

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2026 Life Enrichment Calendar Seacrest Village Retirement Communities at Encinitas The Leichtag Family Assisted Living [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	1 9:00 Rummy-Q (HUB D) 9:30 Morning Moves (SR) 10:30 Trivia w/ Jerry (DR Lounge) 10:45 Daily Chronicle (SR) 1:00 Scenic Drive (Sign Up-Limit 7) DR Lounge 1:15 Sit n be FIT w/ Fitness Staff (SR) 2:00 You Be the Judge (SR) 3:00 Corner Store (SR) 3:30 Happy Hour (DR Lounge)	2 9:30 Morning Moves (SR) 10:00 Daily Chronicle & Fun Facts (SR) 10:30 Trivia (SR) 1:30 \$1 BINGO (SR) 3:00 You Be the Judge (DR Lounge) 4:00 Music Request (DR Lounge) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	3 Shemini Atzeret 10:00 Shabbat Services w/Rabbi Yaffa-Shira (CS/2493) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 1:30 Daily News (SR) 2:00 Trivia (SR) 2:30 You Be The Judge (SR) 3:30 Music Time (DAVS) 4:45 Candle Lighting (DR) 6:00 Movie Night: (SR)
4 Simchat Torah 9:30 Daily Chronicle (SR) 10:00 Simchat Torah Service (CS) 10:40 Pet Therapy Visit w/ Christine & Leo! (DR Lounge) 1:30 Bangaram's (SR) 2:30 Carl Sagans Cosmos Ep 2 (SR) 3:45 Trivia Time w/ Elliana (DR Lounge)	5 9:00 Dominoes w/ Elliot (HUB D) 9:30 Morning Moves (SR) 10:00 The Daily News (SR) 10:30 Book Club w/ Ellyn & Keith (SR) 11:45 Lunch Outing (Sign Up-Limit 7) DR Lounge 1:15 History Trivia (SR) 1:00 Mahjong (Hub C) 2:15 Nostalgic Trivia (SR) 3:15 Sunshine & Music Requests (DAVS)	6 9:15 Fun w/Fitness (SR) 9:30 Scenic Drive (Sign-up Limit 7) (DR Lounge) 10:00 The Daily Chronicle & Daily Scoop (SR) 10:45 Schmooze w/ Rabbi Yaffa-Shira (DR Lounge) 1:00 Concert: Tom Reich! (SR) 2:00 Corner Store & Word Games (SR) 3:15 Trivia Time w/Brady (DR Lounge) 6:00 Movie Night (SR)	7 9:15 Fun w/ Fitness (SR) 10:00 Concert: Taylor Bassett! (SR) 1:00 Knitting Club (Hub C) 1:15 Daily Chronicle & Trivia (SR) 2:00 Program with Or! (SR) 3:15 Trivia (DAVS) 6:00 Puzzles & Games: Resident Led (SR)	8 9:00 Rummy-Q (HUB D) 9:30 Morning Moves (SR) 10:00 Beading w/ Rochelle (SR) 10:30 Trivia w/ Jerry (DR Lounge) 10:45 Corner Store & Word Games (SR) 1:00 Scenic Drive (Sign Up-Limit 7) DR Lounge 1:15 Sit n be FIT w/ Fitness Staff (SR) 2:00 You Be the Judge (SR) 3:00 Corner Store (SR) 3:30 Happy Hour w/ Jerry McCann (DR Lounge)	9 9:30 Morning Moves (SR) 10:00 Daily Chronicle & Fun Facts (SR) 10:30 Trivia (SR) 1:30 \$1 BINGO (SR) 3:00 You Be the Judge (DR Lounge) 4:00 Music Request (DR Lounge) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	10 Simchat Torah 10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 1:30 Daily News (SR) 2:00 Trivia (SR) 2:30 You Be The Judge (SR) 3:30 Music Time (DAVS) 6:00 Movie Night: (SR)
11 9:30 Daily Chronicle (SR) 10:00 Seated Tai Chi & Movement w/ Patrick (SR) 10:30 Topics in Public Health: Nutrition (SR) 10:40 Pet Therapy Visit w/ Christine & Leo! (DR Lounge) 1:30 TVIA Bingo & Ice-cream Social (CS) 3:45 Trivia Time w/ Elliana (DR Lounge)	12 Indigenous Peoples' Day 9:00 Dominoes w/ Elliot (HUB D) 9:30 Morning Moves (SR) 10:00 The Daily News (SR) 10:30 Travelogue: Hernan (SR) 1:00 Mahjong (Hub C) 1:15 Nostalgic Trivia (SR) 1:45 Pet Therapy Visit w/ Kathy & Finn (SR) 2:00 Jeopardy (SR) 2:30 Historic Trivia (SR) 3:00 Concert: Vincent Young (SR)	13 9:15 Fun w/ Fitness (SR) 10:00 The Daily Chronicle & Daily Scoop (SR) 10:30 Corner Store & Word Games (SR) 1:15 Fun w/ Fitness (SR) 2:30 You Be the Judge (SR) 2:30 \$1 BINGO (SR) 3:15 Trivia Time w/Brady (DR Lounge) 6:00 Movie Night (SR)	14 9:15 Fun w/ Fitness (SR) 10:00 Daily Chronicle & Trivia (SR) 10:30 Whiteboard Games (SR) 1:00 Knitting Club (Hub C) 1:15 Daily Chronicle & Trivia (SR) 2:00 Program with Or! (SR) 3:15 Trivia Time (DR Lounge) 6:00 Puzzles & Games: Resident Led (SR)	15 9:00 Rummy-Q (HUB D) 9:30 Morning Moves (SR) 10:00 Corner Store & Word Games (SR) 10:30 Trivia w/ Jerry (DR Lounge) 1:15 Sit n be FIT w/ Fitness Staff (SR) 2:00 You Be the Judge (SR) 3:00 Trivia & Daily Chronicle (SR) 3:30 Happy Hour (DR Lounge)	16 9:30 Morning Moves (SR) 10:00 Daily Chronicle & Fun Facts (SR) 10:30 Trivia (SR) 1:30 \$1 BINGO (SR) 3:00 Entertainment: Yale Strom (DR Lounge) 4:00 Music Request (DR Lounge) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	17 10:00 Shabbat Services w/ Cantor Kathy (CS) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 1:30 Daily News (SR) 2:00 Trivia (SR) 2:30 Fun Facts (SR) 3:30 Music Time (DAVS) 6:00 Movie Night: (SR)
