

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 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 and Education Program						
SIMCHAT TORAH 9:10 Stretch w/Kyle (FC) 10:00 –12:00 Simchat Torah Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS) 12:30 Mah Jongg 12:45 Trip: SD Symphony 1:00 Rummi Q 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)	9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Mat Pilates w/Kelly (FC) 10:30 Technology Assistance (CL) 11:00 Sit N Be Fit (FC) 1:00 Seacrest Knitters Club (TR) 1:00 Seated Volleyball w/Zy (FC) 2:00 Art w/Irene (R) ** 3:00 Trip: Park Walk w/Nina ** 3:00 Afternoon Movie (TH) 6:30 Poker w/Jeff Stoff (TR) **	9:00 Balance Training w/ Zy (FC) 10:00 Circuit Cardio & Strength (FC) 10:00 Beginning Bridge (CS) 11:00 Tai Chi (FC) 11:45 Trip: Lunch: Chin's Encinitas** 1:00 Mah Jongg (TR) 1:15 Aqua Fun (FC) 2:00 Schmooze w/Dina (TH) 6:30 Evening Movie (TH)	Shopping Loops 9am, 11am, 1pm 9:00 Stretch & Strength (FC) 10:00 Zumba Gold ® w/Kelly (FC) 11:00 Sit & Be Fit w/Kyle (FC) 2:00 Heart to Heart w/Carl (Francy's) 2:00 Putt Around w/Alex (DAVS) 3:00 Cooking Demo w/Ben (R)** 6:30 Opera Night (TH)	8:00 Trip: Beach Walk w/Zy** 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Trip: Costco** 10:00 Circuit Cardio & Strength (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 (TBD) 3:30 Happy Hour: JD Crawford (Francys) 6:30 Evening Movie (TH)	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 Seated Volleyball w/Zy (FC) 2:15 You Be the Judge w/Judi (TH) 5:00 Shabbat Candle Lighting w/ Cantor Kathy (DR)	SHEMINI ATZERET (QUIET DAY) 10:00 Shemini Atzeret & Yizkor Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 2393) 12:00-4:00pm Open Gym (FC) 12:45 New Program! Dance Fun w/Barbara (FC) 1:00 Pool/Aqua Fun w/Alex (FC) 2:30 Classic Movie Saturday (TH) 5:00 Candle Lighting (DR)
9:10 Seated Tai Chi w/Patrick (FC) 10:00 - 2:00 OPEN GYM (FC) 12:30 Mah Jongg 1:00 Rummi Q 1:30 Teen Volunteers In Action (TVIA) (CS) 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)	9:00 Stretch & Strengthen 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) 2:30 Crafting w/Diana: Frame Art (R) ** 3:00 Afternoon Movie (TH) 6:30 Bingo w/Wayne & Linda (CS)	9:00 Balance Training w/ Zy (FC) 10:00 Circuit Cardio & Strength (FC) 10:00 Beginning Bridge (CS) 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:15 Aqua Fun (FC) 2:30 Yiddish Club (R) 6:30 Evening Movie (TH)	Shopping Loops 9am, 11am, 1pm 9:00 Stretch & Strength (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 Heart to Heart w/Carl (Francy's) 6:30 Piano Sing Along (Francy's)	8:00 Trip: Beach Walk w/Zy** 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 Balance Assessments (by appt) (FC) 2:30 NEW TIME Program w/ShinShin Or (TBD) 3:30 Happy Hour: Vincent Young (Francys) 6:30 Evening Movie (TH)	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 Seated Volleyball w/Zy (FC) 1:00 Word Game w/Diana (TH) 2:15 CANCELLED: You Be the Judge w/Judi (TH) 5:00 Shabbat Candle Lighting w/ Cantor Kathy (DR)	10:00 Shabbat Services w/ Cantor Kathy (CS & 2393) 12:00-4:00pm Open Gym (FC) 1:00 Pool/Aqua Fun w/Alex (FC) 2:30 Classic Movie Saturday (TH)
9:10 Seated Tai Chi w/Patrick (FC) 10:00 - 2:00 OPEN GYM (FC) 12:30 Mah Jongg 12:30 Trip: JCC Little Mensches Program (sign up required) 1:00 Rummi Q 2:30 Sunday Matinee (TH) 3:30 Open Game Room (TR)	9:00 Stretch & Strengthen 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) 2:30 Culinary Tasting w/Diana: Dips & Chips (R) ** 3:00 Afternoon Movie (TH) 3:00 Trip: Park Walk w/Nina **	9:00 Balance Training w/ Zy (FC) 10:00 Circuit Cardio & Strength (FC) 10:00 NEW LOCATION: Beginning Bridge (CS) 10:30 Travel Log w/Hernan (CS) 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:15 Aqua Fun (FC) 6:30 Evening Movie (TH)	Shopping Loops 9am, 11am, 1pm 9:00 Stretch & Strength (FC) 10:00 Zumba Gold ® w/Kelly (FC) 11:00 Sit & Be Fit w/Kyle (FC) 1:30 TODAY ONLY NEW TIME: Putt Around w/Alex (DAVS) 2:00 Town Hall (CS) 5:30 Monthly Birthday Bash (DR) 6:30 Opera Night (TH)	8:00 Trip: Beach Walk w/Zy** 9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Circuit Cardio & Strength (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 (TBD) 2:00 Women's Group (TH) 3:30 Happy Hour: Carlos Velasco (Francys) 6:30 Evening Movie (TH)	9:00 Stretch w/Kyle (FC) 10:00 Yoga Balance Adv. Class (FC) 10:00 Canasta (TR) 10:00 Safety Presentation (CS) 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 (TH) 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	10:00 Shabbat Services w/Rabbi Yaffa-Shira (CS & 2393) 12:00-4:00pm Open Gym (FC) 1:00 Pool/Aqua Fun w/Alex (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (TH) 3:30 Seated Israeli Folk Dance (FC)
9:10 Stretch w/Kyle (FC) 10:00 - 2:00 OPEN GYM (FC) 12:30 Mah Jongg 1:00 Rummi Q 2:00 Special Concert: The Bayou Brothers (CS) 3:30 Open Game Room (TR)	9:00 Stretch & Strengthen w/Kyle (FC) 10:00 Mat Pilates w/Kelly (FC) 10:30 Technology Assistance (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) 3:00 Afternoon Movie (TH)	9:00 Balance Training w/ Zy (FC) 10:00 Circuit Cardio & Strength (FC) 10:00 Beginning Bridge (CS) 11:00 Tai Chi (FC) 1:00 Mah Jongg (TR) 1:00 Meditation Series w/Mona: Muscle Relaxation (FC) 1:15 Aqua Fun (FC) 3:30 What's On Your Mind w/Larry (TH) 6:30 Evening Movie (TH)	Shopping Loops 9am, 11am, 1pm 9:00 Stretch & Strength (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) 3:30 Food For Thought (TH) 6:30 Piano Sing Along (Francy's)	8:00 Trip: Beach Walk w/Zy** 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 Balance Training w/Zy (FC) 2:00 Program w/ShinShin Or (TBD) 3:30 Happy Hour: Sonny Mayer (Francys) 6:30 Evening Movie (TH)	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 Seated Volleyball w/Zy (FC) 2:15 You Be the Judge w/Judi (TH) 5:00 Shabbat Candle Lighting w/ Rabbi Yaffa-Shira (DR)	10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark (CS & 2393) 12:00-4:00pm Open Gym (FC) 12:45 NEW! Dance Fun w/Barbara (FC) 1:00 Pool/Aqua Fun w/Alex (FC) 1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS) 2:30 Classic Movie Saturday (TH)

