

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January 2026</div> <div>Life Enrichment Calendar</div> <div>Seacrest Village Retirement Communities at Encinitas</div> <div>Leichtag Family Assisted Living Residence</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></div>	<div>New Year's Day</div> <div>1</div> <div>9:30 Stories: Your Best New Years Experience Ever (SR)</div> <div>10:30 Trivia w/ Jerry (DR Lounge)</div> <div>1:30 Afternoon Moves (SR)</div> <div>2:00 Daily Documentary (SR)</div> <div>3:30 Happy Hour (DR Lounge)</div>	<div>9:30 Interesting Facts About Our World (SR)</div> <div>10:00 Resident Council Meeting (SR)</div> <div>11:00 Daily Chronicle (SR)</div> <div>1:30 Noodle Ball! (SR)</div> <div>2:30 Famous Speeches & Their Backstories (SR)</div> <div>3:30 TV Time (SR)</div> <div>4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div>	<div>10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493)</div> <div>1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)</div> <div>1:30 Word Games w/ Amy (SR)</div> <div>2:30 Daily Chronicle w/ Amy (SR)</div> <div>3:00 Jewish Celebrities w/ Amy (SR)</div> <div>4:00 Memory Lane w/ Amy (SR)</div> <div>6:00 Movie Night: Mel Brooks - Make a Noise (2013) (SR)</div>
<div>9:30 Daily Chronicle (SR)</div> <div>10:00 Seated Tai Chi & Movement w/ Patrick (SR)</div> <div>10:30 Latest Scientific Innovations w/ Makayla (SR)</div> <div>1:30 Word Games w/ Kevin (SR)</div> <div>2:30 You Be The Judge (SR)</div> <div>3:30 Concert: Tom Reich (SR)</div> <div>3:45 Trivia Time w/ Makayla & Elliana (DR Lounge)</div>	<div>9:00 Dominoes with Elliot (Hub D)</div> <div>9:15 Fitness & Fun w/ Fitness Staff (SR)</div> <div>9:30 Morning Moves w/ Nunu (Private DR)</div> <div>10:15 Book Club w/ Ellyn (SR)</div> <div>10:15 Book Club w/ Keith (DR Lounge)</div> <div>1:30 Art w/ Nunu (SR)</div> <div>2:45 Memory Lane & Fresh Air w/ Nunu (DAVS) (Weather Permitting)</div> <div>4:00 Trivia w/ Nunu (DR Lounge)</div>	<div>9:30 Scenic Drive (Sign Up-Limit 7): Gaslamp Quarter (DR Lounge)</div> <div>9:45 Daily Chronicle (SR)</div> <div>10:15 Morning Moves (SR)</div> <div>10:45 Shmooze w/ Rabbi Yaffa-Shira (SR)</div> <div>11:00 Daily Chronicle & Trivia (DAVS) (Weather Permitting)</div> <div>1:30 Afternoon Moves (Private DR)</div> <div>2:00 Do You Remember These Moments? (DAVS) (Weather Permitting)</div> <div>2:30 Current Events w/ Rick LeVine (SR)</div> <div>3:30 TV Time (SR)</div> <div>3:45 Mysteries of the 20th Century (DR Lounge)</div>	<div>9:30 Morning Moves w/ Ed (SR)</div> <div>10:00 Daily Chronicle & Trivia (SR)</div> <div>10:30 Sammy Davis Jr.: Singing At His Best (SR)</div> <div>1:30 Whiteboard Games w/ Ed (DR Lounge)</div> <div>2:30 Music Requests w/ Ed (DR Lounge)</div> <div>3:00 Trivia w/ Brady (DR Lounge)</div>	<div>9:30 Morning Moves (SR)</div> <div>10:00 Jewelry Making w/ Rochelle & Marianne (SR)</div> <div>10:30 Do You Remember These Moments? (DR Lounge)</div> <div>1:00 