

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Erev Tu B'Shevat 1 9:30 Daily Chronicle (SR) 10:00 Seated Tai Chi & Movement w/ Patrick (SR) 10:30 Nutrition 101 w/ Makayla (SR) 1:30 Spelling Bee w/ Kevin (SR) 2:30 Live Concert: Mainly Mozart (CS) 3:30 Concert: Tom Reich (SR) 3:45 Trivia Time w/ Makayla & Elliana (DR Lounge)	Tu B'Shevat 2 9:00 Dominoes with Elliot (Hub D) 9:15 Fitness & Fun w/ Fitness Staff (SR) 10:00 Daily Chronicle w/ Nunu (SR) 10:15 Book Club w/ Nunu (SR) 1:30 Tu B'Shevat Seder w/ Rabbi Yaffa-Shira (CS) 2:45 Tu B'Shevat Sing-A-Long w/ Nunu (SR) 3:45 Tu B'Shevat Fruit Tasting Social w/ Nunu (DAVS) (Weather Permitting)	9:30 This-Or-That & Finish The Phrase (SR) 3 10:00 Shopping Loop (Sign Up-Limit 2): Ross Dress For Less (DR Lounge) 10:30 Word Search & Trivia (SR) 1:30 All Campus: Tu B'Shevat Speaker: Jessica Lewis - Nature Israel (CS) 3:00 Tu B'Shevat Tree Planting & Pot Decorating (DAVS) (Weather Permitting)	9:30 Morning Moves w/ Ed (SR) 4 10:00 Daily Chronicle & Trivia w/ Ed (SR) 10:30 Frank Sinatra: Concert For the Americas (SR) 1:30 Whiteboard Games w/ Ed (SR) 3:00 Music Requests & Trivia w/ Brady (DR Lounge)	9:30 Resident Council Meeting (SR) 5 10:30 Trivia w/ Jerry (DR Lounge) 11:45 AL Lunch Outing (Sign Up-Limit 6): DZ Akins (DR Lounge) 1:15 Sit n be FIT w/ Fitness Staff (SR) 3:30 Happy Hour (DR Lounge)	9:30 The Importance of Black History Month (SR) 6 10:30 Academy Award Winner: Summer of Soul (...Or, When the Revolution Could Not Be Televised) PART ONE (2021) (SR) 1:45 Art w/ Chanda: Flower Arranging (DAVS) (Weather Permitting) 3:15 Summer of Soul (...Or, When the Revolution Could Not Be Televised) FINALE (2021) (SR) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Mark (CS & 2493) 7 1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS) 1:30 Strength & Stamina Movements w/ Amy (SR) 2:00 Jewish Celebrities w/ Amy (SR) 3:00 Poetry Reading & Discussions w/ Amy (SR) 6:00 Movie Night: Apollo 13 (1995) (SR)
Super Bowl Sunday! 8 9:30 Daily Chronicle (SR) 10:00 Seated Tai Chi & Movement w/ Patrick (SR) 10:30 You be the Judge w/ Makayla (SR) 1:30 Trivia w/ Kevin (SR) 3:00 Super Bowl Watch Party! (SR) 3:45 Trivia Time w/ Makayla & Elliana (DR Lounge)	9:00 Dominoes with Elliot (Hub D) 9 9:15 Fitness & Fun w/ Fitness Staff (SR) 10:00 Daily Chronicle w/ Nunu (SR) 10:30 Travel Log w/ Hernan Perez (SR) 1:30 Rummikub w/ Nunu (SR) 1:45 Pet Therapy Visit w/ Kathy & Finn (SR) 2:30 Trivia w/ Nunu (SR) 3:00 Concert: Vincent Young (SR)	9:30 Morning Sing-A-Long 10 10:00 Shopping Loop (Sign Up-Limit 2): Ross Dress For Less (DR