



ACTIVE SENIOR LIVING

TheHeritageDowntown.com

Tel: 925.943.7427

HAPPY
INDEPENDENCE DAY,
JULY 4th!

July
2024



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

Emma Salvador

Activities Manager

Galen Corson

Executive Chef

Agustin Gutierrez

Housekeeping Supervisor

Norma Garcia



We would like to
celebrate the
following residents:

7/04	Cosette M.
7/07	Mary Alice R.
7/12	Johanna S.
7/16	Mary F.
7/16	Martin B.
7/17	Marlene T.
7/20	Joseph "Jay" R.
7/25	Sheila G.
7/30	Steven K.

THD Monthly Events & Excursions



**WHAT COULD BE BETTER THAN LUNCH
AT THE CLAREMONT HOTEL
WITH YOUR THD FRIENDS?
SATURDAY, JULY 6 AT 10:30 AM**

Take in the San Francisco skyline from the terrace at the Claremont Hotel's Limewood Bar and Restaurant in the beautiful Berkeley hills. A personal touch, Ray's son works as a chef with the Claremont Hotel.



**TAKE YOUR ART TO THE NEXT LEVEL IN
THD'S ARTS PROGRAM:
DECORATE WITH GOLD LEAF!
TUESDAY, JULY 9 AT 2:00 PM**

Bring an item to decorate — a picture frame, a bowl, a mirror, even a rock. Learn how to apply gold leaf with an easy technique. Your apartment décor will go from simple to spectacular in 60 minutes! Meet at the Fireside Activities Lounge.



**JOIN US FOR A SPECIAL GUEST
PRESENTATION WITH
CAPT. BRIAN OSTROM, PILOT, ALONG
WITH RESIDENTS GLENN AND EDDIE
SUNDAY, JULY 14 AT 2:00 PM**

Brian Ostrom has many tales to tell from his distinguished career in the US Navy as a Flight Level 431 pilot and with American Airlines as a commercial pilot for 25 years. Residents Glenn and Eddie will share the stage for an afternoon of stories exciting, interesting, touching and humorous.



**CELEBRATE LIFE AS ART
AT THE THD RESIDENT
ART SHOW AND RECEPTION
IN THE BEAUTIFUL YOGA STUDIO
SUNDAY, JULY 21 AT 11:00 AM**

The Heritage Downtown is home to uniquely gifted artists and craftsmen, with bodies of work that span decades. Not only will you find oil paintings, decoupage, quilting, watercolor and more, but this year THD residents are also welcome to display their beloved collections of fine art objects.

