



ACTIVE SENIOR LIVING

TheHeritageDowntown.com • Tel: 925.943.7427



November
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
Agustin Gutierrez

Housekeeping Supervisor
Norma Garcia



We would like to
celebrate the
following residents:

11/01	Linda E.
11/03	Barbara H.
11/10	Eileen M.
11/12	Christa P.
11/15	Shobhna V.
11/16	Bill V.
11/23	Hisako T.
11/23	Ed H.

Events & Excursions



HERITAGE HOLIDAY HAPPY HOUR Friday, November 10 at 3:45 PM

Enjoy beautiful old standards
by Pianist Claudio Medeiros
as you sip on festive fall cocktails
and mingle with your neighbors



EXCURSION TO THE PARDEE HOME MUSEUM – OAKLAND, CA Saturday, November 18 at 10:00 AM

Join us for a docent-led tour of the Pardee Home. It was home to three generations of the Pardee family and George Pardee, Governor of California also inhabited the house. The house is a well-preserved example of Italianate architecture and is a city landmark.



THANKSGIVING DINNER AT NEWTON'S Wednesday, November 22 at 5:00 PM

Join us for a scrumptious
Thanksgiving Dinner
in our on-site restaurant Newton's



CHRISTMAS TREE LIGHTING EVENT Saturday, November 25 at 7:00 PM

Celebrate the beginning of the
holiday season. Watch as we light our
Christmas Tree in the lobby
and enjoy music by Andy Lovesong.

NOVEMBER 2023

Common Area
Abbreviations

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 VAN SERVICE Mondays - Fridays: 9AM - 5PM Saturdays & Sundays: 9AM - 4PM		 NOVEMBER 23	1 9:30 am Stren 10:30 am Aqua 11:00 am Open 1:00 pm Resid 1:00 pm TED T 2:00 pm Mexic 3:00 pm Stitch 7:00 pm Movie 7:00 pm Ameri
5 Daylight Saving Time Ends 11:00 am Betty's Jewelry Showcase 1:00 pm Oakland Museum Excursion 4:00 pm Great Courses 7:00 pm Movie Night	6 9:30 am Strength & Balance 10:30 am Aqua Fitness 1:00 pm Bridge Group 1:00 pm American Mahjong 2:45 pm Strength & Balance 3:30 pm Scrabble Group 7:00 pm Movie Night	7 Election Day 1:00 pm Great Courses 1:30 pm Resident Bridge Grp. 2:45 pm Strength & Balance 7:00 pm Movie Night 7:00 pm Evening Bingo	8 9:30 am Stren 10:30 am Aqua 11:00 am Open 1:00 pm Resid 1:00 pm TED T 2:00 pm Mexic 3:00 pm Stitch 7:00 pm Movie 7:00 pm Ameri
12 1:00 pm Shopping at Costco 3:00 pm Piano Music with Claudio 4:00 pm Great Courses 7:00 pm Movie Night	13 9:30 am Strength & Balance 10:30 am Aqua Fitness 1:00 pm American Mahjong 2:00 pm Poetry Reading 2:30 pm ARF Pet Hugs 2:45 pm Strength & Balance 3:30 pm Scrabble Group 7:00 pm Movie Night	14 10:00 am Bocce Ball (Livorna) 1:00 pm Great Courses 1:30 pm Resident Bridge Grp. 1:30 pm Wit and Wisdom 2:45 pm Strength & Balance 7:00 pm Movie Night	15 9:30 am Stren 10:30 am Aqua 11:00 am Open 1:00 pm Resid 1:00 pm TED T 2:00 pm Mexic 3:00 pm Stitch 7:00 pm Movie 7:00 pm Ameri
19 1:00 pm Shopping Excursion 2:00 pm Smuin Ballet at Leshner 4:00 pm Great Courses 7:00 pm Movie Night	20 9:30 am Strength & Balance 10:30 am Aqua Fitness 1:00 pm Bridge Group 1:00 pm American Mahjong 2:45 pm Strength & Balance 3:30 pm Scrabble Group 7:00 pm Movie Night	21 National Gingerbread Cookie Day 11:00 am Chair Volleyball 11:00 am Ladderball 1:00 pm Great Courses 1:30 pm Resident Bridge Grp. 1:30 pm Pumpkin Decorating 2:45 pm Strength & Balance 7:00 pm Movie Night	22 9:30 am Stren 10:30 am Aqua 11:00 am Open 1:00 pm Resid 1:00 pm TED T 2:00 pm Mexic 3:00 pm Stitch 7:00 pm Movie 7:00 pm Ameri
26 1:00 pm Shopping Excursion 4:00 pm Great Courses 7:00 pm Movie Night	27 9:30 am Strength & Balance 10:30 am Aqua Fitness 1:00 pm Bridge Group 1:00 pm American Mahjong 2:45 pm Strength & Balance 3:30 pm Scrabble Group 7:00 pm Movie Night	28 11:00 am Ladderball 1:00 pm Great Courses 1:30 pm Resident Bridge Grp. 1:30 pm Wit and Wisdom 2:45 pm Strength & Balance 7:00 pm Movie Night	29 9:30 am Stren 10:30 am Aqua 11:00 am Open 1:00 pm Resid 1:00 pm TED T 2:00 pm Mexic 3:00 pm Stitch 7:00 pm Movie 7:00 pm Ameri

