

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 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 & Education Program Activities or Trips notated with 2 Asterix ** will require a sign up in the Purple Binder						
2 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 (CS) 2:30 Sunday Matinee (CS) 3:30 Open Game Room (TR)	3 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Mat Pilates (FC) 11:00 Sit N Be Fit (FC) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/Zy (FC) 2:30 Jeopardy w/Kelly & Diana (CS) ** 3:00 Trip: Park Walk w/Nina** 6:30 Poker Night w/Jeff Stoff (TR)**	4 9:00 Balance Training w/ Zy (FC) 10:00 Circuit Cardio & Strength w/Zy 10:00 Beginning Bridge (CS) 10:30 Trip: Movie <i>The Odyssey</i> ** 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:00 Aqua Fun (FC) 3:00 Treats & Live Entertainment (Garden Patio A BLDG) ** 6:30 Evening Movie (CS)	5 Shopping Loops 9am, 11am & 1pm 9:00 Stretch & Strengthen (FC) 10:00 Zumba Gold (FC) 11:00 Sit & Be Fit w/Kyle (FC) 2:00 Crafting w/Kelly & Diana (R)** 2:00 Men's Group w/Carl (Francy's) 6:30 Opera Night (CS)	6 8:00 Trip: Beach Walk w/Fitness Staff ** 9:00 Stretch & Strengthen w/Kyle (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 w/Kyle (FC) 12:45 Mah Jongg (TR) 1:00 Tai Chi (FC) 3:30 Happy Hour: Daniel Newheiser (Francys) 6:30 Evening Movie (CS)	7 9:00 Stretch w/Kyle (FC) 10:00 Mat Pilates (FC) 10:00 BBC PROMS (CS) 10:00 Canasta (TR) 11:00 Stretch & Strengthen (FC) 1:00 Rummi-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 2:15 You Be the Judge w/Judi (CS) 3:15 Technology w/Steve (CL) 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	8 10:00 Shabbat Services w/Rabbi Yaffa-Shira (CS & 2393) 12:00 – 4:00 Open Gym (FC) 1:00 Pool/Aqua Fun (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (CS)
9 9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (CS) 2:30 Sunday Matinee (CS) 3:30 Open Game Room (TR)	10 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Mat Pilates (FC) 11:00 Sit N Be Fit (FC) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/Zy (FC) 3:00 Afternoon Movie (CS) 6:30 Bingo w/Wayne & Linda (CS)	11 9:00 Balance Training w/ Zy (FC) 10:00 Beginning Bridge (CS) 10:00 Circuit Cardio & Strength (FC) 10:30 Yiddish Club (TR) 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:00 Aqua Fun (FC) 1:30 Annual Bertha Katz Memorial Ice Cream Social (DAVS) 6:30 Evening Movie (CS)	12 Shopping Loops Moved To Friday 9:00 Stretch & Strengthen (FC) 10:00 Zumba Gold (FC) 11:00 Sit & Be Fit w/Kyle (FC) 11:00 Trip: Padres Game (previous sign up) 1:15 Bridge Club (TR) 6:30 Piano Sing Along (Francy's)	13 8:00 Trip: Beach Walk w/Fitness ** 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength (FC) 11:00 Sit N Be Fit w/Kyle (FC) 12:45 Mah Jongg (TR) 1:00 Tai Chi (FC) 3:30 Happy Hour: Carlos Velasco (Francys) 6:30 Evening Movie (CS)	14 SHOPPING LOOPS 9AM & 11AM 9:00 Stretch w/Kyle (FC) 10:00 Mat Pilates (FC) 10:00 Morning Movie (CS) 10:00 Canasta (TR) 11:00 Stretch & Strengthen (FC) 1:00 Rummi-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 2:15 You Be the Judge w/Judi (CS) 3:15 Technology w/Steve (CL) 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	15 10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 2393) 12:00 – 4:00 Open Gym (FC) 1:00 Pool/Aqua Fun (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (CS)
