

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MAY 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

9:00 Stretch 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 Rummi-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 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 Trip: Park Walk w/Fitness Staff 12:30 Mah Jongg (R) 12:45 Trip: North Coast Rep Theater 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/Kyle (FC) 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) 2:30 Jeopardy w/Kelly & Diana (CS) 3:00 Afternoon Movie (TH) 3:00 Trip: Park Walk w/Zy

8:00 Trip: Beach Walk w/Fitness Staff 9:00 Stretch & Strengthen w/Zy (FC) 9:30 Trip: Queen Califia's Magical Circle Sculpture & Lunch 10:00 Circuit Cardio & Strength w/Zy 10:00 Beginning Bridge (CS) 11:00 Tai Chi w/Ryan (FC) 1:00 Mah Jongg (TR) 2:00 Let's Schmooze w/Dina (TH) 3:15 Adult Ed. w/Rabbi Yaffa-Shira (TH) 6:30 Evening Movie (TH)

Shopping Loops 9am, 11am, & 1pm 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 Special Event: Mother's Day Tea (CS) 6:30 Piano Sing Along (Francys)



9:00 Balance Training w/ Zy (FC) 10:00 Bangles & Beads (R) 10:00 NEW DATE! Trip: Costco 10:00 Circuit Cardio & Strength (FC) 10:30 Time in the Library w/Marsha (LI) 11:00 Sit N Be Fit (FC) 12:45 NEW TIME Mah Jongg (TR) 1:00 Tai Chi w/Ryan (FC) 2:30 The Beautiful Life of Maria Jutasi Coleman- Documentary (CS) 3:30 Happy Hour: Carlos Velasco (Francys) 6:30 Evening Movie (TH)

9:00 Stretch w/Kyle (FC) 10:00 Mat Pilates w/Ryan (FC) 10:00 Morning Movie (TH) 10:30 Canasta (TR) 11:00 Stretch & Strengthen w/Kyle (FC) 11:45 Trip: Lunch at Panda Garden 1:00 Rummi-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) 3:15 Technology w/Steve (CL) 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

10:00 Shabbat Services w/Rabbi Yaffa-Shira (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)

MOTHER'S DAY 9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 10:30 Trip: Park Walk w/Fitness Staff 10:30 Mother's Day Concert: Stuart Todd Whitworth (CS) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:00 Trip: Shopping The Forum Carlsbad 1:30 Script Reading (TH) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)



9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Mat Pilates (FC) 10:30 All Campus Concert: Pacific Woodwind Quintet (CS) 11:00 Sit N Be Fit w/Kyle (FC) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/Zy (FC) 2:00 Art w/ Irene (R) 2:00 Men's Group w/Carl (Francys) 3:00 Afternoon Movie (TH) 6:30 Bingo w/Wayne & Linda (CS)

8:00 Trip: Beach Walk w/Fitness Staff 9:00 Stretch & Strengthen w/Zy (FC) 9:15 Advanced Hearing Care (TR) 10:00 Circuit Cardio & Strength w/Zy 10:00 Beginning Bridge (CS) 10:30 Yiddish Club (R) 11:00 Tai Chi w/Ryan (FC) 11:00 Trip: Lunch at Corvette Diner Liberty Station- Art/ Shopping 1:00 Mah Jongg (TR) 2:00 Art w/ Maya: Banksy (R) 3:15 Adult Ed. w/Rabbi Yaffa-Shira (TH) 6:30 Evening Movie (TH)

Shopping Loops 9am & 11am, 1pm & 3pm 9:00 Stretch & Strengthen w/Kyle (FC) 9:15 Dr. Spencer Podiatry (TR) (call office to make appt.) 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) 1:15 Art w/Yaar (R) 2:30 Cooking Demo w/Ben M. (R) 6:30 Opera Night (CS)

9:00 Balance Training w/ Zy (FC) 10:00 Bangles & Beads (R) 10:00 Trip: Coastal Roots Farm 10:00 Circuit Cardio & Strength (FC) 11:00 Sit N Be Fit (FC) 12:45 NEW TIME Mah Jongg (TR) 1:00 Tai Chi w/Ryan (FC) 2:00 Heart to Heart w/Carl (Francys) 3:30 Happy Hour: Adam Wolf (Francys) 6:30 Evening Movie (TH)

