November 2026 Life Enrichment Calendar

Seacrest Village Retirement Communities at Encinitas
Joseph and Dorothy Goldberg Healthcare Center

[Activities can occur at any time and are not limited to formal activity staff. All activities are subject to change.]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAYLIGHT SAVING BEGINS 1 8:30 Guardian Room Opens 9:30 Exercise w/Staff 10:00 The Daily Chronicle 10:15 Miscellaneous Trivia 11:00 Travel Doumentary: "Somebody Feed Phil" 2:00 Wheel of Fortune: Common Phrases 3:15 White Board Fun! 4:15 Golden Girls	2 8:30 Guardian Room Opens 9:20 Fun with Fitness Staff! 10:00 Live Entertainment: Glenn Kramer! 11:00 The Daily Chronicle 11:15 White Board: Word Mining 2:00 Resident Council Meeting 3:00 Bingo Time!	3 8:30 Guardian Room Opens 9:30 Live Entertainment: Senior Samba w/Tamar! 10:30 Live Entertainment: Robert Hardaway! 11:30 The Daily Chronicle 2:00 Relax to Music on the Patio or Guardian Rm (weather permitting) 3:15 Wheel of Fortune: Favorite Actors, Movies, Song Titles 4:15 "Golden Girls"	4 8:30 Guardian Room Opens 9:30 Let's Move w/Fitness Staff! 10:00 The Daily Chronicle 10:15 Travel Documentary: "Restaurants on the Edge" 11:00 Schmooze with Rabbi! 2:15 Afternoon Bingo! 4:00 "Northern Exposure" 6:00 Evening Movie / Art	5 8:30 Guardian Room Opens 9:30 Let's Move w/Balloon Fun! 10:00 The Daily Chronicle 10:15 Everyday Trivia 10:45 Live Entertainment: Senior Samba w/Tamar! 2:00 Happy Hour in the Guardian Room 2:00 Afternoon Movie: TBD	6 8:30 Guardian Room Opens 9:30 The Daily Chronicle 10:00 Exercise w/Fitness Staff! 10:30 White Board: Word Mining! 11:00 "Murder She Wrote" w/ Angela Lansbury 2:00 Relax to Music on the Patio or Guardian Room (Weather Permitting) 3:15 "Golden Girls" 4:30 Shabbat Candle Lighting w/Rabbi Yaffa-Shira in the Garden Dining Rm	7 8:30 Guardian Room Opens 10:00 SHABBAT SERVICE w/Rabbi Yaffa-Shira & Cantor Kathy in the Chodorow Synagogue & SVTV Ch 54 2:00 Relax to Music on the Patio or the Guardian Rm (Weather Permitting) 3:15 Trivia For Seniors 3:45 Nature Documentary
8 8:30 Guardian Room Opens 9:30 Exercise w/Staff 10:00 The Daily Chronicle 10:15 Miscellaneous Trivia 11:00 Live Entertainment: Roger Hirsch! 2:00 Wheel of Fortune: Common Phrases 3:15 White Board Fun! 4:15 Golden Girls	9 8:30 Guardian Room Opens 9:20 Fun with Fitness Staff! 10:00 This & That Trivia 10:15 Travel Documentary: "Somebody Feed Phil" 11:00 White Board: Word Mining 1:30 Live Entertainment: Vincent Young! 2:00 Pet Therapy w/Finn! 3:00 White Board: Name 4 4:00 "Northern Exposure"	10 8:30 Guardian Room Opens 9:30 Exercise w/Fitness Staff! 10:00 The Daily Chronicle 10:15 A to Z Trivia 11:00 White Board Game: Word Mining! 2:00 Art Time! 3:15 Wheel of Fortune: Favorite Actors, Movies, Song Titles 4:15 "Golden Girls"	11 8:30 Guardian Room Opens 9:30 Let's Move w/Fitness Staff! 10:00 The Daily Chronicle 10:15 Travel Documentary: "Restaurants on the Edge" 11:00 Insight with Or (shin-shin from Israel) 2:15 Afternoon Bingo! 4:00 "Northern Exposure"	12 8:30 Guardian Room Opens 9:30 Let's Move w/Balloon Fun! 10:00 The Daily Chronicle 10:15 Everyday Trivia 10:45 Music Circle w/Willow Ridenour! 2:00 Happy Hour in the Guardian Room 2:00 Afternoon Movie: TBD	13 8:30 Guardian Room Opens 9:30 The Daily Chronicle 10:00 Exercise w/Fitness Staff! 10:30 White Board: Word Mining! 11:00 "Murder She Wrote" w/ Angela Lansbury 2:00 Relax to Music on the Patio or Guardian Room (Weather Permitting) 3:15 "Golden Girls" 4:30 Shabbat Candle Lighting w/Rabbi Yaffa-Shira in the Garden Dining Rm	14 8:30 Guardian Room Opens 10:00 SHABBAT SERVICE w/Rabbi Yaffa-Shira In the Chodorow Synagogue & SVTV Ch 54 2:00 Relax to Music on the Patio or the Guardian Rm (Weather Permitting) 3:15 Trivia For Seniors 3:45 Nature Documentary
