

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

|   |  |  |   |  |   |  |  |
|---|--|--|---|--|---|--|--|
| <p style="text-align: right; margin: 0;"><b>1</b></p> <p>9:10 Seated Tai Chi w/Patrick (FC)<br/> 10:00-2:00 OPEN GYM<br/> 12:30 Mah Jongg (R)<br/> <b>12:45 Trip: SD Symphony</b><br/> 1:00 Rummi Q (TR)<br/> 1:30 Script Reading (TH)<br/> <b>2:30 Sunday Matinee (TH)</b><br/> 3:30 Open Game Room (TR)</p>   | <p style="text-align: center; margin: 0;"><b>EREV PURIM</b></p> <p style="text-align: right; margin: 0;"><b>2</b></p> <p>9:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 10:00 Mat Pilates (FC)<br/> 10:30 Technology Assistance (CL)<br/> 11:00 Sit N Be Fit w/Kyle (FC)<br/> 1:00 Seacrest Knitters Club (TR)<br/> 1:00 Seated Volleyball w/Zy (FC)<br/> <b>2:00 Art w/Irene (R)</b><br/> <b>3:00 Afternoon Movie (TH)</b></p>                          | <p style="text-align: center; margin: 0;"><b>PURIM</b></p> <p style="text-align: right; margin: 0;"><b>3</b></p> <p>9:00 Stretch &amp; Strengthen w/Zy (FC)<br/> <b>10:00 All Campus Purim Celebration (CS)</b><br/> 10:00-11:30 FITNESS CENTER CLOSED<br/> 1:00 Mah Jongg (TR)<br/> <b>1:15 Trip: Shopping at JC Penney/ Macy's Carlsbad Mall</b><br/> <b>6:30 Evening Movie (TH)</b></p>   | <p style="text-align: center; margin: 0;"><b>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</b></p> <p style="text-align: right; margin: 0;"><b>4</b></p> <p>9:00 Stretch &amp; Strengthen w/Kyle (FC)<br/> 9:45 Aqua Fun w/Ryan (FC)<br/> 10:00 Balance Training w/Zy (FC)<br/> 11:00 Sit &amp; Be Fit (FC)<br/> <b>2:00 Baking w/Maya: Pop Tart (R)</b><br/> 3:00 Men's Group w/Carl (Francys)<br/> <b>6:30 Opera Night (CS)</b></p>  | <p>9:00 Stretch &amp; Strengthen w/Zy (FC) <b>5</b><br/> <b>9:15 Trip: Breakfast Republic</b><br/> 10:00 Bangles &amp; Beads (R)<br/> 10:00 Circuit Cardio &amp; Strength (FC)<br/> 11:00 Sit N Be Fit (FC)<br/> 1:00 Tai Chi w/Ryan (FC)<br/> 1:00 Mah Jongg (TR)<br/> <b>2:00 Cooking Demo w/Ben (R)</b><br/> <b>3:30 Happy Hour: Carlos Velasco (Francys)</b><br/> <b>6:30 Evening Movie (TH)</b></p>   | <p>9:00 Balance Training w/ Zy (FC) <b>6</b><br/> 10:00 Mat Pilates w/Ryan (FC)<br/> <b>10:30 Morning Movie (TH)</b><br/> 10:30 Canasta (TR)<br/> 11:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 1:00 Rummi-Q (TR)<br/> 1:00 Word Game w/Kelly (TH)<br/> 1:00 Seated Volleyball w/Zy (FC)<br/> 2:15 You Be The Judge w/Judi (TH)<br/> <b>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</b></p>  | <p>10:00 <b>Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS/2493)</b><br/> 12:00 – 4:00 Open Gym (FC)<br/> <b>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</b><br/> 1:45 Pool/Aqua Fun (FC)<br/> <b>2:30 Classic Movie Saturday (TH)</b></p>  |  |