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 - Fireside Lounge

WEDNESDAY THURSDAY FRIDAY SATURDAY

Strength & Balance Fitness Air Discussion Bridge Grp Talks Can Train GP n'n Chat e Night can Mahjong	2	10:00 am Bridge Group 1:00 pm Asian Mahjong 1:00 pm Great Courses 1:00 pm Rummikub Group 1:45 pm Yoga/Stretch 2:45 pm Strength & Balance 3:00 pm Pinochle Group 7:00 pm Movie Night	3	9:30 am Strength & Balance 10:30 am Aqua Fitness 10:30 am Friday Mahjong Gr. 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	4	8:00 am Donuts & Coffee 10:00 am Saturday Morning Meditation 11:00 am Film Studies with Billy 1:00 pm Zumba with Sabrina 7:00 pm Movie Night
	9	10:00am Bridge Group 1:00 pm Asian Mahjong 1:00 pm Great Courses 1:00 pm Rummikub Group 1:45 pm Yoga/Stretch 2:45 pm Strength & Balance 3:00 pm Pinochle Group 7:00 pm Movie Night	10	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 Happy Hour/Pianist Claudio Medeiros 7:00 pm Movie Night	11	Veterans Day 8:00 am Donuts & Coffee 10:00 am Morning Meditation 11:00 am Veterans Day Ceremony (Leshar Ctr) 1:00 pm Zumba w/Sabrina 2:00 pm Celebrating our Veterans 7:00 pm Movie Night
	16	10:00 am Bridge Group 10:30 am Book Club Group 1:00 pm Thanksgiving Craft 1:00 pm Asian Mahjong 1:00 pm Great Courses 1:00 pm Rummikub Group 1:45 pm Yoga/Stretch 2:45 pm Stretch & Balance 3:00 pm Pinochle Group 4:00 pm Buon Vine Wine Tasting 7:00 pm Movie Night	17	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 Birthday Happy Hour 7:00 pm Movie Night	18	8:00 am Donuts & Coffee 10:00 am Pardee Home Museum Tour 10:00 am Morning Meditation 1:00 pm Zumba with Sabrina 5:00 pm Stanford/Cal Football Watch Party 7:00 pm Movie Night
	23	<i>Happy Thanksgiving!</i> 8:00 am Donuts & Coffee 1:00 pm Great Courses 3:00 pm Thanksgiving Movie Matinee 5:00 pm 49ers vs Seahawks Watch Party	24	Native American Heritage Day 10:30 am Friday Mahjong 1:00 pm Bridge Group 1:00 pm Great Courses 7:00 pm Movie Night	25	8:00 am Donuts & Coffee 10:00 am Morning Meditation 1:00 pm Zumba w/Sabrina 2:00 pm BINGO FUN! 7:00 pm Movie Night 7:00 pm Tree Lighting Ceremony
	30	10:00am Bridge Group 1:00 pm Asian Mahjong 1:00 pm Great Courses 1:00 pm Rummikub Group 1:45 pm Yoga/Stretch 2:45 pm Strength & Balance 3:00 pm Pinochle Group 7:00 pm Movie Night				