JULY 2024

Common Area Abbreviations

CC - Clubhouse Comet

CP - Churchill's Pub

DC - Downtown Cinema

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 <p>VAN SERVICE</p> <p>Mondays - Fridays: 9AM - 5PM</p> <p>Saturdays & Sundays: 9AM - 4PM</p>	<p>1</p> <p>9:30 am Strength & Balance</p> <p>10:30 am Aqua Fitness</p> <p>11:00 am Dog Play Date: Alma Pk</p> <p>12:30 pm Int. Bridge Club</p> <p>1:00 pm American Mahjong</p> <p>2:45 pm Strength & Balance</p> <p>3:30 pm Scrabble Group</p> <p>4:00 pm Heritage Meet-up</p> <p>7:00 pm Nostalgic TV Night</p>	<p>2</p> <p>11:00 am Chair Volleyball</p> <p>1:00 pm Great Courses</p> <p>1:00 pm Tuesday Bridge Group</p> <p>1:00 pm Low Impact Fitness</p> <p>2:45 pm Strength & Balance</p> <p>4:00 pm Fairmont Meet-up</p> <p>7:00 pm Movie Night</p>	<p>3 9:30 am Strength & Balance</p> <p>10:30 am Aqua Fitness</p> <p>11:00 am Open Air</p> <p>12:00 pm Wednesday</p> <p>1:00 pm Blood Pressure</p> <p>1:00 pm Portrait of Your Pet 1</p> <p>1:45 pm Zumba</p> <p>2:00 pm Blood Pressure</p> <p>3:00 pm Stitch'n</p> <p>4:00 pm Liberty</p> <p>7:00 pm Movie Night</p> <p>7:00 pm American</p>
<p>7 Islamic New Year Begins</p> <p>1:00 pm Cruise the Creek - Bocce at Livorna Park</p> <p>4:00 pm 5 Senses Art: Taste</p> <p>4:00 pm Great Courses</p> <p>7:00 pm Movie Night</p> <p>7:00 pm Monte Hummel Sings</p>	<p>8 9:30 am Strength & Balance</p> <p>10:30 am Aqua Fitness</p> <p>11:00 am Dog Play Date: Alma Pk</p> <p>12:30 pm Int. Bridge Club</p> <p>1:00 pm American Mahjong</p> <p>2:30 pm ARF Pet Hugs</p> <p>2:45 pm Strength & Balance</p> <p>3:30 pm Scrabble Group</p> <p>7:00 pm Movie Night</p>	<p>9</p> <p>11:00 am Ladderball</p> <p>1:00 pm Tuesday Bridge Club</p> <p>1:00 pm Great Courses</p> <p>1:00 pm Low Impact Fitness</p> <p>2:00 pm Art with Gold Leaf</p> <p>2:45 pm Strength & Balance</p> <p>3:30 pm Opera Divisi: Otello Pt 1</p> <p>7:00 pm Opera Divisi: Otello Pt 2</p>	<p>10 9:30 am Strength & Balance</p> <p>10:30 am Aqua Fitness</p> <p>11:00 am Lunch D</p> <p>11:00 am Open Air</p> <p>12:00 pm Wednesday</p> <p>1:00 pm Blood Pressure</p> <p>1:00 pm Portrait of Your Pet 1</p> <p>1:45 pm Zumba</p> <p>2:00 pm Mexican</p> <p>2:00 pm Blood Pressure</p> <p>3:00 pm Stitch'n</p> <p>7:00 pm Movie Night</p> <p>7:00 pm American</p>
<p>14 Bastille Day</p> <p>2:00 pm Speaker: Brian Ostrom, Sea Stories</p> <p>4:00 pm Bingo & Cookies Party</p> <p>4:00 pm Great Courses</p> <p>7:00 pm Movie Night</p>	<p>15 9:30 am Strength & Balance</p> <p>10:30 am Aqua Fitness</p> <p>11:00 am Dog Play Date: Alma Pk</p> <p>12:30 pm Int. Bridge Club</p> <p>1:00 pm American Mahjong</p> <p>2:00 pm Shoe painting!</p> <p>2:45 pm Strength & Balance</p> <p>3:30 pm Scrabble Group</p> <p>7:00 pm Movie Night</p>	<p>16</p> <p>10:30 am Berkeley Hort'l Nursery</p> <p>11:00 am Chair Volleyball</p> <p>1:00 pm Tuesday Bridge Club</p> <p>1:00 pm Great Courses</p> <p>1:00 pm Low Impact Fitness</p> <p>2:00 pm Hanging Basket Making</p> <p>2:45 pm Strength & Balance</p> <p>7:00 pm Movie Night</p>	<p>17 9:30 am Strength & Balance</p> <p>10:30 am Aqua Fitness</p> <p>11:00 am Open Air</p> <p>12:00 pm Wednesday</p> <p>1:00 pm Portrait of Your Pet 1</p> <p>1:00 pm Blood Pressure</p> <p>1:45 pm Zumba</p> <p>2:00 pm Blood Pressure</p> <p>3:00 pm Stitch'n</p> <p>7:00 pm American</p> <p>7:30 pm Leshers</p>
<p>21 National Ice Cream Day</p> <p>11:00 am Resident Art Show</p> <p>4:00 pm Great Courses</p> <p>4:00 pm Portrait of Your Pet 2</p> <p>7:00 pm Movie Night</p>	<p>22 9:30 am Strength & Balance</p> <p>10:30 am Aqua Fitness</p> <p>11:00 am Portrait of Your Pet 1</p> <p>12:30 pm Int. Bridge Club</p> <p>1:00 pm American Mahjong</p> <p>2:45 pm Strength & Balance</p> <p>3:30 pm Scrabble Group</p> <p>4:00 pm Portrait of Your Pet 2</p> <p>7:00 pm Movie Night</p>	<p>23</p> <p>11:00 am Corn Hole</p> <p>1:00 pm Tuesday Bridge Club</p> <p>1:00 pm Great Courses</p> <p>1:00 pm Low Impact Fitness</p> <p>2:00 pm Patterned Vases</p> <p>2:45 pm Strength & Balance</p> <p>7:00 pm Movie Night</p>	<p>24 9:30 am Strength & Balance</p> <p>10:30 am Aqua Fitness</p> <p>11:00 am Lunch D</p> <p>11:00 am Open Air</p> <p>12:00 pm Wednesday</p> <p>1:00 pm Blood Pressure</p> <p>1:00 pm Portrait of Your Pet 1</p> <p>1:45 pm Zumba</p> <p>2:00 pm Blood Pressure</p> <p>3:00 pm Stitch'n</p> <p>7:00 pm Movie Night</p> <p>7:00 pm American</p>
<p>28</p> <p>1:00 pm Sunday Drive: Hwy 1</p> <p>4:00 pm Bingo & Cookies Party</p> <p>4:00 pm Great Courses</p> <p>7:00 pm Movie Night</p>	<p>29</p> <p>9:30 am Strength & Fitness</p> <p>10:30 am Aqua Fitness</p> <p>10:45 am Heritage Olympics!</p> <p>12:30 pm Int. Bridge Club</p> <p>1:00 pm American Mahjong</p> <p>2:45 pm Strength & Balance</p> <p>3:30 pm Scrabble Group</p> <p>7:00 pm Movie Night</p>	<p>30</p> <p>10:45 am Heritage Olympics!</p> <p>1:00 pm Tuesday Bridge Club</p> <p>1:00 pm Great Courses</p> <p>1:00 pm Low Impact Fitness</p> <p>2:45 pm Strength & Balance</p> <p>7:00 pm Movie Night</p>	<p>31 9:30 am Strength & Balance</p> <p>10:45 am Heritage Olympics!</p> <p>11:00 am Open Air</p> <p>12:00 pm Wednesday</p> <p>1:00 pm Portrait of Your Pet 1</p> <p>1:00 pm Blood Pressure</p> <p>1:45 pm Zumba</p> <p>2:00 pm Blood Pressure</p> <p>3:00 pm Stitch'n</p> <p>7:00 pm American</p>