18 9:30 Daily Chronicle (SR) 10:30 Down to Earth Lima w/ Zac Efron (SR) 10:40 Pet Therapy Visit w/ Christine & Leo! (DR Lounge) 1:30 SDJA Volunteer Program! (SR) 2:30 Noodle Ball (SR) 3:45 Trivia Time w/ Elliana (DR Lounge)	19 9:00 Dominoes w/ Elliot (HUB D) 9:30 Morning Moves (SR) 10:00 The Daily News (SR) 10:30 Somebody Fed Phil (SR) 10:30 Book Club w/ Ellyn & Keith (SR) 1:00 Mahjong (Hub C) 1:00 Jeopardy (SR) 2:00 Heart to Heart w/ Carl (SR) 3:15 Sunshine & Music Requests (DAVS)	20 9:15 Fun w/ Fitness (SR) 10:00 The Daily Chronicle & Daily Scoop (SR) 10:30 Corner Store & Word Games (SR) 11:00 Schmooze w/ Rabbi Yaffa-Shira (DR Lounge) 1:30 Entertainment w Hitoshi! (SR) 2:30 You Be the Judge (SR) 3:15 Trivia Time w/Brady (DR Lounge) 6:00 Movie Night (SR)	21 9:15 Fun w/ Fitness (SR) 10:00 Daily Chronicle & Trivia (SR) 10:30 Whiteboard Games (SR) 1:00 Knitting Club (Hub C) 1:30 Live Entertainment: Glenn Kramer (SR) 2:30 Program with Or! (SR) 3:15 Trivia Time (DR Lounge) 6:00 Puzzles & Games: Resident Led (SR)	22 9:00 Rummy-Q (HUB D) 9:30 Morning Moves (SR) 10:00 Beading w/ Rochelle (SR) 10:00 Beading w/ Rochelle (SR) 10:30 Trivia w/ Jerry (DR Lounge) 1:15 Sit n be FIT w/ Fitness Staff (SR) 2:00 You Be the Judge (SR) 2:30 Corner Store & Trivia (SR) 3:30 Happy Hour (DR Lounge)	23 9:30 Morning Moves (SR) 10:00 Daily Chronicle & Fun Facts (SR) 10:30 Trivia (SR) 1:30 \$1 BINGO (SR) 3:00 You Be the Judge (DR Lounge) 4:00 Music Request (DR Lounge) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	24 10:00 Shabbat Services w/Rabbi Yaffa-Shira(DAVS) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 1:30 Daily News (SR) 2:00 Trivia (SR) 2:30 Fun Facts (SR) 3:30 Music Time (DAVS) 6:00 Movie Night: (SR)
25 9:30 Daily Chronicle (SR) 10:00 Seated Tai Chi & Movement w/ Patrick (SR) 10:30 Topics in Public Health: Aging (SR) 10:40 Pet Therapy Visit w/ Christine & Leo! (DR Lounge) 1:00 Word Games (SR) 2:30 All Campus: Bayour Brothers (CS) 3:45 Trivia Time w/ Elliana (DR Lounge)	26 9:00 Dominoes w/ Elliot (HUB D) 9:30 Stretch & Flex (SR) 10:00 The Daily News (SR) 10:30 Somebody Fed Phil (SR) 1:00 Mahjong (Hub C) 1:00 Jeopardy (SR) 2:00 Historic Trivia (SR) 3:00 Concert: Vincent Young (SR)	27 9:15 Fun w/ Fitness (SR) 10:00 The Daily Chronicle & Daily Scoop (SR) 10:30 Corner Store & Word Games (SR) 1:15 Fun w/ Fitness (SR) 1:45 Meditation Muscle Relaxing (SR) 2:15 Pet Visit w/ Helen Woodward (DR Lounge) 3:15 Trivia Time w/Brady (DR Lounge) 6:00 Movie Night (SR)	28 9:15 Fun w/ Fitness (SR) 10:00 Daily Chronicle & Trivia (SR) 10:30 Finish The Line (SR) 1:00 Knitting Club (Hub C) 1:15 Resident Council 2:15 Program with Or! (SR) 3:15 Trivia Time (DR Lounge) 6:00 Puzzles & Games: Resident Led (SR)	29 9:00 Rummi-Q (HUB D) 9:30 Morning Moves (SR) 10:00 You Be the Judge (SR) 10:30 Trivia w/ Jerry (DR Lounge) 1:15 Sit n be FIT w/ Fitness Staff (SR) 2:00 Live Entertainment: Naomi Alter! (SR) 3:30 Happy Hour (DR Lounge)	30 9:30 Morning Moves (SR) 10:00 Daily Chronicle & Fun Facts (SR) 10:30 Trivia (SR) 1:30 \$1 BINGO (SR) 2:45 You Be the Judge (DR Lounge) 4:00 Music Request (DR Lounge) 4:45 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	31 10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark(DAVS) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 1:30 Daily News (SR) 2:00 Trivia (SR) 2:30 Fun Facts (SR) 3:30 Music Time (DAVS) 6:00 Movie Night: (SR)

