

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 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.]

We thank our contributors for making these programs possible:

- The Haimsohn Family Holiday Program
Irwin & Joan Jacobs Cultural Program
& 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
The Sima & Joseph Oppenheimer Religious and Education Program

Yom Ha'Atzmaut

- 8:00 Trip: Tamarack Beach walk w/Zy
9:00 Stretch & Strengthen w/Ann (FC)
10:00 Trip: Marshalls Solana Beach
10:00 Bangles & Beads (R)
10:00 Circuit Cardio & Strength w/Zy (FC)
11:00 Sit N Be Fit w/Ann (FC)
1:00 Mah Jongg (TR)
1:30 Crafting w/Maya: Flower Arranging (R)
2:30 Israel Independence Day Festival w/ Rabbi Yaffa-Shira & Entertainer Yale Strom (DAVS)
6:30 Evening Movie (TH)

- 9:00 Stretch & Strengthen w/Maya (FC)
10:00 Mat Pilates w/Maya (FC)
10:30 Morning Movie (TH)
10:30 Learn To Play Canasta (TR)
11:00 Balance Training w/Maya (FC)
1:00 Rummi-Q (TR)
1:00 Word Game w/Kelly (TH)
2:15 You Be The Judge w/Judi (TH)
4:30 Dinner w/Eden & the Shinshinim (DR)
5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)
6:30 Schmooze & Sing Along with the Shinshinim (Francy's)

- 10:00 Shabbat Services w/Rabbi Yaffa-Shira (CS & 1390)
12:00-4:00 Open Gym (FC)
1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)
1:45 Pool/Aqua Fun w/Zy or Ann (FC)
2:30 Classic Movie Saturday (TH)

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- 9:15 Seated Tai Chi w/Patrick (CS)
10:30 Script Reading (TH)
12:30 Mah Jongg (R)
1:00 Rummi Q (TR)
2:30 Games w/Teen Volunteers Abby, Ivy, Sage (R)
3:30 Scrabble (TR)

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- 9:00 Stretch & Strengthen w/Maya (FC)
10:00 Mat Pilates w/ Zy (FC)
10:30 Technology Assistance w/Barry (CL)
11:00 Book Club (TH)
11:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)
1:00 Claire's Knitting Group (TR)
2:30 Heart to Heart w/Carl (Francy's)
3:00 Afternoon Movie (TH)
6:30 Poker with Jeff Stoff (TR)

6

- 9:00 Stretch & Strengthen w/Zy (FC)
10:00 New Resident Open House w/Rabbi Yaffa-Shira (TR) (Jan.2025-present)
10:00 Circuit Cardio & Strength w/ Ann or Maya (FC)
11:00 Sit N Be FIT w/Ann or Maya (FC)
11:45 Trip: Lunch at Claires Solana Beach
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick (TH)
1:45 Pool/Aqua Fun w/Ann (FC)
6:30 Evening Movie (TH)

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- Shopping Loops 9am, 11am, 1pm, 3pm
9:00 Stretch & Strength w/Zy (FC)
10:00 Balance and Strength for Walker Users (FC)
11:00 Balance Training w/Zy (FC)
2:30 Mother's Day Tea (CS)
6:30 Piano Sing Along (Francy's)

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- 8:00 Trip: Tamarack Beach walk w/Zy
9:00 Stretch & Strengthen w/Ann (FC)
9:30 Trip: La Jolla Library: Ruth Holocaust Exhibit
10:00 Bangles & Beads (R)
10:00 Circuit Cardio & Strength w/Zy (FC)
11:00 Sound Therapy w/Kathleen (FC)
1:00 Mah Jongg (TR)
3:30 Happy Hour: Carlos Velasco (Francy's)
6:30 Evening Movie (TH)

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- 9:00 Stretch & Strengthen w/ Zy (FC)
10:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)
10:30 Morning Movie (TH)
10:30 Learn To Play Canasta (TR)
11:00 Balance Training w/ Zy (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)

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- 10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 1390)
12:00-4:00 Open Gym (FC)
1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)
1:45 Pool/Aqua Fun w/Zy or Ann (FC)
2:30 Classic Movie Saturday (TH)
3:30 Seated Israeli Folk Exercise/ Dance (CS)

