

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2025

## Life Enrichment Calendar

Seacrest Village Retirement Communities at Encinitas

### Leichtag Family Assisted Living Residence

[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
- 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. Adleson Family Assisted Living Program
- The Sima & Joseph Oppenheimer Religious and Education Program

#### KOL NIDRE 1

- 9:30 Morning Moves w/ Ed (SR)
- 10:00 Live Entertainment: Taylor Bassett! (SR)
- 11:00 Trivia (SR)
- 1:30 Whiteboard Games w/ Ed & Danny (SR)
- 2:45 Finish the Lines (SR)
- 3:30 Music Requests (DR Lounge)
- 6:30 Kol Nidre Service (CS & 2493)

#### YOM KIPPUR & YIZKOR 2

Quiet Day

- 10:00 Yom Kippur Service w/ Rabbi Yaffa-Shira & Cantor Kathy (CS)
- 4:30 Yizkor & Neilah Service w/ Rabbi Yaffa-Shira & Cantor Kathy (CS)
- 6:00 Break the Fast Dinner w/ Rabbi Yaffa-Shira (IL DR)

#### 3

- 9:30 Resident Council Meeting (SR)
- 10:30 Influential Speeches Throughout History (SR)
- 1:45 Art Hour w/ Chanda (SR)
- 3:00 News of the Day & Music (DAVS)
- 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

#### 4

- 10:00 Shabbat Services w/ Cantor Mark (CS & 2493)
- 1:30 Afternoon Moves w/ Amy (SR)
- 2:15 News of the Day w/ Amy (DAVS)
- 2:30 Music & Sunshine w/ Amy (DAVS)
- 3:30 Jewish Celebrities w/ Amy (DR Lounge)
- 6:00 Movie Night: The Graduate (1967) (SR)

#### 5

- 9:30 Daily Chronicle (SR)
- 9:45 Morning Trivia: October (SR)
- 10:40 Pet Therapy Visit w/ Christine & Leo! (DR Lounge)
- 10:45 Seated Tai Chi & Movement w/ Patrick (SR)
- 1:30 Word Games w/ Kevin (SR)
- 2:30 Puzzle Time w/Makyla
- 3:30 Concert: Tom Reich (SR)

#### EREV SUKKOT 6

- 9:00 Dominoes with Elliot (Hub D)
- 9:15 Fitness & Fun w/ Fitness Staff (SR)
- 9:45 Daily Chronicle + News Discussion
- 10:15 You be the Judge (SR)
- 1:30 Walk around the Koi pond w/ Makayla (DAVS)
- 2:15 Jeopardy! w/ Makayla (SR)
- 3:30 Name that tune! w/ Makayla (DR Lounge)
- 4:45 Erev Sukkot Candle Lighting (DR)

#### SUKKOT 7

Quiet Day

- 10:00 Sukkot Day One Service w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493)
- 1:30 Noodle Ball (SR)
- 2:45 Daily Chronicle & Daily Scoop (DAVS)
- 3:00 Music and Sunshine (DAVS)

#### SUKKOT 8

- 9:30 Morning Moves w/ Ed (SR)
- 10:00 Daily Chronicle & Trivia (SR)
- 10:30 Bobby Darin: Seeing is Believing (SR)
- 1:30 Whiteboard Games w/ Ed & Danny (SR)
- 3:00 Corner Store (SR)
- 3:15 Trivia Time (DR Lounge)

#### 9

- 9:15 Sound Therapy w/ Kathleen (SR)
- 10:00 Jewelry Making w/ Rochelle & Marianne (SR)
- 1:00 Scenic Drive (Sign Up-Limit 7): Oceanside Harbor (DR Lounge)
- 1:15 Sit n be FIT w/ Fitness Staff (SR)
- 1:30 Fancy Fingers w/ Marianne! (Outside Sunroom)
- 2:00 Remembrance and Art w/ Yaar (SR)
- 3:30 Happy Hour w/ Jerry McCann (DR Lounge)