October 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

Happy Birthday!

Jack B. 10/7
Nancy M. 10/9
Lois H. 10/12



Welcome To Seacrest!

Judith G. Apt. 409

Important Contacts

- Genesis Franco - Director of Assisted Living - 760-516-2040
- Sammi Cohen - Life Enrichment Coordinator - 760-516-2026
- Zy Dewey - Senior Fitness Program 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

Hair Salon Open Fridays!

To make an appointment, please come to the salon and write your name in the appointment book.



Please contact Zy 760-632-3739 or speak with the fitness staff to be added to the NuStep calendar for consistent exercise.



Assisted Living Outings

Scenic Drives

October 1st @ 1:00 & 6th @ 9:30



Lunch Outing
October 5th @ 11:45



Dominoes: w/ Elliot every Monday at 9:00 (HUB D)

Trivia: w/ Jerry on 3/5 & 3/19 at 10:30 (DR Lounge)

Trivia: w/ Elliana every Sunday at 3:45 (DR Lounge)

Trivia: w/ Brady every Tuesday at 3:30 ((DR Lounge)

Jewelry Making: w/ Rochelle on the 2nd & 4th Thursday of the month at 10:00 (SR)

Pet Therapy: w/ Christine & Leo Sunday’s @ 10:40 (DR Lounge)

Pet Visit: w/ Kathy & Finn on 10/12 1:45

Pet Visit: w/ Helen Woodward on 10/27 at 2:15 (DR Lounge)

Book Club: w/ Keith and Ellyn on the 1st and 3rd

Entertainment

- Oct 6th 1:00 Tom Reich (SR)
- Oct 7th 10:00 Taylor Bassett (SR)
- Oct 8th 3:30 Jerry McCann (SR)
- Oct 12th Travelogue Hernan (SR)
- Oct 12th Vincent Young (SR)
- Oct 16th Yale Strom (SR)
- Oct 20th 1:30 Hitoshi (SR)
- Oct 21st Glenn Kreamer (SR)
- Oct 25th Bayou Brother (CS)
- Oct 26th Vincent Young (SR)
- Oct 29th Naomi Alter (SR)

