



ACTIVE SENIOR LIVING

TheHeritageDowntown.com

Tel: 925.943.7427

Happy Labor Day!
September 4th

September
2023



The Heritage Downtown • 1785 Shuey Ave. • Walnut Creek, CA 94596 • Tel: 925-943-7427



*From the desk of our
Executive Director*
Barbara Simpson



As the Director of The Heritage Downtown, I am proud to lead a team dedicated to providing our senior residents with the best possible quality of life. Our mission is to help seniors stay healthy, active, and engaged in their community through meaningful activities and programs that promote physical fitness and mental well-being. We strive to create an environment where seniors can enjoy social interaction while exercising their independence by participating in activities they love. We provide access to resources such as health screenings, educational classes, and physical and mental activities that are both enjoyable and beneficial for our residents' overall health. With my experience in senior care management combined with my passion for supporting independent living among older adults, I look forward to leading this organization towards continued success. Thanks for taking the time to learn more about our mission. I encourage you to explore all that The Heritage Downtown has to offer and contact us with any questions you may have. Thank you!

Best regards,
Barbara Simpson



The Heritage Downtown

Directory

Executive Director
Barbara Simpson

Sales Director
Jenny Shively

**Resident Relations/
Leasing Assistant**
Lisa Bellini

Activities Coordinator
Karen Kopp

Executive Chef
Augustin Gutierrez

Housekeeping Supervisor
Norma Garcia



We would like to
celebrate the
following residents:

9/07	Dean E.
9/16	Cynthia A.
9/16	Debby B.
9/21	Mike D.
9/22	Norman N.

Events & Excursions



NATIONAL HISPANIC HERITAGE MONTH September 15 – October 15

We celebrate and appreciate colorful cultures and the diversity of the American Latino Community. Throughout the month we will serve delicious foods and beverages from El Salvador, Mexico and Cuba.



EXCURSION TO THE LEGION OF HONOR Saturday, September 9 at 9:30 AM

Join us for an excursion to the Legion of Honor in Lincoln Park in San Francisco. We will be viewing the current exhibition
The Tudors:
Art and Majesty in Renaissance England.



PICNIC ON THE PIER Thursday, September 7 at 11:00 AM

The pier is located adjacent to the Martinez Shoreline Park. We thought it is a perfect location for combining a little fishing and a picnic.



FALL PAINT PARTY Saturday, September 2 at 2:00 PM

Join us for a fun Fall Paint Party to celebrate the Autumn Equinox.

Discover the inner artist in you. This event will take place on the Yoga Studio Patio. See you there!

