

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Erev Tu B'shevat 1 9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 12:30 Mah Jongg (R) 12:45 Trip: North Coast Rep (group 2) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 Concert: Mainly Mozart Youth Orchestra (CS) 3:30 Open Game Room (TR)	Tu B'shevat 2 9:00 Stretch & Strengthen w/Zy (FC) 10:00 Mat Pilates (FC) 10:30 Technology Assistance (CL) 11:00 Sit N Be Fit w/Kyle (FC) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 1:30 Tu B'shevat Seder (CS) 3:00 Afternoon Movie (TH)	9:00 Stretch & Strengthen w/Zy (FC) 3 10:00 Circuit Cardio & Strength w/Zy 10:00 NEW! Brandeis: American Judaism IN PERSON (TH) 10:15 Beginning Bridge (CS) 11:00 Tai Chi w/Ryan (FC) 11:45 Lunch: Aria Persian Restaurant 1:00 Mah Jongg (TR) 1:30 Tu B'shevat Speaker: Environmentalism In Israel (CS) 6:30 Evening Movie (TH)	Shopping Loops 9am & 11am, 1pm & 3pm 4 9:00 Stretch & Strengthen w/Kyle (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Balance Training w/Zy (FC) 11:00 Sit & Be Fit (FC) 2:00 NEW PROGRAM: Pictionary w/Barbara Appleby (TR) 6:30 Piano Sing Along (Francy's)	9:00 Stretch & Strengthen w/Zy (FC) 5 9:45 Trip: Einstein Bagels 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength (FC) 11:00 Sit N Be Fit (FC) 1:00 Tai Chi w/Ryan (FC) 1:00 Mah Jongg (TR) 1:30 Doing It "Write" w/Catharine Kaufman (CS) 3:30 Happy Hour: Raynoldo Martine (Francy's) 6:30 SDIJFF Evening Movie (CS)	9:00 Balance Training w/ Zy (FC) 6 10:00 Chair Yoga w/Ryan (FC) 10:30 SDIJFF Morning Movie (CS) 10:30 Canasta (TR) 11:00 Stretch & Strengthen w/Zy (FC) 1:00 Rummie-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)	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 (FC) 2:30 SDIJFF Afternoon Movie (CS)
SUPER BOWL SUNDAY 8 9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 10:30 SDIJFF Morning Movie (CS) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 3:30 Superbowl Sunday Viewing Party (TH) 3:30 Open Game Room (TR) 	9:00 Stretch & Strengthen w/Zy (FC) 10:00 Mat Pilates (FC) 10:30 Technology Assistance (CL) 10:30 SDIJFF Morning Movie (CS) 11:00 Sit N Be Fit w/Kyle (FC) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 3:00 SDIJFF Afternoon Movie (CS) 6:30 Bingo w/Wayne & Linda (CS)	9:00 Stretch & Strengthen w/Zy (FC) 10 10:00 Circuit Cardio & Strength w/Zy 10:00 NEW! Brandeis: Contemporary Jewish Comedians (TH) 10:15 Beginning Bridge (CS) 10:30 Yiddish Club (TR) 11:00 Tai Chi w/Ryan (FC) 11:30 Trip: Balboa Park Museum/Lunch 1:00 Mah Jongg (TR) 1:30 Table Tennis & Wii (FC) 6:30 Evening Movie (TH)	Shopping Loops 9am & 11am, 1pm & 3pm 11 9:00 Stretch & Strengthen w/Kyle (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Balance Training w/Zy (FC) 11:00 Sit & Be Fit (FC) 1:15 Bridge Club (TR) 2:00 Town Hall (CS) 6:30 Opera Night (CS)	9:00 Stretch & Strengthen w/Zy (FC) 12 10:00 Trip: Shopping at the Forum 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength (FC) 11:00 Sit N Be Fit (FC) 1:00 Tai Chi w/Ryan (FC) 1:00 Mah Jongg (TR) 2:00 Cooking Demo w/Ben (R) 3:30 Happy Hour: Carlos Velasco (Francy's) 6:30 Evening Movie (TH)	9:00 Balance Training w/ Zy (FC) 13 10:00 Chair Yoga w/Ryan (FC) 10:30 Morning Movie (TH) 10:30 Canasta (TR) 11:00 Stretch & Strengthen w/Zy (FC) 1:00 Rummie-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 2:00 Concert: Sharon Owens (CS) 3:15 Technology w/Steve (CL) 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	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 (FC) 2:30 Classic Movie Saturday (TH) 3:30 Seated Israeli Folk Dance (FC)