Lounge) (W/ Caregiver)* 10:30 Daily Chronicle (SR) 10:45 Morning Moves (SR) 1:30 \$1 Bingo Group Games (SR) 2:30 Current Events w/ Rick (SR) 3:45 Guided Relaxation & Mindfulness (SR)	9:30 Morning Moves w/ Ed (SR) 11 10:00 Daily Chronicle & Trivia (SR) 10:30 Tony Bennett: The Sound of Velvet (SR) 1:30 Whiteboard Games w/ Ed (SR) 3:00 Corner Store (SR) 3:15 Trivia w/ Brady (DR Lounge)	9:30 Fun Facts of This Day In History (SR) 12 10:00 Jewelry Making w/ Rochelle & Marianne (SR) 1:00 Scenic Drive (Sign Up-Limit 7): Rancho Santa Fe/ Del Dios Hwy (DR Lounge) 1:15 Sit n be FIT w/ Fitness Staff (SR) 1:30 Fancy Fingers w/ Marianne! (Outside Sunroom) 2:00 Group Reminiscence (DAVS) (Weather Permitting) 3:30 Happy Hour w/ Jerry McCann (DR Lounge)	9:30 Coffee, Tea & Conversation: Origins of Folklore (SR) 13 10:30 Memory Games (SR) 1:30 Daily Chronicle + Daily Scoop (DAVS) (Weather Permitting) 1:45 Quotes That Will Change the Way You Think! (DAVS) (Weather Permitting) 2:30 The Power of Self Talk: Positive vs. Negative (DAVS) (Weather Permitting) 3:45 Corner Store, Open For Business! (SR) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493) 14 1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS) 2:00 Israeli Dancing w/ Barbara (SR) 2:30 You Be The Judge w/ Amy (SR) 3:30 Word/Whiteboard Games w/ Amy (SR) 6:00 Movie Night: 42-Jackie Robinson (2013) (SR)
9:30 Daily Chronicle (SR) 15 10:00 Seated Tai Chi & Movement w/ Patrick (SR) 10:30 You Be the Judge (SR) 1:30 Word Games w/ Kevin (SR) 2:30 All Campus Concert: Piano w/ Dmitry (CS) 3:45 Trivia Time w/ Makayla & Elliana (DR Lounge)	President's Day 16 9:00 Dominoes with Elliot (Hub D) 9:15 Fitness & Fun w/ Fitness Staff (SR) 10:00 Daily Chronicle w/ Nunu (SR) 10:15 Book Club w/ Ellyn & Keith (SR) 1:30 Wreath Making w/ Nunu (SR) 2:45 You Be the Judge w/ Nunu (SR) 3:45 Music & Reminiscence w/ Nunu (DAVS) (Weather Permitting)	9:30 Gratitude & Mindfulness Moment (SR) 17 10:00 Shopping Loop (Sign Up-Limit 2): Trader Joes (DR Lounge) 10:15 Daily News (SR) 10:45 Shmooze w/ Rabbi Yaffa-Shira (DR Lounge) 1:30 Entertainment with Hitoshi (SR) 2:30 How To Treat Your Heart Well (SR) 3:30 True or False: Heart Health (SR)	9:30 Morning Moves w/ Ed (SR) 18 10:00 Daily Chronicle & Trivia (SR) 10:30 Barbara Streisand: Timeless Part One (SR) 1:30 Live Entertainment - Glenn Kramer! (SR) 2:30 Whiteboard Games w/ Ed (SR) 3:15 Music Requests & Trivia w/ Brady (DR Lounge)	9:30 Sensory Social Hour w/ Music: Hand Massages & Stress Balls 19 10:30 Trivia w/ Jerry (DR Lounge) 1:00 Scenic Drive (Sign Up-Limit 7): San Diego Bay (DR Lounge) 1:15 