



The Heritage Downtown Active Senior Guide to Northern California Bay Area Destinations

The Heritage Downtown, a resort style senior apartment community, has created this essential Northern California Bay Area Active Senior Guide to help you create an unforgettable vacation, day trip, or afternoon getaway. Because of the Heritage Downtown's location and its interactions with active seniors, they can be considered an authority on great places to visit in the Bay Area.

Ideal Destinations for Active Seniors in the Northern CA Bay Area

No matter what area of the Northern California Bay Area you will be visiting - the Peninsula, the East, South or North Bay, or the San Francisco Bay Area, you really can't go wrong. The Bay Area provides ideal weather along with a vast amount of activities that seniors can enjoy. Whether you are planning a day trip or a 2-week adventure, you will have plenty of fantastic destination options to choose from.

The East Bay Area - Many Places to See and Things to Do for Seniors 55+

Home of the Heritage Downtown for Active Seniors, the East Bay Area is known for being an older adult central hub for fun and interesting activities. Without a doubt, this region of Northern California offers a little of everything - art, music, visitor attractions, history, culture, and more.

Lesher Center for the Arts

Owned by the City of Walnut Creek, and a partner of The Heritage Downtown Active Living Senior Apartment Community, it attracts seniors of all ages, year-round. It showcases notable arts and entertainment for its community as well as senior tourists from other areas. This fabulous Northern California venue features three theaters, the Bedford Art Gallery, and fine dining options. You can catch a variety of performances such as ballet, musicals and plays, along with some comedy and improv. The California Symphony can also be enjoyed at this premier art center. Inquire about senior rates to get the best price possible.

www.lesherartscenter.org



Adeline Ashby Antiques District



If you are a lover of antiques and collectibles, then this antique district should be on your list of places to visit. This East Bay destination features many vintage dealers that offer items from late 18th century English, mid-century Scandinavian, as well as American modern. Hunt for unique treasures such as vintage knick-knacks, jewelry, or other great finds. A few shops are packed from floor to ceiling with centuries-old collectibles. We recommend stopping by just for the experience of it.

www.aadberkeley.com

The USS Hornet Sea, Air & Space Museum



Located in the city of Alameda, this national historic landmark and Smithsonian affiliate is a bay area must-see. It's comprised of the USS Hornet aircraft carrier, NASA's Apollo moon exploration mission exhibit, aircraft from the 1940s-1980s, as well as other special exhibits. Take a self-guided or docent tour and find out what important role this aircraft carrier played in history. Please see their [accessibility page](#) for information on mobility impaired accommodations. The USS Hornet proudly offers senior citizens a discounted admissions fee.

www.uss-hornet.org

The Niles Essanay Silent Film Museum

This Northern Cal hidden gem has become a senior hot spot. It's perfect for those movie buffs who love the silver screen. The museum explores silent film's rich history and features actual film artifacts. It provides a way to rediscover silent filmmaking from planning, production, to the final show. In addition to this, you can enjoy live piano as you watch a silent film. Tours are available, and they also offer a fun gift shop. It's conveniently located in the beautiful bay area city of Fremont, CA.

www.nilesfilmmuseum.org



The Ruth Bancroft Garden



A world-renowned 3.5-acre garden that is the home of a vast array of beautiful succulents and other drought-tolerant plants. Living to be 109, Ruth Bancroft dedicated much time to developing this garden. She created an interesting and peaceful environment for seniors looking to spend some time surrounded by nature. This bay area garden offers tours, workshops, special events, and also has plants for sale. Discounted admission fees apply to seniors 65 and older.

www.ruthbancroftgarden.org

The Berkeley Art Museum and Pacific Film Archive

Founded in 1963, this innovative museum provides seniors visiting the Northern CA Bay Area a chance to experience incredible art exhibits along with an ongoing film series. They also offer engaging lectures, performances, workshops, and tours. Its state-of-the-art film theater showcases Hollywood classics as well as modern releases. It provides a great opportunity for a senior group to go and enjoy the show together. Furthermore, the BAMPFA building design is a modern tourist attraction in itself. It's a highlight of the city and certainly worth a visit. A senior discount is available for individuals who are 65+.

www.bampfa.org

The Oakland Zoo



The Oakland Zoo is a very popular place to visit among seniors in the Northern California Bay Area. Established in 1922, this zoo houses almost 700 exotic animals. It provides a chance to see live animals such as bears, elephants, wolves, and jaguars. They also showcase vibrantly colored tropical rainforest birds. You will be sure to see something that sparks your interest. This zoo is a tourist attraction that you won't want to miss. Seniors receive a reduced admissions fee. Have fun and don't forget to bring your camera!