SEPTEMBER 2023

Common Area
Abbreviations

CC - Clubhouse Comet
CP - Churchill's Pub
DC - Downtown Cinema

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 <p>HAPPY LABOR DAY SEPTEMBER 4</p>	 <p>VAN SERVICE Mondays - Fridays: 9AM - 5PM Saturdays & Sundays: 9AM - 4PM</p>	<p>NATIONAL HISPANIC HERITAGE MONTH September 15 to October 15</p>	<p>Auto Equip Septem</p>
<p>3</p> <p>1:00 pm Shopping Excursion 4:00pm Great Courses 7:00 pm Movie Night</p>	<p>4 Labor Day</p> <p>12:00 pm Bridge Group 1:00 pm American Mah Jongg 2:45 pm Strength & Balance 3:30 pm Scrabble Group 7:00 pm Movie Night</p>	<p>5</p> <p>11:00 am Chair Volleyball 1:00 pm Great Courses 2:45 pm Strength & Balance 3:30 pm Pinochle Group 7:00 pm Movie Night 7:00 pm Evening Bingo</p>	<p>6</p> <p>9:30 am Stren 10:30 am Aqua 11:00 am Open 1:00 pm TED 2:00 pm Mexi 3:00 pm Stitcl 7:00 pm Movi 7:00 pm Amer</p>
<p>10 Happy Grandparents' Day!</p> <p>2:00 pm Solo Opera at the Leshner Center 4:00 pm Great Course 7:00 pm Movie Night</p>	<p>11</p> <p>9:30 am Strength & Balance 10:30 am Aqua Fitness 12:00 pm Bridge Group (Newtons) 1:00 pm American Mahjong 2:00 pm Poetry Reading 2:30 pm ARF Pet Hugs - Lobby 2:45 pm Strength & Balance 3:30 pm Scrabble Group 7:00 pm Movie Night</p>	<p>12</p> <p>11:00 am Cornhole 1:00 pm Great Courses 2:45 pm Strength & Balance 3:45 pm Family Feud 7:00 pm Movie Night</p>	<p>13</p> <p>9:30 am Stren 10:30 am Aqua 11:00 am Open 1:00 pm TED 2:00 pm Mexi 3:00 pm Stitcl 7:00 pm Movi 7:00 pm Amer</p>
<p>17</p> <p>1:00 pm Shopping Excursion 4:00 pm Great Course 7:00 pm Movie Night</p>	<p>18</p> <p>9:30 am Strength & Balance 10:30 am Aqua Fitness 12:00 pm Bridge Group 1:00 pm American Mahjong 2:45 pm Strength & Balance 3:30 pm Scrabble Group 7:00 pm Movie Night</p>	<p>19</p> <p>11:00 am Ladderball 1:00 pm Great Courses 2:45 pm Strength & Balance 3:30 pm Pinochle Group 7:00 pm Movie Night 7:00 pm Evening Bingo</p>	<p>20</p> <p>9:30 am Stren 10:30 am Aqua 11:00 am Open 1:00 pm TED 2:00 pm Mexi 3:00 pm Stitcl 7:00 pm Movi 7:00 pm Amer</p>
<p>24</p> <p>3:00 pm Ice Cream on Patio at Newton's 4:00 pm Great Course 7:00 pm Movie Night</p>	<p>25</p> <p>9:30 am Strength & Balance 10:30 am Aqua Fitness 12:00 pm Bridge Group (Newtons) 1:00 pm American Mahjong 2:45 pm Strength & Balance 3:30 pm Scrabble Group 7:00 pm Movie Night</p>	<p>26</p> <p>11:00 am Cornhole 1:00 pm Great Courses 2:45 pm Strength & Balance 3:45 pm Left/Ctr/Right 7:00 pm Movie Night</p>	<p>27</p> <p>9:30 am Stren 10:30 am Aqua 11:00 am Open 1:00 pm TED 2:00 pm Mexi 3:00 pm Stitcl 7:00 pm Movi 7:00 pm Amer</p>