Sit n be FIT w/ Fitness Staff (SR) 1:45 Daily Chronicle & Trivia (SR) 2:15 Voices & Visions Documentary 3:30 February Birthday Celebrations & Happy Hour (DR Lounge)	9:45 Coffee, Tea & Conversation: Fads of the 1970s (SR) 20 10:30 Roger Hirsh Piano (SR) 1:15 SDJA Visit: Tikkun Olam Project (SR) 2:45 Daily Chronicle (SR) 3:15 Cookie Decorating (SR) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493) 21 1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS) 1:30 Gentle Chair Yoga w/ Amy (SR) 2:00 Daily Chronicle (SR) 2:30 Poetry Readings & Discussion w/ Amy (SR) 3:30 Jewish Celebrities & Trivia w/ Amy (SR) 6:00 Movie Night: Driving Miss Daisy (1989) (SR)
9:30 Daily Chronicle (SR) 22 10:00 Seated Tai Chi & Movement w/ Patrick (SR) 10:30 All Campus Concert: On the Town (CS) 10:40 Pet Therapy Visit w/ Christine & Leo! (DR Lounge) 11:00 Music & Socialization w/ Michael (DR Lounge) 1:30 Word Games w/ Kevin (SR) 2:30 You Be the Judge w/ Makayla (SR) 3:45 Trivia Time w/ Makayla & Elliana (DR Lounge)	9:00 Dominoes with Elliot (Hub D) 23 9:15 Fitness & Fun w/ Fitness Staff (SR) 10:00 Daily Chronicle (SR) 10:15 Collage Making w/ Nunu (SR) 1:45 Heart Health Walker Decorating (DAVS) 1:45 Pet Therapy Visit w/ Kathy & Finn (DAVS) 2:30 Heart Health Walk (DAVS) 3:00 Concert: Vincent Young (SR)	9:30 Cold Case Files: The Case of Edward Munst (SR) 24 10:00 Shopping Loop (Sign Up-Limit 2): Trader Joes (DR Lounge) (W/ Caregiver)* 1:30 Walker Decorating & Appreciation Ribbon Exchange (SR) 2:15 Pet Visit w/ Helen Woodward (DR Lounge) 2:30 Culinary Meeting (SR) 3:00 Quotes That Will Change The Way You Think (SR) 3:45 Gentle Cardio & Chair Yoga (SR)	9:30 Morning Moves w/ Ed (SR) 25 10:00 Daily Chronicle & Trivia (SR) 10:30 Barbara Streisand: Timeless Part 2 (SR) 1:30 Creative Writing w/ Noa (SR) 3:00 Corner Store (SR) 3:15 Trivia & Music w/ Brady (DR Lounge)	9:30 Would You Rather? (SR) 26 10:00 Beading w/ Rochelle & Marianne (SR) 1:00 Scenic Drive (Sign Up-Limit 7): Gaslamp District (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 Happy Hour w/ Yaar (DR Lounge)	9:30 On This Day In History... (SR) 27 10:00 News off The Day (SR) 10:15 DW Documentary: The Greek Islands (SR) 1:45 Art w/ Chanda: Quilts for Charity Donations (SR) 3:15 Noodle Ball! (SR) 4:00 International Trivia: Greece (SR) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Mark (CS & 2493) 28 1:30 Shabbat Limud w/ Rabbi Yaffa-Shira (CS) 2:00 Israeli Dancing w/ Barbara (SR) 2:30 News of the Day w/ Amy (SR) 3:15 Name That Tune w/ Amy (DAVS) (Weather Permitting) 6:00 Movie Night: Funny Girl (1968) (SR)