<http://www.oaklandzoo.org>

San Francisco Bay Area – A Northern CA Day Trip Location for Active Seniors

Start your SF Bay Area visit with a ride over the Golden Gate Bridge. It's one of the largest and most well-known tourist attractions in the area. From there you will find a city filled with exciting, interesting, and fun activities that older adult would enjoy. This bay area city offers much but here are a few of its best attractions.

AT&T Baseball Park - Home of the Giants

If you grew up singing "Take Me Out to the Ball Game", or have a fondness for sports, then this is the place to visit. It's a great event for senior group outings, as well as just simply attending with a few friends. Either way, you will be sure to enjoy a good game. This stadium also hosts public events such as concerts featuring big-name bands. The stadium is located where Mission Bay meets the South Beach, allowing for spectacular views while at the game.

www.mlb.com/giants/ballpark



Ferry Building Marketplace



The Marketplace is a Bay Area historic landmark that is frequently visited by local seniors. It first opened its doors in 1898 and has an amazing building and clock tower design that reflects that era. Walk along their dramatic indoor street to experience world-class eateries and unique shops. They offer a widely acclaimed Farmer's Market a few days a week. It's said to be one of the best Farmer's Markets in the Northern CA Bay Area. Stop by for lunch and a little shopping to see why this bay area marketplace is so popular.

www.ferrybuildingmarketplace.com

Aquarium of the Bay

Situated on the historic San Francisco waterfront, this is one of the bay area's finest aquariums. Tourists from all areas come to experience all it has to offer. It showcases Northern California aquatic life with walkthrough tunnel exhibits, touch pools, and more. Come and see exciting ocean life such as sharks, jellyfish, as well as otters. The aquarium offers seniors 65+ discounted tickets.

www.aquariumofthebay.org



Cable Car Museum



Come in and learn all about the San Francisco Bay Area's rich cable car history. It's located in the historic cable car powerhouse building where you can view the large winding wheels and components that pull the cable cars throughout the city. Additionally, it showcases three original cable cars from as far back as the 1870s. This Northern Cal Bay Area museum has received rave reviews from seniors who appreciate its preservation of San Francisco's history.

www.cablecarmuseum.org

San Francisco Whale Tours

This company offers several whale watching tour adventures that will provide a memorable experience. They start in the San Francisco Bay which will give you a different perspective of the Golden Gate Bridge. The tour then proceeds to the Pacific Ocean. You will experience stunning views of the Humpback, Blue, and Gray Whales. You may also catch a glimpse of fun ocean life such as playful seals and dolphins. This tour will give you a chance to see the beautiful Northern CA coastline while you enjoy a relaxing cruise. They offer a small discount for seniors 60+. Be sure to bring a jacket and some snacks!

www.sanfranciscowhaletours.com

Alcatraz Island

Everyone has heard stories about the infamous Alcatraz Island prison, but it may be time to experience it first-hand. This much talked about northern ca icon was once frequented by notorious criminals such as Al Capone. But there is much more to Alcatraz in regard to its historical significance. Several tour options are available, one of which would be the special Behind the Scenes Tour. Come walk the prison and its grounds that so many people have wondered about. But first, enjoy your Alcatraz Cruise as you make your way over to the island. The tours are offered at a discounted price for senior citizens 65+.

www.alcatrazcruises.com



San Francisco's Museum of Modern Art

Bay area seniors looking for an enjoyable time and enriching learning experience will find it here at the SFMOMA. This museum is known for its internationally recognized modern and contemporary art, as well as its classical exhibits. It houses thousands of works of art such as paintings, sculptures, media arts, and the like. This is said to be one of the largest museums not only in Northern CA, but also in the United States. Furthermore, SFMOMA offers tours, events, and unforgettable works of art. Seniors 65 and older will enjoy a reduced admissions fee.

www.sfmoma.org

The Peninsula - A Bay Area Favorite Among Older Adults in Northern CA

The San Francisco Peninsula is a perfect place for 55+ adults to explore and plan a fun day trip. Enjoy a game of golf, catch a Broadway-style musical, or seek out new and interesting art exhibits. This Northern CA area has a lot to offer and is certainly a great place to spend the day.

