



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August 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>			<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>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair Yoga w/ Zy (FC)</div> <div>10:30 Morning Movie (TH)</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>Erev Tisha B'Av</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>5:00 Tisha B'Av Memorial Blessings w/Rabbi Yaffa-Shira (DR)</div>
<div>Tisha B'Av</div> <div>10:00 Tisha B'Av Service with Rabbi Yaffa-Shira (CS)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div> 	<div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 Philharmonic Orchestra Online Performance w/Susan (CS)</div> <div>10:00 Mat Pilates w/ Zy (FC)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Chair Yoga w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (CS)</div> <div>2:30 Culinary Tasting w/Kelly: Ice Cream (A Bldg Garden Patio)</div> <div>3:00 Afternoon Movie (TH)</div>	<div>9:00 Stretch & Strengthen w/Zy(FC)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>11:00 Sit N Be FIT w/Ann (FC)</div> <div>11:45 Trip: Lunch at Hernandez Hideaway and Scenic Drive (previous sign up)</div> <div>1:00 Mah Jongg (TR)</div> <div>6:30 Evening Movie (TH)</div>	<div>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:45 Aqua Fun w/Zy (FC)</div> <div>10:00 Music Appreciation: Schubert w/ Susan (CS)</div> <div>11:00 Balance & Strength/Walker Users (FC)</div> <div>2:00 Art History: Renoir w/Susan (CS)</div> <div>3:30 Cooking Demo w/Ben Mastracco (R)</div> <div>6:30 Piano Sing Along (Francy's)</div>	<div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>9:45 Trip: Buy some sweet treats at Broad St Dough Co. Encinitas</div> <div>10:00 Bangles & Beads (R)</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 Happy Hour: Carlos Velasco (Francy's)</div> <div>6:30 Evening Movie (TH)</div>	<div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair 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>Tu B'AV</div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira & Steve Kahn (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 Dance w/Barbara (CS)</div> <div>Happy Tu B'Av!!</div> <div>The Jewish Valentines Day</div>
<div>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>10:30 All Campus Concert: Sharon Friendly (CS)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div>	<div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 Philharmonic Orchestra Online Performance (CS)</div> <div>10:00 Mat Pilates w/ Zy (FC)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Chair Yoga w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (CS)</div> <div>2:30 Trivia w/Gail & Terry (TR)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Bingo w/ Wayne & Linda (CS)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>9:45 Trip: Coronado Ferry and Lunch (previous sign up)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 Yiddish Club (TR)</div> <div>11:00 Sit N Be FIT w/Ann (FC)</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>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:15 Dr. Spencer Podiatry (TR) Call Dr. office for an appointment</div> <div>9:45 Aqua Fun w/Ann (FC)</div> <div>10:00 Art History Webinar (CS)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Balance & Strength/Walker Users (FC)</div> <div>1:15 Bridge Club (TR)</div> <div>6:30 Opera Night (TH)</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 Senior Fraud Prevention w/La Jolla Wealth Partners (CS)</div> <div>10:00 Trip: Scenic Drive, Driver's Choice</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 Sound Therapy w/Kathleen (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>3:30 Happy Hour: Adam Wolff (Francy's)</div> <div>6:30 Evening Movie (TH)</div>	<div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair 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>5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</div>	<div>10:00 Shabbat Services w/Rabbi Yaffa-Shira w/ 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>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>10:30 All Campus Concert: Classical Piano w/David Saliamonas (CS)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div>	<div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 Philharmonic Orchestra Online Performance w/Susan (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 Yoga w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (CS)</div> <div>2:30 Art Program w/ Irene (R)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Poker w/Jeff Stoff (TR)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 Travel Log w/Hernan: Spain (TH)</div> <div>11:00 Sit N Be FIT w/Ann (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>1:00 Trip: GIA Museum</div> <div>1:15 Current Events w/Rick (TH)</div> <div>3:00 The Box on the Top Shelf w/ Barbara Appleby (TH)</div> <div>6:30 Evening Movie (TH)</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 & Strength/Walker Users (FC)</div> <div>2:30 Crafting w/Kelly (R)</div> <div>2:30 Men's Group w/Carl (Francy's)</div> <div>5:30 Monthly Birthday Bash (DR)</div> <div>6:30 Piano Sing Along (Francy's)</div>	<div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>10:00 Trip: Shopping at Kohls</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>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>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>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair 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>5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</div>	<div>10:00 OUTDOOR Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Mark (DAVS)</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 Dance w/ Barbara (CS)</div>
<div>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 All Campus Concert: Classical Piano w/Dmitry (CS)</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>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 Philharmonic Orchestra Online Performance w/Susan (CS)</div> <div>10:00 Mat Pilates w/ Zy (FC)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Chair Yoga w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (CS)</div> <div>2:00 Town Hall (CS)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Bingo w/ Wayne & Linda (CS)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 Yiddish Club (TR)</div> <div>11:00 Sit N Be FIT w/Ann (FC)</div> <div>11:45 Trip: Lunch at Pelly's Fish Market & Café</div> <div>1:00 Mah Jongg (TR)</div> <div>1:15 Current Events w/Rick (TH)</div> <div>2:30 Heart to Heart w/Carl (Francy's)</div> <div>3:30 What's on Your Mind w/Larry (TH)</div> <div>6:30 Evening Movie (TH)</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 & Strength/Walker Users (FC)</div> <div>1:30 MANDATORY DRESS REHEARSAL Participants ONLY of the Seacrest Talent Show (CS)</div> <div>1:15 Bridge Club (TR)</div> <div>6:30 Opera Night (TH)</div>	<div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>10:00 Trip: Costco</div> <div>10:00 Bangles & Beads (R)</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>2:00 Women's Group (TH)</div> <div>3:30 Happy Hour: Sonny Mayer (Francy's)</div> <div>6:30 Evening Movie (TH)</div>	<div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair 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>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>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>9:15 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>						

