



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Erev Tu B'shevat¹</div> <div>9:10 Seated Tai Chi w/Patrick (FC)</div> <div>10:00-2:00 OPEN GYM</div> <div>12:30 Mah Jongg (R)</div> <div>12:45 Trip: North Coast Rep (group 2)</div> <div>1:00 Rummi Q (TR)</div> <div>1:30 Script Reading (TH)</div> <div>2:30 Concert: Mainly Mozart Youth Orchestra (CS)</div> <div>3:30 Open Game Room (TR)</div>	<div>Tu B'shevat²</div> <div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 Mat Pilates (FC)</div> <div>10:30 Technology Assistance (CL)</div> <div>11:00 Sit N Be Fit w/Kyle (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>1:30 Tu B'shevat Seder (CS)</div> <div>3:00 Afternoon Movie (TH)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)³</div> <div>10:00 Circuit Cardio & Strength w/Zy</div> <div>10:00 NEW! Brandeis: American Judaism IN PERSON (TH)</div> <div>10:15 Beginning Bridge (CS)</div> <div>11:00 Tai Chi w/Ryan (FC)</div> <div>11:45 Lunch: Aria Persian Restaurant</div> <div>1:00 Mah Jongg (TR)</div> <div>1:30 Tu B'shevat Speaker: Environmentalism In Israel (CS)</div> <div>6:30 Evening Movie (TH)</div>	<div>Shopping Loops 9am & 11am, 1pm & 3pm⁴</div> <div>9:00 Stretch & Strengthen w/Kyle (FC)</div> <div>9:45 Aqua Fun w/Ryan (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Sit & Be Fit (FC)</div> <div>2:00 NEW PROGRAM: Pictionary w/Barbara Appleby (TR)</div> <div>6:30 Piano Sing Along (Francy's)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)⁵</div> <div>9:45 Trip: Einstein Bagels</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Circuit Cardio & Strength (FC)</div> <div>11:00 Sit N Be Fit (FC)</div> <div>1:00 Tai Chi w/Ryan (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>1:30 Doing It "Write" w/Catharine Kaufman (CS)</div> <div>3:30 Happy Hour: Raynoldo Martine (Francy's)</div> <div>6:30 SDIJFF Evening Movie (CS)</div>	<div>9:00 Balance Training w/ Zy (FC)⁶</div> <div>10:00 Chair Yoga w/Ryan (FC)</div> <div>10:30 SDIJFF Morning Movie (CS)</div> <div>10:30 Canasta (TR)</div> <div>11:00 Stretch & Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>3:15 Technology w/Steve (CL)</div> <div>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div>	<div>10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark (CS/2493)⁷</div> <div>12:00 – 4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun (FC)</div> <div>2:30 SDIJFF Afternoon Movie (CS)</div>
<div>SUPER BOWL SUNDAY⁸</div> <div>9:10 Seated Tai Chi w/Patrick (FC)</div> <div>10:00-2:00 OPEN GYM</div> <div>10:30 SDIJFF Morning Movie (CS)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>1:30 Script Reading (TH)</div> <div>3:30 Superbowl Sunday Viewing Party (TH)</div> <div>3:30 Open Game Room (TR)</div> <div></div>	<div>9:00 Stretch & Strengthen w/Zy (FC)⁹</div> <div>10:00 Mat Pilates (FC)</div> <div>10:30 Technology Assistance (CL)</div> <div>10:30 SDIJFF Morning Movie (CS)</div> <div>11:00 Sit N Be Fit w/Kyle (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>3:00 SDIJFF Afternoon Movie (CS)</div> <div>6:30 Bingo w/Wayne & Linda (CS)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)¹⁰</div> <div>10:00 Circuit Cardio & Strength w/Zy</div> <div>10:00 NEW! Brandeis: Contemporary Jewish Comedians (TH)</div> <div>10:15 Beginning Bridge (CS)</div> <div>10:30 Yiddish Club (TR)</div> <div>11:00 Tai Chi w/Ryan (FC)</div> <div>11:30 Trip: Balboa Park Museum/Lunch</div> <div>1:00 Mah Jongg (TR)</div> <div>1:30 Table Tennis & Wii (FC)</div> <div>6:30 Evening Movie (TH)</div>	<div>Shopping Loops 9am & 11am, 1pm & 3pm¹¹</div> <div>9:00 Stretch & Strengthen w/Kyle (FC)</div> <div>9:45 Aqua Fun w/Ryan (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Sit & Be Fit (FC)</div> <div>1:15 Bridge Club (TR)</div> <div>2:00 Town Hall (CS)</div> <div>6:30 Opera Night (CS)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)¹²</div> <div>10:00 Trip: Shopping at the Forum</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Circuit Cardio & Strength (FC)</div> <div>11:00 Sit N Be Fit (FC)</div> <div>1:00 Tai Chi w/Ryan (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>2:00 Cooking Demo w/Ben (R)</div> <div>3:30 Happy Hour: Carlos Velasco (Francy's)</div> <div>6:30 Evening Movie (TH)</div>	<div>9:00 Balance Training w/ Zy (FC)¹³</div> <div>10:00 Chair Yoga w/Ryan (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Canasta (TR)</div> <div>11:00 Stretch & Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:00 Concert: Sharon Owens (CS)</div> <div>3:15 Technology w/Steve (CL)</div> <div>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div>	<div>10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS/2493)¹⁴</div> <div>12:00 – 4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div> <div>3:30 Seated Israeli Folk Dance (FC)</div>