Half Moon Bay Golf Links



The Peninsula's Half Moon Bay Golf Links provides excellent oceanfront views, impeccably maintained greens, along with two distinct world-class golf courses. Enjoy either their classic old course designed by Arnold Palmer, or their Arthur Hill's Scottish Links course. They offer golf lessons, spa services, a pro shop, and more. If you are planning an overnight excursion, The Ritz Carlton is located on the grounds and offers elegant guest rooms, an Olympic-sized pool, and fine dining.

www.halfmoonbaygolf.com

Broadway By The Bay

Located in Northern California's Redwood City, this award-winning musical theater company produces full-scale quality performances. Their audiences can enjoy such performances such as Saturday Night Fever, Cats, Les Miserables, and more. Featured music has included songs from artists such as Jerry Lee Lewis, Elvis Presley, Jonny Cash, and Elton John. It all takes place in the beautiful Historic Fox Theatre. Enjoy the show!

www.broadwaybythebay.org

Filoli Historic House & Gardens

This large country house located in the city of Woodside is a California historical landmark and visited by thousands each year. It rests within 16 acres of manicured gardens that feature a beautiful sunken garden pool, gravel paths, and many lovely plants and flowers. The house has been used in the TV series Dynasty, as well as films such as Heaven Can Wait, The Game, and others. Additionally, they offer tours, exhibits, art classes, dining, shopping, and special events such as their flower show and traditional afternoon tea. Seniors looking for a relaxing getaway in the bay area will certainly enjoy a day at the Filoli.

www.filoli.org



Hiller Aviation Museum

Northern California's finest aviation museum brings to you vintage aircraft displays, as well as replicas of futuristic planes to come. They offer several interesting exhibits such as Women in Aviation, Beginnings of Flight, and Aviation History. Group tours are available upon request. Seniors 65+ can expect an admissions discount.

www.hiller.org

The North Bay - A Visitor Hot Spot for the Northern CA Senior Community

The North Bay Area could be one of Northern California's most visited areas. This is due to the region's stunning landscapes and award-winning wineries. If you are an active senior looking to experience the bay area's wine country, you have come to the right place.

Napa Valley Wine Train



Explore the Northern California wine country in style by taking an exquisite wine train tour. This is a wonderful experience for seniors of any age. Depending on the tour you select, you will be able to appreciate their exceptional fine dining, a tour of their beautiful historic train, outstanding views, and of course, some of the best wines in the world. It will allow you to sit back, relax, and enjoy the day. Overall, this has been said to be an exceptional experience.

www.winetrain.com

Painted Cellars

If you are looking for something creative do in the North Bay Area, we suggest planning a visit to Painted Cellars. This NorCal senior favorite combines a wine and painting experience that is relaxing and fun. If you don't have any painting experience, no need to worry. Their artists will guide you on your painting journey. They feature themed painting events that allow you to create a masterpiece you will be proud of. So grab a few friends, a paint brush, and a glass of wine, and join the fun. The painting events are hosted at different venues in the area, so be sure to check the schedule.

www.paintedcellarssoco.com

Wine Tasting Tours

If you're in the Northern CA wine country and you're not sure where to start your wine tasting adventure, we recommend taking a wine tour. They will provide a memorable experience taking you to vineyards that offer incredible views, innovative winemaking facilities, as well as interesting wine caves. In addition to experiencing exceptional award-winning wines, you will also learn the history and culture of the area. If you're planning a senior group excursion, most wine tours offer large and small group tours, as well as private.

www.platypustours.com

www.beauwinetours.com



The Laugh Cellar & Bingo Comedy



One of the North Bay Area's premier wine country comedy clubs and a source of fun for Northern CA active seniors. The Laugh Cellar by Crushers of Comedy showcases clever and hilarious top comedians, superb wine, and excellent food. If Bingo Comedy is more your speed, attend one of their "Laugh Your Bingo Off" events held at a different location. It will give you and your friends a chance to win prizes, enjoy some snacks, and a glass of wine or beer. Be prepared to have a great time!

www.crushersofcomedy.com

www.crushersofcomedy.com/bingo.html

Petaluma Art Center

A small 4,000 square-foot gallery that offers a more intimate setting for experiencing local bay area art. They proudly showcase six carefully chosen exhibits a year. Additionally, they host special events, performances, and offer fantastic art classes.

www.petalumaartscenter.org

Vallejo Symphony

Founded in 1931, the Vallejo Symphony has been a driving force in bringing professional, well composed, exceptional music to the Northern CA bay area. Its concerts are breathtaking and include such classical pieces from musical geniuses such as Beethoven, as well as more contemporary music. One hour before the start of each concert, intimate pre-concert talks are presented to provide insight into the music to be heard. Additionally, bar services are offered before and after the concert. Each concert is typically two hours long.

