Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025 Life Enrichment Calendar Seacrest Village Retirement Communities at Encinitas Leichtag Family Assisted Living [Activities can occur at any time and are not limited to formal activity staff. All activities are subject to change.]		1 9:30 Scenic Drive (Sign Up-Limit 7) HUB B: USS Midway/Spanish Landing/Shelter Island 9:45 Morning Check-In (SR) 10:00 Read & Discuss News of the Day (SR) 10:30 Whiteboard Games (SR) 1:30 Music and Sunshine (DAVS) 2:30 Current Events w/ Rick LeVine (SR) 3:30 Noodle Ball (SR)	2 9:30 Morning Moves w/ Ed (SR) 10:00 Live Entertainment: Taylor Bassett! (SR) 11:00 Daily Chronicle & Trivia (SR) 1:30 Whiteboard Games w/ Ed & Danny (SR) 3:00 Corner Store (SR) 3:30 Sunshine & Music (DAVS)	<ul> <li>9:30 Book Club w/ Keith (SR)<sup>3</sup></li> <li>10:30 Beading w/ Rochelle &amp; Marianne (SR)</li> <li>1:00 Scenic Drive (Sign Up-Limit 7) HUB B: Mission Bay/Fiesta Island</li> <li>1:15 Sit n be FIT w/ Fitness Staff (SR)</li> <li>1:30 Walker Decorating (DAVS)</li> <li>3:30 Happy Hour (DR Lounge)</li> </ul>	INDEPENDENCE DAY!410:00All Campus Concert: Sussman's Performance (CS)11:004th of July Parade (DAVS)12:004th of July BBQ w/ Live Music: Blue Zone (DAVS)1:30Art w/ Chanda: American Appreciation (SR)3:00Ice Cream/Treats Tasting & Ranking (4th of July Theme!) (DAVS)4:45Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	5 10:00 Shabbat Services w/ Cantor Mark (CS & 2493) 1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS) 1:30 Sunshine & Relaxation (DAVS) 3:00 National Geographic: Grand Canyon (SR) 6:00 Movie Night: Fanny By Gaslight (1944) (SR)
6 9:30 Daily Chronicle (SR) 9:45 Learn about Human Development w/ Makayla (SR) 10:40 Pet Therapy Visit w/ Christine & Leo! (DR Lounge) 10:45 Seated Tai Chi & Movement w/ Patrick (SR) 1:30 Travel Log w/ Makayla (SR) 2:45 Trivia w/ Makayla (SR) 3:30 Concert: Tom Reich (SR)	<ul> <li>9:00 Dominoes with Elliot (Hub B)</li> <li>9:15 Fitness &amp; Fun w/ Fitness Staff (SR)</li> <li>9:45 Daily Chronicle (SR)</li> <li>10:30 Senior Samba w/ Tamar (SR)</li> <li>1:30 Trivia Time w/ Amy (SR)</li> <li>2:15 White Board Games (SR)</li> <li>3:15 Sunshine + Music (DAVS)</li> </ul>	9:30Scenic Drive (Sign Up-Limit 7) HUB B: Oceanside Harbor89:45Daily Chronicle (SR)10:00Resident Council Meeting (SR)1:30Refreshments & Snacks Ranking (DAVS)2:30Current Events w/ Rick LeVine (SR)3:30Influential Women in History (SR)	9 9:30 Morning Moves w/ Ed (SR) 10:00 Daily Chronicle (SR) 10:15 Bobby Darin Entertains (SR) 1:30 Whiteboard Games w/ Ed (DR Lounge) 3:00 Lets Walk Together (DAVS) 3:30 Music Requests & Sunshine (DAVS)	<ul> <li>10</li> <li>9:15 Sound Therapy w/ Kathleen (SR)</li> <li>10:00 Jewelry Making w/ Rochelle &amp; Marianne (SR)</li> <li>1:00 Scenic Drive (Sign Up-Limit 7) HUB B: UCSD Campus/La Jolla Cove</li> <li>1:15 Sit n be FIT w/ Fitness Staff (SR)</li> <li>1:30 Fancy Fingers w/ Marianne! (Outside Sunroom)</li> <li>2:30 Bi-annual Community Wide Memorial (CS)</li> <li>3:30 Happy Hour w/ Jerry McCann (DR Lounge)</li> </ul>	