

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>1</div> <div>EREV SHAVUOT</div> <div>9:15 NEW LOCATION Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div> <div>5:00 Shavuot Holiday Candle Lighting w/Rabbi Yaffa-Shira (DR)</div>		<div>2</div> <div>SHAVUOT (QUIET DAY)</div> <div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 Shavuot and Yizkor Service w/Rabbi Yaffa-Shira and Cantor Kathy (CS and 2493)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:30 Shavuot Limud: Book of Ruth w/Rhoda Kotzin (CS)</div> <div>2:30 Irene Abraham Art Program (R)</div> <div>3:00 Afternoon Movie (TH)</div>		<div>3</div> <div>SHAVUOT</div> <div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio & Strength w/ Zy (FC)</div> <div>11:00 Stretch & Strengthen w/Ann (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>1:00 Trip: Nordstrom Rack & HomeGoods (San Marcos)</div> <div>1:15 Current Events w/Rick (TH)</div> <div>6:30 Evening Movie (TH)</div>		<div>4</div> <div></div> <div>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:45 Aqua Fun w/Ann (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Balance and Strength for Walker Users (FC)</div> <div>3:00 Cooking Demo w/Ben Mastracco (R)</div> <div>6:30 Piano Sing Along (Francy's)</div>		<div>5</div> <div></div> <div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Trip: Mount Soledad & Pastry Stop</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 Time in the Library w/Marsha (LI)</div> <div>11:00 Sit N Be Fit w/Ann (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>3:30 NEW LOCATION: Farewell Happy Hour for Eden: Adam Wolff (DAVS)</div> <div>6:30 Evening Movie (TH)</div>		<div>6</div> <div></div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Learn To Play Canasta (TR)</div> <div>11:00 Stretch & 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/Amy (FC)</div> <div>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div>		<div>7</div> <div></div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira (CS & 2493)</div> <div>12:00–4:00pm Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun w/Zy or Ann (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div>	
<div>8</div> <div></div> <div>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div>		<div>9</div> <div></div> <div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 BBC PROMS - w/London Philharmonic Orchestra (CS)</div> <div>10:00 Mat Pilates w/ Zy (FC)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Book Club (TH)</div> <div>11:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>2:30 Art Lecture w/Prof. Dr. Jon Kessler (CS)</div> <div>3:00 Afternoon Movie (TH)</div> <div>3:30 NEW PROGRAM Tea and Talk (Garden Patio A BLDG)</div>		<div>10</div> <div></div> <div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio & Strength w/ Ann</div> <div>10:30 NEW PROGRAM: Conversational Yiddish w Sophie Rubinstein & Sylvia Takacs (TR)</div> <div>11:00 Stretch & Strengthen w/Ann (FC)</div> <div>11:45 Trip: Lunch at Dolce Aroma</div> <div>1:00 Mah Jongg (TR)</div> <div>1:15 Current Events w/Rick (TH)</div> <div>3:30 What's on Your Mind w/Larry (TH)</div> <div>6:30 Evening Movie (TH)</div>		<div>11</div> <div></div> <div>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:45 Aqua Fun w/Ann (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Balance and Strength for Walker Users (FC)</div> <div>1:15 Bridge Club (TR)</div> <div>2:30 Crafting w/Kelly (R)</div> <div>6:30 Opera Night (TH)</div>		<div>12</div> <div></div> <div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>11:00 Sound Therapy w/Kathleen (FC)</div> <div>11:30 Trip: Lunch/ Balboa Park/Museums</div> <div>1:00 Mah Jongg (TR)</div> <div>3:30 Happy Hour: Carlos Velasco (Francy's)</div> <div>6:30 Evening Movie (TH)</div>		<div>13</div> <div></div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair/Mat Yoga w/Zy (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Concert with/Paolo and Stephanie Virtuoso Pianists (CS)</div> <div>10:30 Learn To Play Canasta (TR)</div> <div>11:00 Stretch & 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/Amy (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>14</div> <div></div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark (CS & 2493)</div> <div>12:00–4:00pm Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun w/Zy or Ann (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div> <div>3:30 Seated Israeli Folk Exercise/ Dance (FC)</div>	
<div>15</div> <div>FATHER'S DAY</div> <div>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>10:30 Father's Day Concert: Shalom Strings (CS)</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>3:30 Scrabble (TR)</div> <div>Happy Father's Day!