

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**



1
 9:00 Stretch & Strengthen w/Kyle (FC)
 10:00 Mat Pilates (FC)
 10:30 Technology w/Barry (CL)
 10:30 **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)
 3:00 **Afternoon Movie (TH)**
 3:00 **Trip: Park Walk w/Zy**

2
 8:00 **Trip: Beach Walk w/Fitness Staff**
 9:00 Stretch & Strengthen w/Zy (FC)
 10:00 Circuit Cardio & Strength w/Zy
 10:00 Beginning Bridge (CS)
 11:00 Tai Chi w/Ryan (FC)
 1:00 Mah Jongg (TR)
 1:45 Aqua Fun w/Ryan (FC)
 6:30 **Evening Movie (TH)**

3
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)
 1:30 **Reflections On Time As a Shinshin w/Yaar (CS)**
 2:45 **Crafting w/Maya: Brooch Making (R)**
 6:30 **Opera Night (CS)**

4
 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)
 12:45 NEW TIME Mah Jongg (TR)
 1:00 Tai Chi w/Ryan (FC)
 3:30 **Special Event Happy Hour: Yaar Farewell Party (DAVS)**
 6:30 **Evening Movie (TH)**

5
 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)
 1:30 **Trip: Encinitas Library**
 2:15 You Be The Judge w/Judi (TH)
 3:15 Technology w/Steve (CL)
 5:00 **Shabbat Candle Lighting w/ Cantor Kathy (DR)**

6
 10:00 **Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS/2493)**
 12:00 – 4:00 Open Gym (FC)
 1:30 **Shabbat Limud w/Cantor Kathy: The Joys of Yiddish Music Sing Along (CS)**
 1:45 Pool/Aqua Fun (FC)
 2:30 **Classic Movie Saturday (TH)**

7
 9:10 Seated Tai Chi w/Patrick (FC)
 10:00-2:00 OPEN GYM
 12:30 Mah Jongg (R)
 1:00 Rummi Q (TR)
 1:00 **Trip: Shopping at the Forum**
 1:30 Script Reading (TH)
 2:30 **Sunday Matinee (TH)**
 3:30 Open Game Room (TR)

8
 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)**

9
 8:00 **Trip: Beach Walk w/Fitness Staff**
 9:00 Stretch & Strengthen w/Zy (FC)
 9:30 **Trip: Queen Califia Sculptures & Lunch Outing**
 10:00 Circuit Cardio & Strength w/Zy
 10:00 Beginning Bridge (CS)
 10:30 Yiddish Club (R)
 11:00 Tai Chi w/Ryan (FC)
 1:00 Mah Jongg (TR)
 1:45 Aqua Fun w/Ryan (FC)
 2:00 **Let's Schmooze w/Dina (TH)**
 6:30 **Evening Movie (TH)**

10
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)
 1:00 Fitness Lecture: PT (FC)
 1:15 Bridge Club (TR)
 2:30 Men's Group w/Carl (Francys)
 3:00 **Smoothie's On the DAVS Patio**
 6:30 **Piano Sing Along (Francys)**

11
 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)
 11:00 **Trip: Lunch & Visit to Museum of Contemporary Art SD**
 12:45 NEW TIME Mah Jongg (TR)
 1:00 Tai Chi w/Ryan (FC)
 3:30 **Happy Hour: Carlos Velasco (Francys)**
 6:30 **Evening Movie (TH)**

12
 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/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/ Cantor Kathy (DR)**

13
 10:00 **Shabbat Services w/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)

14
 9:10 Seated Tai Chi w/Patrick (FC)
 10:00-2:00 OPEN GYM
 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)

15
 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)
 2:00 **Culinary Tasting: Eastern European Foods w/Rimma (R)**
 3:00 **Afternoon Movie (TH)**
 3:00 **Trip: Park Walk w/Zy**
 6:30 **Bingo w/Wayne & Linda (CS)**

16
 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** Beginning Bridge (R)
 10:30 **Travel Log w/Hernan (CS)**
 11:00 Tai Chi w/Ryan (FC)
 11:30 **Trip: Lunch Phils BBQ**
 1:00 Mah Jongg (TR)
 1:45 Aqua Fun w/Ryan (FC)
 2:00 **Heart to Heart w/Carl (Francys)**
 3:30 **What's On Your Mind w/Larry (TH)**
 6:30 **Evening Movie (TH)**

17
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)
 2:30 **Cooking Demo w/Ben (R)**
 5:30 **Monthly Birthday Bash (DR)**
 6:30 **Concert Night (CS)**

18
 9:00 Balance Training w/ Zy (FC)
 10:00 Bangles & Beads (R)
 10:00 Circuit Cardio & Strength (FC)
 10:00 **Trip: Costco**
 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)**
 6:30 **Evening Movie (TH)**

19
 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)**

20
 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)**

FATHER'S DAY **21**
 9:10 Seated Tai Chi w/Patrick (FC)
 10:00-2:00 OPEN GYM
 10:30 **Father's Day Concert: Shalom Strings (CS)**
 12:30 Mah Jongg (R)
 1:00 Rummi Q (TR)
 1:30 Script Reading (TH)
 2:30 **Sunday Matinee (TH)**
 3:30 Open Game Room (TR)

22
 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)
 11:00 **NEW LOCATION Book Club (CS)**
 1:00 Seacrest Knitters Club (TR)
 1:00 Seated Volleyball w/Zy (FC)
 2:15 **Art w/Irene (R)**
 6:30 **Poker Night w/Jeff Stoff (TR)**

