

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p><b>HAPPY HANUKKAH</b></p></div>	<div><p><sup>1</sup></p><p>9:00 Stretch &amp; 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 Hanukkah Crafting w/Maya (R) 3:00 Afternoon Movie (TH)</p></div>	<div><p><sup>2</sup></p><p>9:00 Stretch &amp; Strengthen w/Ryan (FC) 10:00 Circuit Cardio &amp; Strength w/Zy (FC) 10:00 <b>NEW! Brandeis: American Judaism Hybrid model (TH)</b> 10:15 Beginning Bridge (CS) 11:00 Sit N Be FIT w/Ryan (FC) 11:45 <b>Lunch: Tandoori Palace Indian Restaurant w/Joya</b> 1:00 Mah Jongg (TR) 1:15 Current Events w/Rick (TH) 6:30 Evening Movie (TH)</p></div>	<div><p><sup>3</sup></p><p><b>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</b> 9:00 Stretch &amp; Strength (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Balance Training w/Zy (FC) 10:30 <b>Program w/Yaar: Shabbat Breakfast Tasting (R)</b> 11:00 Sit &amp; Be Fit (FC) 2:00 Men's Group w/Carl (Francy's) 2:30 <b>Adult Education w/Rabbi (TH)</b> 6:30 <b>Piano Sing Along (Francy's)</b></p></div>	<div><p><sup>4</sup></p><p><b>8:00 Trip: NEW Encinitas Park Walk w/Zy</b> 9:00 Stretch &amp; Strengthen (FC) 10:00 <b>Trip: Shopping at Seaside Market</b> 10:00 Bangles &amp; Beads (R) 10:00 Circuit Cardio &amp; Strength (FC) 10:30 Time In the Library w/Marsha (LI) 11:00 Sit N Be Fit (FC) 1:00 Tai Chi w/Ryan (FC) 1:00 Mah Jongg (TR) 2:00 <b>NEW PROGRAM: Doing it "Write" (CS)</b> 3:30 <b>Happy Hour: Carlos Velasco (Francy's)</b> 6:30 Evening Movie (TH)</p></div>	<div><p><sup>5</sup></p><p>9:00 Balance Training w/ Zy (FC) 10:00 Chair Yoga w/ Ryan (FC) 10:30 Morning Movie (TH) 11:00 Stretch &amp; 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 <b>Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</b></p></div>	<div><p><sup>6</sup></p><p>10:00 <b>Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS/2493)</b> 12:00 – 4:00 Open Gym (FC) 1:30 <b>Shabbat Limud w/Rabbi Yaffa-Shira (CS)</b> 1:45 Pool/Aqua Fun w/Ryan (FC) 2:30 Classic Movie Saturday (TH)</p></div>
<div><p><b>Pearl Harbor Remembrance Day</b> <sup>7</sup></p><p>9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 NEW OPEN GYM 12:00 <b>Trip: SD Symphony (previous sign up required)</b> 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 Sunday Matinee: Pearl Harbor (TH) 3:30 Scrabble (TR)</p></div>	<div><p><sup>8</sup></p><p>9:00 Stretch &amp; 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) 2:30 <b>Pop Up Hanukkah Card Making w/Barbara Appleby &amp; Maya (R)</b> 3:00 Afternoon Movie (TH) 6:30 <b>Bingo w/Wayne &amp; Linda (CS)</b></p></div>	<div><p><sup>9</sup></p><p>9:00 Stretch &amp; Strengthen w/Ryan (FC) 10:00 Circuit Cardio &amp; 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 <b>Lunch: The French Door Cafe</b> 1:00 Mah Jongg (TR) 1:30 Table Tennis &amp; Wii Fun (FC) 2:00 <b>Town Hall (CS)</b> 6:30 Evening Movie (TH)</p></div>	<div><p><sup>10</sup></p><p><b>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</b> 9:00 Stretch &amp; Strength (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Balance Training w/Zy (FC) 11:00 Sit &amp; Be Fit (FC) 1:15 Bridge Club (TR) 2:30 <b>The Coffee Dilemma w/Yaar (CS)</b> 6:30 Opera Night (TH)</p></div>	<div><p><sup>11</sup></p><p><b>8:00 Trip: NEW Encinitas Park Walk w/Zy</b> 9:00 Stretch &amp; Strengthen (FC) 9:45 <b>Trip: Shopping at Nordstrom Rack/ Home Goods, Marshalls San Marcos</b> 10:00 Bangles &amp; Beads (R) 10:00 Circuit Cardio &amp; Strength (FC) 11:00 Sit N Be Fit (FC) 1:00 Tai Chi w/Ryan (FC) 1:00 Mah Jongg (TR) 2:00 <b>Let's Schmooze w/Dina (TH)</b> 3:30 <b>Happy Hour: NEW PERFORMER Evan O'Connor (Francy's)</b> 6:30 Evening Movie (TH)</p></div>	<div><p><sup>12</sup></p><p>9:00 Balance Training w/ Zy (FC) 10:00 Chair Yoga w/ Ryan (FC) 10:30 Morning Movie (TH) 11:00 Stretch &amp; 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 <b>Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</b></p></div>	<div><p><sup>13</sup></p><p>10:00 <b>Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS/2493)</b> 12:00 – 4:00 Open Gym (FC) 1:30 <b>Shabbat Limud w/Rabbi Yaffa-Shira (CS)</b> 1:45 Pool/Aqua Fun (FC) 2:30 Classic Movie Saturday (TH) 3:30 Israeli Dance w/Barbara (FC)</p></div>
<div><p><b>First Night of Hannukah</b> <sup>14</sup></p><p>9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 NEW OPEN GYM 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 <b>Hanukkah Concert: Kol Tefillah (CS)</b> 3:30 Scrabble (TR) 5:00 <b>Hanukkah Candle Lighting Night 1 (DR)</b> </p></div>	<div><p><sup>15</sup></p><p>9:00 Stretch &amp; 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) 3:00 Afternoon Movie (TH) 5:00 <b>Hanukkah Candle Lighting Night 2 (DR)</b> </p></div>	<div><p><sup>16</sup></p><p>9:00 Stretch &amp; Strengthen w/Ryan (FC) 10:00 Circuit Cardio &amp; Strength w/Zy (FC) 10:15 NEW LOCATION Beginning Bridge (R) 10:30 <b>Hanukkah Concert Shalom Strings (CS)</b> 11:00 Sit N Be FIT w/Ryan (FC) 11:45 <b>Lunch: Village Pie Shoppe (Carlsbad)</b> 1:00 Mah Jongg (TR) 1:15 Current Events w/Rick (TH) 2:00 <b>Latke Making (Garden Patio A Bldg.)</b> 3:30 What's On Your Mind w/Larry (TH) 5:00 <b>Hanukkah Candle Lighting Night 3 (DR)</b>  6:30 Evening Movie (TH)</p></div>	<div><p><sup>17</sup></p><p><b>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</b> 9:00 Stretch &amp; Strength (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Balance Training w/Zy (FC) 11:00 Sit &amp; Be Fit (FC) 2:00 <b>Hanukkah Program w/Yaar (R)</b> 3:00 <b>Food for Thought (TH)</b> 5:00 <b>Hanukkah Candle Lighting Night 4 (DR)</b> 5:30 Monthly Birthday Bash (DR) 6:30 <b>Hannukah Festival w/Rabbi Yaffa Shira/ Cantor Kathy &amp; Kids on The Stage (CS)</b> </p></div>	<div><p><sup>18</sup></p><p><b>8:00 Trip: NEW Encinitas Park Walk w/Zy</b> 9:00 Stretch &amp; Strengthen (FC) 10:00 <b>Trip: Costco</b> 10:00 Culinary Meeting (TH) 10:00 Bangles &amp; Beads (R) 10:00 Circuit Cardio &amp; Strength (FC) 10:30 Time In the Library w/Marsha (LI) 11:00 Sit N Be Fit (FC) 1:00 Tai Chi w/Ryan (FC) 1:00 Mah Jongg (TR) 3:30 <b>Happy Hour: Vincent Young</b> 5:00 <b>Hanukkah Candle Lighting Night 5 (DR)</b>  6:30 Evening Movie (TH)</p></div>	<div><p><sup>19</sup></p><p>9:00 Balance Training w/ Zy (FC) 10:00 Chair Yoga w/ Ryan (FC) 10:30 Morning Movie (TH) 11:00 Stretch &amp; Strengthen w/Zy (FC) 1:00 Rummi-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 2:00 <b>Hanukkah Games w/Barbara Appleby (CS)</b> 3:15 Technology w/Steve (CL) 5:00 <b>Hanukkah &amp; Shabbat Candle Lighting Night 6 (DR)</b> </p></div>	<div><p><sup>20</sup></p><p>10:00 <b>Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Mark (CS/2493)</b> 12:00 – 4:00 Open Gym (FC) 1:30 <b>Shabbat Limud w/Rabbi Yaffa-Shira (CS)</b> 1:45 Pool/Aqua Fun (FC) 2:30 Classic Movie Saturday (TH) 5:00 <b>Hanukkah Candle Lighting Night 7 (DR)</b> </p></div>