</div>		<div>16</div> <div></div> <div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 Mat Pilates w/ Zy (FC)</div> <div>10:30 Ballet Performance (CS)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>2:00 Town Hall (CS)</div> <div>3:00 Afternoon Movie: (TH)</div> <div>3:30 Tea and Talk (Garden Patio)</div> <div>6:30 Bingo w/ Wayne & Linda (CS)</div>		<div>17</div> <div></div> <div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio & Strength w/ Ann (FC)</div> <div>10:30 Travel Log w/Hernan (TH)</div> <div>11:00 Stretch & Strengthen w/Ann (FC)</div> <div>11:45 Trip: Lunch at China Gourmet</div> <div>1:00 Mah Jongg (TR)</div> <div>1:15 Current Events w/Rick (TH)</div> <div>6:30 Evening Movie (TH)</div>		<div>18</div> <div></div> <div>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:45 Aqua Fun w/Ann (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Balance and Strength for Walker Users (FC)</div> <div>1:45 Food For Thought w/ Nutritionist Erica Dempsey (TH)</div> <div>3:00 Trivia w/Gail & Terry (TH)</div> <div>5:30 Monthly Birthday Bash (DR)</div> <div>6:30 Piano Sing Along (Francy's)</div>		<div>19</div> <div></div> <div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>10:00 Trip: DSW Shoes, Marshalls and Ross in La Jolla</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Culinary Meeting (TH)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>11:00 Sit N Be Fit w/Ann (FC)</div> <div>12:00 Lunch & Learn w/Rabbi Yaffa-Shira (PDR)</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>20</div> <div></div> <div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 Chair/Mat Yoga w/ Zy (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Learn To Play Canasta (TR)</div> <div>11:00 Stretch & 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/Amy (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 Shabbatt Service with Rabbi Yaffa-Shira & special guests (CS)</div>		<div>21</div> <div></div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira & 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/Zy or Ann (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div> <div>3:30 Seated Israeli Folk Exercise/ Dance (FC)</div>	
<div>22</div> <div></div> <div>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div>		<div>23</div> <div></div> <div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 BBC PROMS w/London Philharmonic Orchestra (CS)</div> <div>10:00 Mat Pilates w/ Zy (FC)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>2:30 Culinary Tasting w/Kelly: India (R)</div> <div>3:00 Afternoon Movie (TH)</div> <div>3:30 Tea and Talk (Garden Patio)</div> <div>6:30 Black Jack w/Jeff Stoff (TR)</div>		<div>24</div> <div></div> <div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio & Strength w/ Ann (FC)</div> <div>10:30 NEW PROGRAM: Conversational Yiddish w Sophie Rubinstein & Sylvia Takacs (TR)</div> <div>11:00 Stretch & Strengthen w/Ann (FC)</div> <div>11:45 Trip: Lunch at Village Pie Shoppe</div> <div>1:00 Mah Jongg (TR)</div> <div>2:00 Concert: The Tremble Clefs (CS)</div> <div>3:30 What's on Your Mind w/Larry (TH)</div> <div>6:30 Evening Movie (TH)</div>		<div>25</div> <div></div> <div>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:45 Aqua Fun w/Ann (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Balance and Strength for Walker Users (FC)</div> <div>1:00 Alternations w/Andy (Rm 133)</div> <div>1:15 Bridge Club (TR)</div> <div>2:00 Pet Therapy w/Aika and Jaime (A Bldg. Lobby)</div> <div>6:00 Karaoke Night (Francy's)</div>		<div>26</div> <div></div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>10:00 Trip: Costco</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>11:00 Sit N Be Fit w/Ann (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>2:00 Women's Group w/ Guest Speaker Sophie Rubinstein (TH)</div> <div>3:30 Happy Hour: Robert Hardaway (Francy's)</div> <div>6:30 Evening Movie (TH)</div>		<div>27</div> <div></div> <div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Learn To Play Canasta (TR)</div> <div>11:00 Balance Training w/ Zy (FC)</div> <div>11:30 Walk to CVS w/ride back to SV</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>1:00 Seated Volleyball w/Zy/Amy (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/Cantor Kathy (DR)</div>		<div>28</div> <div></div> <div>10:00 Shabbat w/Cantor Kathy (CS & 2493)</div> <div>12:00-4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Cantor Kathy (CS)</div> <div>1:45 Pool/Aqua Fun w/Zy or Ann (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div>	
<div>29</div> <div></div> <div>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div>		<div>30</div> <div></div> <div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 New York Philharmonic Orchestra: Live From Lincoln Center (CS)</div> <div>10:00 Mat Pilates w/Zy (FC)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Chair/Mat Yoga (multi-level class) w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>2:30 Iphone & Ipad tutoring w/Kate (CL)</div> <div>3:00 Afternoon Movie (TH)</div> <div>3:30 Tea and Talk (Garden Patio)</div> <div>6:30 Bingo w/ Wayne & Linda (CS)</div>		<div></div> <div>HAPPY Father's DAY</div>		<div></div> <div>We thank our contributors for making these programs possible:</div> <div>The Haimsohn Family Holiday Program</div> <div>Irwin & Joan Jacobs Cultural Program</div> <div>Irwin & Joan Jacobs Transportation Program</div> <div>The Galinson Family Rehabilitative Therapy Program</div> <div>The Merrill & Robert Haimsohn Alzheimer's Program</div> <div>Lipinsky Family Foundation Nursing Program</div> <div>The A. Wexler, R. Simon & E. Addleson Family Assisted Living Program</div> <div>The Sima & Joseph Oppenheimer Religious and Education Program</div>		<div></div> <div>June 2025</div> <div>Life Enrichment Calendar</div> <div>Seacrest Village Retirement Communities at Encinitas</div> <div>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>					