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

N - Newton's
PGR - Plaza Game Room
YS - Yoga Studio

P - Pool
FAL - Fireside Activities Lounge
PT - Plaza Terrace

WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Strength & Balance Fitness Air Discussion Friday Bridge Grp Pressure Check Artist Cinema Press. Check P102 Chat Meet-up Light Can Mahong Gr.		4 Independence Day 11:00 am Fourth of July BBQ 1:00 pm Great Courses 4:00 pm American Geography Challenge 7:00 pm Movie Night		5 9:30 am Strength & Balance 10:30 am Friday Mahjong Group 10:30 am Aqua Fitness 11:00 am Dog Play Date: Alma Pk 1:00 pm Exp. Bridge Club 1:00 pm Great Courses 2:30 pm Strength & Balance 3:45 pm CH: Randy Johnson 7:00 pm Film Studies w/Billy		6 8:00 am Donuts & Coffee 10:00 am Sat. Morning Meditation 10:30 am Excursion: Claremont Hotel Lunch 11:00 am Film Studies w/Billy 1:00 pm Zumba 7:00 pm Movie Night	
Strength & Balance Fitness T: SweetGreens Air Discussion Friday Bridge Grp Pressure Check Artist Cinema Can Train Grp. Press. Check P102 Chat Light Can Mahong Gr.		11 10:00 am Beg. Bridge Club 11:00 am Shoot Hoops & Chat 1:00 pm Asian Mahjong 1:00 pm Great Courses 1:00 pm Low Impact Fitness 1:45 pm Gentle Yoga Stretch 2:00 pm Everyday Ethics: Disc. 2:45 pm Strength & Balance 4:00 pm Clever Word Games 7:00 pm Movie Night		12 9:30 am Strength & Balance 10:30 am Friday Mahjong Group 10:30 am Aqua Fitness 11:00 am Dog Play Date: Alma Pk 1:00 pm Shopping: Crossroads 1:00 pm Exp. Bridge Club 1:00 pm Great Courses 2:30 pm Strength & Balance 3:45 pm CH: Jeff Wessman 7:00 pm Movie Night		13 8:00 am Donuts & Coffee 10:00 am Sat. Morning Meditation 11:00 am Shakespeare Aloud 1:00 pm Zumba 2:00 pm Cardmaking Party! 4:30 pm Mtn Shadows Film Society 7:00 pm Movie Night	
Strength & Balance Fitness Air Discussion Friday Bridge Grp Artist Challenge Pressure Check Press. Check P102 Chat Can Mahong Gr. Ballet Hispanico		18 10:00 am Beg. Bridge Club 10:30 am Book Club 11:00 am Shoot Hoops & Chat 1:00 pm Asian Mahjong 1:00 pm Great Courses 1:00 pm Low Impact Fitness 1:45 pm Gentle Yoga Stretch 2:45 pm Strenght & Balance 3:00 pm Paint & Sip Party 7:00 pm Movie Night		19 9:30 am Strength & Balance 10:30 am Friday Mahjong Group 10:30 am Aqua Fitness 11:00 am Dog Play Date: Alma Pk 1:00 pm Shopping: Veranda 1:00 pm Exp. Bridge Club 1:00 pm Great Courses 2:30 pm Strength & Balance 3:45 pm CH: Moonglow Duo 7:00 pm Movie Night		20 8:00 am Donuts & Coffee 10:00 am Sat. Morning Meditation 10:30 am Sterling Vineyards - Encore Excursion! 1:00 pm Zumba 7:00 pm Candlelight Concert	
Strength & Balance Fitness DT: Andama Thai Air Discussion Friday Bridge Grp Pressure Check Artist Cinema Press. Check P102 Chat Night Can Mahong Gr.		25 10:00 am Beg. Bridge Club 11:00 am Shoot Hoops & Chat 1:00 pm Asian Mahjong 1:00 pm Great Courses 1:00 pm Low Impact Fitness 1:45 pm Gentle Yoga Stretch 2:45 pm Strength & Balance 7:00 pm Movie Night		26 Summer Olympics Begin 9:30 am Strength & Balance 10:30 am Friday Mahjong Group 10:30 am Aqua Fitness 11:00 am Dog Play Date: Alma Pk 1:00 pm Shopping: Costco 1:00 pm Speaker: Oral Systems 1:00 pm Exp. Bridge Club 2:30 pm Strength & Balance 3:45 pm CH: Ciro and Birthdays 7:00 pm Movie Night		27 8:00 am Donuts & Coffee 10:00 am Sat. Morning Meditation 11:00 am Heritage Olympics Mtg 1:00 pm Zumba 4:00 pm Beers of New England 7:00 pm Movie Night	
Strength & Balance Aqua Fitness Heritage Olympics Air Discussion Friday Bridge Grp Artist Challenge Press. Check Press. Check P102 Chat Can Mahong		PARIS OLYMPICS 2024 OPENING CEREMONY JULY 26 		 Berkeley Horticultural Nursery JULY 16		 Sterling Vineyards JULY 20	

