

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2026

## 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. Addleson Family Assisted Living Program



9:30 Daily Chronicle (SR) 4  
**10:00 Seated Tai Chi & Movement w/ Patrick (SR)**  
 10:30 Latest Scientific Innovations w/ Makayla (SR)  
 1:30 Word Games w/ Kevin (SR)  
 2:30 You Be The Judge (SR)  
**3:30 Concert: Tom Reich (SR)**  
 3:45 Trivia Time w/ Makayla & Elliana (DR Lounge)

9:00 Dominoes with Elliot (Hub D) 5  
**9:15 Fitness & Fun w/ Fitness Staff (SR)**  
 9:30 Morning Moves w/ Nunu (Private DR)  
**10:15 Book Club w/ Ellyn (SR)**  
**10:15 Book Club w/ Keith (DR Lounge)**  
 1:30 Art w/ Nunu (SR)  
 2:45 Memory Lane & Fresh Air w/ Nunu (DAVS) (Weather Permitting)  
 4:00 Trivia w/ Nunu (DR Lounge)

9:30 Scenic Drive (Sign Up-Limit 7): Gaslamp Quarter (DR Lounge) 6  
 9:45 Daily Chronicle (SR)  
 10:15 Morning Moves (SR)  
**10:45 Shmooze w/ Rabbi Yaffa-Shira (SR)**  
 11:00 Daily Chronicle & Trivia (DAVS) (Weather Permitting)  
 1:30 Afternoon Moves (Private DR)  
 2:00 Do You Remember These Moments? (DAVS) (Weather Permitting)  
**2:30 Current Events w/ Rick LeVine (SR)**  
**3:30 TV Time (SR)**  
 3:45 Mysteries of the 20th Century (DR Lounge)

9:30 Morning Moves w/ Ed (SR) 7  
 10:00 Daily Chronicle & Trivia (SR)  
**10:30 Sammy Davis Jr.: Singing At His Best (SR)**  
 1:30 Whiteboard Games w/ Ed (DR Lounge)  
 2:30 Music Requests w/ Ed (DR Lounge)  
 3:00 Trivia w/ Brady (DR Lounge)

**New Year's Day** 1  
 9:30 Stories: Your Best New Years Experience Ever (SR)  
**10:30 Trivia w/ Jerry (DR Lounge)**  
 1:30 Afternoon Moves (SR)  
**2:00 Daily Documentary (SR)**  
**3:30 Happy Hour (DR Lounge)**

9:30 Interesting Facts About Our World (SR) 2  
**10:00 Resident Council Meeting (SR)**  
 11:00 Daily Chronicle (SR)  
 1:30 Noodle Ball! (SR)  
 2:30 Famous Speeches & Their Backstories (SR)  
**3:30 TV Time (SR)**  
**4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)**

10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493) 3  
**1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)**  
 1:30 Word Games w/ Amy (SR)  
 2:30 Daily Chronicle w/ Amy (SR)  
 3:00 Jewish Celebrities w/ Amy (SR)  
 4:00 Memory Lane w/ Amy (SR)  
**6:00 Movie Night: Mel Brooks - Make a Noise (2013) (SR)**

9:30 Daily Chronicle (SR) 11  
**10:00 Seated Tai Chi & Movement w/ Patrick (DR Lounge)**  
 10:30 Learn about Greek Mythology w/ Makayla (SR)  
 1:30 Word Games w/ Kevin (SR)  
**2:30 All Campus Concert! (CS)**  
 3:00 Socialization & Music w/ Michael (SR)  
 3:15 Socialization & Music w/ Michael (DR Lounge)  
 3:45 Trivia Time w/ Makayla & Elliana (DR Lounge)

**9:15 Fitness & Fun w/ Fitness Staff (SR)**  
 9:30 Morning Moves w/ Nunu (Private DR)  
**10:15 Daily Chronicle w/ Nunu (SR)**  
**10:30 Travel Log w/ Hernan Perez (SR)**  
 10:45 Daily Chronicle w/ Nunu (DR Lounge)  
**1:45 Pet Therapy Visit w/ Kathy & Finn (DR Lounge/ SR)**  
 2:00 You Be the Judge w/ Nunu (SR)  
**3:00 Concert: Vincent Young (SR)**  
 3:00 You Be the Judge w/ Nunu (DR Lounge)