| <p style="text-align: center; margin: 0;"><b>DAYLIGHT SAVING</b></p> <p style="text-align: right; margin: 0;"><b>8</b></p> <p>9:10 <b>CANCELLED:</b> Seated Tai Chi w/Patrick (FC)<br/> 9:10 <b>TODAY ONLY:</b> Stretch w/Kyle (FC)<br/> 10:00-2:00 OPEN GYM<br/> 12:30 Mah Jongg (R)<br/> 1:00 Rummi Q (TR)<br/> 1:30 Script Reading (TH)<br/> <b>2:30 Sunday Matinee (TH)</b><br/> 3:30 Open Game Room (TR)</p> | <p style="text-align: right; margin: 0;"><b>9</b></p> <p>9:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 10:00 Mat Pilates (FC)<br/> 11:00 Sit N Be Fit w/Kyle (FC)<br/> 1:00 Seacrest Knitters Club (TR)<br/> 1:00 Seated Volleyball w/Zy (FC)<br/> <b>2:00 Crafting w/Maya: Cherry Blossom Painting (R)</b><br/> <b>3:00 Afternoon Movie (TH)</b><br/> <b>6:30 Bingo w/Wayne &amp; Linda (CS)</b></p>   | <p style="text-align: right; margin: 0;"><b>10</b></p> <p>9:00 Stretch &amp; Strengthen w/Zy (FC)<br/> <b>9:15 Advanced Hearing Care (TR)</b><br/> 10:00 Circuit Cardio &amp; Strength w/Zy<br/> <b>10:00 NEW! Brandeis: Contemporary Jewish Comedians (TH)</b><br/> 10:15 Beginning Bridge (CS)<br/> 10:30 Yiddish Club (TR)<br/> 11:00 Tai Chi w/Ryan (FC)<br/> <b>11:45 Trip: Lunch at Crack Shack</b><br/> 1:00 Mah Jongg (TR)<br/> <b>1:15 Current Events w/Rick (CS)</b><br/> 1:30 Table Tennis &amp; Wii (FC)<br/> <b>6:30 Evening Movie (TH)</b></p> | <p style="text-align: center; margin: 0;"><b>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</b></p> <p style="text-align: right; margin: 0;"><b>11</b></p> <p>9:00 Stretch &amp; Strengthen w/Kyle (FC)<br/> 9:45 Aqua Fun w/Ryan (FC)<br/> 10:00 Balance Training w/Zy (FC)<br/> 11:00 Sit &amp; Be Fit (FC)<br/> 1:15 Bridge Club (TR)<br/> <b>2:00 Program w/Yaar (TH)</b><br/> <b>6:30 Piano Sing Along (Francys)</b></p>   | <p>9:00 Stretch &amp; Strengthen w/Zy (FC) <b>12</b><br/> <b>10:00 Trip: Home Goods Solana Beach</b><br/> 10:00 Bangles &amp; Beads (R)<br/> 10:00 Circuit Cardio &amp; Strength (FC)<br/> 10:30 Time in the Library w/Marsha (LI)<br/> 11:00 Sit N Be Fit (FC)<br/> 1:00 Tai Chi w/Ryan (FC)<br/> 1:00 Mah Jongg (TR)<br/> <b>2:15 Heart to Heart w/Carl (Francys)</b><br/> <b>3:30 Happy Hour: Sonny Mayer (Francys)</b><br/> <b>6:30 Evening Movie (TH)</b></p> | <p>9:00 Balance Training w/ Zy (FC) <b>13</b><br/> 10:00 Mat Pilates w/Ryan (FC)<br/> <b>10:30 Morning Movie (TH)</b><br/> 10:30 Canasta (TR)<br/> 11:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 1:00 Rummi-Q (TR)<br/> 1:00 Word Game w/Kelly (TH)<br/> 1:00 Seated Volleyball w/Zy (FC)<br/> <b>1:00 Trip: AARP Tax Prep Enc. Library</b><br/> 2:15 You Be The Judge w/Judi (TH)<br/> <b>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</b></p> | <p>10:00 <b>Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Mark (CS/2493)</b><br/> 12:00 – 4:00 Open Gym (FC)<br/> <b>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</b><br/> 1:45 Pool/Aqua Fun (FC)<br/> <b>2:30 Classic Movie Saturday (TH)</b><br/> 3:30 Seated Israeli Folk Dance (FC)</p>  |  |
