

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 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.]		9:00 Balance Training w/ Zy (FC) ¹ 10:00 Circuit Cardio & Strength w/Zy 10:00 Beginning Bridge (CS) 11:00 Tai Chi (FC) 11:45 Trip: Lunch at Enzo's BBQ ** 1:00 Mah Jongg (TR) 1:00 Aqua Fun w/Kelly (FC) 6:30 Evening Movie (TH)	Shopping Loops ² 9am, 11am & 1pm 9:00 Stretch & Strengthen (FC) 10:00 Zumba Gold ® w/Kelly (FC) 11:00 Sit & Be Fit w/Kyle (FC) 2:00 Putt Around w/Alex (DAVS) 2:45 Adult Ed w/Rabbi Yaffa-Shira (part 2 of 2) (CS) 6:30 Piano Sing Along (Francy's)	8:00 Trip: Beach Walk w/Zy** ³ 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Bangles & Beads (R) 10:00 Trip: Breakfast at The Cottage** 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) 2:00 Meet Our New ShinShin Or! (CS) 3:30 Happy Hour: (Francys) 6:30 Special Movie Event for Selichot w/Rabbi Yaffa-Shira: Eternity (CS)	⁴ 9:00 Stretch w/Kyle (FC) 10:00 Yoga Balance Adv. Class (FC) 10:00 Canasta (TR) 11:00 Stretch & Strengthen (FC) 1:00 Rummi-Q (TR) 1:00 Word Game (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)	SELICHOT ⁵ 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) 2:30 Classic Movie Saturday (TH) 7:00 Havdalah & Selichot Service w/Rabbi Yaffa-Shira (CS)
⁶ 9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)	 LABOR DAY ⁷ FITNESS CENTER OPEN 7:30am-12:30pm ONLY 9:00 Stretch & Strengthen w/Kyle (FC) 10:30 Seated Volleyball (FC) 1:00 Seacrest Knitters Club (TR) 2:00 Crafting w/Kelly & Diana: Floral Card Making (R) ** 3:00 Labor Day Afternoon Movie (TH)	9:00 Balance Training w/ Zy (FC) ⁸ 9:15 Advanced Hearing Care (TR) 10:00 Circuit Cardio & Strength (FC) 10:00 Beginning Bridge (CS) 10:30 Yiddish Club (R) 11:00 Tai Chi (FC) 11:45 Trip: Lunch: King's Fish House ** 1:00 Mah Jongg (TR) 1:00 Aqua Fun (FC) 3:30 What's On Your Mind w/Larry (TH) 6:30 Evening Movie (TH)	Shopping Loops ⁹ 9am, 11am & 1pm 9:00 Stretch & Strengthen (FC) 10:00 Zumba Gold ® w/Kelly (FC) 11:00 Sit & Be Fit w/Kyle (FC) 1:15 Bridge Club (TR) 2:00 Putt Around w/Alex (DAVS) 2:00 Men's Group w/Carl (Francy's) 6:30 Opera Night (CS)	8:00 Trip: Beach Walk w/Zy ** ¹⁰ 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) 2:00 Program w/Shinshin OR (R) 3:30 Special Hawaiian Happy Hour: Music by Bruddah Vince (DAVS) 6:30 Evening Movie (TH)	EREV ROSH HASHANAH ¹¹ 9:00 Stretch w/Kyle (FC) 10:00 Yoga Balance Adv. Class (FC) 10:00 Canasta (TR) 11:00 Stretch & Strengthen (FC) 1:00 Rummi-Q (TR) 1:00 Word Game (TH) 1:00 Seated Volleyball w/Zy (FC) 2:15 You Be the Judge w/Judi (TH) 5:00 Erev Rosh Hashanah & Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR) 6:30 Erev Rosh Hashanah Services (CS)	ROSH HASHANAH DAY 1 ¹² (Quiet Day) FITNESS CENTER CLOSED ALL DAY! 10:00 Rosh Hashanah & Shabbat Services w/Rabbi Yaffa-Shira (CS & 2393) 1:30 Tashlich Ritual w/Rabbi Yaffa-Shira (DAVS)
ROSH HASHANAH DAY 2 ¹³ FITNESS CENTER CLOSED ALL DAY! 10:00 Rosh Hashanah Service w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 2393) 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)	¹⁴ 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Mat Pilates w/Kelly (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) 1:45 Special Program: Sephardi Jews & Jews of Portugal w/Leslie Adler (TH) 3:00 Afternoon Movie (TH) 3:00 Trip: Park Walk w/Nina **	9:00 Balance Training w/ Zy (FC) ¹⁵ 10:00 Circuit Cardio & Strength w/Zy 10:00 NEW LOCATION Beginning Bridge (TR) 11:00 Travel Log w/Hernan (CS) 11:45 Trip: Lunch at Ernie's Deli ** 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:00 Aqua Fun (FC) 2:00 Special Program: Immigration Experiences w/Leslie Adler (TH) 6:30 Evening Movie (TH)	Shopping Loops ¹⁶ 9am, 11am, 1pm 9:00 Stretch & Strengthen (FC) 9:15 Dr. Spencer Podiatry (TR) 10:00 Zumba Gold ® w/Kelly (FC) 10:30 Piano Concert: David Saliamonas (CS) 11:00 Sit & Be Fit w/Kyle (FC) 2:00 