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

Madeline G. A159 10-1
Bonita S. A150 10-3
Roslyn D. A217 10-6
Shirley K. A109 10-9
Audrey A. A226 10-16
Ellyn K A138 10-19
Joya D. F177 10-22
George W. A245 10-26



WELCOME NEW RESIDENTS

Faye Sherman F168



Important Contacts

Front Desk Reception - 760-632-0081

Katie Park - Building & Life Enrichment Director 760-516-2025

Diana Wells– Life Enrichment 760-632-3704

Resident Services Desk 760-632-3717

Zy Dewey - Sr. Fitness Program 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

Seacrest at Home - 760-632-3715

Color Key

- **Trips (Drives, Tours, & Shopping Loops)**
- **Religious Programming**
- **Special Programming**
- **Webinars/Brandeis**
- **Movies**

Hair Salon Open Thursdays

Except Holidays

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

Entertainment Happy Hour 3:30pm Francy’s

Thursday, 10/1 Daniel Newheiser
Thursday, 10/8 JD Crawford
Thursday, 10/15 Vincent Young
Thursday, 10/22 Carlos Velasco
Thursday, 10/29 Sonny Mayer



Trips & Special Events

San Diego Symphony

Payare Leads Strauss’

A Hero’s Life

Sunday, Oct. 4

Bus Departs Seacrest

12:45pm (previous ticket required)



Teen Volunteers In Action (TVIA)

Come for Bingo, Treats

& good company

Sunday, Oct. 11

1:45pm Synagogue



JCC Little Menches

Enjoy a trip to the JCC for Bingo

& a concert w/ Shayna Punim’s

Sunday, Oct. 18

Bus Departs Seacrest at 12:15pm



The Bayou Brothers

Enjoy our favorite Zydeco Band!

Come ready to hear some great

Louisiana music!

Sunday, Oct. 25

2pm Synagogue



Event Highlights

Erev Shemini Atzeret & Shabbat Candle Lighting

w/Rabbi Yaffa-Shira

Friday, October 2

5pm Dining Room



Shemini Atzeret & Yizkor

Services w/Rabbi Yaffa-Shira

& Cantor Kathy

Saturday, October 3

10am Synagogue



Simchat Torah Services

w/Rabbi Yaffa-Shira &

Cantor Kathy

Sunday, October 4

10am Synagogue

Poker Night w/Jeff Stoff

Come learn from a professional

Poker player in a friendly game

Monday, October 5

6:30pm Tasting Room



Crafting w/Diana & Sammi

Frame Art– Make a fun picture

frame and we will print out

Your favorite photo

Monday, October 12

2:30pm Rec Room



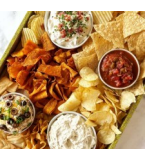
Culinary Tasting w/Diana & Sammi

Dips & Chips–Come taste a variety

of delicious dips.

Monday, October 19

2:30pm Rec Room



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 late

- 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

- 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.