<ul> <li>9:45 Poetry Readings 11 w/ Discussion (SR)</li> <li>10:30 Salsa Show + Presentation w/ Hernan &amp; Partner (CS)</li> <li>1:30 Art Hour w/ Chanda (SR)</li> <li>3:15 Philosophy Theories (DR Lounge)</li> <li>4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</li> </ul>	<ul> <li>10:00 Shabbat Services w/ Cantor Mark (CS &amp; 2493)</li> <li>1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)</li> <li>2:00 Israeli Dancing w/ Barbara (SR)</li> <li>2:45 Music &amp; Sunshine w/ Makayla (DAVS)</li> <li>4:00 Trivia w/ Makayla (DR Lounge)</li> <li>6:00 Movie Night: Love Actually (2003) (SR)</li> </ul>
<ul> <li>13</li> <li>9:30 Daily Chronicle (SR)</li> <li>10:30 JFest Presents: Women of Valor Performance (CS)</li> <li>10:45 Seated Tai Chi &amp; Movement w/ Patrick (SR)</li> <li>1:30 Whiteboard Games w/ Makayla (SR)</li> <li>2:45 Card Games w/ Makayla (SR)</li> <li>3:45 Trivia Time w/ Makayla (DR Lounge)</li> </ul>	<ul> <li>14</li> <li>9:00 Dominoes with Elliot (Hub B)</li> <li>9:15 Fitness &amp; Fun w/ Fitness Staff (SR)</li> <li>9:45 Daily Chronicle &amp; Daily Scoop (SR)</li> <li>10:30 Travel Log w/ Hernan Perez (SR)</li> <li>1:45 Pet Therapy Visit w/ Kathy &amp; Finn (SR)</li> <li>2:00 White Board Games (SR)</li> <li>3:00 Concert: Vincent Young (SR)</li> </ul>	15 9:30 Scenic Drive (Sign Up-Limit 7) HUB B: Elfin Forest/Rancho Santa Fe 9:30 Daily Chronicle w/ Discussions (DR Lounge) 10:00 Culinary Meeting (DR Lounge) 10:30 Interpret the Song Lyrics (SR) 1:30 Entertainment with Hitoshi (SR) 2:30 Current Events w/ Rick LeVine (SR) 3:30 Music and Sunshine (DAVS)	<ul> <li>Morning Moves w/ Ed (SR)</li> <li>10:00 Daily Chronicle &amp; Trivia (SR)</li> <li>10:30 Judy Garland Live in London (SR)</li> <li>1:30 Live Entertainment - Glenn Kramer! (SR)</li> <li>2:45 Corner Store (SR)</li> <li>3:15 Finish the Lines &amp; Trivia (SR)</li> </ul>	<ul> <li>17</li> <li>9:30 Book Club w/ Keith (SR)</li> <li>10:30 Trivia w/ Jerry (DR Lounge)</li> <li>11:45 AL Lunch Outing (Sign Up-Limit 6) HUB B: Urbane Cafe</li> <li>1:15 Sit n be FIT w/ Fitness Staff (SR)</li> <li>2:00 Rest &amp; Relaxation for Residents (DAVS)</li> <li>3:30 Happy Hour (DR Lounge)</li> </ul>	18 9:45 History Class (SR) 10:45 Trivia (SR) 1:30 Art Hour w/ Chanda (SR) 3:15 Balloons & Noodles! (SR) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	Pride Shabbat1910:00 Pride Shabbat w/ Rabbi Yaffa-Shira & Cantor Kathy: Celebrating the GLBTQ Community. Love is Love! (CS & 2493)1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)2:45 Music & Sunshine w/ Makayla (DAVS)4:00 Trivia w/ Makayla (DR Lounge)6:00 Movie Night: North By Northwest (1959) (SR)