Scenic Drive (Sign Up-Limit 7): Soledad Mountain Road (DR Lounge)</div> <div>1:15 Sit n be FIT w/ Fitness Staff (Private DR)</div> <div>1:30 Fancy Fingers w/ Marianne! (Outside Sunroom)</div> <div>2:00 Coffee Dilemma w/ Yaar (SR)</div> <div>2:30 Campus Wide Memorial (CS)</div> <div>3:30 Happy Hour w/ Jerry McCann (DR Lounge)</div>	<div>9:30 Daily Chronicle & Weekly Reflections (SR)</div> <div>10:15 Daily Chronicle & Weekly Reflections (DR Lounge)</div> <div>10:45 Stamina & Exercise (Private DR)</div> <div>1:45 Art w/ Chanda (SR)</div> <div>3:00 Stamina & Strengthening (SR)</div> <div>3:45 Poetry Reading (DR Lounge)</div> <div>4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div>	<div>10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493)</div> <div>1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)</div> <div>1:30 Daily Chronicle w/ Amy (SR)</div> <div>2:00 Israeli Dancing w/ Barbara (SR)</div> <div>2:15 You Be the Judge w/ Amy (DR Lounge)</div> <div>3:15 Daily Chronicle w/ Amy (DR Lounge)</div> <div>3:45 Memory Lane w/ Amy (SR)</div> <div>6:00 Movie Night: Hairspray - Musical! (2007) (SR)</div>
<div>9:30 Daily Chronicle (SR)</div> <div>10:00 Seated Tai Chi & Movement w/ Patrick (DR Lounge)</div> <div>10:30 Learn about Greek Mythology w/ Makayla (SR)</div> <div>1:30 Word Games w/ Kevin (SR)</div> <div>2:30 All Campus Concert! (CS)</div> <div>3:00 Socialization & Music w/ Michael (SR)</div> <div>3:15 Socialization & Music w/ Michael (DR Lounge)</div> <div>3:45 Trivia Time w/ Makayla & Elliana (DR Lounge)</div>	<div>9:15 Fitness & Fun w/ Fitness Staff (SR)</div> <div>9:30 Morning Moves w/ Nunu (Private DR)</div> <div>10:15 Daily Chronicle w/ Nunu (SR)</div> <div>10:30 Travel Log w/ Hernan Perez (SR)</div> <div>10:45 Daily Chronicle w/ Nunu (DR Lounge)</div> <div>1:45 Pet Therapy Visit w/ Kathy & Finn (DR Lounge/SR)</div> <div>2:00 You Be the Judge w/ Nunu (SR)</div> <div>3:00 Concert: Vincent Young (SR)</div> <div>3:00 You Be the Judge w/ Nunu (DR Lounge)</div>	<div>9:30 Scenic Drive (Sign Up-Limit 7): Rancho Santa Fe/ Del Dios Hwy (DR Lounge)</div> <div>9:45 The Benefits of Daily Meditations (SR)</div> <div>10:15 Morning Cardio (SR)</div> <div>11:00 Morning Music & Movement (Private DR)</div> <div>1:30 Memory Games (DAVS) (Weather Permitting)</div> <div>2:30 Memory Games (SR)</div> <div>3:30 Quotes That Will Change the Way You Think (SR)</div>	<div>9:30 Morning Moves w/ Ed (SR)</div> <div>10:00 Daily Chronicle & Trivia (SR)</div> <div>10:30 Bobby Darin: Mack is Back (SR)</div> <div>1:30 Whiteboard Games w/ Ed (DR Lounge)</div> <div>2:15 Music Time: Name That Tune (DR Lounge)</div> <div>3:00 Trivia w/ Brady (DR Lounge)</div>	<div>9:30 Daily News (DR Lounge)</div> <div>9:45 Underdogs & Their Victories (DR Lounge)</div> <div>10:30 Trivia w/ Jerry (DR Lounge)</div> <div>10:45 Underdogs & Their Victories (SR)</div> <div>1:15 Sit n be FIT w/ Fitness Staff (Private DR)</div> <div>1:30 Daily News (SR)</div> <div>1:45 Afternoon Moves (SR)</div> <div>2:00 Quotes That Will Change the Way You Think w/ Yaar (DR Lounge)</div> <div>2:30 Quotes That Will Change the Way You Think w/ Sophia (SR)</div> <div>3:30 Happy Hour w/ Marissa (DR Lounge)</div>	<div>9:30 Daily Chronicle (SR)</div> <div>10:00 Live Entertainment: Taylor Bassett! (SR)</div> <div>10:15 Daily Chronicle & Trivia (DR Lounge)</div> <div>10:45 Stamina & Exercise (Private DR)</div> <div>1:15 SDJA Visit: Tikkun Olam Project (DR Lounge)</div> <div>1:15 SDJA Visit: Tikkun Olam Project (SR)</div> <div>2:30 Stamina & Exercise (SR)</div> <div>3:00 Documentary of the Day (SR)</div> <div>3:15 Reminiscence of Personal & Historic Events (DR Lounge)</div> <div>4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div>	<div>10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Mark (CS & 2493)</div> <div>1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)</div> <div>1:30 Jewish Celebrities w/ Amy (SR)</div> <div>2:30 Music/Jewish Celebrities w/ Amy (DAVS) (Weather Permitting)</div> <div>3:30 Games w/ Amy (SR)</div> <div>6:00 Movie Night: Dead Poets Society (1989) (SR)</div>
<div>9:30 Daily Chronicle (SR)</div> <div>10:00 Seated Tai Chi & Movement w/ Patrick (SR)</div> <div>10:30 All Campus Concert: Classical Piano w/ David Saliamonas (CS)</div> <div>1:30 Word Games w/ Kevin (SR)</div> <div>2:30 You Be The Judge (SR)</div> <div>3:45 Trivia Time w/ Makayla & Elliana (SR)</div>	<div>Martin Luther King Jr. Day</div> <div>9:00 Dominoes with Elliot (Hub A)</div> <div>9:15 Fitness & Fun w/ Fitness Staff (SR)</div> <div>9:30 Morning Moves w/ Nunu (Private DR)</div> <div>10:15 Book Club w/ Ellyn (SR)</div> <div>10:15 Book Club w/ Keith (DR Lounge)</div> <div>1:30 Reminiscence & Music w/ Nunu (DAVS) (Weather Permitting)</div> <div>2:45 Games w/ Nunu (SR)</div> <div>4:00 Trivia w/ Nunu (DR Lounge)</div>	<div>9:30 Scenic Drive (Sign Up-Limit 7): Little Italy (DR Lounge)</div> <div>9:45 Gratitude Lists & Their Impact (SR)</div> <div>10:15 Movement & Strengthening (SR)</div> <div>10:45 Shmooze w/ Rabbi Yaffa-Shira (DR Lounge)</div> <div>1:30 Art Show Viewing by Independent Living (CS)</div> <div>1:30 Entertainment with Hitoshi (SR)</div> <div>2:30 Daily Chronicle (SR)</div> <div>3:15 Finish the Philosophical/ Funny Phrase (DR Lounge)</div>	<div>9:30 Morning Moves w/ Ed (SR)</div> <div>10:00 Daily Chronicle & Trivia (SR)</div> <div>10:30 Andrea Bocelli: Live in Tuscany (SR)</div> <div>1:30 Live Entertainment - Glenn Kramer! (SR)</div> <div>2:30 Whiteboard Games w/ Ed (SR)</div> <div>3:00 Trivia w/ Brady (DR Lounge)</div>	<div>9:30 Daily News & Interesting Facts (SR)</div> <div>10:00 Beading w/ Rochelle & Marianne (SR)</div> <div>11:45 AL Lunch Outing (Sign Up-Limit 6): Milton's (DR Lounge)</div> <div>1:15 Sit n be FIT w/ Fitness Staff (SR)</div> <div>1:30 Fancy Fingers w/ Marianne (Outside SR)</div> <div>2:00 Live Entertainment: Naomi Alter! (SR)</div> <div>3:30 January