

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2025 Life Enrichment Calendar Seacrest Village Retirement Communities at Encinitas Lee and Frank Goldberg Residence Court [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. Addleson Family Assisted Living Program The Sima & Joseph Oppenheimer Religious and Education Program						
2 9:15 Seated Tai Chi w/Patrick (FC) 12:30 Mah Jongg (R) 12:45 Trip: North Coast Rep Theater (previous sign up) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 NEW Sunday Matinee (TH) 3:30 Scrabble (TR)	3 9:00 Stretch & Strengthen w/Zy (FC) 10:00 Mat Pilates (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Sit N Be Fit (FC) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 2:15 Art Program w/Irene (R) 2:30 Adult Education w/Rabbi Yaffa-Shira (TH) 3:00 CANCELLED: Afternoon Movie (TH)	4 9:00 Stretch & Strengthen w/Ryan (FC) 10:00 Circuit Cardio & Strength w/Zy (FC) 10:15 Beginning Bridge (CS) 10:30 Yiddish Club (TR) 11:00 Sit N Be FIT w/Ryan (FC) 11:45 Trip: Boker Israeli Kitchen (UTC) 1:00 Mah Jongg (TR) 1:15 Current Events w/Rick (TH) 6:30 Evening Movie (TH)	5 Shopping Loops 9am & 11am, 1pm & 3pm 9:00 Balance Training w/Zy (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Stretch & Strength w/Jessica (FC) 11:00 Balance & Strength/Walker Users (FC) 1:00 Program w/Yaar: Fall Collage Art (R) 2:00 Men's Group w/Carl (Francy's) 3:00 Cooking Demo w/Ben (R) 6:30 Piano Sing Along (Francy's)	6 8:00 Trip: Tamarack Beach walk w/Zy 9:00 Stretch & Strengthen (FC) 10:00 Trip: Kohl's Oceanside 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength (FC) 11:00 Sit N Be Fit (FC) 1:00 NEW! Tai Chi w/Ryan (FC) 1:00 Mah Jongg (TR) 1:00 NEW PROGRAM: Doing it "Write" (CS) 2:00 Let's Schmooze w/Dina (TH) 3:30 SPECIAL EVENT: Western Hoedown Happy Hour: Western Attire!! (DAVS) 6:30 Evening Movie (TH)	7 9:00 Balance Training w/ Zy (FC) 10:00 Chair Yoga w/ Ryan (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)	8 10:00 Shabbat Services w/Rabbi Yaffa-Shira & 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)
9 KRISTALLNACHT 9:15 Seated Tai Chi w/Patrick (FC) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 1:30 Kristallnacht Presentation w/Werner Dreifuss (CS) 2:30 NEW Sunday Matinee (TH) 3:30 Scrabble (TR)	10 9:00 Stretch & Strengthen w/ Zy (FC) 10:00 Mat Pilates w/ Zy (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Sit N Be Fit (FC) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 2:30 Baking w/Maya: Puffed Pastry Pumpkins (R) 3:00 Afternoon Movie (TH) 6:30 Bingo w/Wayne & Linda (CS)	11 Veterans Day 9:00 Stretch & Strengthen w/Zy (FC) 9:15 Advanced Hearing Care (TR) 10:00 Circuit Cardio & Strength w/Zy (FC) 10:30 Veteran's Day Concert: It Takes Two & Friends (CS) 11:00 Sit N Be FIT (FC) 1:00 Trip: Shopping at JC Penney 1:00 Mah Jongg (TR) 1:30 Table Tennis & Wii Fun (FC) 3:30 What's On Your Mind w/Larry (TH) 6:30 Veteran's Day Evening Movie (TH)	12 Shopping Loops 9am & 11am, 1pm & 3pm 9:00 Balance Training w/Zy (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Stretch & Strength w/Jessica (FC) 11:00 Balance & Strength/Walker Users (FC) 1:15 Bridge Club (TR) 1:30 Coffee Dilemma w/Yaar (TH) 2:30 Adult Ed. w/Rabbi Yaffa-Shira (TH) 6:30 Opera Night (TH)	13 8:00 Trip: Tamarack Beach walk w/Zy 9:00 Stretch & Strengthen (FC) 10:00 Trip: Costco 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength (FC) 11:00 Sit N Be Fit (FC) 1:00 NEW! Tai Chi w/Ryan (FC) 1:00 Mah Jongg (TR) 2:00 Concert: The Grandpas & The Gals (CS) 3:30 Happy Hour: Carlos Velasco (Francys) 6:30 Evening Movie (TH)	14 9:00 Balance Training w/ Zy (FC) 10:00 Chair Yoga w/ Ryan (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)	15 10:00 Shabbat Services w/Rabbi Yaffa-Shira (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)