www.vallejosymphony.org



Charles M. Schulz Museum

If you and your fellow seniors grew up with the beloved Peanuts comic strip, then you will love visiting this unique and charming museum. Located in Northern California city of Santa Rosa, this museum is dedicated to the work and life of Charles M Schulz, the creator of the Peanuts. It holds the biggest collection of original Peanuts artwork around the globe. Visitors will be able to view special archives and collections, as well as other memorabilia. Come see Mr. Schulz original drawing board, art tools, along with his desk that was used to bring his creations to life! This lovely museum is worth stopping by if you are in the Northern California Bay Area. Admissions fees are discounted for seniors 65 and over.

www.schulzmuseum.org

South Bay Area - Perfect for Senior Group Outings and Afternoon Getaways

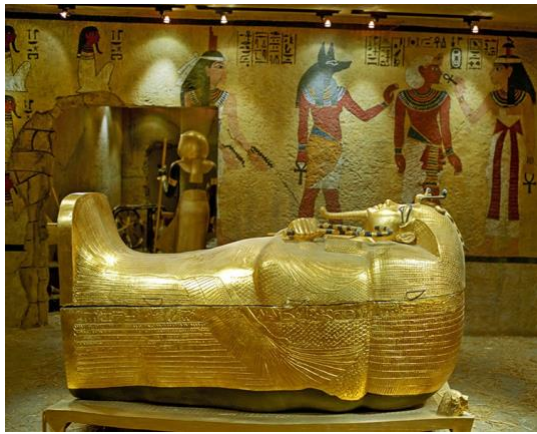
The South Bay offers Northern CA senior tourists a wide array of enjoyable activities. Catch a football game, stroll through a garden, or attend an opera, you really can't go wrong when visiting this popular bay area.

Municipal Rose Garden

This beautiful historic landmark of San Jose was formed in 1927 by the Santa Clara County Rose Society. It hosts over 3,500 rose plantings with 189 varieties. The Rose Garden attracts thousands of visitors and there is always something in bloom throughout the year.

www.sanjoseca.gov/facilities/Facility/Details/74

Rosicrucian Egyptian Museum



Do something completely different on your bay area getaway and visit this amazing Egyptian museum. The Rosicrucian Egyptian collection of artifacts is the largest in Western North America. You will have a chance to see intriguing items such as Egyptian tombs along with other rare items. This museum offers tours, workshops, as well as special events. It showcases a creatively designed planetarium where especially interesting educational films are presented. This is a one-of-a-kind Northern CA museum that everyone should visit at least once! Adults 55+ will receive a discounted admission's price.

www.egyptianmuseum.org

Levis Stadium - Home of the 49ers

It's recognized as one of the most high-tech stadiums in Northern California, as well as the world, so you will be sure to enjoy any game or event you attend here. Head to the stadium during football season to catch a game and also enjoy some traditional stadium food. In addition to this, the Levis stadium showcases 11 unique and interesting galleries. Its most popular gallery covers 20,000 square feet and is home of the 49ers past and present museum. This activity is perfect for senior group events.

www.levisstadium.com

San Jose Museum of Art

A leading bay area contemporary museum, and a great place for seniors of all ages to spend the day exploring the artists of our time. This museum is known for keeping up with new contemporary art trends and for also offering thought-provoking exhibits to its visitors. Sit and discuss the artwork with friends at the museum cafe where you can enjoy a drink and a bite to eat. Senior citizens receive a discounted admissions fee.

www.sjmusart.org



Opera San Jose



Another bay area local favorite, the Opera San Jose, is highly recognized for its professional and compelling performances. Past performances have included A Street Car Named Desire, The Barber of Seville, and other classics, as well as more contemporary shows. The Venue in which all the magic takes places is in the beautifully restored California Theatre. The Opera San Jose is an overall spectacular experience that seniors from around the Northern California bay area have been enjoying for years.

www.operasj.org

About the Heritage Downtown

Recognized as the Northern California Bay Area's #1 Active Senior Living community, the Heritage Downtown offers their 55+ seniors luxury apartment living and an enriched social life. Situated in the heart of Walnut Creek, CA, their residents experience year-round beautiful weather and the convenience of living within walking distance of many restaurants, museums, theaters, shops, and events. The Heritage Downtown was established to provide a place for active seniors to enjoy their retirement, as well as keep mentally and physically healthy. They offer world-class amenities and programs that enable their thriving senior community to live active and fulfilled lives. This would include their award-winning onsite restaurant, outdoor swimming pool and spa, gardens tended by their residents, social outings, technology rooms, as well as fitness programs, and more. The Heritage Downtown is truly a wonderful place to retire.

The Heritage Downtown

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