GC - Garden Courtyard
FFC-Fairmont Fitness Center
LP - Liberty Pavillion

NP - Newton's Patio
PGR - Plaza Game Room
YS - Yoga Studio

P - Aqua Fitness
FL - Fireplace Lounge

WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Autumn NOV ember 22		<i>Please refer to your weekly Resident Packet for timely updates. We will schedule them accordingly.</i> <i>Thank you for your understanding!</i>		1 9:30 am Strength & Balance 10:30 am Aqua Fitness 10:30 am American MahJongg 1:00 pm Bridge Group 1:00 pm Great Courses 2:30 pm Strength & Balance 3:45 pm HH with B Street Jazz 7:00 pm Movie Night		2 8:00 am Donuts & Coffee 10:00 am Saturday Morning Meditation 11:00 am Film Studies with Billy 1:00 pm Zumba with Sabrina 2:00 pm Fall Paint Party 7:00 pm Movie Night	
	Strength & Balance Aqua Fitness Air Discussion Talks can Train GP n'n Chat e Night ican Mahjong	7 10:00 am Beg. Bridge Group 11:00 pm Picnic on the Pier 1:00 pm Great Courses 1:00 pm Rummikub Group 1:45 pm Yoga/Stretch 2:45 pm Strength & Balance 3:45 pm Asian Mahjong 7:00 pm Movie Night		8 9:30 am Strength & Balance 10:30 am Aqua Fitness 10:30 am Friday Mahjong Grp 1:00 pm Bridge Group 1:00 pm Great Courses 2:30 pm Strength & Balance 3:45 pm HH with Jeff Wessman 7:00 pm Movie Night		9 8:00 am Donuts & Coffee 9:30 am Excursion to Legion of Honor in SF 10:00 am Morning Meditation 1:00 pm Zumba w/Sabrina 2:00 pm Trivia Party Outdoors 7:00 pm Movie Night	
	Strength & Balance Aqua Fitness Air Discussion Talks can Train GP n'n Chat e Night ican Mahjong	14 10:00 am Bridge Group 1:00 pm Great Courses 1:00 pm Rummikub Group 1:45 pm Yoga/Stretch 2:45 pm Stretch & Balance 3:45 pm Asian Mahjong 7:00 pm Movie Night		15 9:30 am Strength & Balance 10:30 am Aqua Fitness 10:30 am Friday Mahjong 1:00 pm Bridge Group 1:00 pm Great Courses 2:30 pm Strength & Balance 3:45 pm HH w/ Moonglow Duo 7:00 pm Movie Night		16 Rosh Hashanna 8:00 am Donuts & Coffee 10:00 am Saturday Morning Meditation 1:00 pm Zumba with Sabrina 2:00 pm Bingo Fun 7:00 pm Movie Night	
	Strength & Balance Aqua Fitness Air Discussion Talks can Train GP n'n Chat e Night ican Mahjong	21 10:00 am Bridge Group 10:30 pm Book Club Group 1:00 pm Rummikub Group 1:45 pm Yoga/Stretch 2:45 pm Strength & Balance 3:45 pm Asian Majong 7:00 pm Movie Night		22 9:30 am Strength & Balance 10:30 am Aqua Fitness 10:30 am Friday Mahjong 1:00 pm Bridge Group 1:00 pm Great Courses 2:30 pm Strength & Balance 3:45 pm HH with Randy 7:00 pm Movie Night		23 8:00 am Donuts & Coffee 10:00 am Morning Meditation 11:00 am Resident Spotlight 1:00 pm Zumba w/Sabrina 2:30 pm Crowns at the Leshner Center 7:00 pm Movie Night	
	Strength & Balance Aqua Fitness Air Discussion Talks can Train GP n'n Chat e Night ican Mahjong	28 10:00 am Bridge Group 1:00 pm Great Courses 1:00 pm Rummikub Group 1:45 pm Yoga/Stretch 2:45 pm Strength & Balance 3:45 pm Asian Mahjong 7:00 pm Movie Night		29 9:30 am Strength & Balance 10:30 am Aqua Fitness 10:30 am Friday Mahjong 1:00 pm Bridge Group 1:00 pm Great Courses 2:30 pm Strength & Balance 3:45 pm BD HH with Ciro 7:00 pm Movie Night		30 8:00 am Donuts & Coffee 10:00 am Morning Meditation 11:00 am Mid Autumn Asian Cutural Festival 1:00 pm Zumba w/Sabrina 7:00 pm Movie Night	

Lesher Center of the Performing Arts • Shows & Events

SEP 01



12:00 PM - 5:00 PM

Friday Art Projects

Participate in an all-ages, exhibition-themed art project!

SEP 02



8:15 PM - 9:25 PM

Scott Capurro Waddles Over to Walnut Creek

Comedy night in Walnut Creek with Scott Capurro.

SEP 08



09/08/2023 - 09/10/2023

The Three Feathers

A magical opera based on the Grimm's fairy tale.

SEP 09



09/09/2023 - 11/04/2023

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!

SEP 09




09/09/2023 - 10/06/2023

Crowns

A celebration of song, dance, cultural history - and glamorous headwear.

SEP 09



10:00 AM - 12:00 PM

Applause 4 Menopause, IT'S HOT!

Discover the true essence of our age - an age of elegance!

SEP 09



7:00 PM - 9:15 PM

Music Repertoire's 25th Anniversary Gala Concert

Featuring students and special guests.

SEP 15



09/15/2023 - 09/16/2023

Dance Series 1

Smuin's 30th Anniversary Season kicks off with two favorites and a

SEP 17




2:00 PM - 3:45 PM

Beethoven with Benway

Local star Randall Benway returns to perform Beethoven's lyrical Fourth

SEP 20

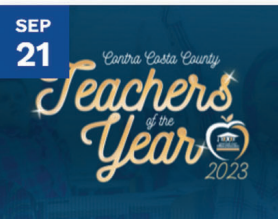


7:00 PM - 9:30 PM

Get Back Abbey Road

Featuring: The Beatles Guitar Project Rock Orchestra

SEP 21




6:00 PM - 7:30 PM

2023 Contra Costa County Teachers of the Year

Join us in honoring Contra Costa County Teachers of the Year!

SEP 22




7:30 PM - 9:00 PM

Sara Evans

Chart-topping country singer and songwriter.

SEP 23



7:30 PM - 9:00 PM

An Evening with Valerie Ponzio and Miko Marks

Two rising stars of country music.

SEP 30



09/30/2023 - 10/01/2023

Copland—American Traditions

Black, folk, and Mexican music converge in a celebration of the

SEP 30




1:00 PM - 3:00 PM

Branch Weaving with Kaci Smith

Learn how to turn an ordinary branch into small-scale tapestry

SEP 30



3:00 PM - 4:00 PM

Bits + Pieces Member Preview

Join BG for the opening reception of Bits + Pieces from 3-4 PM.

