


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|--|
|  | LABOR DAY ¹ Fitness Center Closed 10:00 Philharmonic Online Performance w/Susan (TH) 1:00 Claire's Knitting Group (TR) 2:30 Art Program w/Jon Kessler (CS) 6:30 Labor Day Movie (TH) | ² 9:00 Stretch & Strengthen w/Zy (FC) 10:00 Circuit Cardio & Strength w/Zy (FC) 11:00 Sit N Be FIT (FC) 11:30 Trip: Alice's Restaurant 1:00 Mah Jongg (TR) 1:15 Current Events w/Rick (TH) 2:30 Men's Group w/Carl (Francy's) 6:30 Evening Movie (TH) | FITNESS CENTER CLOS ES AT 1PM ³ Shopping Loops 9am & 11am ONLY 9:00 Stretch & Strength w/Zy (FC) 9:45 Aqua Fun (FC) 10:00 Art History Webinar w/Susan (TH) 10:00 Balance Training w/Zy (FC) 11:00 Balance & Strength/Walker Users (FC) 1:30 'Seacrest Has Talent' Annual Talent Show (CS) | ⁴ 8:00 Trip: Tamarack Beach walk w/Zy 9:00 Stretch & Strengthen (FC) 9:45 Trip: JC Penney 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength w/Zy (FC) 11:00 Sit N Be Fit (FC) 1:00 Mah Jongg (TR) 2:30 Heart to Heart w/Carl (Francy's) 3:30 Happy Hour: Raynaldo Martine (Francy's) 6:30 Evening Movie (TH) | ⁵ 9:00 Balance Training w/ Zy (FC) 10:00 Chair Yoga w/ Zy (FC) 10:30 Morning Movie (TH) 11:00 Stretch & Strengthen w/Zy (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (TH) 1:00 Seated Volleyball w/Zy (FC) 2:15 You Be The Judge w/Judi (TH) 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR) | 10:00 OUTDOOR Shabbat Services w/ Rabbi Yaffa-Shira and Cantor Mark (CS) 12:00 – 4:00 Open Gym (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 1:45 Pool/Aqua Fun w/Ryan (FC) 2:30 Classic Movie Saturday (TH) |
| Grandparents Day ⁷ 10:30 Script Reading (TH) 10:30 Grandparents Day All Campus Comedy Show w/Alan Maisel (CS) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 3:30 Scrabble (TR) | ⁸ 9:00 Stretch & Strengthen w/ Zy (FC) 10:00 Mat Pilates w/ Zy (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Chair Yoga w/ Zy (FC) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 3:00 Afternoon Movie (TH) | ⁹ 9:00 Stretch & Strengthen w/Zy (FC) 9:15 Advanced Hearing Care (TR) 10:00 Circuit Cardio & Strength w/Zy (FC) 10:30 Yiddish Club (TR) 11:00 Sit N Be FIT (FC) 1:00 Trip: Emy's Yarn Shop in Chula Vista 1:00 Mah Jongg (TR) 6:30 Evening Movie (TH) | Shopping Loops 9am, 11am, 1pm, 3pm ¹⁰ 9:00 Stretch & Strength w/Zy (FC) 9:45 Aqua Fun (FC) 10:00 Balance Training w/Zy (FC) 11:00 Balance & Strength/Walker Users (FC) 1:15 Bridge Club (TR) 1:30 Annual Bertha Katz Annual Memorial Ice Cream Social (DAVS) 2:30 Adult Education w/Rabbi Yaffa-Shira (TH) 6:30 Piano Sing Along (Francy's) | ¹¹ 8:00 Trip: Tamarack Beach walk w/Zy 9:00 Stretch & Strengthen (FC) 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength w/Zy (FC) 11:00 Sit N Be Fit (FC) 11:00 Sound Therapy w/Kathleen (FC) 1:00 Mah Jongg (TR) 3:30 Happy Hour: Carlos Velasco (Francy's) 6:30 Selichot Evening Movie (TH) | ¹² 9:00 Balance Training w/ Zy (FC) 10:00 Chair Yoga w/ Zy (FC) 10:30 Morning Movie (TH) 11:00 Stretch & Strengthen w/Zy (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (TH) 1:00 Seated Volleyball w/Zy (FC) 2:15 You Be The Judge w/Judi (TH) 5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR) | ¹³ SELICHOT 10:00 Shabbat Services w/Rabbi Yaffa-Shira and Cantor Kathy (CS & 2493) 12:00 – 4:00 Open Gym (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 1:45 Pool/Aqua Fun w/Ryan (FC) 2:30 Classic Movie Saturday (TH) 3:30 Seated Israeli Folk Dance w/ Barbara (CS) 6:30 Selichot Service w/ Rabbi Yaffa-Shira (CS) |
| ¹⁴ 9:15 Seated Tai Chi w/Patrick (FC) 10:30 Script Reading (TH) 10:30 All Campus Concert: The Bayou Brothers (CS) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 3:30 Scrabble (TR) | ¹⁵ 9:00 Stretch & Strengthen w/ Zy (FC) 10:00 Philharmonic Online Performance w/Susan (TH) 10:00 Mat Pilates w/ Zy (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Chair Yoga w/ Zy (FC) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 2:00 Town Hall (CS) 3:00 Afternoon Movie (TH) 6:30 Bingo w/ Wayne & Linda (CS) | ¹⁶ 9:00 Stretch & Strengthen w/Zy (FC) 10:00 Circuit Cardio & Strength w/Zy (FC) 10:30 Travel Log w/Hernan (TH) 11:00 Sit N Be FIT (FC) 1:00 Mah Jongg (TR) 1:00 Trip: Birch Aquarium 1:15 Current Events w/Rick (TH) 3:30 