NOVEMBER EVENTS



NOV
03

11/03/2023 - 11/04/2023

Diablo Ballet's The Nutcracker Suite

30th Season opens with Julia Adam's smash holiday hit.



NOV
04

11/04/2023 - 11/26/2023

The Legend of Georgia McBride

A big-hearted, music-filled comedy.



NOV
07

2023/24 CALIFORNIA SEASON SYMPHONY

6:00 PM - 9:30 PM

Composing the Future

A California Festival Panel Discussion



NOV
11

11/11/2023 - 11/12/2023

Handel—Rivers of Inspiration

A world premiere, a Baroque classic, and a symphonic journey by the



NOV
11

11:00 AM - 12:00 PM

Veterans Day Ceremony

Join us for our annual Veterans Day Ceremony.



NOV
16

11/16/2023

You're a Good Man, Charlie Brown

The whole gang is here in this crowd pleasing classic.



NOV
18

11/18/2023

The Christmas Ballet

Smuin's annual holiday extravaganza is back!



NOV
18

10:00 AM - 5:00 PM

Craft Fest

Visit BG's Craft Fest for a unique pop-up shopping experience!



NOV
24

11/24/2023 - 11/26/2023

Contra Costa Ballet's The Nutcracker

"The Bay Area's most family-friendly production of The Nutcracker."



NOV
30

Sings A Song For You Christmas

11/30/2023 - 12/01/2023

Laurie Sings A Song For You: A Carpenters

A Cabaret Concert inspired by the music of Karen Carpenter.

To view the full Events schedule, go to:
LeshArtsCenter.org

EXERCISE IS GREAT FOR YOUR HEALTH, BUT ... YOU MUST EAT LESS TO LOSE WEIGHT

In 1980, 47 percent of Americans claimed they exercised regularly. By 2000, that figure had grown to 57 percent. Yet, the number of overweight and obese people rose dramatically.

Physical activity is essential for good health, but it may not melt the pounds away on its own. Exercise researchers at Louisiana State University say when it comes to losing weight, how much you eat is more important than how much you exercise. Building muscle makes you stronger, but a pound of muscle burns only four calories more per day than a pound of fat. If you somehow gained 10 pounds of muscle, you would only be able to eat an extra 40 calories a day. Vigorous exercise can also stimulate hunger and could lead to a self-reward system. If you burn 300 calories at an exercise machine and reward yourself with donuts on the way home, you can easily consume more than you just burned. Many researchers believe that frequent lower level activity works better for weight loss than bouts of vigorous exercise. They say it's better to be active in your life and throughout the day if you can.



Take a walk — it doesn't have to be a fast one. Climb the stairs instead of taking the elevator. Dance to the music, hit a golf ball, do the laundry or play with the dog. People only have a certain amount of energy to expend in a given day. For weight loss, it's better to be active each day instead of doing vigorous workouts only a couple of times a week. A British study compared normally active children and those in sports with vigorous athletic training and found the two groups to be equally healthy. At the end of the day, it's mostly about how many calories you take in — not the calories you burn off.

