

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MAY 2026

Life Enrichment Calendar

Seacrest Village Retirement Communities at Encinitas

Joseph & Dorothy Goldberg Healthcare Center

[Activities can occur at any time and are not limited to formal activity staff. All activities are subject to change.]



Nail Painting & Hand Massages: By Request

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

8:30 Guardian Room Opens, 9:30 Let's Move!, 10:00 The Daily Chronicle, 10:15 Trivia & reminiscence, 11:00 "NCIS", 2:00 Relax to Music in the Guardian Room Or Patio (weather permitting), 3:00 "I Love Lucy", 4:00 Miscellaneous Trivia, 4:30 Shabbat Candle Lighting w/Rabbi Yaffa-Shira In the Dining Room

8:30 Guardian Room Opens, 10:00 SHABBAT SERVICE w/Rabbi Yaffa-Shira & Cantor Kathy In the Chodorow Synagogue & SVTV Ch 70, 2:00 Relax to Music in the Guardian Room or Patio (weather permitting), 3:00 Our Oceans: "Pacific Ocean", 4:00 Trivia for Seniors

8:30 Guardian Room Opens, 9:30 Chair Dancing, 10:00 The Daily Chronicle, 10:15 Miscellaneous Trivia, 11:00 Live Entertainment: Roger Hirsch!, 2:00 Wheel of Fortune: Common Phrases, 3:00 "The Closer", 4:00 Star of the Month: George Lucas Creator of Lucasfilm and etc...

8:30 Guardian Room Opens, 9:30 Exercise to Music, 10:00 Live Entertainment: Glenn Kramer!, 11:00 White Board—Word Mining, 2:00 Resident Council Meeting in the Guardian Room Library, 3:00 Specific Afternoon Bingo

8:30 Guardian Room Opens, 9:30 Live Entertainment: Senior Samba w/Tamar!, 10:30 Live Entertainment: Robert Hardaway!, 11:30 The Daily Chronicle, 2:00 Art Time with Sharon!, 3:00 "I Love Lucy", 4:00 Brain Game Trivia

8:30 Guardian Room Opens, 9:30 Morning Exercise, 10:00 The Daily Chronicle, 10:15 Down to Earth with Zac Efron, 11:00 Schmooze with the Rabbi, 2:00 MOTHER'S DAY TEA- Hitoshi Playing, 3:30 Everyday Trivia, 4:00 "House", 5:45 Evening Movie: "The Goonies" w/Sean Astin, Josh Brolin, Jeff Cohen

8:30 Guardian Room Opens, 9:30 Fun with Fitness Staff, 10:00 The Daily Chronicle, 10:15 Everyday Trivia, 10:45 Live Entertainment: Senior Samba w/Tamar!, 2:00 Happy Hour in the Guardian Room, 2:45 Movie: "The Great Gatsby" w/Robert Redford & Mia Farrow, 5:45 Rick Time!

8:30 Guardian Room Opens, 9:30 Let's Move!, 10:00 The Daily Chronicle, 10:15 Trivia & Reminiscence, 11:00 "NCIS", 2:00 Relax to Music in the Guardian Room Or Patio (weather permitting), 3:00 "I Love Lucy", 4:00 Miscellaneous Trivia, 4:30 Shabbat Candle Lighting w/Rabbi Yaffa-Shira In the Dining Room

8:30 Guardian Room Opens, 10:00 SHABBAT SERVICE w/Rabbi Yaffa-Shira In the Chodorow Synagogue & SVTV Ch 70, 2:00 Relax to Music in the Guardian Room or Patio (weather permitting), 3:00 Our Oceans: "Indian Ocean", 4:00 Trivia for Seniors

MOTHER'S DAY



8:30 Guardian Room Opens, 9:30 Chair Dancing, 10:00 The Daily Chronicle, 10:15 Miscellaneous Trivia, 11:00 Live Entertainment: Roger Hirsch!, 2:00 Wheel of Fortune: Common Phrases, 3:00 "The Closer", 4:00 White Board Game—Name 4

8:30 Guardian Room Opens, 9:30 Exercise to Music, 10:00 The Daily Chronicle, 10:30 All Campus Concert in the Chodorow Synagogue: "Pacific Woodwind Quintet", 1:30 Live Entertainment: Vincent Young!, 2:00 Pet Therapy w/Finn, 3:00 White Board Game—Name 4, 4:00 "Northern Exposure"

8:30 Guardian Room Opens, 9:30 Fun with Fitness Staff, 10:00 The Daily Chronicle, 10:15 A to Z Trivia, 11:00 "The UNEXPLAINED", 2:00 Relax to Music in the Guardian Room Or Patio (weather permitting), 3:00 "I Love Lucy", 4:00 Brain Game Trivia

8:30 Guardian Room Opens, 9:30 Morning Exercise, 10:00 Live Entertainment: Taylor Bassett!, 11:00 Insight with Yaar, 2:15 Afternoon Bingo, 4:00 "House", 5:45 Evening Movie: "The Lion King" w/Donald Glover & Seth Rogan

8:30 Guardian Room Opens, 9:30 Fun with Fitness Staff, 10:00 The Daily Chronicle, 10:15 Everyday Trivia, 11:00 White Board Game: Name 10, 2:00 Happy Hour in the Guardian Room, 2:15 Movie: "Seabiscuit" w/Toby Maguire, Jeff Bridges & Chris Cooper

8:30 Guardian Room Opens, 9:30 Let's Move!, 9:45 Scenic Drive, 10:00 The Daily Chronicle, 10:15 Trivia & Reminiscence, 11:00 "NCIS", 2:00 Relax to Music in the Guardian Room Or Patio (weather permitting), 3:00 "I Love Lucy", 4:00 Miscellaneous Trivia, 4:30 Shabbat Candle Lighting w/Rabbi Yaffa-Shira In the Dining Room