<div>¹⁵</div> <div>9:10 Seated Tai Chi w/Patrick (FC)</div> <div>10:00-2:00 OPEN GYM</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>1:30 Script Reading (TH)</div> <div>2:30 Concert: Dmitry Kirichenko (CS)</div> <div>3:30 Open Game Room (TR)</div>	<div>PRESIDENTS' DAY ¹⁶</div> <div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 Mat Pilates (FC)</div> <div>10:30 Technology Assistance (CL)</div> <div>11:00 Sit N Be Fit w/Kyle (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Bingo w/Wayne & Linda (CS)</div>	<div>¹⁷</div> <div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio & Strength w/Zy</div> <div>10:15 NEW LOCATION: Beginning Bridge (R)</div> <div>10:30 Travel Log w/Hernan (CS)</div> <div>11:00 Tai Chi w/Ryan (FC)</div> <div>11:30 Lunch/Scenic Drive: Mt. Soledad & El Pescador Fish Market</div> <div>1:00 Mah Jongg (TR)</div> <div>6:30 Evening Movie (TH)</div>	<div>Shopping Loops 9am & 11am, 1pm & 3pm¹⁸</div> <div>9:00 Stretch & Strengthen w/Kyle (FC)</div> <div>9:45 Aqua Fun w/Ryan (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>10:00 Brandeis: Longevity (TH)</div> <div>11:00 Sit & Be Fit (FC)</div> <div>2:00 Culinary Tasting w/Maya: Lunar New Year (R)</div> <div>3:15 Men's Group w/Carl (Francy's)</div> <div>5:30 Monthly Birthday Bash (DR)</div> <div>6:30 Piano Sing Along (Francy's)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)¹⁹</div> <div>10:00 Trip: Costco</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Culinary Meeting (TH)</div> <div>10:00 Circuit Cardio & Strength (FC)</div> <div>11:00 Sit N Be Fit (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>1:00 Tai Chi w/Ryan (FC)</div> <div>2:00 Let's Schmooze w/Dina (TH)</div> <div>3:30 Happy Hour: Vincent Young (Francy's)</div> <div>6:30 Evening Movie (TH)</div>	<div>9:00 Balance Training w/ Zy (FC)²⁰</div> <div>10:00 Chair Yoga w/Ryan (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Canasta (TR)</div> <div>11:00 Stretch & Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>3:15 Technology w/Steve (CL)</div> <div>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div>	<div>10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS/2493)²¹</div> <div>12:00 – 4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div>
<div>²²</div> <div>9:10 Seated Tai Chi w/Patrick (FC)</div> <div>10:00-2:00 OPEN GYM</div> <div>10:30 Concert: On The Town Youth Choral Group (CS)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>1:30 Script Reading (TH)</div> <div>2:30 Sunday Matinee (TH)</div> <div>3:30 Open Game Room (TR)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)²³</div> <div>10:00 Mat Pilates (FC)</div> <div>10:30 Technology Assistance (CL)</div> <div>11:00 Sit N Be Fit w/Kyle (FC)</div> <div>11:00 Book Club (TH)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>2:00 Art w/Irene (R)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Poker Night w/Jeff Stoff (TR)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)²⁴</div> <div>10:00 Circuit Cardio & Strength w/Zy</div> <div>10:15 Beginning Bridge (CS)</div> <div>10:30 Yiddish Club (TR)</div> <div>11:00 Tai Chi w/Ryan (FC)</div> <div>11:30 Trip: Birch Aquarium & Lunch</div> <div>1:00 Mah Jongg (TR)</div> <div>1:30 Table Tennis & Wii (FC)</div> <div>2:00 Crafting w/Maya (R)</div> <div>3:30 What's On Your Mind w/Larry (TH)</div> <div>6:30 Evening Movie (TH)</div>	<div>Shopping Loops 9am & 11am, 1pm & 3pm²⁵</div> <div>9:00 Stretch & Strengthen w/Kyle (FC)</div> <div>9:45 Aqua Fun w/Ryan (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Sit & Be Fit (FC)</div> <div>1:15 Bridge Club (TR)</div> <div>1:30 Program w/Yaar: Purim Games (TH)</div> <div>2:30 Heart to Heart w/Carl (Francy's)</div> <div>6:30 Opera Night (CS)</div>	<div>9:00 Stretch & Strengthen w/Zy (FC)²⁶</div> <div>10:00 Trip: Encinitas Library</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Circuit Cardio & Strength (FC)</div> <div>10:30 Time in the Library w/Marsha (LI)</div> <div>11:00 Sit N Be Fit (FC)</div> <div>1:00 Tai Chi w/Ryan (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>2:00 New Resident Orientation (TH)</div> <div>3:30 Happy Hour: Adam Wolf (Francy's)</div> <div>6:30 Evening Movie (TH)</div>	<div>9:00 Balance Training w/ Zy (FC)²⁷</div> <div>10:00 Chair Yoga w/Ryan (FC)</div> <div>10:30 Morning Movie (TH)</div> <div>10:30 Canasta (TR)</div> <div>11:00 Stretch & Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Seated Volleyball w/Zy (FC)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>3:15 Technology w/Steve (CL)</div> <div>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</div>	<div>10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark (CS/2493)²⁸</div> <div>12:00 – 4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div> <div>3:30 Seated Israeli Folk Dance (FC)</div>