SEP 30




4:00 PM - 6:00 PM

Bits + Pieces Opening Reception

Join BG for the opening reception of Bits + Pieces from 4-6 PM.

OCT 07



6:00 PM - 11:00 PM

On Broadway Gala

Support your home for arts and culture at this annual fundraiser.

To view the full show schedule, go to: LesherArtsCenter.org

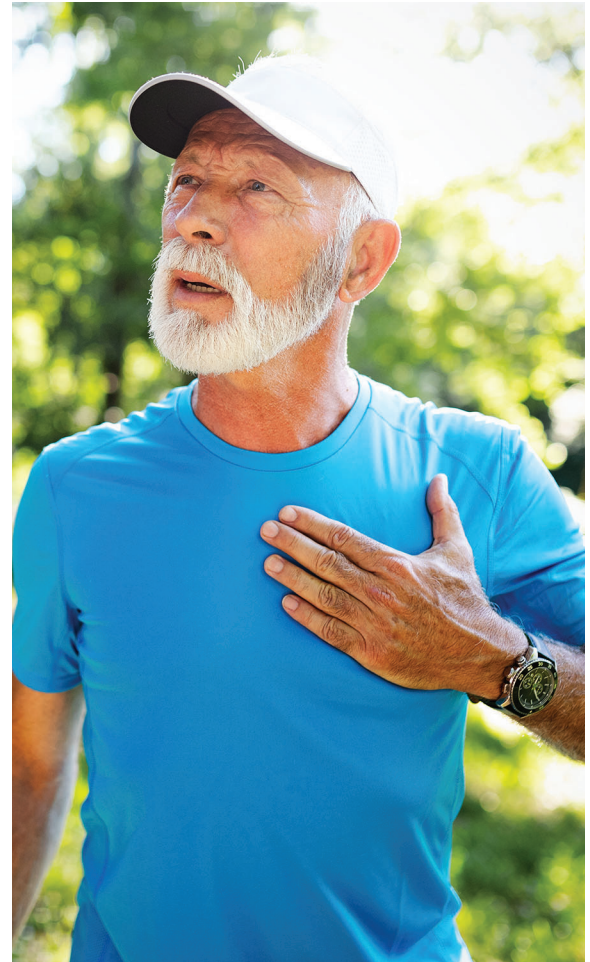
EXERCISE MAY HELP YOUR HEART, EVEN IF YOU DON'T LOSE WEIGHT

Maybe you've been exercising pretty regularly, but the bathroom scale hasn't budged and your middle is still about the same size. You have probably made an improvement in your cardiovascular health, and that could be even more important than your pants size.

Researchers at Harvard University and Brigham and Women's Hospital report that moderate amounts of exercise is associated with as much as a 41 percent reduction in cardiovascular risk. While their study was done entirely on women, men can presumably reap similar benefits.

In various study subjects, body mass index changes accounted for just 10 percent of the reduction. Blood biomarker improvements accounted for about one-third of the risk reduction, and blood pressure changes were accountable for 27 percent of the improvements. Reduced cholesterol accounts for a 20 percent improvement.

The benefits of regular moderate exercise outweigh what the scale will tell you. The researchers found that the more study subjects exercised, the greater their cardiovascular health improved. The surprise was that cardiovascular risk dropped by 27 percent for those whose activity burned just 200 to 599 calories per week. The risk was reduced by 32 percent for those who burned 600 to 1,499 calories per week, and 41 percent for those who worked off 1,500 calories a week.



SICILIAN PANINIS

*1 loaf Italian bread cut in eight half-inch slices
(OK to trim crusts)*

1 half-pound of deli shaved ham

*1 package each hard salami and
sandwich pepperoni*

8 slices provolone cheese

1 medium tomato, sliced thin

1 medium red onion, sliced thin

*Dashes of parmesan cheese, salt, pepper,
red wine vinegar, olive oil*



Lay the eight slices of bread on a dish towel. On each bread slice, add one slice of provolone cheese. On four of the sandwich halves, add two pieces each of salami, a generous amount of shaved ham, and two pieces of sandwich pepperoni. On the other four sandwich halves, add two slices of tomato, two slices of onion and a few pepper rings. Shake parmesan cheese, oil, vinegar, salt, and pepper sparingly to all eight sandwich halves. Combine the halves into four sandwiches. Preheat your press following the manufacturer's instructions, or in a large skillet lightly coated with butter or canola oil, place the sandwiches two at a time. Apply pressure with the sandwich maker or a spatula. Open the sandwich maker every two minutes, or turn skillet sandwiches every two minutes until they are golden brown.