Birthday Celebrations/ Happy Hour w/ Yaar (DR Lounge)</div>	<div>9:45 Weekly Reflections (SR)</div> <div>10:30 The Blacksox Scandal of Baseball (SR)</div> <div>1:30 Noodle Ball! (SR)</div> <div>2:30 Daily Chronicle (SR)</div> <div>3:00 Famous Sports Clips Through History & Discussion (SR)</div> <div>4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div> <div>6:30 Service w/ Rabbi Yaffa-Shira, Rachel Selk, Ephram Rosensweig & Steve Kahn (CS)</div>	<div>10:00 Shabbat Services w/ Rabbi Yaffa-Shira (CS & 2493)</div> <div>1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)</div> <div>1:30 Daily News w/ Amy (SR)</div> <div>2:00 Israeli Dancing w/ Barbara (SR)</div> <div>3:00 Blackjack w/ Amy (SR)</div> <div>4:00 You Be the Judge w/ Amy (DR Lounge)</div> <div>6:00 Movie Night: Eight Men Out (1988) (SR)</div>
<div>9:30 Daily Chronicle (SR)</div> <div>10:00 Seated Tai Chi & Movement w/ Patrick (SR)</div> <div>10:30 Name that tune (DR Lounge)</div> <div>1:30 Word Games w/ Kevin (SR)</div> <div>2:30 People of this Earth Documentary (SR)</div> <div>3:45 Trivia Time w/ Makayla & Elliana (SR)</div>	<div>9:00 Dominoes w/ Elliot (Hub D)</div> <div>9:15 Fitness & Fun w/ Fitness Staff (SR)</div> <div>10:15 Book Club w/ Ellyn & Keith (SR)</div> <div>1:30 Art w/ Nunu (SR)</div> <div>3:00 Live Concert: Vincent Young! (SR)</div>	<div>9:30 Scenic Drive (Sign Up-Limit 7): Coronado Bridge/Island (DR Lounge)</div> <div>9:45 Daily Meditations (SR)</div> <div>10:00 The Influence & Practice of Setting a Daily Goal (SR)</div> <div>10:45 Daily Chronicle (SR)</div> <div>1:30 Noodle Ball! (SR)</div> <div>2:15 Pet Visit w/ Helen Woodward (DR Lounge)</div> <div>2:30 Culinary Meeting (SR)</div> <div>3:15 Current Events w/ Rick (SR)</div>	<div>9:30 Morning Moves w/ Ed (SR)</div> <div>10:00 Daily Chronicle & Trivia (SR)</div> <div>10:30 David Broza At Masada (SR)</div> <div>1:30 Whiteboard Games w/ Ed (SR)</div> <div>3:00 Corner Store (SR)</div> <div>3:15 Trivia Time w/ Brady (DR Lounge)</div>	<div>9:30 Morning Magic Showcase (SR)</div> <div>10:00 Daily News (SR)</div> <div>10:15 TV Time (SR)</div> <div>1:00 Scenic Drive (Sign Up-Limit 7): Del Mar/Coast Hwy ➡ La Jolla (DR Lounge)</div> <div>1:15 Sit n be FIT w/ Fitness Staff (SR)</div> <div>2:00 Coffee Dilemma w/ Yaar (SR)</div> <div>3:30 Happy Hour (DR Lounge)</div>	<div>9:30 Cold Case Files Part One (SR)</div> <div>10:30 Roger Hirsh Piano (SR)</div> <div>1:30 Noodle Ball! (SR)</div> <div>2:30 Cold Case Files Part Two (SR)</div> <div>3:45 Hilarious Dance Recital Routines (SR)</div> <div>4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div>	<div>10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493)</div> <div>1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)</div> <div>1:30 Poetry Reading w/ Amy (SR)</div> <div>2:30 Blackjack & Games w/ Amy (SR)</div> <div>3:30 Whiteboard Challenges w/ Amy (SR)</div> <div>6:00 Movie Night: Mae West - Dirty Blonde (2020) (SR)</div>