16 9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 10:00 Talent Show Dress Rehearsal (CS) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 2:30 All Campus Concert: Singer Sharon Friendly (CS) 3:30 Open Game Room (TR)	17 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Mat Pilates (FC) 10:30 Technology w/Barry (CL) 11:00 Sit N Be Fit (FC) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/Zy (FC) 3:00 Afternoon Movie (CS) 3:00 Trip: Park Walk w/Nina **	18 9:00 Balance Training w/ Zy (FC) 10:00 NEW LOCATION Beginning Bridge (TR) 10:00 Circuit Cardio & Strength (FC) 10:30 Travel Log w/Hernan (CS) 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:00 Aqua Fun (FC) 2:00 Heart to Heart w/Carl (Francy's) 6:30 Evening Movie (CS)	19 Shopping Loops 9am 11am, & 1pm 9:00 Stretch & Strengthen (FC) 10:00 Zumba Gold (FC) 11:00 Sit & Be Fit w/Kyle (FC) 2:00 Town Hall (CS) 3:00 Food For Thought w/Erica Dempsey Nutritionist (CS) 5:30 Monthly Birthday Bash (DR) 6:30 Opera Night (CS)	20 8:00 Trip: Beach Walk w/Fitness Staff ** 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength (FC) 10:00 Trip: Costco ** 10:30 Time in the Library w/Marsha (LI) 11:00 Sit N Be Fit w/Kyle (FC) 12:45 Mah Jongg (TR) 1:00 Tai Chi (FC) 2:00 Women's Group (CS) 3:30 Happy Hour: Vincent Young (Francys) 6:30 Evening Movie (CS)	21 9:00 Stretch w/Kyle (FC) 10:00 Mat Pilates (FC) 10:00 BBC PROMS (CS) 10:00 Canasta (TR) 11:00 Stretch & Strengthen (FC) 1:00 Rummi-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 1:00 Word Game w/Kelly (CS) 2:15 You Be the Judge w/Judi (CS) 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	22 10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 2393) 12:00 – 4:00 Open Gym (FC) 1:00 Pool/Aqua Fun (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (CS) 3:30 Seated Israeli Folk Dance (FC)
23 9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 10:00 Talent Show Dress Rehearsal (CS) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 2:30 All Campus Concert: The Jewish Men's Choir (CS) 3:30 Open Game Room (TR)	24 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 Book Club (CS) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/Zy (FC) 2:00 Art w/Irene (R) ** 3:00 Afternoon Movie (CS) 6:30 Bingo w/Wayne & Linda (CS)	25 9:00 Balance Training w/ Zy (FC) 10:00 Beginning Bridge (CS) 10:00 Circuit Cardio & Strength (FC) 10:30 Yiddish Club (R) 11:00 Tai Chi (FC) 11:45 Trip: North Italia One Paseo ** 1:00 Mah Jongg (TR) 1:00 Meditation Series: Guided Imagery (FC) ** 2:00 Schmooze w/Dina (CS) 3:30 What's On Your Mind w/Larry (CS) ** 6:30 Evening Movie (CS)	26 Shopping Loops 9am & 11am, 1pm 9:00 Stretch & Strengthen (FC) 10:00 Zumba Gold (FC) 11:00 Sit & Be Fit w/Kyle (FC) 1:15 Bridge Club (TR) 1:30 Cooking Demo w/Ben (R) ** 2:45 Adult Ed. w/Rabbi Yaffa-Shira Part 1 of 2 (CS) 6:30 Piano Sing Along (Francy's)	27 8:00 Trip: Beach Walk w/Fitness Staff ** 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength (FC) 10:00 Trip: Encinitas Library** 11:00 Sit N Be Fit w/Kyle (FC) 12:45 Mah Jongg (TR) 2:00 Seacrest Talent Show (CS) 3:30 Happy Hour: Sonny Mayer (Francys) 6:30 Evening Movie (CS)	28 9:00 Stretch w/Kyle (FC) 10:00 Mat Pilates (FC) 10:00 Morning Movie (CS) 10:00 Canasta (TR) 11:00 Stretch & Strengthen (FC) 1:00 Rummi-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 1:00 Word Game w/Kelly (CS) 2:15 You Be the Judge w/Judi (CS) 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	29 10:00 OUTDOOR Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark (DAVS) 12:00 – 4:00 Open Gym (FC) 1:00 Pool/Aqua Fun (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (CS)
30 9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 1:30 Script Reading (CS) 2:30 Afternoon Movie (CS) 3:30 Open Game Room (TR)	31 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) **					

