Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:10 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)	2 9:00 Stretch & Strength w/ Kyle (FC) 10:00 Mat Pilates w/ Kelly (FC) 11:00 Sit N Be Fit w/Kelly (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/Nina** 6:30 Poker w/ Jeff Stoff (TR)**	3 9:00 Balance Training w/Zy (FC) 10:00 Beginning Bridge w/Deanna (CS) 10:00 Circuit Cardio & Strength w/Zy (FC) 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:15 Aqua Fun w/Kelly(FC) 2:00 Schmooze w/ Dina (TH) 6:30 Evening Movie (TH)	4 Shopping Loops 9am, 11am, 1pm 9:00 Stretch & Strengthen w/Ryan (FC) 10:00 Zumba Gold ® w/Kelly (FC) 11:00 Sit & Be Fit w/Ryan (FC) 2:00 Putt around with Ryan (DAVS) 6:30 Opera Night (TH)	5 8:00 Trip: Beach Walk w/Zy** 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength w/ Zy (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 Balance Training w/Zy (FC) 2:00 Program w/ Shinshin OR (TH) 3:30 Happy Hour:Jerry McCann (Francy's) 6:30 Evening Movie (TH)	6 9:00 STRETCH only w/Kyle (FC) 10:00 Canasta (TR) 10:00 Yoga Balance -Resident Taught (FC) 11:00 Stretch & Strengthen w/Ryan (FC) 1:00 Rummi-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 2:15 You Be The Judge w/Judi (TH) 3:00 Technology w/ Steve (CL) 5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)	7 10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Mark (CS & 2493) 12-4pm Open Gym (FC) 12:45 Dance Fun w/Barbara (FC) 1:15 Pool/Aqua Fun w/Ryan (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (TH)
8 9:10 Stretch Only w/ Kyle (FC) 10:00 Open GYM 12:30 Mah Jongg (R) 12:45 Trip: North Coast Rep** 1:00 Rummi Q (TR) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)	9 9:00 Stretch & Strength w/Kyle (FC) 10:00 Mat Pilates w/ Kelly (FC) 11:00 Sit N Be Fit (FC) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/ Zy (FC) 2:15 Art w/ Irene (R)** 3:00 Afternoon Movie (TH)	10 9:00 Balance Training w/Zy (FC) 9:15 Advanced Hearing Care (TR) 10 :00 Beginning Bridge w/Deanna (CS) 10:00 Circuit Cardio & Strength w/Zy (FC) 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:15 Aqua Fun w/Kelly(FC) 2:30 Yiddish Club (TH) 6:30 Evening Movie (TH)	11 THANK YOU VETERANS! Come see the LE team for your Veterans Day Pin! Shopping Loops 9am, 11am, 1pm 9:00 Stretch & Strengthen w/Ryan (FC) 10:00 Zumba Gold ® w/Kelly (FC) 11:00 Sit & Be Fit w/Ryan (FC) 1:15 Bridge Club (TR) 2:00 Putt around with Ryan (DAVS) 3:00 Part One Adult Ed w/Rabbi (TH)	12 8:00 Trip: Beach Walk w/Zy** 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Bangles & Beads (R) 10:00 Circuit Cardio & Strength w/ Zy (FC) 11:00 Sit N Be Fit w/Kyle (FC) 12:45 Mah Jongg (TR) 1:00 Balance Training w/Zy (FC) 2:00 Program w/ Shinshin OR (CS) 3:30 Happy Hour: Carlos V. (DAVS) 6:30 Evening Movie (TH)	13 9:00 STRETCH only w/Kyle (FC) 10:00 Canasta (TR) 10:00 Yoga Balance -Resident Taught (FC) 11;00 Stretch & Strengthen w/Ryan (FC) 1:00 Rummi-Q (TR) 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)	14 10:00 Shabbat Services w/Rabbi Yaffa-Shira (CS &2493) 12 – 4pm Open Gym (FC) 1:15 Pool/Aqua Fun w/Ryan (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (TH)
15 Stroll For The Soul! 9:10 Tai Chi w/ Patrick (FC) 10:00-2:00 CLOSED GYM 12:30 Mah Jongg (R) 12:45 San Diego Symphony** 1:00 Rummi Q (TR) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)	16 9:00 Stretch & Strength w/Kyle (FC) 10:00 Mat Pilates w/ Kelly (FC) 10:30 Technoogy w/ Barry (CL) 11:00 Sit N Be Fit (FC) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/ Zy (FC) 2:30 Culinary Tasting (R) 3:00 Afternoon Movie (TH) 3:00 Trip: Park Walk w/ Nina** 6:30 Bingo w/ Wayne & Linda (CS)	17 9:00 Balance Training w/Zy (FC) 10:00 Beginning Bridge w/Deanna (CS) 10:00 Circuit Cardio & Strength w/Zy (FC) 10:30 Travel Log w/Hernan (CS) 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:15 Aqua Fun w/Kelly(FC) 2:00 Heart to Heart w/Carl (Francy's) 6:30 Evening Movie (TH)	18 Shopping Loops 9am, 11am, 1pm 9:00 Stretch & Strengthen w/Ryan (FC) 9:30 Dr. Spencer Podiatrist (TR) 10:00 Zumba Gold ® w/Kelly (FC) 11:00 Sit & Be Fit w/Ryan (FC) 2:00 Town Hall (CS) 2:00 Putt around with Ryan (DAVS) 3:00 Part Two Adult Ed w/Rabbi (TH) 5:30 Monthly Birthday Bash (DR) 6:30 Opera Night (TH)	19 Pickle Day! 8:00 Trip: Beach Walk w/Zy** 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Trip: Costco** 10:00 Circuit Cardio & Strength w/ Zy (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 Pickle Program w/ Shinshin OR (CS) 2:00 Women's Group:Carol Roberts (TH) 3:30 Pickle Day HH: Vincent (DAVS) 6:30 Evening Movie (TH)	20 9:00 STRETCH only w/Kyle (FC) 10:00 Brandeis Study Group w/ Gayle Wise (R) 10:00 Canasta (TR) 10:00 Yoga Balance - Resident Taught (FC) 11:00 Stretch & Strengthen w/Ryan (FC) 1:00 Rummi-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 2:00 Word Game w/Diana (TH) 2:15 You Be The Judge w/Judi (TH) 3:00 Technology w/ Steve (CL) 5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)	21 10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493) 12 – 4pm Open Gym (FC) 1:15 Pool/Aqua Fun w/Ryan (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (TH)
22 9:10 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) 2:30 All Campus Concert: Dimitry (CS) 3:30 Open Game Room (TR)	23 9:00 Stretch & Strengthen w/ Kyle (FC) 10:00 Mat Pilates w/Kelly(FC) 10:30 Technology w/Barry (CL) 11:00 Book Club (TH) 11:00 Sit N Be Fit w/Kelly (FC) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/Zy (FC) 3:00 Afternoon Movie (TH)	24 9:00 Balance Training w/Zy (FC) 10:00 Beginning Bridge w/Deanna (CS) 10:00 Circuit Cardio & Strength w/Zy (FC) 11:00 Tai Chi (FC) 1:00 Meditation w/Mona: Body Scan (FC)** 1:00 Mah Jongg (TR) 1:15 Aqua Fun w/Kelly(FC) 3:30 What's on Your Mind w/Larry (TH) 6:30 Evening Movie (TH)	25 Shopping Loops 9am, 11am, 1pm 9:00 Stretch & Strengthen w/Ryan (FC) 10:00 Zumba Gold ® w/Kelly (FC) 11:00 Sit & Be Fit w/Ryan (FC) 1:15 Bridge Club (TR) 2:00 Putt around with Ryan (DAVS) 3:00 Part Three Adult Ed w/Rabbi (TH) 6:30 Piano Sing Along (Francy's)	26 Happy Thanksgiving! Fitness Center CLOSED Hair Salon CLOSED 12:00 Thanksgiving Lunch! (DR) 12:45 Mah Jongg (TR) 6:30 Evening Movie (TH) 	27 9:00 STRETCH only w/Kyle (FC) 10:00 Canasta (TR) 10:00 Yoga Balance - Resident Taught (FC) 11:00 Stretch & Strengthen w/Ryan (FC) 1:00 Rummi-Q (TR) 1:00 Seated Volleyball w/Zy (FC) 2:15 You Be The Judge w/Judi (TH) 3:00 Technology w/ Steve (CL) 5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)	28 10:00 Shabbat Services w/ Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493) 12 – 4pm Open Gym (FC) 1:15 Pool/Aqua Fun w/Ryan (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (TH) 3:30 Seated Israeli Folk Dance (FC)
29 9:10 Tai Chi w/ Patrick (FC) 10:00-2:00 Open GYM 12:30 Mah Jongg (R) 12:45 Eight The Musical** 1:00 Rummi Q (TR) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)	30 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 w/Kelly (FC) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/Zy (FC) 3:00 Afternoon Movie (TH) 6:30 Bingo w/Wayne & Linda (CS)					