**9:30 Scenic Drive (Sign Up-Limit 7): Rancho Santa Fe/ Del Dios Hwy (DR Lounge)** 13  
 9:45 The Benefits of Daily Meditations (SR)  
 10:15 Morning Cardio (SR)  
 11:00 Morning Music & Movement (Private DR)  
 1:30 Memory Games (DAVS) (Weather Permitting)  
 2:30 Memory Games (SR)  
 3:30 Quotes That Will Change the Way You Think (SR)

9:30 Morning Moves w/ Ed (SR) 14  
 10:00 Daily Chronicle & Trivia (SR)  
**10:30 Bobby Darin: Mack is Back (SR)**  
 1:30 Whiteboard Games w/ Ed (DR Lounge)  
 2:15 Music Time: Name That Tune (DR Lounge)  
 3:00 Trivia w/ Brady (DR Lounge)

9:30 Daily News (DR Lounge) 15  
 9:45 Underdogs & Their Victories (DR Lounge)  
**10:30 Trivia w/ Jerry (DR Lounge)**  
 10:45 Underdogs & Their Victories (SR)  
**1:15 Sit n be FIT w/ Fitness Staff (Private DR)**  
 1:30 Daily News (SR)  
 1:45 Afternoon Moves (SR)  
 2:00 Quotes That Will Change the Way You Think w/ Yaar (DR Lounge)  
 2:30 Quotes That Will Change the Way You Think w/ Sophia (SR)  
**3:30 Happy Hour w/ Marissa (DR Lounge)**

9:30 Daily Chronicle (SR) 16  
**10:00 Live Entertainment: Taylor Bassett! (SR)**  
 10:15 Daily Chronicle & Trivia (DR Lounge)  
 10:45 Stamina & Exercise (Private DR)  
**1:15 SDJA Visit: Tikkun Olam Project (DR Lounge)**  
**1:15 SDJA Visit: Tikkun Olam Project (SR)**  
 1:30 Jewish Celebrities w/ Amy (SR)  
 2:30 Music/Jewish Celebrities w/ Amy (DAVS) (Weather Permitting)  
 3:15 Reminiscence of Personal & Historic Events (DR Lounge)  
**4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)**

10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Mark (CS & 2493) 17  
**1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)**  
 1:30 Jewish Celebrities w/ Amy (SR)  
 2:30 Music/Jewish Celebrities w/ Amy (DAVS) (Weather Permitting)  
 3:15 Games w/ Amy (SR)  
**6:00 Movie Night: Dead Poets Society (1989) (SR)**

9:30 Daily Chronicle (SR) 18  
**10:00 Seated Tai Chi & Movement w/ Patrick (SR)**  
**10:30 All Campus Concert: Classical Piano w/ David Saliamonas (CS)**  
 1:30 Word Games w/ Kevin (SR)  
 2:30 You Be The Judge (SR)  
 3:45 Trivia Time w/ Makayla & Elliana (SR)

**9:00 Dominoes with Elliot (Hub A)** 19  
**9:15 Fitness & Fun w/ Fitness Staff (SR)**  
 9:30 Morning Moves w/ Nunu (Private DR)  
**10:15 Book Club w/ Ellyn (SR)**  
**10:15 Book Club w/ Keith (DR Lounge)**  
 1:30 Reminiscence & Music w/ Nunu (DAVS) (Weather Permitting)  
 2:45 Games w/ Nunu (SR)  
 4:00 Trivia w/ Nunu (DR Lounge)

**9:30 Scenic Drive (Sign Up-Limit 7): Little Italy (DR Lounge)** 20  
 9:45 Gratitude Lists & Their Impact (SR)  
 10:15 Movement & Strengthening (SR)  
**10:45 Shmooze w/ Rabbi Yaffa-Shira (DR Lounge)**  
 1:30 Art Show Viewing by Independent Living (CS)  
**1:30 Entertainment with Hitoshi (SR)**  
 2:30 Daily Chronicle (SR)  
 3:15 Finish the Philosophical/ Funny Phrase (DR Lounge)

9:30 Morning Moves w/ Ed (SR) 21  
 10:00 Daily Chronicle & Trivia (SR)  
**10:30 Andrea Bocelli: Live in Tuscany (SR)**  
**1:30 Live Entertainment - Glenn Kramer! (SR)**  
 2:30 Whiteboard Games w/ Ed (SR)  
 3:00 Trivia w/ Brady (DR Lounge)

9:30 Daily News & Interesting Facts (SR) 22  
 10:00 Beading w/ Rochelle & Marianne (SR)  
**11:45 AL Lunch Outing (Sign Up-Limit 6): Milton's (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 January Birthday Celebrations/ Happy Hour w/ Yaar (DR Lounge)**