<ul> <li>20</li> <li>9:30 Daily Chronicle (SR)</li> <li>10:30 Performance of Ranger Jack Morris (Charlie's son) CS</li> <li>10:45 Seated Tai Chi &amp; Movement w/ Patrick (SR)</li> <li>1:30 Whiteboard Games w/ Makayla (SR)</li> <li>2:45 Afternoon Volleyball w/ Makayla (SR)</li> <li>3:45 Trivia Time w/ Makayla (SR)</li> </ul>	21 9:00 Dominoes w/ Elliot (Hub B) 9:15 Fitness & Fun w/ Fitness Staff (SR) 9:45 Daily Chronicle (SR) 10:15 White Board Games (SR) 1:30 Bingo w/ Amy! (SR) 3:15 Music & Sunshine (DAVS)	9:30 Scenic Drive 22 (Sign Up-Limit 7) HUB B: Gaslamp Quarter/ Seaport Village 9:45 Daily Chronicle (SR) 10:00 Wake Up w/ Movement (SR) 10:30 Jeopardy! (SR) 1:30 Sunshine Time w/ Music (DAVS) 2:15 Pet Visit w/ Helen Woodward (DR Lounge) 3:00 Creative Hearts: Pressed Flower Lanterns (DAVS)	23 9:30 Morning Moves w/ Ed (SR) 10:00 Daily Chronicle & Trivia (SR) 10:30 Duke Ellington Tivoli 1969 (SR) 1:30 Bingo w/ Ed & Danny (SR) 3:00 Keep it Moving (DAVS) 3:30 Music Requests & Sunshine (DAVS)	24 9:45 News of the Day! (SR) 10:00 Beading w/ Rochelle & Marianne (SR) 1:00 Scenic Drive (Sign Up-Limit 7) HUB B: Coronado Island/ Hotel Del Coronado 1:15 Sit n be FIT w/ Fitness Staff (SR) 1:30 Fancy Fingers w/ Marianne (Outside SR) 2:00 Live Concert: Pam Wing (SR) 3:30 Hawaiian Happy Hour w/ Bruddah Vince (DAVS)	25 9:30 Move & Groove (SR) 10:00 Daily Chronicle + Daily Scoop (SR) 10:30 Roger Hirsh Piano (SR) 1:30 Art Hour w/ Chanda (SR) 3:15 Noodle Ball! (SR) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	26 10:00 Outdoor Shabbat Services w/ Cantor Mark & Rabbi Yaffa-Shira (DAVS) 1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS) 2:00 Israeli Folk Dancing w/ Barbara (SR) 2:45 Music & Sunshine w/ Makayla (DAVS) 4:00 Trivia w/ Makayla (DR Lounge) 6:00 Movie Night: Roman Holiday (1953) (SR)
<ul> <li>27</li> <li>9:30 Daily Chronicle (SR)</li> <li>9:45 Classic Music Videos (SR)</li> <li>10:45 Seated Tai Chi &amp; Movement w/ Patrick (SR)</li> <li>1:30 Whiteboard Games w/ Makayla (SR)</li> <li>2:45 Card Games w/ Makayla (SR)</li> <li>3:45 Trivia Time w/ Makayla (DR Lounge)</li> </ul>	28 9:00 Dominoes with Elliot (Hub B) 9:15 Fitness & Fun w/ Fitness Staff (SR) 9:45 Daily Chronicle (SR) 10:15 White Board Games (SR) 1:45 Pet Therapy Visit w/ Kathy & Finn (SR) 2:00 Trivia w/ Amy (SR) 3:00 Concert: Vincent Young (SR)	29 9:30 Scenic Drive (Sign Up-Limit 7) HUB B: Ocean Beach/Sunset Cliffs 9:45 Morning Greetings & Check In (SR) 10:00 Poetry Readings (SR) 10:45 Morning Yoga (SR) 1:30 Noodles & Balloons! (SR) 2:30 Music and Sunshine (DAVS) 3:30 Do You Remember? (DR Lounge)	<ul> <li>30</li> <li>9:30 Morning Moves w/ Ed (SR)</li> <li>10:00 Daily Chronicle &amp; Trivia (SR)</li> <li>10:30 Andrea Bocelli: One Night in Central Park (SR)</li> <li>1:30 Whiteboard Games w/ Ed &amp; Danny (SR)</li> <li>3:00 Corner Store (SR)</li> <li>3:15 Walk About (DAVS)</li> </ul>	31 9:45 News + Discussions (SR) 10:15 Interpret the Song (SR) 1:00 Scenic Drive (Sign Up-Limit 7) HUB B: PCH Coast Drive 1:15 Sit n be FIT w/ Fitness Staff (SR) 2:00 Creative Writing w/ Noa (DAVS) 3:30 Happy Hour (DR Lounge)	The Hair Irwin & Irwin & Joa The Galinson F The Merrill & R Lipinsky Fa The A. Wext	bur contributors for making these programs possible: msohn Family Holiday Program Joan Jacobs Cultural Program anily Rehabilitative Therapy Program obert Haimsohn Alzheimer's Program mily Foundation Nursing Program er, R. Simon & E. Addleson Family assisted Living Program oseph Oppenheimer Religious and