| <p style="text-align: right; margin: 0;"><b>15</b></p> <p>9:10 Seated Tai Chi w/Patrick (FC)<br/> 10:00-2:00 OPEN GYM<br/> 12:30 Mah Jongg (R)<br/> <b>12:45 Trip: North Coast Rep Theater</b><br/> 1:00 Rummi Q (TR)<br/> 1:30 Script Reading (TH)<br/> <b>2:30 Sunday Matinee (TH)</b><br/> 3:30 Open Game Room (TR)</p>  | <p style="text-align: right; margin: 0;"><b>16</b></p> <p>9:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 10:00 Mat Pilates (FC)<br/> 10:30 Technology Assistance (CL)<br/> 11:00 Sit N Be Fit w/Kyle (FC)<br/> 1:00 Seacrest Knitters Club (TR)<br/> 1:00 Seated Volleyball w/Zy (FC)<br/> <b>2:00 Town Hall (CS)</b><br/> <b>2:45 NEW: Jeopardy Game (CS)</b><br/> <b>3:00 Afternoon Movie (TH)</b><br/> <b>6:30 Bingo w/Wayne &amp; Linda (CS)</b></p> | <p style="text-align: right; margin: 0;"><b>17</b></p> <p>9:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 10:00 Circuit Cardio &amp; Strength w/Zy<br/> 10:15 NEW LOCATION: Beginning Bridge (R)<br/> <b>10:30 Travel Log w/Hernan: Japan (CS)</b><br/> 11:00 Tai Chi w/Ryan (FC)<br/> <b>11:45 Trip: One Paseo Shopping/Lunch</b><br/> 1:00 Mah Jongg (TR)<br/> <b>2:00 Schmooze w/Dina (TH)</b><br/> <b>6:30 Evening Movie (TH)</b></p>   | <p style="text-align: center; margin: 0;"><b>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</b></p> <p style="text-align: right; margin: 0;"><b>18</b></p> <p>9:00 Stretch &amp; Strengthen w/Kyle (FC)<br/> 9:45 Aqua Fun w/Ryan (FC)<br/> 10:00 Balance Training w/Zy (FC)<br/> 11:00 Sit &amp; Be Fit (FC)<br/> <b>1:30 Coffee Dilemma w/Yaar (CS)</b><br/> <b>3:00 Adult Education: Pesach Study Session w/Rabbi Yaffa-Shira (TH)</b><br/> 5:30 Monthly Birthday Bash (DR)<br/> <b>6:30 Opera Night (CS)</b></p>    | <p>9:00 Stretch &amp; Strengthen w/Zy (FC) <b>19</b><br/> <b>10:00 Trip: Costco</b><br/> 10:00 Bangles &amp; Beads (R)<br/> 10:00 Culinary Meeting (TH)<br/> 10:00 Circuit Cardio &amp; Strength (FC)<br/> 11:00 Sit N Be Fit (FC)<br/> 1:00 Tai Chi w/Ryan (FC)<br/> 1:00 Mah Jongg (TR)<br/> <b>2:00 Art Lecture/activity w/Jon Kessler (CS)</b><br/> <b>3:30 Happy Hour: Vincent Young (Francys)</b><br/> <b>6:30 Evening Movie (TH)</b></p>                    | <p>9:00 Balance Training w/ Zy (FC) <b>20</b><br/> 10:00 Mat Pilates w/Ryan (FC)<br/> <b>10:30 Morning Movie (TH)</b><br/> 10:30 Canasta (TR)<br/> 11:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 1:00 Rummi-Q (TR)<br/> 1:00 Word Game w/Kelly (TH)<br/> 1:00 Seated Volleyball w/Zy (FC)<br/> 3:15 Technology w/Steve (CL)<br/> <b>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</b></p>  | <p>10:00 <b>Shabbat Services w/Rabbi Yaffa-Shira (CS/2493)</b><br/> 12:00 – 4:00 Open Gym (FC)<br/> <b>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</b><br/> 1:45 Pool/Aqua Fun (FC)<br/> <b>2:30 Classic Movie Saturday (TH)</b></p>   |  |
| <p style="text-align: right; margin: 0;"><b>22</b></p> <p>9:10 Seated Tai Chi w/Patrick (FC)<br/> 10:00-2:00 OPEN GYM<br/> 12:30 Mah Jongg (R)<br/> 1:00 Rummi Q (TR)<br/> 1:30 Script Reading (TH)<br/> <b>2:30 All Campus Concert: The Bayou Brothers (CS)</b><br/> 3:30 Open Game Room (TR)</p>  | <p style="text-align: right; margin: 0;"><b>23</b></p> <p>9:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 10:00 Mat Pilates (FC)<br/> 10:30 Technology Assistance (CL)<br/> 11:00 Sit N Be Fit w/Kyle (FC)<br/> <b>11:00 Book Club (TH)</b><br/> 1:00 Seacrest Knitters Club (TR)<br/> 1:00 Seated Volleyball w/Zy (FC)<br/> <b>2:00 Culinary Tasting: France (R)</b><br/> <b>3:00 Afternoon Movie (TH)</b></p>   | <p style="text-align: right; margin: 0;"><b>24</b></p> <p>9:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 10:00 Circuit Cardio &amp; Strength w/Zy<br/> 10:15 Beginning Bridge (CS)<br/> 10:30 Yiddish Club (TR)<br/> 11:00 Tai Chi w/Ryan (FC)<br/> <b>1:00 Trip: Passover Shopping at Ralphs La Jolla</b><br/> 1:00 Mah Jongg (TR)<br/> 1:30 Table Tennis &amp; Wii (FC)<br/> 3:30 What's On Your Mind w/Larry (TH)<br/> <b>6:30 Evening Movie (TH)</b></p>   | <p style="text-align: center; margin: 0;"><b>Shopping Loops 9am &amp; 11am, 1pm &amp; 3pm</b></p> <p style="text-align: right; margin: 0;"><b>25</b></p> <p>9:00 Stretch &amp; Strengthen w/Kyle (FC)<br/> 9:45 Aqua Fun w/Ryan (FC)<br/> 10:00 Balance Training w/Zy (FC)<br/> 11:00 Sit &amp; Be Fit (FC)<br/> 1:15 Bridge Club (TR)<br/> <b>2:30 Food for Thought w/Erica (TH)</b><br/> <b>3:30 Adult Education: Pesach Study Session w/Rabbi Yaffa-Shira (TH)</b><br/> <b>6:30 Piano Sing Along (Francys)</b></p> | <p>9:00 Stretch &amp; Strengthen w/Zy (FC) <b>26</b><br/> <b>10:00 Trip: VG Donuts &amp; Scenic Drive</b><br/> 10:00 Bangles &amp; Beads (R)<br/> 10:00 Circuit Cardio &amp; Strength (FC)<br/> 10:30 Time in the Library w/Marsha (LI)<br/> 11:00 Sit N Be Fit (FC)<br/> 1:00 Tai Chi w/Ryan (FC)<br/> 1:00 Mah Jongg (TR)<br/> <b>2:00 Women's Group: Robin Israel (TH)</b><br/> <b>3:30 Happy Hour: Carlos Velasco</b><br/> <b>6:30 Evening Movie (TH)</b></p>  | <p>9:00 Balance Training w/ Zy (FC) <b>27</b><br/> 10:00 Mat Pilates