Mother's Day

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- 9:15 Seated Tai Chi w/Patrick (CS)
10:30 Script Reading (TH)
12:00 Trip: San Diego Symphony
12:30 Mah Jongg (R)
1:00 NEW LOCATION Rummi Q (R)
2:30 Mother's Day Concert: Lesi Mei (CS)
3:30 NEW LOCATION: Scrabble (R)



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- 9:00 Stretch & Strengthen w/Maya (FC)
10:00 Mat Pilates w/ Zy (FC)
10:30 Technology Assistance w/Barry (CL)
11:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)
1:00 Claire's Knitting Group (TR)
2:30 iPhone and iPad tutoring w/Kate (Computer Lounge)
3:00 Afternoon Movie (TH)
6:30 Bingo w/ Wayne & Linda (CS)

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- 9:00 Stretch & Strengthen w/Zy (FC)
9:15 Advanced Hearing Care (TR)
10:00 Circuit Cardio & Strength w/ Ann (FC)
11:00 Sit N Be FIT w/Ann or Maya (FC)
11:45 Trip: Boker Israeli Restaurant (UTC)
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick (TH)
1:45 Pool/Aqua Fun w/Ann (FC)
2:00 Special Concert-All Campus (TBD)(CS)
3:30 What's on Your Mind w/Larry (TH)
6:30 Evening Movie (TH)

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- Shopping Loops 9am, 11am, 1pm, 3pm
9:00 Stretch & Strength w/Zy (FC)
10:00 Brandeis Webinar: Engineering Wonders of the Ancient World (CS)
10:00 Balance Training w/Zy (FC)
11:00 Balance and Strength for Walker Users (FC)
1:15 Bridge Club (TR)
2:30 Famous Israeli Performer & Survivor of October 7 Program w/Eden (TH)
6:30 Opera Night: Carmen Part 2 (TH)

15

- 8:00 Trip: Tamarack Beach walk w/Zy
9:00 Stretch & Strengthen w/Ann (FC)
10:00 Trip: Costco
10:00 Bangles & Beads (R)
10:00 Culinary Meeting (TH)
10:00 Circuit Cardio & Strength w/Zy (FC)
11:00 Sit N Be Fit w/Ann (FC)
1:00 Mah Jongg (TR)
2:00 Let's Schmooze w/Dina (TH)
3:30 Happy Hour: Vincent Young (Francy's)
6:30 Lag Ba'Omer Bonfire (DAVS)
6:30 Evening Movie (TH)

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- 9:00 Stretch & Strengthen w/ Zy (FC)
10:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)
10:30 Morning Movie (TH)
10:30 Learn To Play Canasta (TR)
11:00 Balance Training w/ Zy (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)

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- 10:00 Shabbat Services w/Rabbi Yaffa-Shira Cantor Mark (CS & 1390)
12:00-4:00 Open Gym (FC)
1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)
1:45 Pool/Aqua Fun w/Zy or Ann (FC)
2:30 Classic Movie Saturday (TH)

18

- 9:15 CANCELLED: Seated Tai Chi w/Patrick (CS)
10:30 All Campus Concert: The Bayou Brothers (CS)
12:30 Mah Jongg (R)
1:00 Rummi Q (TR)
3:30 Scrabble (TR)

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- 9:00 Stretch & Strengthen w/ Ann (FC)
10:00 Mat Pilates w/ Zy (FC)
10:30 Technology Assistance w/Barry (CL)
11:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)
1:00 Claire's Knitting Group (TR)
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/Ann (FC)
10:30 Travel Log w/Hernan: (TH)
11:00 Sit N Be FIT w/Ann (FC)
1:00 Trip: Teveye in New York at North Coast Rep (previous sign up)
1:00 Mah Jongg (TR)
1:15 Current Events w/Rick (TH)
1:45 Pool/Aqua Fun w/Ann (FC)
3:00 Trivia w/Gail & Terry (TH)
6:30 Evening Movie (TH)