9:00 Stretch 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 Rummi-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) 6:30 Kabbalat Shabbat Services (CS)

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 Stretch Class (FC) 10:00-2:00 OPEN GYM 10:30 Trip: Park Walk w/Fitness Staff 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:00 Community Mahjong Day (CS) (sign up required) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)

9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Mat Pilates (FC) 11:00 Book Club (TH) 11:00 Sit N Be Fit w/Kyle (FC) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/Zy (FC) 2:00 Crating w/Maya: Bookmarks (R) 3:00 Afternoon Movie (TH) 3:00 Trip: Park Walk w/Zy 6:30 Bingo w/Wayne & Linda (CS)

8:00 Trip: Beach Walk w/Fitness Staff 9:00 Stretch & Strengthen w/Zy (FC) 10:00 Circuit Cardio & Strength w/Zy 10:00 NEW LOCATION Beg. Bridge (R) 10:30 Travel Log w/Hernan (CS) 11:00 Tai Chi w/Ryan (FC) 1:00 Mah Jongg (TR) 2:00 Adult Ed. w/Rabbi Yaffa Shira (TH) 3:30 What's On Your Mind w/Larry (TH) 6:30 Evening Movie (TH)

Shopping Loops 9am & 11am, 1pm & 3pm 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Balance Training w/Zy (FC) 11:00 Sit & Be Fit (FC) 2:00 Town Hall (CS) 3:15 Program w/Yaar: Cheesecakes for Shavuot (R) 5:30 Monthly Birthday Bash (DR) 6:30 Piano Sing Along (Francys)

EREV SHAVUOT 9:00 Balance Training w/ Zy (FC) 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) 12:45 NEW TIME Mah Jongg (TR) 1:00 Tai Chi w/Ryan (FC) 3:30 Happy Hour: Vincent Young (Francys) 5:00 Shavuot Candle Lighting w/ Rabbi Yaffa-Shira (DR)

SHAVUOT (Quiet Day) FITNESS CENTER CLOSED ALL DAY 10:00 Shavuot Service w/Yizkor w/Rabbi Yaffa-Shira & Cantor Kathy (CS) 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)

SHAVUOT 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)

9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 12:30 Mah Jongg (R) 12:45 Trip: SD Symphony 1:00 Rummi Q (TR) 1:30 Script Reading (TH) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)

MEMORIAL DAY FITNESS CENTER OPEN 7AM-12PM 10:00 Seated Volleyball w/Zy (FC) 1:00 Memorial Day Sing Along w/Lorea, Ann & Staff (CS) 1:30 Table Tennis Challenge (CS) 2:00 Modified Musical Chairs (CS) 2:30 Jeopardy w/Kelly & Diana (CS) 6:30 Memorial Day Evening Movie (TH)



8:00 Trip: Beach Walk w/Fitness Staff 9:00 Stretch & Strengthen w/Zy (FC) 10:00 Circuit Cardio & Strength w/Zy (FC) 10:00 Beginning Bridge (CS) 10:30 Yiddish Club (R) 11:00 Tai Chi w/Ryan (FC) 11:45 Trip: Lunch at Ernie's Deli 1:00 Mah Jongg (TR) 1:00 Meditation w/Mona: Diaphragmatic Breathing (FC) 2:00 Baking w/Maya: Matzo Bars (R) 6:30 Evening Movie (TH)

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) 10:00 New Resident Brunch w/Rabbi Yaffa-Shira (TR) 11:00 Sit & Be Fit (FC) 1:15 Bridge Club (TR) 1:45 Final Coffee Dilemma w/Yaar (CS) 3:00 Food For Thought w/Erica Dempsey: Ultra Proceeded Food (TH) 6:30 Opera Night (CS)