w/Ryan (FC)<br/> <b>10:30 Morning Movie (TH)</b><br/> 10:30 Canasta (TR)<br/> 11:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 1:00 Rummi-Q (TR)<br/> 1:00 Word Game w/Kelly (TH)<br/> 1:00 Seated Volleyball w/Zy (FC)<br/> 2:15 You Be The Judge w/Judi (TH)<br/> <b>5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)</b></p>   | <p>10:00 <b>Shabbat Services w/Rabbi Yaffa-Shira &amp; Cantor Kathy (CS/2493)</b><br/> 12:00 – 4:00 Open Gym (FC)<br/> <b>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</b><br/> 1:45 Pool/Aqua Fun (FC)<br/> <b>2:30 Classic Movie Saturday (TH)</b><br/> 3:30 Seated Israeli Folk Dance (FC)</p>   |  |
| <p style="text-align: right; margin: 0;"><b>29</b></p> <p>9:10 Seated Tai Chi w/Patrick (FC)<br/> 10:00-2:00 OPEN GYM<br/> <b>10:30 All Campus Piano Concert: David Saliamonas (CS)</b><br/> 12:30 Mah Jongg (R)<br/> 1:00 Rummi Q (TR)<br/> 1:30 Script Reading (TH)<br/> <b>2:30 Sunday Matinee (TH)</b><br/> 3:30 Open Game Room (TR)</p>  | <p style="text-align: right; margin: 0;"><b>30</b></p> <p>9:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 10:00 Mat Pilates (FC)<br/> 11:00 Sit N Be Fit w/Kyle (FC)<br/> 1:00 Seacrest Knitters Club (TR)<br/> 1:00 Seated Volleyball w/Zy (FC)<br/> <b>2:30 NEW: Jeopardy Game (CS)</b><br/> <b>3:00 Afternoon Movie (TH)</b></p>   | <p style="text-align: right; margin: 0;"><b>31</b></p> <p>9:00 Stretch &amp; Strengthen w/Zy (FC)<br/> 10:00 Circuit Cardio &amp; Strength w/Zy<br/> 10:15 Beginning Bridge (CS)<br/> 11:00 Tai Chi w/Ryan (FC)<br/> <b>11:30 Trip: Lunch at DZ Akins w/Rabbi Yaffa-Shira</b><br/> 1:00 Mah Jongg (TR)<br/> <b>6:30 Evening Movie (TH)</b></p>   | <h2 style="margin: 0;">March 2026<br/>Life Enrichment Calendar</h2> <p style="margin: 5px 0;">Seacrest Village Retirement Communities at Encinitas<br/> Lee and Frank Goldberg Residence Court</p> <p style="margin: 5px 0;">[Activities can occur at any time and are not limited to formal activity staff. All activities are subject to change.]</p>   |  |   | <p style="font-size: small; margin: 0;">We thank our contributors for making these programs possible:</p> <p style="font-size: x-small; margin: 2px 0;">The Haimsohn Family Holiday Program<br/> Irwin &amp; Joan Jacobs Cultural Program<br/> Irwin &amp; Joan Jacobs Transportation Program<br/> The Galinson Family Rehabilitative Therapy Program<br/> The Merrill &amp; Robert Haimsohn Alzheimer's Program<br/> Lipinsky Family Foundation Nursing Program<br/> The A. Wexler, R. Simon &amp; E. Adleson Family Assisted Living Program<br/> The Sima &amp; Joseph Oppenheimer Religious &amp; Education</p> |  <p style="font-size: large; font-weight: bold; margin: 0;">HAPPY<br/>purim</p> |

