

# HAPPY Halloween



October  
2024





# The Heritage Downtown Directory

**Executive Director**  
Barbara Simpson

**Sales Director**  
Jenny Shively

**Resident Liaison**  
Emma Salvador

**Activities Director**  
Kellie Schuyler

**Executive Chef**  
Agustin Gutierrez

**Housekeeping Supervisor**  
Norma Garcia

*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*

# HAPPY Birthday

**We would like to celebrate  
the following residents:**

- 10/2 Phyllis M.**
- 10/11 Earl G.**
- 10/16 Jeanne M.**
- 10/19 Birgit D.**
- 10/20 Martha M.**
- 10/23 Patti H.**
- 10/24 Anne L.**
- 10/25 Marsha K.**
- 10/27 Jan M.**
- 10/28 Emily Y.**
- 10/31 Sara R.**



# THD Monthly Events & Excursions



## NEWTON'S OKTOBERFEST CELEBRATION

**FRIDAY, OCTOBER 4, AT 3:45 PM**

Join us at Newton's for Oktoberfest! Did you know the original Oktoberfest began on October 12, 1810, to celebrate the marriage of Crown Prince Ludwig of Bavaria (later King Ludwig I) to Princess Therese von Sachsen-Hildburghausen?



## A DAY IN HALF MOON BAY

**MONDAY, OCTOBER 7, 11:00 AM**

Enjoy lunch at Moss Beach Distillery, a historical landmark known for its ocean views, award-winning coastal cuisine, and resident ghost, "The Blue Lady." Afterward, visit Pastorino Farms for plants, flowers, and seasonal fall decorations.



## FALL PUMPKIN DECORATING

**SATURDAY, OCTOBER 12, 2:00 PM**

Join us for a fun and creative afternoon as we craft beautiful, one-of-a-kind pumpkins to celebrate the season in style!



## STERLING VINEYARDS – CALISTOGA

**SATURDAY, OCTOBER 19, AT 11:00 AM**

Enjoy a leisurely self-guided tasting of 5 wines while strolling through the winery for a behind-the-scenes look at winemaking. This 60-minute experience includes a round-trip gondola ride to the scenic hilltop winery!



# OCTOBER 2024

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

**29**



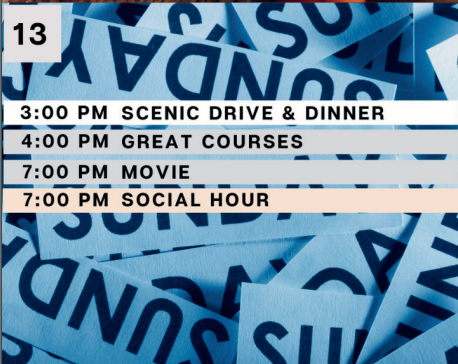
1:00 PM SHOPPING: RHEEM VALLEY  
 1:05 PM 49ERS VS PATRIOTS  
 3:00 PM ITALIAN ICE TREATS  
 4:00 PM GREAT COURSES  
 7:00 PM MOVIE  
 7:00 PM SOCIAL HOUR

**6**



1:05 PM 49ERS VS CARDINALS  
 4:00 PM CYBER SECURITY DISCUSSION  
 4:00 PM GREAT COURSES  
 7:00 PM MOVIE  
 7:00 PM SOCIAL HOUR

**13**



3:00 PM SCENIC DRIVE & DINNER  
 4:00 PM GREAT COURSES  
 7:00 PM MOVIE  
 7:00 PM SOCIAL HOUR

**20**



1:00 PM SHOPPING: MARINA SQUARE  
 1:25 PM 49ERS VS CHIEFS  
 4:00 PM GREAT COURSES  
 7:00 PM MOVIE  
 7:00 PM SOCIAL HOUR

**27**




1:05 PM 49ERS VS COWBOYS  
 2:00 PM Pictionary COMPETITION  
 4:00 PM GREAT COURSES  
 7:00 PM MOVIE  
 7:00 PM SOCIAL HOUR

**30**



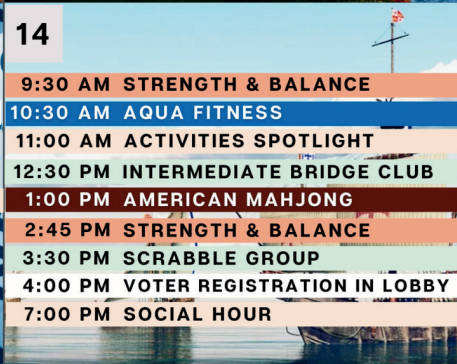
9:30 AM STRENGTH & BALANCE  
 10:30 AM AQUA FITNESS  
 11:00 AM ACTIVITIES SPOTLIGHT  
 12:30 PM INTERMEDIATE BRIDGE CLUB  
 1:00 PM AMERICAN MAHJONG  
 2:45 PM STRENGTH & BALANCE  
 3:30 PM SCRABBLE GROUP  
 7:00 PM SOCIAL HOUR