November 2026
Life Enrichment Calendar

Seacrest Village Retirement Communities at Encinitas
Lee & 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

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*

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

Important Contacts

Front Desk Reception - 760-632-0081
Katie Park - Building & Life Enrichment Director 760-516-2025
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
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)
- Walgreen's *upon request
- 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

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.

November 2026 - Life Enrichment

Happy Birthday!

Judith D. 11/04
David A. 11/14
Judy A. 11/21
Deanna R. 11/23
Lana S. 11/26
Gayle W. 11/26

Welcome New Residents!
Marian B. F-182
Ginny S. F-178

Entertainment Happy Hour 3:30pm
Thursday, 11/5 Jerry McCann
Thursday, 11/12 Carlos V. (DAVS)
Thursday, 11/19 Vincent Young (DAVS)



Trips & Special Events

North Coast Rep
Sunday, Nov. 8
2 groups: Bus Departs Seacrest at 12:45pm & 1:15pm
(Previous Sign up Required)

San Diego Symphony
Sunday, Nov. 15 Bus Departs Seacrest at 12:45pm
(Previous Sign up Required)

Stroll For The Soul
Sunday, Nov. 15 Shuttle Service begins at 8:15am running thru 1pm- Building A lobby for Pick-up

All Campus Concert: Dimitry
Sunday, Nov. 22
2:30 in the Synogogue

Ei8ht The Musical (JCC)-Hanukkah Musical
Sunday, Nov. 29 Bus Departs Seacrest at 12:15pm

Event Highlights

Part One Adult Ed "“Unlocking the Talmud: Where the Questions Matter as Much as the Answers”
w/Rabbi Yaffa-Shira
Wednesday, November 11
3:00pm, Theater



Part Two Adult Ed "“Unlocking the Talmud: Where the Questions Matter as Much as the Answers”
w/Rabbi Yaffa-Shira
Wednesday, November 18
3:00pm, Theater



Part Three Adult Ed "“Unlocking the Talmud: Where the Questions Matter as Much as the Answers”
w/Rabbi Yaffa-Shira
Wednesday, November 25
3:00pm, Theater

Poker Night w/Jeff Stoff
Come learn from a professional Poker player in a friendly game
Monday, November 2nd
6:30pm, Tasting Room



Culinary Tasting w/Diana & Sammi
Crumbl Cookie
Monday, November 16th
2:30pm, Rec Room



Sid Vogel PICKLE DAY
Thursday, September 19th!
ALL DAY!