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- Shopping Loops 9am, 11am, 1pm, 3pm
9:00 Stretch & Strength w/Zy (FC)
10:00 Balance Training w/Zy (FC)
11:00 Balance and Strength for Walker Users (FC)
1:00 Alterations at Seacrest w/Tailor Andy (rm A-133) Sign up in purple binder
2:30 Bouquet Making w/Fresh Flowers w/Eden (R)
3:00 Pet Therapy Dogs (A Bldg Lobby)
5:30 Monthly Birthday Bash (DR)
6:30 Piano Sing Along (Francy's)

22

- 8:00 Trip:Tamarack Beach walk w/Zy
9:00 Stretch & Strengthen w/Ann (FC)
9:45 Trip: JC Penney's at the Carlsbad Mall
10:00 Bangles & Beads (R)
10:00 Circuit Cardio & Strength w/Zy (FC)
10:30 Time in the Library w/Marsha (LI)
11:00 Sit N Be Fit w/Ann (FC)
1:00 Mah Jongg (TR)
2:00 Women's Group w/Guest Speaker Stephanie Schultz (TH)
3:30 Happy Hour: Daniel Newheiser (Francy's)
6:30 Evening Movie (TH)

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- 9:00 Stretch & Strengthen w/ Zy (FC)
10:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)
10:30 Morning Movie (TH)
10:30 Learn To Play Canasta (TR)
11:00 Balance Training w/ Zy (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)

24

- 10:00 Shabbat Services w/ Cantor Kathy (CS & 1390)
12:00-4:00 Open Gym (FC)
1:30 Shabbat Limud w/ Cantor Kathy (CS)
1:45 Pool/Aqua Fun w/Zy or Ann (FC)
2:30 Classic Movie Saturday (TH)
3:30 Seated Israeli Folk Exercise/ Dance (CS)

25

- 9:15 Seated Tai Chi w/Patrick (CS)
10:30 Script Reading (TH)
12:30 Mah Jongg (R)
1:00 Rummi Q (TR)
2:30 All Campus Concert "Skylark" w/Marsi and Charles Carr (CS)
3:30 Scrabble (TR)

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- Memorial Day
9:00 Stretch & Strengthen w/ Ann (FC)
10:00 Mat Pilates w/ Zy (FC)
10:30 Technology Assistance w/Barry (CL)
10:30 Memorial Day Concert (CS)
11:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)
1:00 Claire's Knitting Group (TR)
2:30 Culinary Tasting w/Kelly and Sammi: United Kingdom (R)
3:00 Memorial Day Movie (TH)



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- 9:00 Stretch & Strengthen w/Ann (FC)
10:00 Circuit Cardio & Strength w/Ann (FC)
11:00 Sit N Be FIT w/Ann (FC)
1:00 Mah Jongg (TR)
1:00 Trip: Self Realization Meditation Garden Encinitas
1:15 Current Events w/Rick (TH)
1:45 Pool/Aqua Fun w/Ann (FC)
3:30 What's on Your Mind w/Larry (TH)
6:30 Evening Movie (TH)

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- Shopping Loops 9am, 11am, 1pm, 3pm
9:00 Stretch & Strength w/Zy (FC)
10:00 Balance Training w/Zy (FC)
11:00 Balance and Strength for Walker Users (FC)
1:00 Alterations at Seacrest w/Tailor Andy (A-133) See purple binder
1:15 Bridge Club (TR)
2:00 Men's Group w/Carl (Francy's)
3:00 Food for Thought W/Nutritionist Erica Dempsey: the DASH diet (TH)

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- 8:00 Trip: Tamarack Beach walk w/Zy
9:00 Trip: Queen Califia's Sculpture Garden (Escondido)
9:00 Stretch & Strengthen w/Ann (FC)
10:00 Bangles & Beads (R)
10:00 Circuit Cardio & Strength w/Zy (FC)
11:00 Sit N Be Fit w/Ann (FC)
1:00 Mah Jongg (TR)
3:30 Happy Hour: Raynaldo Martinez (Francy's)
6:30 Evening Movie (TH)

30

- 9:00 Stretch & Strengthen w/ Zy (FC)
10:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)
10:30 Morning Movie (TH)
10:30 Learn To Play Canasta (TR)
11:00 Balance Training w/ Zy (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)