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

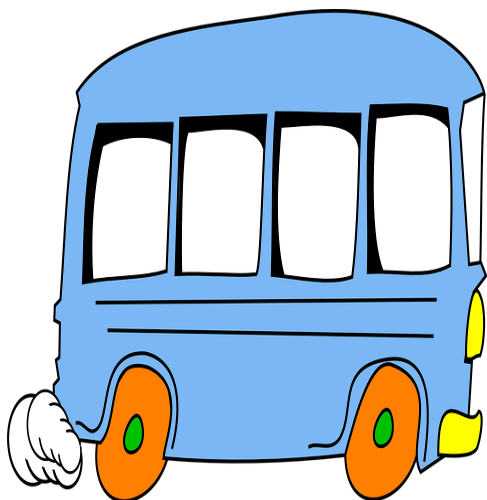
Room Tray Line - 760-516-2009

Hair Salon Open Fridays

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

Color Key

- **Trips (Drives, Tours, & Shopping Loops)**
- **Fitness Programs**
- **Religious Programming**
- **Resident Council Meeting**
- **Vendors**
- **Volunteers**
- **Involving Food**
- **Movie Nights/T.V. Programs**



Assisted Living Outings

Lunch Outing

Milton's -
Del Mar, CA on 1/22 @ 11:45
(Previous Sign-Up Required -
Limit 6 Residents)

Scenic Drives

Tuesdays @ 9:30-11:15

January 6

(Gaslamp Quarter)

January 13

(Rancho Santa Fe/Del Dios Hwy)

January 20

(Little Italy)

January 27

(Coronado Bridge/Island)

Thursdays @ 1:00-2:45

January 8

(Soledad Mountain Road)

January 29

(Del Mar/Coast Hwy to La Jolla)

January 2025 - Life Enrichment Newsletter

Birthdays

Residents:

Naum K. - 1/1

Hillel R. - 1/6

Susan R. - 1/9

Debby S. - 1/12

Edwina A. - 1/12

Esther C. - 1/13

Staff:

Nila - 1/11

Julia - 1/17



New Year, New Chances, New Opportunities. I hope everyone has an AMAZING 2026! Be fearless, keep learning and smile whenever you can. HAPPY NEW YEAR!!

- Sophia Rucireta,
AL Life Enrichment

Live Events

January 11: All Campus Concert @ 2:30 (CS)

January 18: Classical Piano w/ David Saliamonas
@ 10:30 (CS)

Entertainment in Assisted Living

January 4: Concert: w/ Tom Reich @ 3:30 (SR)

January 8: Happy Hour Live Music
w/ Jerry McCann @ 3:30 (DR Lounge)

January 12: Travel Log w/ Hernan @ 10:30 (SR)

January 16: Concert: Taylor Bassett @ 10:00 (SR)

January 20: Concert: Hitoshi @ 1:30 (SR)

January 21: Concert: Glenn Kramer @ 1:30 (SR)

January 22: Concert: Naomi Alter @ 2:00 (SR)

January 4, 11, 18, 25: Seated Tai Chi w/ Patrick
@ 10:00 (SR)

January 6, 27: Current Events w/ Rick LeVine
@ 2:30 (1/6) and 3:15 (1/27) (SR)

January 10, 24: Israeli Seated Chair Dancing
w/ Barbara @ 2:00 (SR)

January 12, 26: Concert: Vincent Young



Dominoes: w/ Elliot every Monday at 9:00 (HUB B/HUB A)

Trivia: w/ Jerry on 1/1 & 1/15 at 10:30 (DR Lounge)

Trivia: w/ Elliana on Sundays at 3:45 (DR Lounge/SR)

Trivia: w/ Brady every Wednesday at
3:00 (3:15 on 1/28) (DR Lounge)

Jewelry Making: w/ Rochelle & Marianne on the
2nd & 4th Thursday of the month at 10:00 (SR)

Whiteboard Games: w/ Kevin every Sunday at 1:30 (SR)

Pet Visit: w/ Kathy & Finn on 1/12 at 1:45 (SR)

Pet Visit: w/ Helen Woodward on 1/27 at 2:15 (DR Lounge)

Piano Performance: w/ Roger on 1/30 at 10:30 (SR)

Music & Socialization: w/ Michael on 1/11
at 3:00 (SR) and 3:15 (DR Lounge)

Happy Hour: w/ Marissa on 1/8 & 1/15 at 3:30 (DR Lounge)

Fancy Fingers: w/ Marianne on the 2nd & 4th
Thursday of the month at 1:30 (Outside SR)

Art: w/ Chanda on 1/9 at 1:45 (SR)

Book Club: w/ Keith and Ellyn on the 1st, 3rd and 4th
Monday of the month at 10:15 (SR/DR Lounge)