



ACTIVE SENIOR LIVING

[TheHeritageDowntown.com](http://TheHeritageDowntown.com)

Tel: 925.943.7427



December  
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 Liaison/  
Leasing Assistant**  
Teresa Nudo

**Activities Coordinator**  
Karen Kopp

**Executive Chef**  
Agustin Gutierrez

**Housekeeping Supervisor**  
Norma Garcia



We would like to  
celebrate the  
following residents:

12/03	Sue K.
12/06	Emily E.
12/08	Jean K.
12/10	Ruth L.
12/13	Glenn M.
12/17	Bob B.
12/18	Susan B.
12/20	Lorraine C.
12/20	David K.
12/25	Jane M.
12/26	Joe M.
12/26	Karen C.



## Events & Excursions



### **ALL ABOUT HANUKKAH** **Sunday, December 3 at 4:00 PM**

Join us as our resident,  
**Rabbi/Cantor Richard Botton**  
celebrates the upcoming Hanukkah Holidays  
from December 7-15. The feast of dedication  
will be held in our onsite restaurant Newton's.



### **HOLIDAY TEA LUNCHEON** **Thursday, December 7 at 12:00 PM**

Enjoy a Holiday Tea Luncheon  
at the Malaya Tearoom in Alameda.  
Our residents will enjoy finger sandwiches,  
canapes, scones and specialty teas  
in a Holiday setting.



### **THE MERRIE OLDE CHRISTMAS CAROLERS** **Tuesday, December 19 at 7:00 PM**

The Carolers costumed in Dickensian attire  
will entertain our residents with  
traditional carols and clever arrangements,  
as we near the Christmas Holiday.



### **CHRISTMAS DINNER IN NEWTON'S RESTAURANT** **Saturday, December 23 • 4:00-6:15 PM**

Enjoy our festive Christmas Dinner  
prepared by Chef Agustin  
in our exclusive onsite restaurant.

# DECEMBER 2023

Common Area  
Abbreviations

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

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

31

New Year's Eve

2:00 pm Movie Matinee

5:00 pm New Year's Eve  
Toast



**Mondays -**  
9AM - 4PM  
**Saturdays &**  
9AM - 4PM

3

10:00 am Marie's Jewelry  
Show

1:00 pm Shopping Excursion

4:00 pm All About Hanukkah

5:00 pm Great Courses

7:00 pm Movie Night

4

9:30 am Strength & Balance

10:30 am Aqua Fitness

12:30 pm Bridge Group

1:00 pm American Mahjong

2:45 pm Strength & Balance

3:30 pm Scrabble Group

7:00 pm Movie Night

5

11:00 am THD Cornhole

1:00 pm Great Courses

1:30 pm Resident Bridge Grp.

2:45 pm Strength & Balance

3:00 pm Piano Music/ Claudio

7:00 pm Movie Night

7:00 pm Evening Bingo

6

9:30 am Strength & Balance

10:30 am Aqua Fitness

11:00 am Open Air

1:00 pm Resident Bridge

1:00 pm TED Talk

2:00 pm Mexican

3:00 pm Stitch'n

7:00 pm Movie Night

7:00 pm American

10

1:00 pm Shopping Excursion

4:00 pm Great Courses

7:00 pm Tonic Jazz Trio

11

Door Decorating Week

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

12

11:00 am Chair Volleyball

1:00 pm Great Courses

1:30 pm Resident Bridge Grp.

2:45 pm Strength & Balance

6:00 pm Temple Hill Holiday  
Lights Excursion

7:00 pm Movie Night

13

9:30 am Strength & Balance

10:30 am Aqua Fitness

11:00 am Open Air

1:00 pm Resident

1:00 pm TED Talk

2:00 pm Mexican

3:00 pm Stitch'n

7:00 pm Movie Night

7:00 pm American

17

1:00 pm Shopping Excursion

3:00 pm Piano Music by Claudio

4:00 pm Great Courses

5:00 pm Holiday Lights  
Excursion

7:00 pm Movie Night

18

Holiday Hospitality Week

9:30 am Strength & Balance

10:30 am Aqua Fitness

12:30 pm Bridge Group

1:00 pm American Mahjong

2:45 pm Strength & Balance

3:30 pm Scrabble Group

7:00 pm Movie Night

19

11:00 am Ladderball

1:00 pm Great Courses

1:30 pm Resident Bridge Grp.

2:45 pm Strength & Balance

7:00 pm Movie Night

7:00 pm Merrie Olde Christmas

20

9:30 am Strength & Balance

10:30 am Aqua Fitness

11:00 am Open Air

1:00 pm Resident

1:00 pm TED Talk

2:00 pm Mexican

3:00 pm Stitch'n

7:00 pm Movie Night

7:00 pm American

24

Christmas Eve

2:00 pm Movie Matinee

25

Christmas Day

7:00 pm Movie Night

26

1:00 pm Great Courses

1:30 pm Resident Bridge Grp.