9:45 Weekly Reflections (SR) 23  
 10:30 The Blacksox Scandal of Baseball (SR)  
 1:30 Noodle Ball! (SR)  
 2:30 Daily Chronicle (SR)  
 3:00 Famous Sports Clips Through History & Discussion (SR)  
**4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)**

10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Mark (CS & 2493) 24  
**1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)**  
 1:30 Daily News w/ Amy (SR)  
**2:00 Israeli Dancing w/ Barbara (SR)**  
 3:00 Blackjack w/ Amy (SR)  
 4:00 You Be the Judge w/ Amy (DR Lounge)  
**6:00 Movie Night: Eight Men Out (1988) (SR)**

9:30 Daily Chronicle (SR) 25  
**10:00 Seated Tai Chi & Movement w/ Patrick (SR)**  
 10:30 Name that tune (DR Lounge)  
 1:30 Word Games w/ Kevin (SR)  
**2:30 People of this Earth Documentary (SR)**  
 3:45 Trivia Time w/ Makayla & Elliana (SR)

**9:00 Dominoes w/ Elliot (Hub D)** 26  
**9:15 Fitness & Fun w/ Fitness Staff (SR)**  
**10:15 Book Club w/ Ellyn & Keith (SR)**  
 1:30 Art w/ Nunu (SR)  
**3:00 Live Concert: Vincent Young! (SR)**

**9:30 Scenic Drive (Sign Up-Limit 7): Coronado Bridge/Island (DR Lounge)** 27  
 9:45 Daily Meditations (SR)  
 10:00 The Influence & Practice of Setting a Daily Goal (SR)  
 10:45 Daily Chronicle (SR)  
 1:30 Noodle Ball! (SR)  
**2:15 Pet Visit w/ Helen Woodward (DR Lounge)**  
**2:30 Culinary Meeting (SR)**  
**3:15 Current Events w/ Rick (SR)**

9:30 Morning Moves w/ Ed (SR) 28  
 10:00 Daily Chronicle & Trivia (SR)  
**10:30 David Broza At Masada (SR)**  
 1:30 Whiteboard Games w/ Ed (SR)  
 3:00 Corner Store (SR)  
**3:15 Trivia Time w/ Brady (DR Lounge)**

9:30 Morning Magic Showcase (SR) 29  
 10:00 Daily News (SR)  
**10:15 TV Time (SR)**  
**1:00 Scenic Drive (Sign Up-Limit 7): Del Mar/Coast Hwy ➔ La Jolla (DR Lounge)**  
**1:15 Sit n be FIT w/ Fitness Staff (SR)**  
 2:00 Coffee Dilemma w/ Yaar (SR)  
**3:30 Happy Hour (DR Lounge)**

9:30 Cold Case Files Part One (SR) 30  
**10:30 Roger Hirsh Piano (SR)**  
 1:30 Noodle Ball! (SR)  
 2:30 Cold Case Files Part Two (SR)  
**3:45 Hilarious Dance Recital Routines (SR)**  
**4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)**

10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Mark (CS & 2493) 31  
**1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS)**  
 1:30 Poetry Reading w/ Amy (SR)  
 2:30 Blackjack & Games w/ Amy (SR)  
 3:30 Whiteboard Challenges w/ Amy (SR)  
**6:00 Movie Night: Mae West - Dirty Blonde (2020) (SR)**

**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

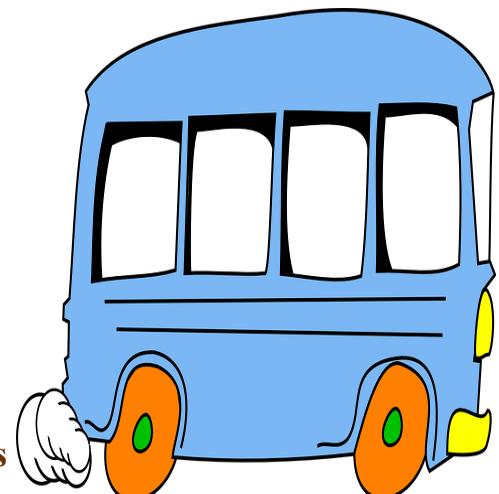
**Mary Fawell** - Director of Assisted Living - **760-516-2040**  
**Sophia Rucireta** - Life Enrichment Specialist - **760-632-8948**  
**Zy Dewey** - Fitness Center - **760-632-3739**  
**Sheryl Seltser** - Volunteer Liaison - **760-632-3718**  
**Rabbi Yaffa-Shira** - Director of Spiritual Life - **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**



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## 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)