

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



April 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
- The Sima & Joseph Oppenheimer Religious and Education Program

FIRST SEDER 1

- Shopping Loops 9am & 11am, 1pm & 3pm
- 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 Baking w/Maya: Matzo Bars (R)
- 5:15 Passover Seder Night One w/Rabbi Yaffa-Shira (DR) (doors open at 4:45pm)

PASSOVER (QUIET DAY) 2

- FITNESS CENTER CLOSED ALL DAY
- 10:00 Passover Morning Service Day 1 w/Rabbi Yaffa-Shira & Cantor Kathy (CS)
- 4:30 Passover Seder Night Two w/Rabbi Yaffa-Shira (CS) (sign up required)

PASSOVER 3

- 9:00 Stretch only w/Kyle (FC)
- 10:00 Mat Pilates w/Ryan (FC)
- 10:00 BBC PROMS (CS)
- 10:30 Canasta (TR)
- 11:00 Stretch & Strengthen w/Zy (FC)
- 1:00 Rummie-Q (TR)
- 1:00 Word Game w/Diana (TH)
- 1:00 Seated Volleyball w/Zy (FC)
- 2:15 You Be The Judge w/Judi (TH)
- 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

INTERMEDIATE DAY 4

- 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)

INTERMEDIATE DAY 5

- 9:10 Seated Tai Chi w/Patrick (FC)
- 10:00-2:00 OPEN GYM
- 10:30 Park Walk w/Fitness Staff (sign up required)
- 12:30 Mah Jongg (R)
- 1:00 Rummie Q (TR)
- 1:30 Script Reading (TH)
- 2:30 Sunday Matinee (TH)
- 3:30 Open Game Room (TR)

INTERMEDIATE DAY 6

- 9:00 Stretch & Strengthen w/Kyle (FC)
- 10:00 Mat Pilates (FC)
- 11:00 Sit N Be Fit w/Kyle (FC)
- 1:00 Seacrest Knitters Club (TR)
- 1:00 Seated Volleyball w/Zy (FC)
- 1:00 Trip: The Flower Fields (ticket required)
- 3:00 Afternoon Movie (TH)
- 6:30 Poker Night w/Jeff Stoff (TR)

INTERMEDIATE DAY 7

- 8:00 Beach Walk w/Fitness Staff
- 9:00 Stretch & Strengthen w/Zy (FC)
- 10:00 Circuit Cardio & Strength w/Zy
- 10:15 Beginning Bridge (CS)
- 11:00 Tai Chi w/Ryan (FC)
- 11:45 Trip: Lunch Las Olas (Mexican)
- 1:00 Mah Jongg (TR)
- 2:00 Crafting: Vases for Tea (R)
- 5:00 Passover Candle Blessings (DR)
- 6:30 Evening Movie (TH)

PASSOVER (QUIET DAY) 8

- FITNESS CENTER CLOSED ALL DAY
- SHOPPING LOOPS MOVED TO 3/10
- 10:00 Passover Morning Service Day 7 w/Yizkor w/Rabbi Yaffa-Shira & Cantor Kathy (CS)

PASSOVER/YIZKOR 9

- 9:00 Balance Training w/ Zy (FC)
- 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 Heart to Heart w/Carl (Francys's)
- 6:30 Evening Movie (TH)

Shopping Loops 9am & 11am, 1pm & 3pm 10

- 9:00 Stretch only w/Kyle (FC)
- 10:00 Mat Pilates w/Ryan (FC)
- 10:00 BBC PROMS (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)

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- 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)

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- 9:10 Seated Tai Chi w/Patrick (FC)
- 10:00-2:00 OPEN GYM
- 10:30 Park Walk w/Fitness Staff (sign up required)
- 12:30 Mah Jongg (R)
- 1:00 Rummie Q (TR)
- 1:30 Script Reading (TH)
- 2:30 San Diego Harp Society Youth Concert (CS)
- 3:30 Open Game Room (TR)

9:00 Stretch & Strengthen w/Kyle (FC) 13

- 10:00 Mat Pilates (FC)
- 10:30 Technology w/Barry (CL)
- 11:00 Sit N Be Fit w/Kyle (FC)
- 11:45 Trip: Lunch at Corner Bakery & Walk Above Flower Fields
- 1:00 Seacrest Knitters Club (TR)
- 1:00 Seated Volleyball w/Zy (FC)
- 2:00 Crafting w/Maya: Tea Decor (R)
- 3:00 Afternoon Movie (TH)
- 6:30 Bingo w/Wayne & Linda (CS)