#### 10

- 9:30 Daily News w/ Discussions (SR)
- 10:15 The Downfall of Bonnie and Clyde (SR)
- 11:30 Lunch in Sukkah w/ Rabbi Yaffa-Shira (Previous Sign-Up Required) (DAVS)
- 1:45 Art Hour w/ Chanda (SR)
- 3:00 Music in the Sun (DAVS)
- 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

#### 11

- 10:00 Shabbat Services w/ Rabbi Yaffa-Shira (CS & 2493)
- 1:30 Shabbat Limud In Sukkah w/ Rabbi Yaffa-Shira (DAVS)
- 2:00 Israeli Dancing w/ Barbara (SR)
- 2:30 Whiteboard Games w/ Amy (SR)
- 3:30 Sunshine & Fresh Air w/ Amy (DAVS)
- 6:00 Movie Night: Back to the Future (1985) (SR)

#### 12

- 9:30 Daily Chronicle (SR)
- 10:00 Hot Takes! Opinions & more w/ Makayla (SR)
- 10:45 Seated Tai Chi & Movement w/ Patrick (SR)
- 1:30 Word Games w/ Kevin (SR)
- 2:45 All About Oceans (SR)
- 3:45 Trivia Time w/ Makayla & Elliana (SR)

#### 13

- 9:00 Dominoes with Elliot (Hub D)
- 9:15 Fitness & Fun w/ Fitness Staff (SR)
- 9:45 Daily Chronicle (SR)
- 10:30 Travel Log w/ Hernan Perez (SR)
- 1:30 Jeopardy! w/ Makayla (SR)
- 1:45 Pet Therapy Visit w/ Kathy & Finn (SR)
- 3:00 Concert: Vincent Young (SR)
- 4:00 Schmooze w/ Makayla
- 4:45 Candle Lighting (DR)

#### SHEMINI ATZERET & YIZKOR 14

- 10:00 Shemini Atzeret & Yizkor Service w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493)
- 1:30 Noodle Ball (SR)
- 2:45 News of the Day Discussions (DAVS)
- 3:15 Music and Sunshine (DAVS)

#### SIMCHAT TORAH 15

- 9:30 Morning Moves w/ Ed (SR)
- 10:00 Joyous Simchat Torah Service w/ Rabbi Yaffa-Shira & Cantor Kathy (CS)
- 1:30 \$1.00 Bingo (SR)
- 3:00 White Board Games (SR)
- 3:30 Music & Sunshine (DAVS Patio)

#### 16

- 9:30 Book Club w/ Keith (SR)
- 10:30 Trivia w/ Jerry (DR Lounge)
- 1:00 Scenic Drive (Sign Up-Limit 7): Ocean Beach/Sunset Cliffs (DR Lounge)
- 1:15 Sit n be FIT w/ Fitness Staff (SR)
- 2:00 Israeli Music w/ Yaar (DAVS)
- 3:30 Happy Hour (DR Lounge)

#### 17

- 9:30 Daily News (SR)
- 10:00 Noodle Ball (SR)
- 1:45 Fall Bouquet Making w/ Chanda (DAVS)
- 3:00 Music in the Sun (DAVS)
- 4:45 Shabbat Candle Lighting w/ Cantor Kathy (DR)

#### 18

- 10:00 Shabbat Services w/ Cantor Kathy (CS & 2493)
- 2:00 Israeli Dancing w/ Barbara (SR)
- 2:30 Word Games w/ Amy (SR)
- 3:45 Poetry Reading w/ Amy (DAVS)
- 6:00 Movie Night: The Blind Side (2009) (SR)

#### 19

- 9:30 Daily Chronicle + News (SR)
- 10:00 You be the Judge! w/ Makayla (SR)
- 10:45 Seated Tai Chi & Movement w/ Patrick (SR)
- 1:30 TVIA Bingo & Ice Cream Social (CS)
- 3:00 Music on the Patio (DAVS)
- 3:45 Trivia Time w/ Makayla & Elliana (DR Lounge)

#### 20

- 9:00 Dominoes with Elliot (Hub D)
- 9:15 Fitness & Fun w/ Fitness Staff (SR)
- 9:45 Daily Chronicle
- 10:00 Famous Music Videos w/ Makayla (SR)
- 11:00 Pre-lunch Shmooze w/ Makayla (DR Lounge)
- 1:30 Card Games w/ Makayla (SR)
- 3:00 Jeopardy! w/ Makayla (SR)