August 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



8/15 Philip S.	A-146
8/16 Charles M.	A-209
8/17 Milton W.	A-144
8/19 Josef S.	A-108
8/22 Norma D.	F-281

Tisha B'av

Tisha B'av is an annual fast day in Judaism, named for the ninth day (Tisha) of the month of Av in the Hebrew calendar. The fast commemorates the destruction of both the First and Second temple in Jerusalem. The Book of Lamentations, which is found in the Hebrew Bible and also known as "Eicha" is read. A commemoration will take place on Sunday, August 3rd at 10am in the synagogue.



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**
Seacrest at Home - **760-632-3715**

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

Entertainment

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

Aug 7: Carlos Velasco
Aug 14: Adam Wolff
Aug 21: Vincent Young
Aug 18: Sonny Mayer



ALL CAMPUS CONCERTS:

Sharon Friendly- Former Miss Arizona
will sing and dance for you
Sunday, Aug 10 10:30am (CS)

David Saliamonas- Classical Pianist
Sunday, Aug 17 10:30am (CS)

Dmitry Kirichenko- Classical Pianist
Sunday, Aug 24 10:30am (CS)

ALL CAMPUS EVENT:

Fraud Prevention Presentation
Thursday Aug 14 10:00am (CS)

MANDATORY DRESS REHEARSAL

For all participants of the Talent Show
Wednesday August 27 1:30pm (CS)

Program Highlights

Dollar Bingo:

Mon. Aug 11 6:30pm w/Wayne & Linda (CS)
Mon. Aug 25 6:30pm w/Wayne & Linda (CS)

Poker:

Mon. Aug 18 6:30pm w/Jeff Stoff (TR)

Trips: (previous sign up required)

Thursdays weekly	8:00am	Tamarack Beach Walk w/Zy
Tues. Aug 5	11:45am	Lunch at Hernandez Hideaway (previous sign up)
Thurs. Aug 7	9:45am	Broad St Dough Co.
Tues. Aug 12	9:45am	Coronado Ferry & Lunch (previous sign up)
Thurs. Aug 14	10:00am	Scenic Drive, Driver's Choice
Tues. Aug 19	1:00pm	GIA Museum
Thurs. Aug 21	10:00am	Shopping at Kohls Oceanside
Tues. Aug 26	11:45am	Lunch at Pelly's Fish Market
Thurs. Aug 28	10:00am	Shopping at Costco

Discussion Groups:

Tues. Aug 12	3:30pm	What's on Your Mind w/Larry (TH) (previous sign up required)
Wed. Aug 20	2:30pm	Men's Group w/ Carl (Francy's)
Thurs. Aug 21	2:00pm	Let's Schmooze w/Dina (TH)
Tues. Aug 26	2:30pm	Heart to Heart w/Carl (Francy's)
Tues. Aug 26	3:30pm	What's on Your Mind w/Larry (TH) (previous sign up required)
Thurs. Aug 28	2:00pm	Women's Group (TH) (previous sign up)

Clubs:

Mondays weekly	1:00pm	Knitting Club (TR)
Monday Aug 25	11:00am	Book Club (TH)
Tuesday Aug 12, 26	10:30am	Yiddish Club (TR)
Wednesday Aug 13, 27	1:15pm	Bridge Club (TR)

Technology Help:

Mondays at 10:30am with Barry (CL)
Friday Aug 1, 8, 29 Technology with Steve (CL)

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

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|------------------------------------|------------------------------------|--|
| • Walmart | • Fed Ex Office | • Nail Studio (next to the old Kohl's) |
| • Target | • Trader Joes | • Best Buy |
| • Stater Bros | • Ralphs | • T-Mobile |
| • Ross | • Happiness Nails (next to Ralphs) | • Barnes & Noble |
| • Best Buy | • US Bank | • Ultra Beauty Supply |
| • CVS- Encinitas Blvd. | • Chase Bank | • Famous Footwear |
| • Smart & Final | • Dollar Tree | • Bank of America (Encinitas Blvd) *upon request |
| • Best Nails (Smart & Final plaza) | • TJ Maxx | |
| • Walgreen's *upon request | • Sprouts | |

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.