8:30 Guardian Room Opens, 10:00 SHABBAT SERVICE w/Rabbi Yaffa-Shira & Cantor Kathy In the Chodorow Synagogue & SVTV Ch 70, 2:00 Relax to Music in the Guardian Room or Patio (weather permitting), 3:00 Our Oceans: "Atlantic Ocean", 4:00 Trivia for Seniors

8:30 Guardian Room Opens, 9:30 Chair Dancing, 10:00 The Daily Chronicle, 10:15 Miscellaneous Trivia, 11:00 Live Entertainment: Roger Hirsch!, 2:00 Wheel of Fortune: Common Phrases, 3:00 "The Closer", 4:00 White Board Game—Name 4

8:30 Guardian Room Opens, 9:30 Exercise to Music, 10:00 Live Entertainment: Glenn Kramer!, 11:00 White Board—Word Mining, 2:15 Specific Afternoon Bingo, 4:00 "Northern Exposure"

8:30 Guardian Room Opens, 9:30 Live Entertainment: Hitoshi!, 10:30 A to Z Trivia, 11:00 "The UNEXPLAINED", 2:00 Art Time with Sharon!, 3:00 "I Love Lucy", 4:00 Brain Game Trivia

8:30 Guardian Room Opens, 9:30 Morning Exercise, 10:00 The Daily Chronicle, 10:15 Down to Earth with Zac Efron, 11:00 Schmooze with the Rabbi, 2:15 Afternoon Bingo, 4:00 "House", 5:45 Evening Movie: "5 Flights Up" w/Morgan Freeman & Diane Keaton

8:30 Guardian Room Opens, 9:30 Fun with Fitness Staff, 10:00 Everyday Trivia, 10:30 Live Entertainment: Robert Hardaway!, 11:30 The Daily Chronicle, 2:00 Happy Hour in the Guardian Room, 2:40 Movie: "Royal Wedding" w/Fred Astaire, Jane Powell & Peter Lawford, 4:30 Shavuot Holiday Candle Lighting

8:30 Guardian Room Opens, 9:30 Let's Stretch!, 10:00 Shavuot & Yizkor Service in the Chodorow Synagogue with Rabbi Yaffa-Shira & Cantor Kathy, 2:00 Relax to Music in the Guardian Room or Patio (weather permitting), 3:00 "I Love Lucy", 4:00 Miscellaneous Trivia, 4:30 Shabbat Candle Lighting w/Rabbi Yaffa-Shira In the Dining Room

8:30 Guardian Room Opens, 10:00 SHABBAT SERVICE w/Rabbi Yaffa-Shira & Cantor Mark In the Chodorow Synagogue & SVTV Ch 70, 2:00 Relax to Music in the Guardian Room or Patio (weather permitting), 3:00 Our Oceans: "Arctic", 4:00 Trivia for Seniors

8:30 Guardian Room Opens, 9:30 Chair Dancing, 10:00 The Daily Chronicle, 10:15 Miscellaneous Trivia, 11:00 Live Entertainment: Roger Hirsch!, 2:00 Wheel of Fortune: Common Phrases, 3:00 "The Closer", 4:00 White Board Game—Name 4

8:30 Guardian Room Opens, 9:30 Exercise to Music, 10:00 The Daily Chronicle, 10:15 "Somebody Feed Phil", 11:00 White Board—Word Mining, 1:30 Live Entertainment: Vincent Young!, 2:00 Pet Therapy w/Finn, 2:30 Finish the Lines, 3:00 White Board Game—Name 4, 4:00 "Northern Exposure"

8:30 Guardian Room Opens, 9:30 Fun with Fitness Staff, 10:00 The Daily Chronicle, 10:15 A to Z Trivia, 11:00 "The UNEXPLAINED", 1:30 Pet Therapy w/Helen Woodward, 2:00 Relax to Music in the Guardian Room Or Patio (weather permitting), 3:00 "I Love Lucy", 4:00 Brain Game Trivia

8:30 Guardian Room Opens, 9:30 Morning Exercise, 10:00 The Daily Chronicle, 10:15 Down to Earth with Zac Efron, 11:00 Insight with Yaar, 2:15 Afternoon Bingo, 4:00 "House", 5:45 Evening Movie: "The Wedding Singer" w/Adam Sandler & Drew Barrymore

8:30 Guardian Room Opens, 9:30 Fun with Fitness Staff, 10:00 Live Entertainment: Taylor Bassett!, 11:00 White Board Game: Name 10, 2:00 Happy Hour in the Guardian Room, 2:50 Movie: "Precious" w/Oprah Winfrey, & Tyler Perry, 5:45 Rick Time!

8:30 Guardian Room Opens, 9:30 Let's Move!, 9:45 Scenic Drive, 10:00 The Daily Chronicle, 10:30 All Campus Concert in the Chodorow Synagogue: with Paolo & Stephanie Virtuoso Pianists, 2:00 Relax to Music in the Guardian Room Or Patio (weather permitting), 3:00 "I Love Lucy", 4:00 Miscellaneous Trivia, 4:30 Shabbat Candle Lighting w/Rabbi Yaffa-Shira In the Dining Room

8:30 Guardian Room Opens, 10:00 SHABBAT SERVICE w/Rabbi Yaffa-Shira & Cantor Mark In the Chodorow Synagogue & SVTV Ch 70, 2:00 Relax to Music in the Guardian Room or Patio (weather permitting), 3:00 Our Oceans: "Southern Ocean", 4:00 Trivia for Seniors