2:45 pm Strength & Balance

7:00 pm Movie Night

27

9:30 am Strength & Balance

10:30 am Aqua Fitness

11:00 am Open Air

1:00 pm Resident

1:00 pm TED Talk

2:00 pm Mexican

3:00 pm Stitch'n

7:00 pm Movie Night

7:00 pm American




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  
 NR - Newton's

## WEDNESDAY

 SERVICE  
 s - Fridays:  
 - 5PM  
 s & Sundays:  
 - 4PM

## THURSDAY



**7** Hanukkah Begins  
 10:00am Bridge Group  
 11:30 am Holiday Tea Luncheon  
 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

**14**  
 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 Stretch & Balance  
 3:00 pm Pinochle Group  
 7:00 pm Movie Night

**21**  
 10:00am Bridge Group  
 10:30 am Book Club 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

**28**  
 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

## FRIDAY

**1**  
 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

**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 Happy Hour with Andy Lovesong  
 7:00 pm Movie Night

**15** National Ugly Sweater Day  
 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 Holiday Happy Hour  
 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 Birthday Happy Hour  
 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  
 7:00 pm Movie Night

## SATURDAY

**2**  
 8:00 am Donuts & Coffee  
 10:00 am Saturday Morning Meditation  
 11:00 am Art Talk with Elaine  
 1:00 pm Zumba with Sabrina  
 2:00 pm Diablo Symphony Musical Stories  
 7:00 pm Movie Night

**9**  
 8:00 am Donuts & Coffee  
 10:00 am Morning Meditation  
 1:00 pm Zumba w/Sabrina  
 2:00 pm A Christmas Carol at The Leshner Center  
 7:00 pm Movie Night

**16**  
 8:00 am Donuts & Coffee  
 10:00 am Morning Meditation  
 1:00 pm Zumba with Sabrina  
 1:30 pm Holiday Crafting  
 4:00 pm Northgate Madrigals Holiday Music  
 7:00 pm Movie Night

**23**  
 8:00 am Donuts & Coffee  
 10:00 am Morning Meditation  
 1:00 pm Zumba w/Sabrina  
 4:00 pm Christmas Dinner at Newton's  
 7:00 pm Movie Night

**30**  
 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



# Lesher Center of the Performing Arts • Shows & Events

## DECEMBER EVENTS



DEC  
01

12/01/2023 - 12/02/2023

### Once Upon A Christmas

This story will become part of your favorite holiday traditions.



DEC  
02

12/02/2023 - 12/03/2023

### Winter Piano Recital

Students display their learned piano skills.



DEC  
02

2:00 PM - 3:45 PM

### Winter Dreams: Musical Stories for the Holidays

A beautiful selection of holiday music for the whole family!



DEC  
03

11:00 AM - 2:00 PM

### Build a Popup Gallery with Tammie Knight

Create your very own micro art gallery with miniature extraordinaire



DEC  
07

12/07/2023 - 12/21/2023

### A Christmas Carol

Celebrate the season of giving.



DEC  
09

12/09/2023 - 12/21/2023

### Visit to the North Pole

An immersive, live theatre experience with holiday magic.



DEC  
15

12/15/2023 - 12/17/2023

### The Biggest Gift

Did you send your letter to Santa?



To view the full  
Events schedule, go to:  
[LesherArtsCenter.org](http://LesherArtsCenter.org)



## HOW TO AVOID HOLIDAY STRESS — PLAN AHEAD

It is possible to enjoy the holidays without becoming totally stressed and exhausted. Here are a few ways to do it:

**Shopping:** Order early from the online retailers. Late purchases can be shipped overnight, but be sure to make a record of each purchase and follow up to see if it arrived. General rule: Ship gifts by December 15.

**Decorating:** Your place will look warm and inviting with just one or two displays. No need to decorate inside and out. Finish decorating by the first week of December.

**Baking:** If you are busy, give yourself a break and let a bakery do the work.

**Gift wrapping:** Consider gift bags or gift boxes and just add a bow.



**Holiday food:** Don't go to holiday dinners famished. Take a small portion of the offered dishes. Stop eating before you feel full.

**Relatives:** Decide that you will enjoy a get-together even if some guests aggravate you. Consider the source and take it in stride.

### Cranberry Orange Baked French Toast Casserole

Cranberries and oranges have long been a part of many family Christmas traditions and they are still a fun way to inject a little history into the celebration.