16 9:15 Seated Tai Chi w/Patrick (FC) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 Special Program: Screen Free Wisdom (CS) 3:30 Scrabble (TR)	17 9:00 Stretch & Strengthen w/ Zy (FC) 10:00 Mat Pilates w/ Zy (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Sit N Be Fit (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) 3:00 Crafting Mini Vinnie's Group (CS) 6:30 Bingo w/Wayne & Linda (CS)	18 9:00 Stretch & Strengthen w/Ryan (FC) 10:00 Circuit Cardio & Strength w/Zy (FC) 10:15 CANCELLED Beginning Bridge (CS) 10:30 Travel Log w/Hernan: Ecuador (CS) 10:30 Yiddish Club (TR) 11:00 Sit N Be FIT (FC) 11:45 Trip: Lunch Solana Beach Kitchen 1:00 Mah Jongg (TR) 1:15 Current Events w/Rick (TH) 2:30 Heart to Heart w/Carl (Francy's) 6:30 Evening Movie (TH)	19 Shopping Loops 9am & 11am, 1pm & 3pm 9:00 Balance Training w/Zy (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Stretch & Strength w/Jessica (FC) 11:00 Balance & Strength/Walker Users (FC) 1:30 Crafting w/Maya (R) 3:00 Food for Thought w/Nutritionist Erica Dempsey (TH) 5:30 Monthly Birthday Bash (DR) 6:30 Piano Sing Along (Francy's)	20 8:00 Trip: Tamarack Beach walk w/Zy 9:00 Stretch & Strengthen (FC) 10:00 Trip: World Market Oceanside 10:00 Bangles & Beads (R) 10:00 Culinary Meeting (TH) 10:00 Circuit Cardio & Strength (FC) 10:30 Time in the Library w/Marsha (LI) 11:00 Sit N Be Fit (FC) 1:00 NEW! Tai Chi w/Ryan (FC) 1:00 Mah Jongg (TR) 2:00 Women's Group: Fitness Ryan (TH) 3:30 Happy Hour: Vincent Young (Francys) 6:30 Evening Movie (TH)	21 9:00 Balance Training w/ Zy (FC) 10:00 Chair Yoga w/ Ryan (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)	22 10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark (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)
23 9:15 Seated Tai Chi w/Patrick (FC) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 Concert: Sean Bostrom Pianist (CS) 3:30 Scrabble (TR)	24 9:00 Stretch & Strengthen w/ Zy (FC) 10:00 Mat Pilates w/ Zy (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Book Club (TH) 11:00 Sit N Be Fit (FC) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 3:00 Afternoon Movie (TH)	25 9:00 Stretch & Strengthen w/Ryan (FC) 10:00 Circuit Cardio & Strength w/Zy (FC) 10:15 Beginning Bridge (CS) 10:30 Yiddish Club (TR) 11:00 Sit N Be FIT (FC) 11:45 Trip: Lunch Thai One On Carlsbad 1:00 Mah Jongg (TR) 1:30 Table Tennis & Wii Fun (FC) 6:30 Evening Movie (TH)	26 Shopping Loops 9am & 11am, 1pm & 3pm 9:00 Balance Training w/Zy (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Stretch & Strength w/Jessica (FC) 11:00 Balance & Strength/Walker Users (FC) 1:15 Bridge Club (TR) 2:30 Adult Ed. w/Rabbi Yaffa-Shira (TH) 6:30 Opera Night (TH)	27 Thanksgiving Fitness Center Closed All Day 3:30 CANCELLED: Happy Hour: 6:30 Thanksgiving Evening Movie (TH)	28 Gym Hours Today ONLY: 8:30am-12:30pm 9:30 Stretch & Strengthen w/Ryan (FC) 10:30 Seated Volleyball (FC) 10:30 Morning Movie (TH) 1:00 Rummi-Q (TR) 5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)	29 10:00 Shabbat Services w/Rabbi Yaffa-Shira & 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)
30 9:15 Seated Tai Chi w/Patrick (FC) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 Sunday Matinee (TH) 3:30 Scrabble (TR)						