#### 21

- 9:30 Scenic Drive (Sign Up-Limit 7): (DR Lounge): Cabrillo National Monument
- 9:30 Daily News (DR Lounge)
- 10:00 Culinary Meeting (DR Lounge)
- 10:30 Cowboy Trivia (DR Lounge)
- 1:30 Entertainment with Hitoshi (SR)
- 2:30 Current Events w/ Rick (SR)
- 3:45 Walk around the Koi Pond (DAVS)

#### 22

- 9:30 Morning Moves w/ Ed (SR)
- 10:00 Daily Chronicle & Trivia (SR)
- 10:30 Andy Williams: My Favorite Duets (SR)
- 1:30 Whiteboard Games w/ Ed & Danny (SR)
- 2:45 Live Music w/ Sean Bostrom (SR)
- 3:45 Trivia & Sunshine (DR Lounge)

#### 23

- 9:30 Daily Chronicle & Daily Scoop (SR)
- 10:00 Beading w/ Rochelle & Marianne (SR)
- 1:00 Scenic Drive (Sign Up-Limit 7): Rancho Santa Fe (DR Lounge)
- 1:15 Sit n be FIT w/ Fitness Staff (SR)
- 1:30 Fancy Fingers w/ Marianne (Outside SR)
- 2:00 Live Entertainment: Naomi Alter! (SR)
- 3:30 Birthday Celebrations/Happy Hour w/ Yaar (DR Lounge)

#### 24

- 9:30 Daily News (SR)
- 9:45 Morning Meditations (SR)
- 10:15 Whiteboard Challenges (SR)
- 1:45 Art Hour w/ Chanda (SR)
- 3:15 Music in the Sun (DAVS)
- 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

#### 25

- 10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493)
- 1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)
- 1:30 Afternoon Groovin' w/ Amy (SR)
- 2:00 You Be the Judge w/ Amy (SR)
- 3:15 News of the Day (DAVS)
- 3:30 Music and Sunshine (DAVS)
- 6:00 Movie Night: Sabrina (1954) (SR)

#### 26

- 9:30 Daily Chronicle (SR)
- 9:45 You be the Judge! (SR)
- 10:45 Seated Tai Chi & Movement w/ Patrick (SR)
- 1:30 Word Games w/ Kevin (SR)
- 2:45 World Wide News Discussion w/ Makayla (SR)
- 3:45 Trivia Time w/ Makayla & Elliana (SR)

#### 27

- 9:00 Dominoes with Elliot (Hub D)
- 9:15 Fitness & Fun w/ Fitness Staff (SR)
- 9:45 Daily Chronicle
- 10:00 Mr. Rodgers Neighborhood Documentary (SR)
- 1:30 Jeopardy! w/ Makayla (SR)
- 1:45 Pet Therapy Visit w/Kathy & Fin (SR)
- 3:00 Concert: Vincent Young (SR)
- 4:00 Schmooze w/ Makayla (SR)

#### 28

- 9:30 Scenic Drive (Sign Up-Limit 7): Lake Hodges (DR Lounge)
- 9:30 Discussing the Daily News (SR)
- 10:15 The Impact of Carol Burnett (SR)
- 1:30 Music and Sunshine (DAVS)
- 2:15 Pet Visit w/ Helen Woodward (DR Lounge)
- 2:45 Noodle Ball (SR)
- 3:45 International Trivia: England (SR)

#### 29

- 9:30 Morning Moves w/ Ed (SR)
- 10:00 Daily Chronicle & Trivia (SR)
- 10:30 Unforgettable: Nat King Cole (SR)
- 1:30 Live Entertainment - Glenn Kramer! (SR)
- 1:30 Pink Ribbon Decorating (DAVS)
- 2:00 Breast Cancer Awareness Walk (DAVS)
- 3:00 White Board Games (SR)
- 3:45 Music Time (DR Lounge)