US Islands

Z S M H I S C A P T I V A
P M A U I Q A I A U A K N
J A C Q D L K N W V S C J
L O K F N H T E I E W O L
B K I B A X L O R B P L O
W R N W K L J R N T E B P
E V A E E E R N S H R L E
L I C S K A Y A O J E I Z
K J L Y N A N E E H A A F
P E L I A J I Y B N S M D
Y L L Z U R F D A D A A Z
Z L X A J H C L O R I B V
A H N E R D A P C K P H T
D W A N T E L O P E A C W
A M E L I A Q U Z Z N I N
S W Q E L A Y O R E L S I

AMELIA	MACKINAC
ANTELOPE	MARCO
BLOCK	MAUI
CAPTIVA	OAHU
FIRE	PADRE
HILTON HEAD	SAIPAN
ISLE ROYALE	SAN JUAN
JEKYLL	SANIBEL
KAUAI	SERRANILLA
KIAWAH	VASHON
KODIAK	WELLESLEY
LANAI	WHIDBEY
LOPEZ	

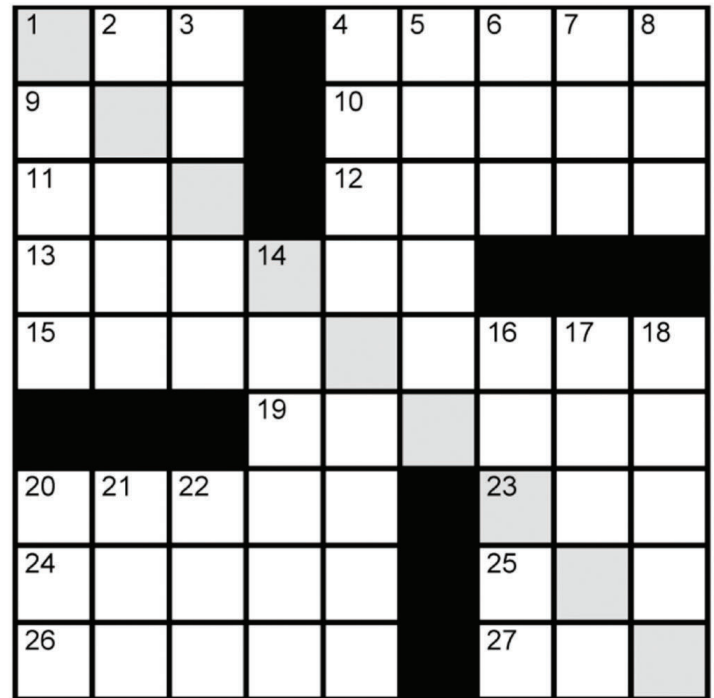
Across

1. "My man!"
4. Sorcerer
9. Bard's nightfall
10. Corpulent plus
11. Place to be pampered
12. Unit of light
13. Instants
15. Poor losers
19. Shakespearean term of address
20. Danger
23. Hurricane center
24. Cancel
25. Street material
26. Lots and lots
27. Terminate

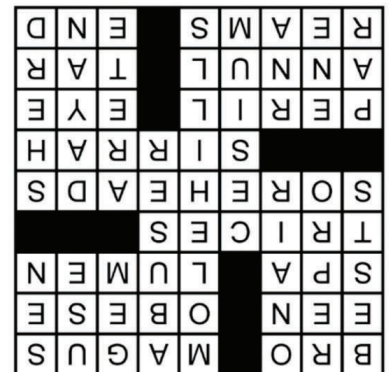
Down

1. Conquers
2. Copy
3. Broadcasting
4. Problems that may get overblown
5. Drug addict
6. Beauty
7. Apply
8. Clinton, e.g.: Abbr.

Shore Pastime



14. Element in atomic clocks
16. Mountain ridge
17. Moshe of Israel
18. Pottery fragment: Var.
20. Golf goal
21. Charlotte-to-Raleigh dir.
22. Genetic material



The headline is a clue to the answer in the diagonal.



*When You're Here,
You're Home!*

THE HERITAGE DOWNTOWN

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