YOM HASHOAH (QUIET DAY) 14

- Holocaust Remembrance Day
- 8:00 Beach Walk w/Fitness Staff
- 9:00 Stretch & Strengthen w/Zy (FC)
- 10-12 FITNESS CENTER CLOSED
- 10:00 Service for Yom Hashoah w/Rabbi Yaffa-Shira (CS)
- 1:00 Mah Jongg (TR)
- 1:00 Tai Chi w/Ryan (FC)
- 1:30 Yom Hashoah Movie One Life & Discussion w/ Rabbi (TH)
- 6:30 Evening Movie (TH)

Shopping Loops 9am & 11am, 1pm & 3pm 15

- 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)
- 1:45 Art Program w/Yaar (R)
- 3:00 Cooking Demo w/Ben Mastracco (R)
- 4:00 Shuffleboard w/Ron Zelac
- 5:30 Monthly Birthday Bash (DR)
- 6:30 Opera Night (CS)

9:00 Balance Training w/ Zy (FC) 16

- 10:00 Bangles & Beads (R)
- 10:00 Trip: Costco
- 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 Let's Schmooze w/Dina (TH)
- 3:30 Happy Hour: Vincent Young
- 6:30 Evening Movie (TH)

9:00 Stretch only w/Kyle (FC) 17

- 10:00 Mat Pilates w/Ryan (FC)
- 10:00 BBC PROMS (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)

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- 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)

9:10 Seated Tai Chi w/Patrick (FC) 19

- 10:00-2:00 OPEN GYM
- 10:30 Park Walk w/Fitness Staff (sign up required)
- 12:30 Mah Jongg (R)
- 12:45 Trip: SD Symphony
- 1:00 Rummie Q (TR)
- 1:30 Script Reading (TH)
- 2:30 Sunday Matinee (TH)
- 3:30 Open Game Room (TR)

9:00 Stretch & Strengthen w/Kyle (FC) 20

- 10:00 Mat Pilates (FC)
- 10:30 Technology w/Barry (CL)
- 11:00 Sit N Be Fit w/Kyle (FC)
- 1:00 Seacrest Knitters Club (TR)
- 1:00 Seated Volleyball w/Zy (FC)
- 2:00 Jeopardy w/Kelly (CS)
- 3:00 Afternoon Movie (TH)
- 6:30 Bingo w/Wayne & Linda (CS)

YOM HAZIKARON (QUIET DAY) 21

- Day of Remembrance
- 8:00 Beach Walk w/Fitness Staff
- 9:00 Stretch & Strengthen w/Zy (FC)
- 10-12 FITNESS CENTER CLOSED
- 10:00 Service for Yom Hazikaron w/Rabbi Yaffa-Shira (CS)
- 1:00 Mah Jongg (TR)
- 1:00 Tai Chi w/Ryan (FC)
- 6:30 Evening Movie (TH)

YOM HA'ATZMAUT 22

- Israeli Independence Day
- Shopping Loops 9am & 11am, 1pm & 3pm
- 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)
- 2:30 Special Event: Celebrate Yom Ha'Atzmaut (DAVS)
- 4:00 Shuffleboard w/Ron Zelac
- 6:30 Piano Sing Along (Francys's)

9:00 Balance Training w/ Zy (FC) 23

- 10:00 Bangles & Beads (R)
- 10:00 Trip: Marshalls
- 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 Men's Group w/Carl (Francys's)
- 2:00 Women's Group (TH)
- 3:30 Special Event: That's Amore Happy Hour: Nico Lovell (DAVS)
- 6:30 Evening Movie (TH)

9:00 Stretch w/Kyle (FC) 24

- 10:00 Mat Pilates w/Ryan (FC)
- 10:00 BBC PROMS (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)
- 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

10:00 Shabbat Services w/Rabbi 25

- 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)

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- 9:10 Seated Tai Chi w/Patrick (FC)
- 10:00-2:00 OPEN GYM
- 10:30 Park Walk w/Fitness Staff (sign up required)
- 12:30 Mah Jongg (R)
- 1:00 Rummie Q (TR)
- 1:30 Script Reading (TH)
- 2:30 Sunday Matinee (TH)
- 3:30 Open Game Room (TR)

9:00 Stretch & Strengthen w/Kyle (FC) 27

- 10:00 Mat Pilates (FC)
- 10:30 Technology w/Barry (CL)
- 11:00 Sit N Be Fit w/Kyle (FC)
- 11:00 Book Club (TH)
- 1:00 Seacrest Knitters Club (TR)
- 1:00 Seated Volleyball w/Zy (FC)
- 2:30 Jeopardy w/Kelly (CS)
- 3:00 Afternoon Movie (TH)