#### Sid Vogel Pickle Day 30

- 9:30 Discuss Daily News (SR)
- 9:45 Supreme Court Justice Appreciation (SR)
- 10:45 Stretching and Breathwork (SR)
- 11:30 Sid Vogel Pickle Day Lunch (DR)
- 1:00 Scenic Drive (Sign Up-Limit 7): Balboa Park (DR Lounge)
- 1:15 Sit n be FIT w/ Fitness Staff (SR)
- 2:00 Coffee Dilemma w/ Yaar (DAVS)
- 3:30 Pickle Day Happy Hour! (DR Lounge)

#### 31

- 9:30 Daily News and Facts (SR)
- 10:00 Favorite Fall Jokes & Background (SR)
- 10:30 Roger Hirsh Piano (SR)
- 1:45 Art w/ Chanda: Fall Themes (SR)
- 3:00 Daily Chronicle (DAVS)
- 3:15 Music in the Sun (DAVS)
- 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)



# October 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

## Room Codes

**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

**(F)** Independent Living

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

\* Non Kosher

## Important Contacts

**Mary Fawell - Director of Assisted Living - 760-516-2040**

**Sophia Rucireta - Life Enrichment Specialist - 760-632-8948**

**Zy Dewey - Fitness Center - 760-632-3739**

**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)**
- **Fitness Programs**
- **Religious Programming**
- **Resident Council Meeting**
- **Vendors**
- **Volunteers**
- **Involving Food**
- **Movie Nights/T.V. Programs**

## Hair Salon Open Fridays

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



## Birthdays!

### Residents

Nancy M.—10/9

Luana L.- 10/16

Marguerite M. - 10/27

### Staff

Rosario C. - 10/09

Milka R. - 10/22

Carmen J. - 10/23



## Entertainment in Assisted Living

**October 1:** Taylor Bassett - 10:00 (SR)

**October 5:** Tom Reich - 3:30 (SR)

**October 9:** Happy Hour Live Music w/ Jerry McCann - 3:30 (DR Lounge)

**October 21:** Hitoshi - 1:30 (SR)

**October 23:** Naomi Alter - 10:30 (SR)

**October 29:** Glenn Kramer - 1:30 (SR)

**October 13, 27:** Concert: Vincent Young - 3:00 (SR)

### Scenic Drives

#### Tuesdays

**9:30-11:15**

#### October 21

(Cabrillo National Monument)

#### October 28

(Lake Hodges)

#### Thursdays

**1:00-2:45**

#### October 9

(Oceanside Harbor )

#### October 16

(Ocean Beach/Sunset Cliffs)

#### October 23

(Rancho Santa Fe )

#### October 30

(Balboa Park)



**Book Club:** Keith on 10/16 at 9:30 (SR)

**Dominoes:** Elliot every Monday at 9:00 (HUB B)

**Trivia:** Jerry on 10/16 at 10:30 (DR Lounge)

**Trivia:** Elliana on 10/12, 10/19 and 10/26 at 3:45 (SR/DR Lounge)

**Jewelry Making:** Rochelle & Marianne on the 2nd & 4th

Thursday of the month at 10:00 (SR)

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

**Art Hour:** Chanda every Friday at 1:30

(DAVS Patio - weather permitting)

**Whiteboard Games:** Kevin on 10/5, 10/12 and 10/26 at 1:30 (SR)

**Whiteboard Games/Bingo:** Danny on 10/1, 10/8 and 10/22 at 1:30 (SR)

**Pet Visit:** Kathy & Finn on 10/13 and 10/27 at 1:45 (SR)

**Pet Visit:** Helen Woodward on 10/28 at 2:15 (DR Lounge)

**Pet Therapy:** Christine and Leo on 10/5 at 10:40 (DR Lounge)

**Piano Performance:** Roger on 10/31 at 10:30 (SR)

**Music & Socialization:** Michael every Sunday at 11:00 (DAVS - Weather Permitting)

**Happy Hour:** Marissa on 10/16 and 10/24 and 9/25 at 3:30 (DR Lounge)

**Fancy Fingers:** Marianne on 10/9 and 10/23 at 1:30 (Outside SR)

**Creative Writing:** Noa at 1:30 (SR)