June 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

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

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 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

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.

Walmart

Target

Stater Bros

Ross

Best Buy

CVS- Encinitas Blvd.

Smart & Final

Best Nails (Smart & Final plaza)

Walgreen's *upon request

Fed Ex Office

Trader Joes

Ralphs

Happiness Nails (next to Ralphs)

US Bank

Chase Bank

Dollar Tree

TJ Maxx

Sprouts

Kohl's

Nail Studio (next to Kohl's)

Best Buy

T-Mobile

Barnes & Noble

Ultra Beauty Supply

Famous Footwear

Bank of America (Encinitas Blvd)

*upon request

HAPPY BIRTHDAY

6/6 Jacqueline P. A-228

6/8 Jerry H. A-262

6/9 Joan F. F-266

6/12 Doris Z. A-148

6/15 Maria C. F-272

6/15 Peter S. F-182

6/19 Jackie F. A-230

6/21 Ann M. F-279

6/30 Alice K. A239

Welcome

*Florence M. A-129

*Alisha V. A-141

*Sarah B. A-202

Entertainment

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

June 5: Adam Woolf (DAVS Patio)

June 12: Carlos Velasco

June 19: Vincent Young

June 26: Bob Hardaway

All Campus Concerts & Events:

Sunday, June 15 10:30am (CS) Father's Day Concert Shalom Strings

Tues, June 24 2:00pm (CS) Special Concert- All Campus The Tremble Clefs

Program Highlights

Dollar Bingo:

Mon. June 16 6:30pm w/Wayne & Linda (CS)

Mon. June 30 6:30pm w/Wayne & Linda (CS)

Black Jack:

Mon. June 23 6:30pm w/Jeff Stoff (TR)

Trips: (previous sign up required)

Wednesdays weekly 9am, 11am, 1pm 3pm Shopping Loops

Thursdays weekly 8::00am Tamarack Beach Walk w/Zy

Tues. June 3 1:00pm Nordstrom Rack, Marshalls

Thurs. June 5 10:00am Mt. Soledad & Pastry Stop

Tues. June 10 11:45am Lunch at Dolce Aroma

Thurs. June 12 11:30am Balboa Park Museums and Lunch

Sun. June 15 12:45pm North Coast Rep Theatre

Tues. June 17 11:45am Lunch at China Gourmet

Thurs. June 19 10:00am DSW Shoes, Ross, Marshalls

Tues. June 24 11:45am Lunch at Village Pie Shoppe

Thurs. June 26 10:00am Costco

Friday June 27 11:30am Walk to CVS w/ride back to SV

Discussion Groups: (previous sign up required)

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

Thurs. June 19 2:00pm Let's Schmooze w/Dina (TH)

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

Thurs. June 26 2:00pm Women's Group w/Guest Speaker Sophie Rubinstein (TH)

SHAVUOT

Sun. June 1 Erev Shavuot:

5pm Holiday Candle Lighting w/Rabbi Yaffa-Shira (DR)

Mon. June 2 Shavuot Day 1:

10:00am Shavuot & Yikor Service w/Rabbi Yaffa-Shira & Cantor Kathy (CS/2493)

1:30pm "Book of Ruth" Study Session w/ Dr. Rhoda Kotzin (CS)

Clubs:

Knitting Mondays 1:00pm (TR)

Book Club Monday, June 9 11:00am (TH)

Bridge Club Wednesday, June 11 and 25 1:15pm (TR)

Technology Help:

Monday June 9,16, 23, 30 at 10:30am with Barry (CL)

Friday June 20 & June 27 at 3:15pm w/Steve (CL)

Monday, June 30 Iphone & Ipad Tutoring w/Kate at 2:30pm