What's on Your Mind w/Larry (TH) 6:30 Evening Movie (TH) | ¹⁷ Shopping Loops 9am, 11am, 1pm, 3pm 9:00 Stretch & Strength w/Zy (FC) 9:45 Aqua Fun (FC) 10:00 Art History Webinar w/Susan (TH) 10:00 Balance Training w/Zy (FC) 11:00 Balance & Strength/Walker Users (FC) 2:30 Adult Education w/Rabbi Yaffa-Shira(TH) 3:30 Cooking Demo w/Ben Mastracco (R) 5:30 Monthly Birthday Bash (DR) 6:30 Opera Night (TH) | ¹⁸ 8:00 Trip: Tamarack Beach walk w/Zy 9:00 Stretch & Strengthen (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 (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) | ¹⁹ 9:00 Balance Training w/ Zy (FC) 10:00 Chair Yoga w/ Zy (FC) 10:30 Morning Movie (TH) 11:00 Stretch & Strengthen w/Zy (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (TH) 1:00 Seated Volleyball w/Zy (FC) 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) | ²⁰ 10:00 Shabbat Services w/Rabbi Yaffa-Shira and Cantor Kathy (CS & 2493) 12:00 – 4:00 Open Gym (FC) 1:30 Shabbat Limud w/Dr. Rhoda Kotzin "The Story of Hannah" (CS) 1:45 Pool/Aqua Fun w/Ryan (FC) 2:30 Classic Movie Saturday (TH) |
| ²¹ 9:15 Seated Tai Chi w/Patrick (FC) 10:30 Script Reading (TH) 12:30 Mah Jongg (R) 12:45 Trip: North Coast Rep Theater 1:00 Rummi Q (TR) 3:30 Scrabble (TR) | ²² EREV ROSH HASHANAH Shopping Loops 9am, 11am, 1pm, 3pm 9:00 Stretch & Strengthen w/ Zy (FC) 10:00 Philharmonic Online Performance (TH) 10:00 Mat Pilates w/ Zy (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Book Club (TH) 11:00 Chair Yoga w/ Zy (FC) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 3:00 Afternoon Movie (TH) 5:00 Candle Lighting w/Rabbi Yaffa-Shira (DR) 6:30 Erev Rosh Hashanah Service w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493) | ²³ ROSH HASHANAH NO DRIVING, FITNESS CENTER, GIFT SHOP and MEL'S CLOSED 10:00 Rosh Hashanah Day 1 Service w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493) 1:30 Rosh Hashanah Tashlich Service w/ Rabbi Yaffa-Shira (DAVS) 6:30 Evening Movie (TH) | ²⁴ ROSH HASHANAH NO DRIVING, FITNESS OPENS AT 12 GIFT SHOP and MEL'S CLOSED 10:00 Rosh Hashanah Day 2 Service w/ Rabbi Yaffa-Shira (CS & 2493) 12:00 – 4:00 Open Gym (FC) 1:30 Culinary Tasting: Apples & Honey (Garden Patio A bldg.) 2:30 Art History Webinar w/ Susan (TH) 6:30 Piano Sing Along (Francy's)  | ²⁵ 9:00 Stretch & Strengthen (FC) 10:00 Bangles & Beads (R) 9:45 Trip: The Carlsbad Outlet Mall 10:00 Circuit Cardio & Strength w/Zy (FC) 10:30 Time in the Library w/Marsha (LI) 11:00 Sit N Be Fit (FC) 1:00 Mah Jongg (TR) 1:00 Food for Thought w/Erica Dempsey (TH) 2:00 Women's Group w/Guest Speaker Bonnie Epstein (TH) 3:30 Happy Hour: NEW Joni Brobst (Francy's) 6:30 Evening Movie (TH) | ²⁶ 9:00 Balance Training w/ Zy (FC) 10:00 Chair Yoga w/ Zy (FC) 10:30 Morning Movie (TH) 11:00 Stretch & Strengthen w/Zy (FC) 1:00 Rummi-Q (TR) 1:00 Word Game w/Kelly (TH) 1:00 Seated Volleyball w/Zy (FC) 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) | ²⁷ 10:00 Shabbat Services w/Rabbi Yaffa-Shira and Cantor Kathy (CS & 2493) 12:00 – 4:00 Open Gym (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 1:45 Pool/Aqua Fun w/Ryan (FC) 2:30 Classic Movie Saturday (TH) 3:30 Seated Israeli Folk Dance w/ Barbara (CS) |
| ²⁸ 9:15 Seated Tai Chi w/Patrick (FC) 10:30 Script Reading (TH) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 3:30 Scrabble (TR) | ²⁹ 9:00 Stretch & Strengthen w/ Zy (FC) 10:00 Philharmonic Online Performance (TH) 10:00 Mat Pilates w/ Zy (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Chair Yoga w/ Zy (FC) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 2:30 Art Program with Irene (R) 3:00 Afternoon Movie (TH) 6:30 Bingo w/ Wayne & Linda (CS) | ³⁰ 9:00 Stretch & Strengthen w/Zy (FC) 9:45 Trip: Coronado Ferry and Lunch 10:00 Circuit Cardio & Strength w/Zy (FC) 10:30 Yiddish Club (TR) 11:00 Sit N Be FIT (FC) 1:00 Mah Jongg (TR) 3:30 What's on Your Mind w/Larry (TH) 6:30 Evening Movie (TH) | <div>September 2025</div> <div>Life Enrichment Calendar</div> <div>Seacrest Village Retirement Communities at Encinitas 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 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. Addleson Family Assisted Living Program The Sima & Joseph Oppenheimer Religious and Education Program</div> | |