15 8:30 Guardian Room Opens 9:30 Exercise w/Staff 10:00 The Daily Chronicle 10:15 Miscellaneous Trivia 11:00 Live Entertainment: Roger Hirsch! 2:00 Wheel of Fortune: Common Phrases 3:15 White Board Fun! 4:15 Golden Girls	16 8:30 Guardian Room Opens 9:20 Fun with Fitness Staff! 10:00 Live Entertainment: Glenn Kramer! 11:00 The Daily Chronicle 11:15 White Board: Word Mining 2:15 Bingo Time! 4:00 "Northern Exposure"	17 8:30 Guardian Room Opens 9:30 Live Entertainment: Hitoshi! 10:45 A to Z Trivia 11:00 White Board Game: Word Mining! 2:00 Relax to Music on the Patio or Guardian Rm (weather permitting) 2:30 Pet Therapy w//Atticus! 3:15 Wheel of Fortune: Favorite Actors, Movies, Song Titles 4:15 "Golden Girls"	18 8:30 Guardian Room Opens 9:30 Let's Move w/Fitness Staff! 10:00 The Daily Chronicle 10:15 Travel Documentary: "Restaurants on the Edge" 11:00 Schmooze with Rabbi! 2:15 Afternoon Bingo! 4:00 "Northern Exposure"	19 PICKLE DAY ~ WEAR GREEN! 8:30 Guardian Room Opens 9:30 Let's Move w/Balloon Fun! 10:00 The Daily Chronicle 10:15 Pickle Trivia 11:00 "Restaurants on the Edge" 2:00 Pickle Theme Happy Hour In the Guardian Room 2:00 Afternoon Movie: "Deli Man"	20 8:30 Guardian Room Opens 9:30 The Daily Chronicle 10:00 Exercise w/Fitness Staff! 10:30 Live Entertainment: Taylor Bassett! 11:30 Finish the Words / Lines 2:00 Relax to Music on the Patio or Guardian Room (Weather Permitting) 3:15 "Golden Girls" 4:30 Shabbat Candle Lighting w/Rabbi Yaffa-Shira in the Garden Dining Rm	21 8:30 Guardian Room Opens 10:00 SHABBAT SERVICE w/Rabbi Yaffa-Shira & Cantor Kathy in the Chodorow Synagogue & SVTV Ch 54 2:00 Relax to Music on the Patio or the Guardian Rm (Weather Permitting) 3:15 Trivia For Seniors 3:45 Nature Documentary
22 8:30 Guardian Room Opens 9:30 Exercise w/Staff 10:00 The Daily Chronicle 10:15 Miscellaneous Trivia 11:00 Live Entertainment: Roger Hirsch! 1:30 "Golden Girls" 2:30 ALL CAMPUS CONCERT: "Dmitry Kirichenko" 3:45 Wheel of Fortune: Common Phrases	23 8:30 Guardian Room Opens 9:20 Fun with Fitness Staff 10:00 This & That Trivia 10:15 Travel Documentary: "Somebody Feed Phil" 11:00 White Board: Word Mining 1:30 Live Entertainment: Vincent Young! 2:00 Pet Therapy w/Finn! 3:00 White Board: Name 4 4:00 "Northern Exposure"	24 8:30 Guardian Room Opens 9:30 Exercise w/Fitness Staff! 10:00 A to Z Trivia 10:30 Live Entertainment: Robert Hardaway! 11:30 The Daily Chronicle! 1:30 Pet Therapy w/Helen Woodward! 2:00 Art ~ Thanksgiving Theme! 3:15 Wheel of Fortune: Favorite Actors, Movies, Song Titles 4:15 "Golden Girls"	25 8:30 Guardian Room Opens 9:30 Let's Move w/Fitness Staff! 10:00 Music Circle w/Willow Ridenour! 11:00 Insight with Or (shin-shin from Israel) 2:15 Afternoon Bingo! 4:00 "Northern Exposure"	THANKSGIVING 26 8:30 Guardian Room Opens 9:30 Let's Move w/Balloon Fun! 10:00 The Daily Chronicle 10:15 Everyday Trivia 11:00 Travel Documentary: "Restaurants on the Edge" 12:00 Thanksgiving Theme Lunch 2:00 Afternoon Movie: TBD	27 8:30 Guardian Room Opens 9:30 The Daily Chronicle 10:00 Exercise w/Fitness Staff! 10:30 Live Entertainment: Taylor Bassett! 11:30 Finish the Words / Lines 2:00 Relax to Music on the Patio or Guardian Room (Weather Permitting) 3:15 "Golden Girls" 4:30 Shabbat Candle Lighting w/Rabbi Yaffa-Shira in the Garden Dining Rm	28 8:30 Guardian Room Opens 10:00 SHABBAT SERVICE w/Rabbi Yaffa-Shira & Cantor Kathy in the Chodorow Synagogue & SVTV Ch 54 2:00 Relax to Music on the Patio or the Guardian Rm (Weather Permitting) 3:15 Trivia For Seniors 3:45 Nature Documentary
29 8:30 Guardian Room Opens 9:30 Exercise w/Staff 10:00 The Daily Chronicle 10:15 Miscellaneous Trivia 11:00 Live Entertainment: Roger Hirsch! 2:00 Wheel of Fortune: Common Phrases 3:15 White Board Fun! 4:15 Golden Girls	30 8:30 Guardian Room Opens 9:20 Fun with Fitness Staff! 10:00 This & That Trivia 10:15 Travel Documentary: "Somebody Feed Phil" 11:15 White Board: Word Mining 2:15 Bingo Time! 4:00 "Northern Exposure" 6:00 Evening Movie / Art	**Nail Painting & Hand Massages: By Request & Availability ** 				

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