<div><p><sup>21</sup></p><p>9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 NEW OPEN GYM 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 <b>Hanukkah Concert: Shirim B'Lev Choir (CS)</b> 3:30 Scrabble (TR) 5:00 <b>Hanukkah Candle Lighting Night 8 (DR)</b> </p></div>	<div><p><sup>22</sup></p><p><b>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</b> <b>LAST DAY OF HANUKKAH</b> 9:00 Stretch &amp; Strengthen w/Zy (FC) 10:00 Mat Pilates (FC) 10:30 Technology Assistance w/Barry (CL) 11:00 Sit N Be Fit (FC) 11:00 <b>Book Club (TH)</b> 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 2:30 <b>Art Program w/Irene (R)</b>  3:00 Afternoon Movie (TH)</p></div>	<div><p><sup>23</sup></p><p>9:00 Stretch &amp; Strengthen w/Ryan (FC) 10:00 Circuit Cardio &amp; 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 <b>Lunch: Casa de Bandini (Mexican)</b> 1:00 Mah Jongg (TR) 1:30 Table Tennis &amp; Wii Fun (FC) 3:30 <b>NEW TIME TODAY ONLY</b> <b>Happy Hour: Adam Wolf (Francys)</b> 6:30 Evening Movie (TH)</p></div>	<div><p><sup>24</sup></p><p><b>Shopping Loops Rescheduled</b> 9:00 Stretch &amp; Strength (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Balance Training w/Zy (FC) 11:00 Sit &amp; Be Fit (FC) 1:15 Bridge Club (TR) 6:30 Opera Night (TH)</p></div>	<div><p><sup>25</sup></p><p><b>FITNESS CENTER CLOSED ALL DAY</b>  10:30 <b>Concert: The Sussman's (CS)</b> 1:00 Mah Jongg (TR) 6:30 Evening Movie (TH)</p></div>	<div><p><sup>26</sup></p><p><b>Gym Hours Today Only 9am-1pm</b>  9:30 Stretch &amp; Strengthen (FC) 10:30 Seated Volleyball (FC) 10:30 Morning Movie (TH) 1:00 Rummi-Q (TR) 2:15 You Be The Judge w/Judi (TH) 3:15 Technology w/Steve (CL) 5:00 <b>Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</b></p></div>	<div><p><sup>27</sup></p><p>10:00 <b>Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Mark (CS/2493)</b> 12:00 – 4:00 Open Gym (FC) 1:30 <b>Shabbat Limud w/Rabbi Yaffa-Shira (CS)</b> 1:45 Pool/Aqua Fun w/Jessica (FC) 2:30 Classic Movie Saturday (TH)</p></div>
<div><p><sup>28</sup></p><p>9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 NEW OPEN GYM 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 Sunday Matinee (TH) 3:30 Scrabble (TR)</p></div>	<div><p><sup>29</sup></p><p><b>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</b> 9:00 Stretch &amp; 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) 3:00 Afternoon Movie (TH) 6:30 <b>Bingo w/Wayne &amp; Linda (CS)</b></p></div>	<div><p><sup>30</sup></p><p>9:00 Stretch &amp; Strengthen w/Ryan (FC) 10:00 Circuit Cardio &amp; Strength w/Zy (FC) 10:15 Beginning Bridge (CS) 11:00 Sit N Be FIT w/Ryan (FC) 11:45 <b>Lunch at Panda Garden San Marcos</b> 1:00 Mah Jongg (TR) 6:30 Evening Movie (TH)</p></div>	<div><p><sup>31</sup></p><p><b>New Years Eve Shopping Loops Rescheduled</b> 9:00 Stretch &amp; Strength (FC) 9:45 Aqua Fun w/Jessica (FC) 10:00 Balance Training w/Zy (FC) 11:00 Sit &amp; Be Fit (FC) 3:30 <b>New Year's Eve Cocktail Hour (Francy's)</b> 5:00 <b>New Years Eve Dinner Party w/ Live Music &amp; Dancing! (CS)</b> </p></div>	<div><p><u>We thank our contributors for making these programs possible:</u> The Haimsohn Family Holiday Program Irwin &amp; Joan Jacobs Cultural Program Irwin &amp; Joan Jacobs Transportation Program The Galinson Family Rehabilitative Therapy Program The Merrill &amp; Robert Haimsohn Alzheimer's Program Lipinsky Family Foundation Nursing Program The A. Wexler, R. Simon &amp; E. Addleson Family Assisted Living Program The Sima &amp; Joseph Oppenheimer Religious and Education Program</p></div>	<div><p><b>December 2025 Life Enrichment Calendar</b>  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.]</p></div>	