23
 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)
 1:00 **Trip: Shopping at JC Penney**
 1:00 Mah Jongg (TR)
 1:00 Meditation Lecture w/Mona (FC)
 1:30 Table Tennis (FC)
 1:45 Aqua Fun w/Ryan (FC)
 6:30 **NEW LOCATION Evening Movie (CS)**

24
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)
 1:15 Bridge Club (TR)
 2:00 **Town Hall (CS)**
 3:00 **NEW LOCATION Food For Thought w/Erica Dempsey (TR)**
 6:30 **Piano Sing Along (Francys)**

25
 9:00 Balance Training w/ Zy (FC)
 10:00 Bangles & Beads (R)
 10:00 Circuit Cardio & Strength (FC)
 10:00 **Trip: Nordstrom Rack -New Encinitas**
 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 **NEW LOCATION Women's Group (CS)**
 3:30 **Special Western Happy Hour: Taylor Johns Performs (DAVS)**
 6:30 **NEW LOCATION Evening Movie (CS)**

26
 9:00 Stretch w/Kyle (FC)
 10:00 Mat Pilates w/Ryan (FC)
 10:00 **NEW LOCATION Morning Movie (CS)**
 10:30 Canasta (TR)
 11:00 Stretch & Strengthen w/Zy (FC)
 1:00 Rummi-Q (TR)
 1:00 **NEW LOCATION** Word Game (CS)
 1:00 Seated Volleyball w/Zy (FC)
 2:15 **NEW LOCATION** You Be The Judge w/ Judi (CS)
 3:15 Technology w/Steve (CL)
 5:00 **Shabbat Candle Lighting w/ Cantor Kathy (DR)**

27
 10:00 **Shabbat Services w/Cantor Kathy (CS/2493)**
 12:00 – 4:00 Open Gym (FC)
 1:45 Pool/Aqua Fun (FC)
 3:30 Seated Israeli Folk Dance (FC)

28
 9:10 Seated Tai Chi w/Patrick (FC)
 10:00-2:00 OPEN GYM
 10:30 **Special Event Concert: And The Angels Swing (from JFest) (CS)**
 12:30 Mah Jongg (R)
 1:00 Rummi Q (TR)
 1:00 **Trip: Shopping at the Forum**
 1:30 **NEW LOCATION** Script Reading (CS)
 2:30 **NEW LOCATON** Sunday Matinee (CS)
 3:30 Open Game Room (TR)

29
 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)**
 6:30 **Bingo w/Wayne & Linda (CS)**

30
 8:00 **Trip: Beach Walk w/Fitness Staff**
 9:00 Stretch & Strengthen w/Zy (FC)
 10:00 Circuit Cardio & Strength w/Zy
 10:00 Beginning Bridge (CS)
 11:00 Tai Chi w/Ryan (FC)
 11:30 **Trip: Lunch Hernandez Hideaway Mexican Restaurant**
 1:00 Mah Jongg (TR)
 1:45 Aqua Fun w/Ryan (FC)
 2:00 **Crafting w/Kelly: Summer Tote Bag Making (R)**
 6:30 **NEW LOCATION Evening Movie (CS)**

June 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

June 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

Jacqueline P. 6/6
 Jerry H. 6/8
 Joan F. 6/9
 Doris Z. 6/12
 Maria C. 6/15
 Peter S. 6/15
 Ann M. 6/21
 Alice K. 6/30



SUNDAY, JUNE 21

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

Thursday, 6/4 Journey Birds (DAVS)
 Thursday, 6/11 Carlos Velasco (Francy's)
 Thursday, 6/18 Vincent Young (Francy's)
 Thursday, 6/25 Taylor Johns (DAVS)

Concert Highlights

Pacific Woodwind Quintet
 Monday, June 1
 10:30am Synagogue



Special Event Happy Hour:
Farewell To Yaar
 Featuring: Journey Birds Band
 Thursday, June 4
 3:30pm DAVS Patio



North Coast Rep Theater
The Most Happy Fella
 Sunday, June 14
 Bus leaves at 12:45pm &
 1:15pm



Father's Day Concert
 Featuring: Shalom Strings
 Sunday, June 21
 10:30am Synagogue



Whiskey & Wildflowers Special
 Happy Hour Featuring: Taylor Johns
 Thursday, June 25
 3:30pm DAVS Patio



San Diego Jewish Arts
 Festival Presents:
*And the Angles Swing:
 From Berlin to Bacharach*
 Sunday, June 28
 10:30am Synagogue



Event Highlights

Final Program w/Yaar
*Reflections On Time
 As a Shinshin*
 Wednesday, June 3
 1:30pm Synagogue



Crafting w/Maya
Brooch Making
 Wednesday, June 3
 2:45pm Rec Room



Jeopardy w/Kelly & Diana
Trivia with 2 Teams
 Mondays June 8 & June 29
 2:30pm Synagogue



Book Club
Isola by Allegra Goodman
 June 22
 11am Synagogue (New Location)



Bingo w/Wayne & Linda
Come test your luck!
 Mondays, June 15 & June 29
 6:30pm Synagogue



Poker Night w/Jeff Stoff
Improve your game!
 Monday, June 22
 6:30pm Tasting Room



Culinary Tasting: *Eastern
 European Foods w/Rimma*
 Monday, June 15
 2pm Rec Room



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 late

- 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.