February 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. Adleson Family Assisted Living Program

February 2026 - Life Enrichment Newsletter

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
GHC= Goldberg Health

Room Codes
GRC= Goldberg Residence Court
LI= Library (Building A)
PDR = Private Dining Room
R= Recreation Room*
SR= Assisted Living Sunroom
TH =Theater
TR= Tasting Room*
TVLO= TV Lounge*

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

Staff:

Candy - 2/2
Sabina - 2/4
Maria - 2/5
Claudia - 2/10

Residents:

Bob Z. - 2/20



"If January is the month of change, February is the month of lasting change. January is for dreamers... February is for doers".

- Marc Parent



Important Contacts

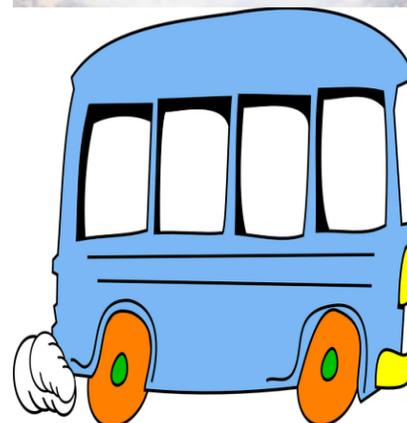
Mary Fawell - Director of Assisted Living - 760-516-2040
Sophia Rucireta - Life Enrichment Specialist - 760-632-8948
Zy Dewey - Fitness Center - 760-632-3739
Sheryl Seltser - Volunteer Liaison - 760-632-3718
Rabbi Yaffa-Shira - Director of Spiritual Life - 760-942-2950
Front Desk Reception - 760-632-0081
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)
- * Accompanied by Caregiver
- Fitness Programs
- Religious Programming
- Resident Council Meeting
- Vendors
- Volunteers
- Involving Food
- Movie Nights/T.V. Programs



Assisted Living Outings

Lunch Outing

DZ Akins -
San Diego, CA on 2/5 @ 11:45
(Previous Sign-Up Required -
Limit 6 Residents)

Shopping Loops

Tuesdays @ 10:00-11:30

February 3
(Ross Dress For Less)
February 10
(Ross Dress For Less)*
February 17
(Trader Joe's)
February 24
(Trader Joe's)*

Scenic Drives

Thursdays @ 1:00-2:45

February 12
(Rancho Santa Fe/Del Dios Hwy)
February 19
(San Diego Bay)
February 26
(Gaslamp District)

Live Events

February 3: Tu B'Shevat Speaker: Jessica Lewis - Nature Israel @ 1:30 (CS)
February 15: Live Concert - Piano w/ Dmitry @ 2:30 (CS)
February 22: Live Concert - On The Town @ 10:30 (CS)
February 22: Live Concert - The Bayou Brothers @ 2:30 (CS)

Entertainment in Assisted Living

February 1: Concert: w/ Tom Reich @ 3:30 (SR)
February 4: Concert: Taylor Bassett @ 10:00 (SR)
February 9: Travel Log w/ Hernan @ 10:30 (SR)
February 10: Current Events w/ Rick @ 2:30 (SR)
February 12: Happy Hour Live Music w/ Jerry McCann @ 3:30 (DR Lounge)
February 17: Concert: Hitoshi @ 1:30 (SR)
February 18: Concert: Glenn Kramer @ 1:30 (SR)
February 26: Concert: Naomi Alter @ 2:00 (SR)
February 1, 8, 15, 22: Seated Tai Chi w/ Patrick @ 10:00 (SR)
February 9, 23: Concert: Vincent Young @ 3:00 (SR)
February 14, 28: Israeli Seated Chair Dancing w/ Barbara @ 2:00 (SR)



Dominoes: w/ Elliot every Monday at 9:00 (HUB D)
Trivia: w/ Jerry on 2/5 & 2/19 at 10:30 (DR Lounge)
Trivia: w/ Elliana on 2/1, 2/8 and 2/22 at 3:45 (DR Lounge)
Trivia: w/ Brady every Wednesday at 3:15 (3:00 on 2/4) (DR Lounge)
Jewelry Making: w/ Rochelle & Marianne on the 2nd & 4th Thursday of the month at 10:00 (SR)
Brain Teasers: w/ Kevin every Sunday at 1:30 (SR)
Pet Visit: w/ Kathy & Finn on 2/9 and 2/23 at 1:45 (SR)
Pet Visit: w/ Helen Woodward on 2/24 at 2:15 (DR Lounge)
Pet Visit: w/ Christine & Leo on 2/22 at 10:40 (DR Lounge)
Music & Socialization: w/ Michael on 2/22 at 11:00 (DR Lounge)
Fancy Fingers: w/ Marianne on the 2nd & 4th Thursday of the month at 1:30 (Outside SR)
Art: w/ Chanda on 2/6 and 2/27 at 1:45 (SR)
Book Club: w/ Keith and Ellyn on the 1st and 3rd Monday of the month at 10:15 (SR)
Creative Writing: w/ Noa on 2/25 at 1:30 (SR)