February 2026

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

Room Codes

AS= Art Studio
CL=Computer Lab
CS= Chodorow Synagogue
DAVS= Dave & Annette's Village Square**
DR= Dining Room
FC = Fitness Center
FP = Fireside Patio
Francy's= Dining Room Lounge

GRC= Goldberg Residence Court
LI= Library (Building A)
PDR = Private Dining Room
R= Recreation Room*
SR= Assisted Living 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

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**
- **Movies**

Hair Salon Open Thursdays Except Holidays

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

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
- Target
- Stater Bros
- Ross
- Best Buy
- CVS- Encinitas Blvd.
- Smart & Final
- Best Nails (Smart & Final plaza)
- Walgreen's *upon request

- Fed Ex Office
- Trader Joes
- Ralphs
- Happiness Nails (next to Ralphs)
- US Bank
- Chase Bank
- Dollar Tree
- TJ Maxx
- Sprouts

- Best Buy
- T-Mobile
- Barnes & Noble
- Ultra Beauty Supply
- Famous Footwear
- Bank of America (Encinitas Blvd)
*upon request

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.

February 2026 - Life Enrichment Newsletter

BIRTHDAYS

BARBARA A. 2/3
ETTA Z. 2/4
NORM H. 2/5
RENEE L. 2/5
ESTHER S. 2/5
STAN P. 2/6
SANDY Z. 2/19
LYN B. 2/23
PETER P. 2/23
DORIS C 2/26



WELCOME TO SEACREST!

Sue Ann S. A-101
Judith H. A-213
Barbara R. F-268

MONTHLY PROGRAM HIGHLIGHTS

Tu B' Shevat Seder
with Rabbi Yaffa-Shira
Monday, February 2
1:30pm Synagogue

Tu B' Shevat
Guest Speaker from
Nature Israel
Tuesday, February 3
1:30pm Synagogue

The International Jewish
Film Festival is Back!
Look for handpicked films
during the week of 2/5-2/9

Culinary Tasting
w/Maya: Lunar New Year
Wednesday, February 18
2:00pm Rec Room

Art w/Irene
Monday, February 23
2pm Rec Room

Poker Night w/Jeff Stoff
Monday, February 23
6:30pm Tasting Room

Crafting w/Maya:
Crepe Paper Art
Tuesday, February 24
2:00pm Rec. Room

New Resident Orientation
Meeting w/Kelly
Thursday, February 26
2:00pm Theater



Tu Bishvat



Entertainment
Happy Hour
3:30pm Francy's



Thursday, 2/5
Thursday, 2/12
Thursday, 2/19
Thursday, 2/26

Raynoldo Martine
Carlos Velasco
Vincent Young
Adam Wolf

Concerts & Event Highlights

Mainly Mozart Youth Orchestra
Sunday, February 1
2:30pm Synagogue



Superbowl Sunday
Viewing Party
Sunday, February 8
3:30pm Theater



Sharon Owens:
Barbara Streisand
Tribute Concert
Friday, February 13
2:00pm Synagogue



Piano Concert
with Dmitry Kirichenko
Sunday, February 15
2:30pm Synagogue



On The Town Youth Choral Group
Sunday, February 22
10:30am Synagogue