# December 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

## BIRTHDAYS

JUDITH B. 12/6  
JERRY B. 12/8  
LARRY K. 12/8  
IRAN F. 12/21  
ANN F. 12/22  
EDITH S. 12/22  
CATHERINE C. 12/30



## WELCOME TO SEACREST!

**ETTA ZINN Room 157**  
**ANN FRANKEL Room 119**  
**IRVING “SKIP” AHLBECK Room 230**

## Monthly Program Highlights

**Programs with Shinshin Yaar**  
**Shabbat Breakfast Tasting**  
Wednesday, 12/3 10:30am Rec Room

**The Coffee Dilemma**  
Wednesday, 12/10 2:30pm Synagogue

**Hanukkah Fun**  
Wednesday, 12/17 2pm Rec Room

**Bingo**  
Mondays, 12/8 & 12/29 6:30pm Synagogue

**What’s On Your Mind w/Larry**  
One session only  
Tuesday, 12/16 3:30pm Theater

**Book Club w/Ellen**  
Monday, 12/22 11am Theater

**Hanukkah Crafting w/Maya**  
Monday, 12/1 2:15pm Rec Room

**Pop Up Hanukkah Card Making w/Barbara Appleby & Maya**  
Monday, 12/8 2:30pm Rec Room

**Hanukkah Games w/Barbara Appleby**  
Friday, 12/19 2:00pm Synagogue

**Latke Tasting with Rabbi Yaffa-Shira & Life Enrichment staff**  
Tuesday, 12/16 2:00pm  
Garden Patio  
Outside A Bldg. Lobby



**NEW YEAR’S EVE CELEBRATION!**  
**Join us for cocktail hour at 3:30pm in Francy’s lounge.**

**Dinner, Dancing & Live Music beginning at 5pm in the Synagogue**  
**Come celebrate as we countdown to 2026!!**



## 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
- Webinars/Brandeis

Hair Salon Open Thursdays  
Except Holidays  
To make an appointment, please come to the salon and write your name in the appointment book.  
\*\*\*\*\*

NEW FITNESS CENTER HOURS  
OPEN GYM ON SUNDAYS 10AM-2PM

## Entertainment

Happy Hour 3:30pm Francy’s

Thursday, 12/4 Carol Velasco  
Thursday, 12/11 Evan O’Connor  
Thursday, 12/18 Vincent Young  
Thursday, 12/25 NO HAPPY HOUR

**Join us for a Special Happy Hour**  
Tuesday, 12/23 Adam Wolf

## Special Event Highlights

### Hanukkah Concerts

**Kol Tefillah**  
Sunday, 12/14 2:30pm  
Synagogue

**Shalom Strings**  
Tuesday, 12/16 10:30am  
Synagogue

**Hanukkah Festival w/Rabbi Yaffa-Shira**  
Wednesday, 12/17 6:30pm  
Synagogue

**Shirim B’ Lev Choir**  
Sunday, 12/21 2:30pm  
Synagogue

**The Sussman’s**  
Thursday, 12/25 10:30am  
Synagogue

**Big Time Operator**  
Wednesday, 12/31 5pm  
Synagogue  
New Years Eve Party!



## 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                    | • Best Buy                         |
| • Target                           | • Trader Joes                      | • T-Mobile                         |
| • Stater Bros                      | • Ralphs                           | • Barnes & Noble                   |
| • Ross                             | • Happiness Nails (next to Ralphs) | • Ultra Beauty Supply              |
| • Best Buy                         | • US Bank                          | • Famous Footwear                  |
| • CVS– Encinitas Blvd.             | • Chase Bank                       | • Bank of America (Encinitas Blvd) |
| • Smart & Final                    | • Dollar Tree                      | *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.