November 2025 - Life Enrichment Newsletter

DAVS= Dave & Annette's Village Square**
CL=Computer Lab
CS= Chodorow Synagogue
DR= Dining Room
FC = Fitness Center
FP = Fireside Patio
GHC= Goldberg Health
GR = Game Room
GRC= Goldberg Resident Court

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**

Liz Custer 11/2
David Allen 11/15
Deanna Ruttenberg 11/23
Lana Sternberg 11/23
Judy Adler 11/26
Gayle Wise 11/26
Evelyn Litwin 11/30



Veteran's Day Concert
Featuring: It Takes Two & Friends. Come listen to some oldies and patriotic music as we celebrate our brave heroes
Tuesday, November 11 10:30am Synagogue



Important Contacts

Katie Park - Building & Life Enrichment Director 760-516-2025
Kelly Patton - Life Enrichment Specialist 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

Join us Thursdays from 3:30pm-4:30pm in Francy's Lounge for Happy Hour

November 6 Taylor Johns (DAVS)
November 13 Carlos Velasco
November 20 Vincent Young
No Happy Hour November 27
Happy Thanksgiving

Special Event Highlights

Western Hoedown Happy Hour
Wear your best Cowboy attire and come ready to kick up your boots. We will have a special country singer, fun snacks & specialty drinks. Raffle Prizes! Thursday, November 6 3:30pm DAVS



The Singing Grandpas & Gals directed by our very own Lorea Herald Thursday, November 13 2pm Synagogue



Monthly Program Highlights

Cooking Demo w/Ben Mastracco Mexican Pumpkin Tortilla Soup Wednesday, 11/5 3pm Rec Room

Men's Group w/Carl Wednesday, 11/5 2pm Francy's

Bingo Mondays, 11/10 11/17 6:30pm (CS)

What's On Your Mind w/Larry One session only Tuesday, 11/11 3:30pm Theater

Heart to Heart w/Carl Tuesday, 11/18 2:30pm Francy's

Travel Log w/Hernan Ecuador: The Middle of the World Tuesday, 11/18 10:30am Synagogue

Women's Group: Guest Speaker Ryan from Fitness Thursday, 11/20 2pm Theater

Book Club w/Ellen Monday, 11/24 11am Theater

Crafting & Cooking Puffed Pastry Pumpkins w/Maya & Kelly Monday, 11/10 2:30pm Rec Room

Crafting w/Maya: Thanksgiving Craft Wednesday, 11/19 1:30pm Rec Room



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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| <ul style="list-style-type: none">• Walmart• Target• Stater Bros• Ross• Best Buy• CVS– Encinitas Blvd.• Smart & Final• Best Nails (Smart & Final plaza)• Walgreen's *upon request | <ul style="list-style-type: none">• Fed Ex Office• Trader Joes• Ralphs• Happiness Nails (next to Ralphs)• US Bank• Chase Bank• Dollar Tree• TJ Maxx• Sprouts | <ul style="list-style-type: none">• Best Buy• T-Mobile• Barnes & Noble• Ultra Beauty Supply• Famous Footwear• Bank of America (Encinitas Blvd) *upon request |
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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.