MINI PUMPKIN CHEESECAKES



*2 boxes frozen puff pastry, thawed (4 sheets total)
4 ounces cream cheese, softened
1 cup pumpkin puree (not pumpkin pie filling)
1 large egg
1/2 cup white sugar
3 tablespoons heavy cream
1 teaspoon vanilla extract
2 teaspoons pumpkin pie spice
1/4 teaspoon salt
Optional: 1/2 teaspoon rum extract or bourbon flavoring, heaping teaspoon finely grated orange zest*

Preheat oven to 350 degrees Fahrenheit. Using a hand or stand mixer, beat softened cream cheese until soft and fluffy. Add pumpkin puree a spoonful at a time, mixing well after each addition, until the cream cheese and pumpkin mixture is smooth with no lumps of cream cheese. Add the egg and mix well, then the sugar and mix again. Combine with all remaining ingredients. Next, unfold thawed puff pastry and use a pizza cutter or sharp knife to cut each sheet into 16 equal pieces (you may want to do one sheet at a time and leave the rest in the fridge while you work). Lightly grease a mini muffin tin with cooking spray and tuck each puff pastry square into the cup, then fill with pumpkin filling. Bake for about 20 minutes, or until pastry is cooked through and filling puffs up slightly. Serve warm or cool.

Folk Singers

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

BAEZ	MITCHELL
CHAPIN	OCHS
COHEN	ODETTA
COLLINS	PPM
DENVER	PRINE
DONOVAN	RUSH
DYLAN	SEEGER
GUTHRIE	STEVENS
IAN AND SYLVIA	TAYLOR
KINGSTON TRIO	THE BYRDS
KRISTOFFERSON	WEAVERS
LIGHTFOOT	

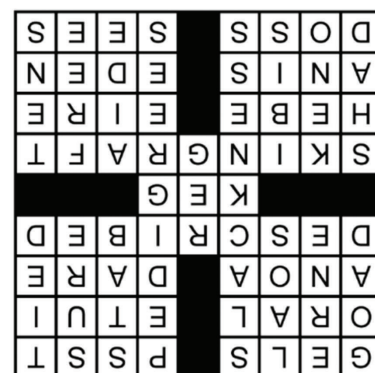
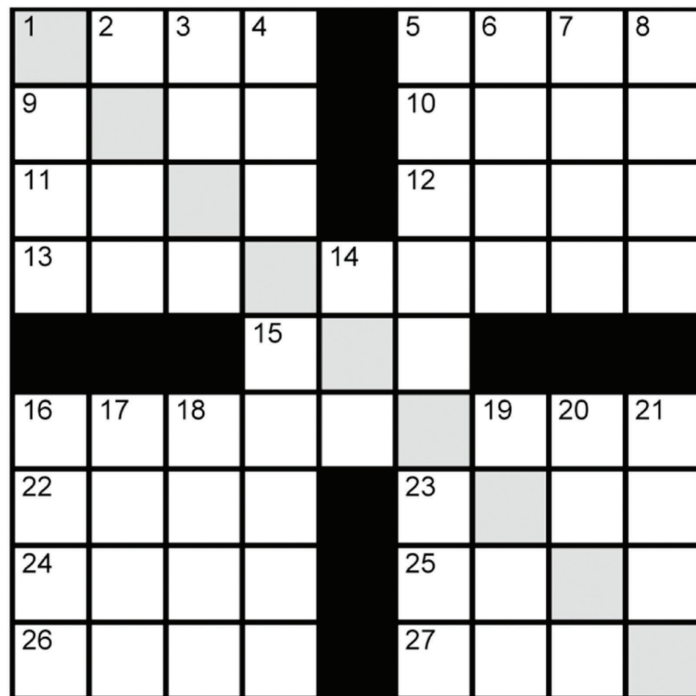
Across

1. Salon supply
5. "Check this out!"
9. Kind of account
10. Sewing case
11. Water buffalo
12. Challenge
13. Gave details of
15. Beer barrel
16. Burn unit
procedure
22. Daughter of Zeus
23. Cork's place
24. Cuckoos
25. Biblical garden
26. Crude bed,
in Britain
27. Comprehends

Down

1. Egg on
2. Marine eagle
3. Golden Triangle
country
4. Laxity
5. AKC concerns
6. Attempt
7. "No problem"
8. 20-20, e.g.
14. "Andy Capp"
cartoonist Smythe
16. Cousin of a herring
17. Casino game
18. Nile bird
19. Auxiliary
20. Complimentary
21. Wallet fillers

Pantry Contents



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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@ TheHeritageDowntown



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