Lesher Center of the Performing Arts • Shows & Events

JULY EVENTS AT THE LESHER CENTER



11:00 AM - 12:00 PM

Cut Paste Create Donor Preview

BG Donors get a special preview from 11 pm - 12 pm for the opening



12:00 PM - 2:00 PM

Cut Paste Create Opening Party

Join BG for the opening party of Cut Paste Create: The Art of Collage from



7:30 PM - 9:00 PM

Newsmakers: Ali Wentworth

Actor, Comedian and New York Times Best-Selling Author



5:30 PM - 7:00 PM

Summer Sounds: Tom Rigney and Flambeau

High energy, uplifting music.



07/12/2024 - 07/14/2024

La voix humaine - Dido & Aeneas

A double-bill of short operas written 270 years apart, yet similar in



6:30 PM - 7:10 PM

All the World's A Stage (Young Actors Studio)

This event features acting students from The Ballet School Performing



7:30 PM - 9:00 PM

Ballet Hispanico

A renowned cultural treasure.



07/18/2024 - 07/28/2024

Spontaneous Soap: An Improvised Daytime Drama

Passion! Drama! Improv!



10:00 AM - 11:30 AM

Lucky Diaz and the Family Jam Band

Bilingual indie music for kids.



5:30 PM - 7:00 PM

Summer Sounds: Chika Di

Rich tapestry of traditional Colombian music.



7:30 PM - 9:00 PM

Spanish Harlem Orchestra

New York style, hard core salsa.



12:00 PM - 7:00 PM

Fiesta Cultural Street Fair

Free outdoor events for all ages



7:30 PM - 9:00 PM

Best of San Francisco Stand-Up Comedy: Latinx

Latinx comedy stars come together for this one-night-only event!



5:30 PM - 7:00 PM

Summer Sounds: Kyana Fanene

A rising Pop/R&B, Hawaiian and Samoan artist.



8:00 PM - 10:00 PM

FOREJOUR - Tribute to Foreigner & Journey

Paying tribute to '80s mega bands FOREIGNER & JOURNEY!

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



JULY is Senior Social WELLNESS MONTH

Living through a few years of a worldwide pandemic taught us never to take for granted the small but extremely significant things in life: shared laughter, hugging our loved ones, a lunch date in our favorite café, etc. We learned first hand exactly how much socialization is to be valued, and how lost and empty we can feel when it is removed.