9:00 Balance Training w/ Zy (FC) 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) 12:45 NEW TIME Mah Jongg (TR) 1:00 Tai Chi w/Ryan (FC) 2:00 Women's Group (TH) 3:30 Happy Hour: Sonny Mayer (Francys) 6:30 Evening Movie (TH)

9:00 Stretch w/Kyle (FC) 10:00 Mat Pilates w/Ryan (FC) 10:30 Concert: Virtuoso Pianists Paolo & Stephanie Alderighi (CS) 10:30 Canasta (TR) 11:00 Stretch & Strengthen w/Zy (FC) 1:00 Rummi-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 Classic Movie Saturday (TH)

9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 10:30 Trip: Park Walk w/Fitness Staff 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:00 Trip: The Forum Carlsbad 1:30 Script Reading (TH) 2:30 Finding Purpose & Meaning in Life (TH) 3:30 Open Game Room (TR)

9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 10:30 Trip: Park Walk w/Fitness Staff 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:00 Trip: The Forum Carlsbad 1:30 Script Reading (TH) 2:30 Finding Purpose & Meaning in Life (TH) 3:30 Open Game Room (TR)

May 2026- Life Enrichment Newsletter

DAVS= Dave &Annette's Village Square**
ALLO= Assisted Living Lounge
CL=Computer Lab
CS= Chodorow Synagogue
DR= Dining Room
FC = Fitness Center
FP = Fireside Patio
GHC= Goldberg Health
GR = Game Room

Room Codes

LI= Library (Building A)
LR = Living Room
TVLO= TV Lounge*
MR = Meeting Room
R= Recreation Room*
SR= 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

Harriet B. A135
 David L. A204
 Josephine S. A237
 Dorothy L. A259



Gaye Alperin 5/4
 Sophia Rubinstein 5/13
 Sarah Birnbaum 5/20
 June Shilling 5/23
 Nancy Hutter 5/26
 Phyllis Stern 5/26
 Don Schlossberg 5/28
 Larry Zinn 5/30
 Patricia Kurtz 5/31



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.

Entertainment Happy Hour 3:30pm Francy's

Thursday, 5/7 Carlos Velasco
 Thursday, 5/14 Adam Wolff
 Thursday, 5/21 Vincent Young
 Thursday, 5/28 Sonny Mayer

Concert Highlights

North Coast Rep.
 Theater: *Beau Jest*
 By James Sherman
 Sunday, May 3
 12:45pm & 1:15pm



Pacific Woodwind Quintet
 Monday, May 11
 10:30am Synagogue



Mother's Day Concert!
 Stuart Todd Whitworth
 Sunday, May 10
 10:30am Synagogue



San Diego Symphony
 R. STRAUSS: *Also sprach Zarathustra*, Op. 30
 BARTÓK: *Bluebeard's Castle*
 Sunday, May 24
 Bus Departs Seacrest at 12:45pm (tickets required)



Stephanie Trick & Paolo Alderighi Piano Duo
 Friday, May 29
 10:30am Synagogue

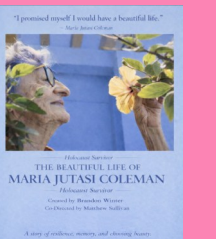


Event Highlights

Mother's Day Tea Party
 Featuring: Cello by Hitoshi
 Wear your best Tea attire!
 Wednesday, May 6
 2pm Synagogue



The Beautiful Life of Maria Jutasi Coleman.
 A documentary/holocaust story. Discussion & Q/A will follow.
 Thursday, May 7
 2:30pm Synagogue



Cooking Demo w/Ben
 Strawberry Balsamic Avocado Toast
 Wednesday, May 13
 2:30pm Rec Room



Program w/Yaar:
 Cheesecake for Shavuot
 Wednesday, May 20
 3:15pm Rec Room



Final Coffee Dilemma w/Yaar
 Advice for the Future
 Wednesday, May 27
 1:45pm Synagogue



Adult Education w/Rabbi Yaffa-Shira
 The Battle Over Jewish Conversion:
 Israel vs The Diaspora
 Tuesday, 5/5 3:15pm
 Tuesday, 5/12 3:15pm
 Tuesday, 5/19 2:00pm



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.