8:00 Beach Walk w/Fitness Staff 28

- 9:00 Stretch & Strengthen w/Zy (FC)
- 10:00 Circuit Cardio & Strength w/Zy
- 10:15 Beginning Bridge (CS)
- 10:30 NEW LOCATION: Yiddish Club (R)
- 11:00 Tai Chi w/Ryan (FC)
- 11:45 Trip: Lunch at Leucadia Pizza
- 1:00 Mah Jongg (TR)
- 1:00 Acupuncture Lecture (FC)
- 1:15 Current Events w/Rick (CS)
- 3:30 What's On Your Mind w/Larry (TH)
- 6:30 Evening Movie (TH)

Shopping Loops 9am & 11am, 1pm & 3pm 29

- 9:00 Stretch & Strengthen w/Kyle (FC)
- 9:45 Aqua Fun w/Ryan (FC)
- 10:00 Balance Training w/Zy (FC)
- 10:30 Travel Log w/Hernan: China (CS)
- 11:00 Sit & Be Fit (FC)
- 1:30 Coffee Dilemma w/Yaar (CS)
- 2:30 Town Hall (CS)
- 4:00 Shuffleboard w/Ron Zelac
- 6:30 Opera Night (CS)

9:00 Balance Training w/ Zy (FC) 30

- 10:00 Bangles & Beads (R)
- 10:00 Trip: Encinitas Library
- 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)
- 3:30 Happy Hour: Carlos Velasco (Francys's)
- 6:30 Evening Movie (TH)



April 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
 Francys= 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*

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

Katie Park - Building & Life Enrichment Director 760-516-2025
 Kelly Patton - Life Enrichment Specialist 760-632-3729
 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

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Walmart • Target • Stater Bros • Ross • Best Buy • CVS- Encinitas Blvd. • Smart & Final • Best Nails (Smart & Final plaza) • Walgreen's *upon request | <ul style="list-style-type: none"> • Fed Ex Office • Trader Joes • Ralphs • Happiness Nails (next to Ralphs) • US Bank • Chase Bank • Dollar Tree • TJ Maxx • Sprouts | <ul style="list-style-type: none"> • 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

Miles G. 4/4
 Ester A. 4/5
 Elaine L. 4/5
 Lorea H. 4/6
 Joanne M. 4/6
 Barbara N. 4/10
 Marilyn F. 4/17
 Sandra K. 4/22
 Rene M. 4/23
 Alicia V. 4/25



WELCOME TO SEACREST!

Gaye A. Room 143
 Judith H. Room 209
 Richard & Noel D.

MONTHLY PROGRAM HIGHLIGHTS

Baking w/Maya:

Chocolate Toffee Matzo Bars
 Wednesday, April 1
 2pm Rec Room



Trip to the Carlsbad Flower Fields

Ticket Required to enter the flower fields
 Monday, April 6
 1pm-3pm



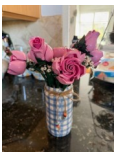
Poker Night w/Jeff Stoff

Monday, April 6
 6:30pm Tasting Room



Crafting w/Maya:

Vases for Tea Party
 Tuesday, April 7
 2pm Rec Room



Cooking Demo w/Ben

Sichuan Smashed Cucumber Salad
 Wednesday, April 15
 3pm Rec Room



Art Program w/Yaar

Decorations for Yom Ha'Atzmaut
 Wednesday, April 15
 1:45pm Rec Room



Yom Ha'Atzmaut Celebration

w/Rabbi Yaffa-Shira
 Come enjoy the Culture Of Israel with Israeli Folk Dance, food and birthday cake
 Wednesday, April 22
 2:30pm DAVS



Entertainment

Happy Hour 3:30pm Francys

Thursday, 4/2	NO HAPPY HOUR
Thursday, 4/9	NO HAPPY HOUR
Thursday, 4/16	Vincent Young
Thursday, 4/23	Nico Lovell (DAVS)
Thursday, 4/30	Carlos Velasco

Concerts & Event Highlights

San Diego Harp Society

Youth Concert
 with Naomi Alter
 Sunday, April 12
 2:30pm Synagogue



San Diego Symphony

Fliter Plays Chopin
 Sunday, April 19
 Bus departs: 12:45pm



That's Amore Happy Hour

featuring: Nico Lovell from Big Time Operator
 Come have a taste of Italy with fun appetizers, drinks and music!

Thursday, April 23
 3:30pm DAVS