Social wellness is one of the eight dimensions of wellness, which also include physical, intellectual, emotional, environmental, occupational, financial, and spiritual wellness. All eight dimensions are extremely important to our overall health and wellbeing, but social wellness presents a variety of benefits, especially to seniors.

Social wellness refers specifically to the relationships we have and how we interact with others. It is important for people of all ages to stay socially active, as it is a crucial component of a healthy lifestyle. Some of the health benefits of staying socially active are listed below:



- **Reducing the risk for diseases.** Socially active seniors have a decreased risk for developing Alzheimer's disease, osteoporosis, rheumatoid arthritis, and even some cancers.
- **Lessening symptoms of depression.** Social isolation is one of the key indicators leading to depression in seniors. Those who maintain and continue to build new relationships are often less at risk for depression.
- **Strengthening the immune system.** The immune system tends to be stronger in seniors who are active socially.
- **Improving cardiovascular health.** Isolated seniors tend to have higher blood pressure, and research shows that a lack of social connections can lead to an elevated risk for cardiovascular disease.
- **Extending life expectancy.** Overall, seniors who remain socially active are healthier and live longer than those who are isolated.

From The Deli

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

BAGELS	KAISER
BOLOGNA	LIVERWURST
BRISKET	MOZZARELLA
CHALLAH	MUENSTER
CHEDDAR	NOVA LOX
CHOPPED LIVER	PASTRAMI
CORNED BEEF	PICKLES
CREAM CHEESE	SABLE
GEFILTE FISH	SALAMI
HAM	SALMON
HERRING	TURKEY
HOT DOGS	

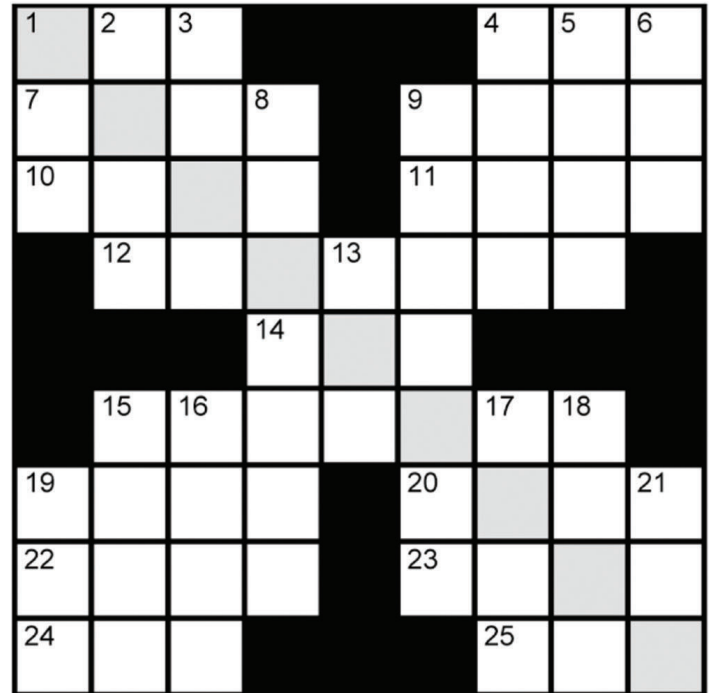
Across

1. Louisville Slugger
4. Hallucinogen
7. Coalition
9. Woodland deity
10. Women's hat lining
11. Gumbo ingredient
12. Guided
14. Agatha Christie's
"The ___ Murders"
15. Solar beam
19. Unadulterated
20. Egg on
22. Oracle
23. Indian wear
24. 401(k) alternative
25. Ottoman governor

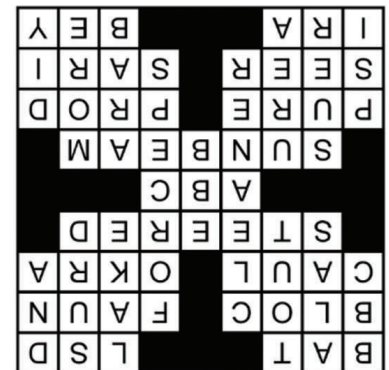
Down

1. No Clue
2. "C'est la vie"
3. Praise highly
4. Vacation destination
5. Irrational, in math
6. Some forensic
evidence
8. Crime fighter

Tiny Purple Fruit



9. Delivery aid
13. "Chicago" lyricist
15. Litigant
16. Fertilizer chemical
17. Riyadh resident
18. Oliver's request
19. Tire meas.
21. Home
improvement letters



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



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