

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)
11:00 Book Club (TH)
1:00 Claire's Knitting Group (TR)
2:30 A Hidden Child's Family Says Thanks to a French Abbey w/ Wendy Swain (TH)
3:30 Afternoon Movie (TH)
6:30 Bingo w/Wayne & Linda (CS)

9:00 Seated Stretch Flex & Flow (FC)
10:00 Mat Class/Floor & Standing (FC)

11:00 Seated Strength (FC)
11:45 Trip: Lunch at the Crossings Carlsbad (previous sign up required)
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick Levine (TH)
2:00 Let's Bid It Right w/Deanna (CS)
3:30 What's On Your Mind w/Larry (TH)
6:30 Evening Movie (TH)

Shopping Loops 9am, 11am, 1pm & 3pm²⁹

9:00 Seated Cardio & Strength (FC)
10:00 Balance & Strength for Walker Users (FC)
11:00 Seated Gentle Stretch & Strength (FC)
2:00 Heart to Heart w/Carl (Francy's)

9:00 Seated Stretch Flex & Flow (FC)
10:00 Trip: Carlsbad Outlet Mall (previous sign up required)

10:00 Bangles & Beads (R)
10:00 Standing Circuit/Cardio (FC)
11:00 Seated Yoga w/Natalie (FC)
1:00 Mah Jongg (TR)
3:30 Happy Hour: Glenn Kramer (Francy's)
6:30 Evening Movie (TH)

³¹

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 (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)

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

January 2025 - Life Enrichment Newsletter

AVS= 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

Room Codes

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

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

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 | • Ralphy's | • Best Buy |
| • Ross | • Happiness Nails (next to Ralphy's) | • 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.

01/17 Evelyn B.	A-208
01/22 Rae S.	A-207
01/22 Cary S.	A-269
01/22 Ron Z.	A-161
01/23 Edith A.	A-124
01/23 Ken S.	F-279
01/29 Evelyn E.	F-170
01/31 Richard W.	A-157



WELCOME NEW RESIDENTS!

Sophie R.	F-276
Cary S.	A-269
Cookie & Bill R.	A 137

Entertainment

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

January 2: Taylor Bassett
 January 9: Carlos Velasco
 January 16: Vincent Young
 January 23: Sonny Mayer
 January 30: Glenn Kramer

All Campus Concert:

Monday, Jan. 6 10:30am (CS)
Steven Romande Singers

Sunday, January 26 10:30am (CS)
Dancers w/Heart

North Coast Rep Theater:

January 19 1:00pm *The Heart Sellers*
 (previous sign up required)

SD Symphony:

January 26 12:45pm
Busoni's Violin Concerto

Program Highlights

Adult Education w/Rabbi Yaffa-Shira

Wed. January 8, 22 3pm Theater

Bingo w/Wayne & Linda

Monday, January 13, 27 6:30pm Synagogue

Poker w/Jeff Stoff

Monday, January 6 6:30pm Tasting Room
 (previous sign up is required)

Trips: (previous sign up required)

Wednesdays Shopping Loops 9am, 11am, 1pm 3pm
 Tuesday, Jan. 7 11:30am Lunch at Boker Restaurant
 Thursday, Jan. 9 10:00am Costco
 Tuesday, Jan. 14 12:30pm Trip to the GIA Museum
 Thursday, Jan. 16 10:00am Walk to CVS w/ride home
 Tuesday, Jan. 21 11:30am Balboa Park/Museum
 Thursday, Jan. 23 10:00am Marshalls Solana Beach
 Tuesday, Jan. 28 11:45 Lunch at The Crossings
 Thursday, Jan. 30 10:00 Carlsbad Outlet Mall

Culinary/Crafting

Monday, Jan. 6 2:30pm Crafting w/Maya Rec. Room
 Tuesday, Jan. 7 3:30pm Spanish Kings Day Tasting/Natalie
 Monday, Jan. 13 2:30pm Culinary Tasting: Chili

Presentations:

Winter Traditions and Spanish Gin Tasting w/Natalie
 Tuesday, January 7 3:30pm Theater

Food for Thought w/Erica Dempsy

Wednesday, January 15 3:00 Theater

Travel Log w/Hernan: The Island of Puerto Rico

Tuesday, January 21 10:30am Theater

A Hidden Child's Family Says Thanks to a French Abbey w/ Wendy Swain

Monday, January 27 2:30pm Theater