#### INGREDIENTS

1/4 cup butter, melted	6 eggs, lightly beaten
1 cup light brown sugar	1 tablespoon orange zest
1 cup fresh cranberries, divided	1 teaspoon vanilla extract
1 (1 lb) loaf white bread, cut into 1-inch cubes	1/2 teaspoon cinnamon
2 cups milk	1/2 teaspoon orange extract
	powdered sugar, for serving

1. Pour the melted butter evenly into the bottom of a 9x13-inch baking dish. Sprinkle the brown sugar evenly over the top. Sprinkle 1/2 cup of the cranberries over the top of the brown sugar. Add the cubed bread to the baking dish. Sprinkle the remaining cranberries over the top.
2. In a large bowl, combine the milk, eggs, orange zest, vanilla extract, cinnamon, and orange extract (if using), and beat lightly to combine. Pour the mixture evenly over the top of the bread in the baking dish. Press the bread down into the liquid mixture if needed to make sure all of the bread is soaked. Cover the dish with foil and refrigerate overnight, at least 8 hours.
3. Bring the dish out of the refrigerator 30 minutes before baking. Preheat the oven to 375 degrees F. Bake the casserole, still covered, for 30 minutes. Remove the foil and continue baking until the top is browned and a tester inserted in the center comes out clean, another 15-20 minutes.
4. Let the casserole sit for 10 minutes before serving. Serve topped with powdered sugar.



# THD Monthly Puzzles

## K words

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

KABOB	KILLJOY	KNELL
KAOLIN	KINDLE	KNIGHT
KAPUT	KINDLY	KNOCK
KARAT	KINETIC	KNOLL
KARATE	KINFOLK	KNOWING
KARMA	KINGDOM	KOPECK
KAYAK	KINSMAN	KORUNA
KAZOO	KIOSK	KOWTOW
KEBAB	KISMET	KRAAL
KERNEL	KITTY	KRAUT
KETCH	KNACK	KRONA
KEYNOTE	KNAVE	KRONE
KHAKI	KNEAD	KULAK
KIDSKIN	KNEEL	

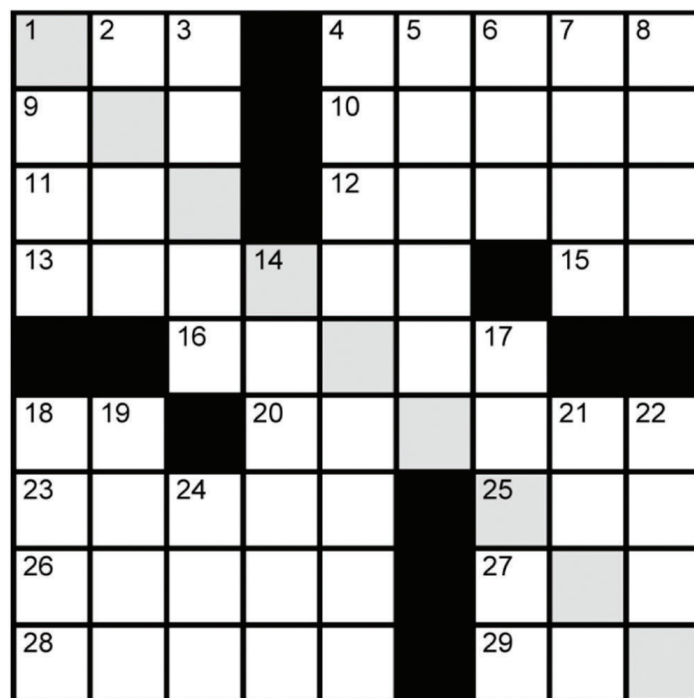
## Sweet dancing visions

### Across

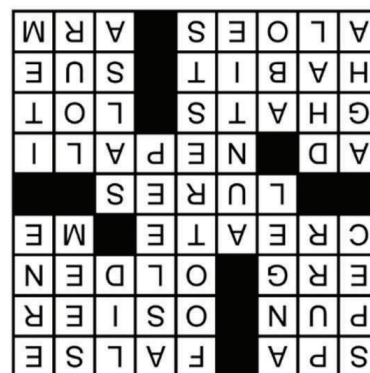
1. Marienbad, for one
4. Untrue
9. Jeu de mots
10. Basket material
11. Unit of work
12. Bygone
13. Come up with
15. Northeastern-most st.
16. Angling equipment
18. Commercial
20. Himalayan native
23. Mountain passes in India
25. Auction unit
26. Nun's attire
27. Take to court
28. Medicinal plants
29. Supply with weapons

### Down

1. Work detail
2. Sound of contentment
3. Broadway backer
4. Ottomans
5. Out for the night
6. Jar part



7. Appear to be
8. Coastal raptor
14. Mame, for one
17. Chip dip
18. Turkish official
19. Indian lentil dish
21. Frown or scowl
22. Part of a list
24. Blood-typing letters



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



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

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