Town Hall (CS) 2:00 Putt Around w/Alex (DAVS) 3:00 Food For Thought w/ Erica Dempsey: Antioxidants (TH) 5:30 Monthly Birthday Bash (DR) 6:30 Piano Sing Along (Francy's)	8:00 Trip: Beach Walk w/Zy ** ¹⁷ 9:00 Stretch & Strengthen w/Kyle (FC) Trip: Trip: Costco ** 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) 2:00 Program w/Shinshin OR (R) 3:30 Happy Hour: Vincent Young (Francys) 6:30 Evening Movie (TH)	¹⁸ 9:00 Stretch w/Kyle (FC) 10:00 Yoga Balance Adv. Class (FC) 10:00 Canasta (TR) 10:00 NEW PROGRAM Study w/Gayle (R) 11:00 Stretch & Strengthen (FC) 1:00 Rummi-Q (TR) 1:00 Word Game (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)	¹⁹ 10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 2393) 12:00 – 4:00 Open Gym (FC) 12:45 NEW PROGRAM: Dance Fun w/Barbara (FC) 1:00 Pool/Aqua Fun (FC) 2:30 Classic Movie Saturday (TH)
EREV YOM KIPPUR ²⁰ 9:10 Seated Tai Chi w/Patrick (FC) 10:00-2:00 OPEN GYM 12:30 Mah Jongg (R) 1:00 Rummi Q (TR) 2:30 Special Concert: Musical Moments: The Music of Broadway (CS) 3:30 Open Game Room (TR) 5:00 Yom Kippur Candle Lighting (DR) 6:30 Kol Nidre Service w/Rabbi Yaffa-Shira & Cantor Kathy (CS)	YOM KIPPUR ²¹ YIZKOR (Quiet Day) FITNESS CENTER CLOSED ALL DAY! 10:00 Yom Kippur Service w/Rabbi Yaffa-Shira & Cantor Kathy (CS) 4:30 Yom Kippur, Yizkor & Neilah Service w/Rabbi Yaffa-Shira & Cantor Kathy (CS) 6:00 Yom Kippur Break-Fast (DR)	9:00 Balance Training w/Zy (FC) ²² 10:00 Beginning Bridge (CS) 10:00 Circuit Cardio & Strength (FC) 10:30 Yiddish Club (R) 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:00 Meditation Series w/Mona: Mindfulness “Micro-Pauses” (FC) 1:00 Aqua Fun w/Kelly (FC) 1:00 Mah Jongg (TR) 3:30 What's on you Mind w/Larry (TH) 6:30 Evening Movie (TH)	Shopping Loops ²³ 9am, 11am, 1pm 9:00 Stretch & Strength (FC) 10:00 Zumba Gold ® w/Kelly (FC) 10:00 Decorate Sukkah (Garden Patio A BLDG.) 11:00 Sit & Be Fit w/Kyle (FC) 1:15 Bridge Club (TR) 2:00 Heart to Heart w/Carl (Francy's) 2:00 Putt Around w/Alex (DAVS) 3:00 Cooking Demo w/Ben (R) **	8:00 Trip: Beach Walk w/Zy ** ²⁴ 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Bangles & Beads (R) 10:00 Trip: The Forum ** 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 Decorate Sukkah w/Shinshin OR 2:00 Women's Group (TH) ** 3:30 Happy Hour: Carlos Velasco (Francy's) 6:30 Evening Movie (TH)	EREV SUKKOT ²⁵ 9:00 Stretch w/Kyle (FC) 10:00 Yoga Balance Adv. Class (FC) 10:00 Canasta (TR) 11:00 Stretch & Strengthen (FC) 1:00 Rummi-Q (TR) 1:00 Word Game (TH) 1:00 Seated Volleyball w/Zy (FC) 2:15 You Be the Judge w/Judi (TH) 5:00 Erev Sukkot & Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)	SUKKOT ²⁶ 10:00 Sukkot & Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 2393) 12:00 – 4:00 Open Gym (FC) 1:00 Pool/Aqua Fun (FC) 2:30 Classic Movie Saturday (TH) 3:30 Seated Israeli Folk Dance (FC)
SUKKOT ²⁷ 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: Good Night, Oscar ** 1:00 Rummi Q (TR) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)	SUKKOT ²⁸ (Intermediate Day) 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Mat Pilates w/Kelly (FC) 10:30 Technology w/Barry (CL) 11:00 Sit N Be Fit (FC) 11:00 Book Club (TH) 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/Nina ** 6:30 Bingo w/Wayne & Linda (CS)	SUKKOT ²⁹ (Intermediate Day) 9:00 Balance Training w/ Zy (FC) 10:00 Circuit Cardio & Strength (FC) 10:00 Beginning Bridge (CS) 11:00 Tai Chi (FC) 11:30 Lunch in the Sukkah** w/Rabbi Yaffa-Shira (Garden Patio A BLDG.) 1:00 Mah Jongg (TR) 1:00 Aqua Fun (FC) 2:00 Snacks in the Sukkah ** w/Rabbi Yaffa-Shira (Garden Patio A BLDG.) 6:30 Evening Movie (TH)	SUKKOT ³⁰ (Intermediate Day) Shopping Loops 9am, 11am & 1pm 9:00 Stretch & Strengthen (FC) 10:00 Zumba Gold ® w/Kelly (FC) 11:00 Sit & Be Fit w/Kyle (FC) 2:00 Putt Around w/Alex (DAVS) 6:30 Opera Night (CS)	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 		