# July 2025- Life Enrichment Newsletter

**DAVS=** Dave &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

## 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

\*\* Non Kosher except for tables directly outside Mel's Café \* Non Kosher

Hair Salon Open Fridays

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

- **Color Key**
- Trips (Drives, Tours, & **Shopping Loops**)
- **Fitness Programs**
- Religious Programming
- **Resident Council Meeting**

- Involving Food

# **Important Contacts**

Mary Fawell - Director of Assisted Living - 760-516-2040 Sophia Rucireta - Life Enrichment Specialist - 760-632-8948

Zy Dewey - Fitness Center - 760-632-3717

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** 



- Vendors
- Volunteers

# **Assisted Living Outings**

## **Lunch Outing**

Urbane Cafe - Encinitas, CA on 7/17 @ 11:45 (Previous Sign-Up Required – Limit 6 Residents)

## **Scenic Drives**

### Tuesdays (a) 9:30-11:15

July 1 (USS Midway Museum/Spanish Landing/Shelter Island) July 8 (Oceanside Harbor) July 15 (Elfin Forest/Rancho Santa Fe) July 22 (Gaslamp Quarter/Seaport Village) July 29 (Ocean Beach/Sunset Cliffs)

### Thursdays **a** 1:00-2:45

July 3 (Mission Bay/Fiesta Island) July 10 (UCSD Campus/La Jolla Cove) July 24 (Coronado Island/Hotel Del Coronado) July 31 (PCH Coast Drive)

# {Birthdays}

# RESIDENTS

## Marion L. - 7/12



## **All Campus Concert**

4th of July Festivities: July 4: Sussman's Performance @ 10:00 (CS) 4th of July Parade @ 11:00 (DAVS) 4th of July BBQ w/ Live Music: Blue Zone @ 12:00 (DAVS)

- **July 11:** Salsa Show + Presentation w/ Hernan & Partner @ 10:30 (CS)
- July 13: JFest Presents: Woman of Valor Performance @ 10:30 (CS)
- July 20: Performance of Ranger Jack Morris @ 10:30 (CS)

## **Entertainment in Assisted Living**

- July 2: Concert: Taylor Bassett @ 10:00 (SR)
- July 6: Concert: Tom Reich @ 3:30 (SR)
- July 7: Senior Samba w/ Tamar @ 10:30 (SR)
- July 10: Happy Hour w/ Jerry McCann @ 3:30 (DR Lounge)
- July 14: Travel Log w/ Hernan @ 10:30 (SR)
- July 15: Concert: Hitoshi @ 1:30 (SR)
- July 16: Concert: Glenn Kramer @ 1:30 (SR)
- July 24: Concert: Pam Wing @ 2:00 (SR)

July 1, 8, 15:	Current Events w/ Rick @ 2:30 (SR)
July 6, 13, 20, 27:	Seated Tai Chi w/ Patrick @ 10:45 (SR
July 12, 26:	Israeli Seated Chair Dancing
	w/ Barbara @ 2:00 (SR)
July 14, 28:	Concert: Vincent Young @ 3:00 (SR)





Book Club: w/ Keith on the 1st & 3rd Thursday of the month at 9:30 (SR) Dominoes: w/ Elliot every Monday at 9:00 in HUB B Trivia: w/ Jerry every 1st & 3rd Thursday of the month

at 10:30 (DR Lounge) (Only 7/17 for July)

**Jewelry Making:** w/ Rochelle on 7/3, 7/10 & 7/24 (SR)

Sound Therapy: w/ Kathleen every 2nd Thursday of the month at 9:15 (SR)

Art Hour: w/ Chanda every Friday at 1:30

(SR) or (DAVS Patio) (weather permitting)

Pet Visit: w/ Christine & Leo on the 1st Sunday of each month at 10:40 (DR Lounge)

**Pet Visit:** w/ Kathy & Finn on 7/14 & 7/28 at 1:45 (SR)

Pet Visit: w/ Helen Woodward on 7/22 at 2:15

### (DR Lounge)

R) Piano Performance: w/ Roger on 7/25 at 10:30 (SR) Whiteboard Games/Bingo: w/ Danny on 7/2, 7/23 &

### 7/30 at 1:30 (SR)

Creative Writing: w/ Noa on 7/31 at 2:00 (SR)