DAVS= Dave & Annette's Village Square**

CL=Computer Lab

CS-DR= Chodorow Synagogue/ Dining Room

FC = Fitness Center

FP = Fireside Patio

GHC= Goldberg Healthcare

GR= Guardian Room in GHC

GRC= Goldberg Residence Court

Room Codes

LI= Library (Building A)

R= Recreation Room*

SR= Assisted Living Sunroom (upstairs)

TH =Theater

TR= Tasting Room*

TVLO= TV Lounge*

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

Diana Wells Life Enrichment Assistant 760-632-3704

Elizabeth Bejarano - Resident Services Coordinator 760-632-3717

Zy Dewey- Fitness Center 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



Color Key

- Trips (Drives, Tours, & Shopping Loops)
- Religious Programming
- Special Programming
- 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.

- Walmart
- Target
- Stater Bros
- Ross
- Best Buy
- CVS- Encinitas Blvd.
- Smart & Final
- Best Nails (Smart & Final plaza)

- Fed Ex Office
- Trader Joes
- Ralphs
- Happiness Nails (next to Ralphs)
- US Bank
- Chase Bank
- Dollar Tree
- TJ Maxx
- Sprouts

- Kohl's
- Nail Studio (next to Kohl's)
- Best Buy
- T-Mobile
- Barnes & Noble
- Ultra Beauty Supply
- Famous Footwear
- Bank of America (Encinitas Blvd) *upon request
- Walgreen's *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.

August 2026- Life Enrichment Newsletter



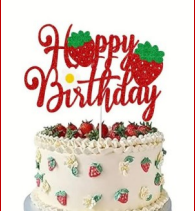
Josephine S. 8/14

Phillip S. 8/15

Milton W. 8/17

Mila S. 8/20

Norma D. 8/22



Welcome To Seacrest!

Nancy Kayne F-184

James Groh A-143

Jeanne Gordon A-107

Entertainment

Happy Hour 3:30pm

Thursday, 8/6 Daniel Newheiser (Francy's)

Thursday, 8/13 Carlos Velasco (Francy's)

Thursday, 8/20 Vincent Young (Francy's)

Tuesday, 8/27 Sonny Mayer (Francy's)

Concert Highlights

Shayna Punim's & Cohen Moss

Come enjoy these young performers. They will entertain you with dance and song while you enjoy a sweet treat

Tuesday, August 4

3pm Garden Patio A BLDG.



Sharon Friendly

A favorite of Seacrest, she will be singing Broadway tunes & oldies! In 2007, Sharon was crowned Ms. Senior Arizona and she is a cantorial soloist.

Sunday, August 16

2:30pm Synagogue



San Diego Jewish Men's Choir

With a variety of songs and styles they will entertain you with beautiful choral music.

Sunday, August 23

2:30pm Synagogue



Event Highlights

Jeopardy w/Kelly & Diana

Trivia with 2 Teams

Mondays, August 3 & 31

2:30pm Synagogue



Bingo w/Wayne & Linda

Mondays, August 10 & 24

6:30pm Synagogue



Cooking Demo w/Ben Mastracco

Thai Basil Stir Fry

Wednesday, August 26

1:30pm Rec Room



Annual Bertha Katz Ice Cream Social

Tuesday, August 11

1:30pm DAVS



Adult Education w/Rabbi Yaffa-Shira: Beyond the Prayer Book-A Mystical Guide to the High Holidays (2 parts)

Part 1 Wednesday, August 26

2:45pm Synagogue



Seacrest Talent Show!

Come support your fellow residents as they showcase their amazing talents.

Thursday, August 27

2:00pm Synagogue