9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 Concert: Dmitry Kirichenko (CS) 3:30 Open Game Room (TR)	PRESIDENTS' DAY 15 9:00 Stretch & Strengthen w/Zy (FC) 10:00 Mat Pilates (FC) 10:30 Technology Assistance (CL) 11:00 Sit N Be Fit w/Kyle (FC) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 3:00 Afternoon Movie (TH) 6:30 Bingo w/Wayne & Linda (CS)	9:00 Stretch & Strengthen w/Zy (FC) 10:00 Circuit Cardio & Strength w/Zy 10:15 NEW LOCATION: Beginning Bridge (R) 10:30 Travel Log w/Hernan (CS) 11:00 Tai Chi w/Ryan (FC) 11:30 Lunch/Scenic Drive: Mt. Soledad & El Pescador Fish Market 1:00 Mah Jongg (TR) 6:30 Evening Movie (TH)	Shopping Loops 9am & 11am, 1pm & 3pm 17 9:00 Stretch & Strengthen w/Kyle (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Balance Training w/Zy (FC) 10:00 Brandeis: Longevity (TH) 11:00 Sit & Be Fit (FC) 2:00 Culinary Tasting w/Maya: Lunar New Year (R) 3:15 Men's Group w/Carl (Francy's) 5:30 Monthly Birthday Bash (DR) 6:30 Piano Sing Along (Francy's)	9:00 Stretch & Strengthen w/Zy (FC) 19 10:00 Trip: Costco 10:00 Bangles & Beads (R) 10:00 Culinary Meeting (TH) 10:00 Circuit Cardio & Strength (FC) 11:00 Sit N Be Fit (FC) 1:00 Mah Jongg (TR) 1:00 Tai Chi w/Ryan (FC) 2:00 Let's Schmooze w/Dina (TH) 3:30 Happy Hour: Vincent Young (Francy's) 6:30 Evening Movie (TH)	9:00 Balance Training w/ Zy (FC) 20 10:00 Chair Yoga w/Ryan (FC) 10:30 Morning Movie (TH) 10:30 Canasta (TR) 11:00 Stretch & Strengthen w/Zy (FC) 1:00 Rummie-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 1:00 Word Game w/Kelly (TH) 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)	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 (FC) 2:30 Classic Movie Saturday (TH)
9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 10:30 Concert: On The Town Youth Choral Group (CS) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)	9:00 Stretch & Strengthen w/Zy (FC) 10:00 Mat Pilates (FC) 10:30 Technology Assistance (CL) 11:00 Sit N Be Fit w/Kyle (FC) 11:00 Book Club (TH) 1:00 Claire's Knitting Group (TR) 1:00 Seated Volleyball w/Zy (FC) 2:00 Art w/Irene (R) 3:00 Afternoon Movie (TH) 6:30 Poker Night w/Jeff Stoff (TR)	9:00 Stretch & Strengthen w/Zy (FC) 23 10:00 Circuit Cardio & Strength w/Zy 10:15 Beginning Bridge (CS) 10:30 Yiddish Club (TR) 11:00 Tai Chi w/Ryan (FC) 11:30 Trip: Birch Aquarium & Lunch 1:00 Mah Jongg (TR) 1:30 Table Tennis & Wii (FC) 2:00 Crafting w/Maya (R) 3:30 What's On Your Mind w/Larry (TH) 6:30 Evening Movie (TH)	Shopping Loops 9am & 11am, 1pm & 3pm 24 9:00 Stretch & Strengthen w/Kyle (FC) 9:45 Aqua Fun w/Ryan (FC) 10:00 Balance Training w/Zy (FC) 11:00 Sit & Be Fit (FC) 1:15 Bridge Club (TR) 1:30 Program w/Yaar: Purim Games (TH) 2:30 Heart to Heart w/Carl (Francy's) 6:30 Opera Night (CS)	9:00 Stretch & Strengthen w/Zy (FC) 26 10:00 Trip: Encinitas Library 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & 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 New Resident Orientation (TH) 3:30 Happy Hour: Adam Wolf (Francy's) 6:30 Evening Movie (TH)	9:00 Balance Training w/ Zy (FC) 27 10:00 Chair Yoga w/Ryan (FC) 10:30 Morning Movie (TH) 10:30 Canasta (TR) 11:00 Stretch & Strengthen w/Zy (FC) 1:00 Rummie-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 1:00 Word Game w/Kelly (TH) 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)	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 (FC) 2:30 Classic Movie Saturday (TH) 3:30 Seated Israeli Folk Dance (FC)

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

February 2026 - Life Enrichment Newsletter

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.

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