# March 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

**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\*

**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

## WELCOME TO SEACREST!

**Sue Ann S. A-101**  
**Barbara R. F-268**

## MONTHLY PROGRAM HIGHLIGHTS

**Art with Irene**  
*Passover Memory Collage*  
 Monday, March 2  
 2pm Rec Room



**Baking with Maya:**  
*Homemade Pop Tarts*  
 Wednesday, March 4  
 2pm Rec Room



**Cooking Demo with Ben**  
*Sesame Noodles with Cucumber, Corn & Basil*  
 Thursday, March 5  
 2pm Rec Room



**Crafting with Maya:**  
*Cherry Blossom Painting*  
 Monday, March 9  
 2pm Rec Room



**Coffee Dilemma with Yaar**  
*What is a Leader?*  
 Wednesday, March 18  
 1:30pm Synagogue



**Adult Education with Rabbi Yaffa-Shira:**  
*Pesach Study Session*  
 Wednesday, March 18 3pm Theater  
 Wednesday, March 25 3:30pm Theater



**Culinary Tasting with Kelly**  
*Foods from France*  
 Monday, March 23  
 2pm Rec Room



## BIRTHDAYS

|                    |             |                  |             |
|--------------------|-------------|------------------|-------------|
| <b>ANN Z.</b>      | <b>3/1</b>  | <b>BEN L.</b>    | <b>3/23</b> |
| <b>MARY B.</b>     | <b>3/2</b>  | <b>JUDITH N.</b> | <b>3/28</b> |
| <b>FLORENCE M.</b> | <b>3/4</b>  | <b>JOAN B.</b>   | <b>3/30</b> |
| <b>ROZ M.</b>      | <b>3/4</b>  | <b>CAROL R.</b>  | <b>3/31</b> |
| <b>DINA R.</b>     | <b>3/8</b>  |                  |             |
| <b>EVELYN K.</b>   | <b>3/10</b> |                  |             |
| <b>WERNER D.</b>   | <b>3/12</b> |                  |             |
| <b>GEORGE T.</b>   | <b>3/15</b> |                  |             |
| <b>LAURA L.</b>    | <b>3/18</b> |                  |             |
| <b>MARILYN S.</b>  | <b>3/21</b> |                  |             |



## Entertainment Happy Hour 3:30pm Francy's

|                       |                       |
|-----------------------|-----------------------|
| <b>Thursday, 3/5</b>  | <b>Carlos Velasco</b> |
| <b>Thursday, 3/12</b> | <b>Sonny Mayer</b>    |
| <b>Thursday, 3/19</b> | <b>Vincent Young</b>  |
| <b>Thursday, 3/26</b> | <b>Carlos Velasco</b> |

## Concerts & Event Highlights

**San Diego Symphony**  
 Sunday, March 1  
 12:45pm Bus Departs



**All Campus Purim Celebration**  
 Tuesday, March 3  
 10am Synagogue



**North Coast Rep. Theater**  
 Sunday, March 15  
 12:45pm & 1:15pm



**The Bayou Brothers Zydeco & Blues**  
 Sunday, March 22  
 2:30pm Synagogue



**David Saliamonas Classical Piano Concert**  
 Sunday, March 29  
 10:30am Synagogue



## 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.  
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## 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

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>• Walmart</li> <li>• Target</li> <li>• Stater Bros</li> <li>• Ross</li> <li>• Best Buy</li> <li>• CVS- Encinitas Blvd.</li> <li>• Smart &amp; Final</li> <li>• Best Nails (Smart &amp; Final plaza)</li> <li>• Walgreen's *upon request</li> </ul> | <ul style="list-style-type: none"> <li>• Fed Ex Office</li> <li>• Trader Joes</li> <li>• Ralphs</li> <li>• Happiness Nails (next to Ralphs)</li> <li>• US Bank</li> <li>• Chase Bank</li> <li>• Dollar Tree</li> <li>• TJ Maxx</li> <li>• Sprouts</li> </ul> | <ul style="list-style-type: none"> <li>• Best Buy</li> <li>• T-Mobile</li> <li>• Barnes &amp; Noble</li> <li>• Ultra Beauty Supply</li> <li>• Famous Footwear</li> <li>• Bank of America (Encinitas Blvd)<br/>*upon request</li> </ul> |
|---|--|--|

### 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.