September 2026 - Life Enrichment Newsletter

Room Codes

AL-SR= Assisted Living Sunroom
CL=Computer Lab
CS= Chodorow Synagogue
DAVS= Dave &Annette’s Village Square**
FC = Fitness Center
FP = Fireside Patio
Francy's’ = Dining Room Lounge
GHC= Goldberg Health
GRC= Goldberg Resident Court

LI= Library (Building A)
PDR = Private Dining Room
R= Recreation Room*
TH =Theater
TR= Tasting Room*
TVLO= TV Lounge*

** Non Kosher except for tables directly outside Mel’s Café
* Non Kosher

Buildings

(A) Independent Living
(B) Healthcare Center
(C) Administration
(D) Assisted Living
(E) Memory Care
(F) Independent Living

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 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

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 | Fed Ex Office | Kohl’s |
| Target | Trader Joes | Nail Studio (next to Kohl’s) |
| Stater Bros | Ralphs | Best Buy |
| Ross | Happiness Nails (next to Ralphs) | T-Mobile |
| Best Buy | US Bank | Barnes & Noble |
| CVS– Encinitas Blvd. | Chase Bank | Ultra Beauty Supply |
| Smart & Final | Dollar Tree | Famous Footwear |
| Best Nails (Smart & Final plaza) | TJ Maxx | Bank of America (Encinitas Blvd) *upon request |
| Walgreen's *upon request | Sprouts | |

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.

Judy H.	9/1	Sue Ann S.	9/19
Jeanne G.	9/2	Lucy T.	9/23
Helen K.	9/3	Lois G.	9/26
Marian S.	9/5		
George L.	9/6		
Bonnie S.	9/14		
Carolyn H.	9/16		



Entertainment

Happy Hour 3:30pm

Thursday, 9/3	James McCann (Francy’s)
Thursday, 9/10	Bruddah Vince (DAVS)
Thursday, 9/17	Vincent Young (Francy’s)
Thursday, 9/24	Carlos Velasco (Francy’s)

Concert Highlights

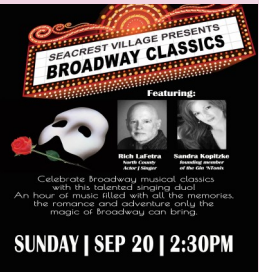
Special Aloha Happy Hour
featuring Bruddah Vince
Join us for tropical fun,
delicious pina coladas &
island music
Thursday, Sept. 10
3:30pm DAVS Patio



David Saliamonas
Classical Pianist
He will perform Chopin,
Liszt, Gershwin and others.
Wednesday, Sept. 16
10:30am Synagogue



Musical Moments
After performing for us at our
Independence Day celebration
we couldn’t wait to have them
back! They will be singing
Broadway Hits!
Sunday, September 20
2:30pm Synagogue



WELCOME NEW RESIDENTS

Faye Sherman F168
Judith Dolnick A219
Florence Levine A207

HIGH HOLIDAY SERVICES

SELICHOT– Saturday, Sept. 5
Havdalah & Selichot Services
7pm Synagogue

EREV ROSH HASHANAH– Friday, Sept. 11
Erev Rosh Hashanah & Shabbat
Candle Lighting
5pm Dining Room

Erev Rosh Hashanah Service
6:30pm Synagogue

ROSH HASHANAH DAY ONE– Saturday, Sept. 12
(QUIET DAY)
Rosh Hashana & Shabbat Services
10am Synagogue

Tashlich Ritual
1:30pm DAVS

ROSH HASHANAH DAY TWO–Sunday, Sept. 13
Rosh Hashanah Service
10am Synagogue

EREV YOM KIPPUR–Sunday, Sept. 20
Yom Kippur Candle Lighting
5pm Dining Room

Kol Nidre Service
6:30pm Synagogue

YOM KIPPUR/YIZKOR–Sunday, Sept. 21
(QUIET DAY)
Yom Kippur Service
10am Synagogue

Yizkor & Neilah Service
4:30pm Synagogue

Yom Kippur Break-fast
6pm Dining Room

EREV SUKKOT–Friday, Sept. 25
Erev Sukkot & Shabbat Candle
Lighting
5pm Dining Room