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

HAPPY BIRTHDAY!

9/03 Helen K. A-127
9/05 Marian S. F-182
9/06 George L. F-174
9/14 Bonnie S. A-147
9/16 Carolyn H. F-172
9/23 Lucy T. A-253
9/26 Lois G. A-126

Rosh Hashanah Services and Program Schedule

Mon 9/22 5:00pm Candle Lighting (DR)
Mon 9/22 6:30pm Erev Rosh Hashanah Service (CS & 2493)
Tues 9/23 10:00am Rosh Hashanah Day 1 (CS & 2493)
Tues 9/23 1:30pm Rosh Hashanah Tashlich (DAVS)
Wed 9/24 10:00am Rosh Hashanah Day 2 (CS & 2493)



Mino Y. A-202
Madeline G. A-159

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 book.



Entertainment

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



Sept 4: Raynaldo Martine
Sept 11: Carlos Velasco
Sept 18: Vincent Young
Sept 25: NEW Joni Brobst

All Campus Concerts & Events:

Sunday Sept 7 10:30am GRANDPARENTS DAY All Campus Comedy Show w/Alan Maisel, retired cardiologist, Standup comic (CS)



Sunday, Sept 14 10:30am (CS) The Bayou Brothers



Program Highlights

Dollar Bingo:

Mon. Sept 15 6:30pm BINGO w/Wayne & Linda (CS)
Mon. Sept 29 6:30pm BINGO w/Wayne & Linda (CS)

Poker:

No Poker this month w/Jeff Stoff he will return in November

Trips: (previous sign up required)

Wednesdays weekly 9am, 11am, 1pm, 3pm Shopping Loops
Thursdays weekly 8:00am Tamarack Beach Walk w/Zy

Tues. Sept 2 11:30am Alice's Restaurant
Thurs Sept 4 9:45am Shopping at JC Penney
Tues. Sept 9 1:00pm Shopping at Emy's Yarn Shop
Tues. Sept 16 1:00pm Birch Aquarium
Thurs. Sept 18 10:00am Shopping at Costco
Sun. Sept 21 12:45pm North Coast Rep Theatre
Thurs. Sept 25 9:45am Shopping at The Carlsbad Outlet Mall
Tues. Sept 30 Coronado Ferry and Lunch at Brigantine Rest. (previous sign ups from August will attend)

Discussion Groups:

Tues Sept 2 2:30pm Men's Group (Francy's)
Thurs Sept 4 2:30pm Heart to Heart w/Carl (Francy's)
Tues Sept 16 3:30pm What's on Your Mind w/Larry (TH) (sign up required)
Thurs Sept 18 2:00pm Let's Schmooze w/Dina (TH)
Thurs Sept 25 2:00pm Women's Group w/Guest Bonnie Epstein (TH) (sign up required)
Tues Sept 30 3:30pm What's on Your Mind w/Larry (TH) (sign up required)

Clubs:

Knitting Club Mondays 1:00pm (TR)
Yiddish Club Tuesday Sept 9 and 30 (TH)
Book Club Monday, Sept 22 11am (TH)
Bridge Club Wednesday, Sept 10 1:15pm (TR)

Technology Help:

Monday Sept 8, 15, 22, 29 10:30am w/Barry (CL)
Friday Sept 19 & Sept 26 3:15pm w/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

- | | | |
|----------------------------------|----------------------------------|--|
| 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.