31

- 10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 1390)
12:00-4:00 Open Gym (FC)
1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)
1:45 Pool/Aqua Fun w/Zy or Ann (FC)
2:30 Classic Movie Saturday (TH)

May 2025 - Life Enrichment Newsletter

AL-SR= Assisted Living Sunroom
CL=Computer Lab
CS= Chodorow Synagogue
DAVS= Dave & Annette's Village Square**
FC = Fitness Center
FP = Fireside Patio
Francy's = Dining Room Lounge
GHC= Goldberg Health
GRC= Goldberg Resident Court

Room Codes

LI= Library (Building A)
PDR = Private Dining Room
R= Recreation Room*
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



5/13	Sophia R..	F-276
5/23	June S.	A-142
5/26	Nancy H.	A-275
5/28	Don S.	A-147
5/30	Larry Z.	F-283
5/30	Cookie R.	A-131
5/31	Patricia K.	F-272



*Lois G.	A-126
*Sylvia & George T.	A-273
*Jackie K.	A-101
*Alisha V.	A-141
*Sarah B.	A-202

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**
 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**

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

Transportation Key & Resources

Shopping Loops

- | | | |
|------------------------------------|------------------------------------|--|
| • 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 |
| • Walgreen's *upon request | • Sprouts | |

Shopping loops usually take place on Wednesdays and will drop you off at the following locations and pick you up 1 hour later

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.

Entertainment

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



May 1: Yale Strom (DAVS 2:30pm)
 May 8: Carlos Velasco
 May 15: Vincent Young
 May 22: Daniel Newheiser (NEW)
 May 29: Raynaldo Martinez (NEW)

All Campus Concerts & Events:

Thursday, May 1 2:30pm
 Israel Independence Day Celebration

Sunday, May 11 2:30pm (CS)
 Mother's Day Concert
 Lesi Mei

Monday, May 13 2:00pm (CS)
 Special Concert-All Campus (TBD)

Sunday, May 18 10:30am (CS)
 "The Bayou Bros"

Sunday, May 25 2:30pm (CS)
 "Skylark" with Marsi and Charles Carr

Monday, May 26 10:30am
 Memorial Day Concert (TBD)

Program Highlights

Dollar Bingo:

Mon. May 12 6:30pm w/Wayne & Linda (CS)
 Mon. May 19 6:30pm w/Wayne & Linda (CS)

Poker:

Mon. May 5 6:30pm w/Jeff Stoff (TR)

Trips: (previous sign up required)

Thursdays weekly	8:00am	Tamarack Beach Walk w/Zy
Thurs. May 1	10:00am	Marshalls Solana Beach
Tues. May 6	12:45pm	Lunch at Claire's on Cedros
Thurs. May 8	9:30am	La Jolla Library Holocaust Ex.
Sun. May 11	12:00pm	San Diego Symphony
Tues. May 13	1:00pm	Lunch at Boker Israeli
Thurs. May 15	10:00am	Costco
Tues. May 20	1:00pm	"Tevya" at the North Coast Rep
Thurs. May 22	9:00am	C Penney's at Carlsbad Mall
Tues. May 27	1:00pm	Self Realization Meditation Thurs.
Thurs. May 29	10:00am	Queen Califia's Sculpture Garden

Pet Therapy Dogs:

Tues. May 21 3:00pm (A Bldg Lobby)

Discussion Groups:

Mon. May 5	2:30pm	Heart to Heart w/Carl
Tues. May 13	3:30pm	What's on Your Mind w/Larry (TH) (previous sign up required)
Thurs. May 15	2:00pm	Let's Schmooze w/Dina (TH)
Thurs. May 22	2:00pm	Women's Group w/Guest Speaker Stephanie S. (TH) (previous sign up)
Tues. May 27	3:30pm	What's on Your Mind w/Larry (TH)
Wed. May 28	2:00pm	Men's Group w/ Carl (Francy's)

Clubs:

Knitting Mondays 1:00pm (TR)
 Book Club Monday, May 5 11:00am (TH)
 Bridge Club Wednesday, May 14 and 28 1:15pm (TR)

Technology Help:

Mondays at 10:30am with Barry (CL)