**7**



9:30 AM STRENGTH & BALANCE  
 10:30 AM AQUA FITNESS  
 11:00 AM A DAY IN HALF MOON BAY  
 11:00 AM ACTIVITIES SPOTLIGHT  
 12:30 PM INTERMEDIATE BRIDGE CLUB  
 1:00 PM AMERICAN MAHJONG  
 2:45 PM STRENGTH & BALANCE  
 3:30 PM SCRABBLE GROUP  
 7:00 PM SOCIAL HOUR

**14**



9:30 AM STRENGTH & BALANCE  
 10:30 AM AQUA FITNESS  
 11:00 AM ACTIVITIES SPOTLIGHT  
 12:30 PM INTERMEDIATE BRIDGE CLUB  
 1:00 PM AMERICAN MAHJONG  
 2:45 PM STRENGTH & BALANCE  
 3:30 PM SCRABBLE GROUP  
 4:00 PM VOTER REGISTRATION IN LOBBY  
 7:00 PM SOCIAL HOUR

**21**



9:30 AM STRENGTH & BALANCE  
 10:30 AM AQUA FITNESS  
 11:00 AM ACTIVITIES SPOTLIGHT  
 12:30 PM INTERMEDIATE BRIDGE CLUB  
 1:00 PM AMERICAN MAHJONG  
 2:45 PM STRENGTH & BALANCE  
 3:30 PM SCRABBLE GROUP  
 7:00 PM SOCIAL HOUR

**28**



9:30 AM STRENGTH & BALANCE  
 10:30 AM AQUA FITNESS  
 11:00 AM ACTIVITIES SPOTLIGHT  
 12:30 PM INTERMEDIATE BRIDGE CLUB  
 1:00 PM AMERICAN MAHJONG  
 2:45 PM STRENGTH & BALANCE  
 3:30 PM SCRABBLE GROUP  
 7:00 PM SOCIAL HOUR

**1**



11:00 AM LADDERBALL  
 1:00 PM TUESDAY BRIDGE GAME  
 1:00 PM GREAT COURSES  
 1:00 PM LOW IMPACT FITNESS  
 2:45 PM STRENGTH & BALANCE  
 3:00 PM FALL WREATH DECORATION  
 7:00 PM SOCIAL HOUR

**8**



11:00 AM CHAIR VOLLEYBALL  
 1:00 PM TUESDAY BRIDGE GAME  
 1:00 PM GREAT COURSES  
 1:00 PM LOW IMPACT FITNESS  
 2:45 PM STRENGTH & BALANCE  
 4:00 PM PUMPKIN FEST  
 7:00 PM SOCIAL HOUR

**15**



11:00 AM CORN HOLE  
 1:00 PM TUESDAY BRIDGE GAME  
 1:00 PM GREAT COURSES  
 1:00 PM LOW IMPACT FITNESS  
 2:45 PM STRENGTH & BALANCE  
 4:00 PM SCOTCH NIGHT  
 7:00 PM SOCIAL HOUR

**22**



11:00 AM CHAIR VOLLEYBALL  
 1:00 PM TUESDAY BRIDGE GAME  
 1:00 PM GREAT COURSES  
 1:00 PM LOW IMPACT FITNESS  
 1:30 PM BEDAZZLE BUTTERFLY JEWELRY  
 2:45 PM STRENGTH & BALANCE  
 7:00 PM SOCIAL HOUR

**29**



11:00 AM LADDERBALL  
 1:00 PM TUESDAY BRIDGE GAME  
 1:00 PM GREAT COURSES  
 1:00 PM LOW IMPACT FITNESS  
 1:30 PM ORIGAMI CRAFT  
 2:45 PM STRENGTH & BALANCE  
 7:00 PM SOCIAL HOUR

**2** ROSH HASANA



9:30 AM STRENGTH & BALANCE  
 10:30 AM AQUA FITNESS  
 11:00 AM OPEN AIR  
 1:00 PM WEDNESDAY  
 1:45 PM ZUMBA  
 2:00 PM P102 BLOC  
 2:00 PM MEXICAN  
 7:00 PM MOVIE  
 7:00 PM AMERICAN  
 7:00 PM SOCIAL HO

**9**



9:30 AM STR  
 10:30 AM AQUA FIT  
 11:00 AM OPEN AIR  
 1:00 PM WEDNESD  
 1:45 PM ZUMBA  
 2:00 PM P102 BLOC  
 2:00 PM MEXICAN  
 4:00 PM TRIVIA  
 7:00 PM MOVIE  
 7:00 PM AMERICAN  
 7:00 PM SOCIAL HO

**16**



9:30 AM STR  
 10:00 AM COVID/FL  
 10:30 AM AQUA FIT  
 11:00 AM OPEN AIR  
 1:00 PM WEDNESD  
 1:45 PM ZUMBA  
 2:00 PM P102 BLOC  
 2:00 PM MEXICAN  
 7:00 PM MOVIE  
 7:00 PM AMERICAN  
 7:00 PM SOCIAL HO

**23**



9:30 AM STR  
 10:30 AM AQUA FIT  
 11:00 AM OPEN AIR  
 1:00 PM WEDNESD  
 1:45 PM ZUMBA  
 2:00 PM P102 BLOC  
 2:00 PM MEXICAN  
 4:00 PM IKEBANA F  
 7:00 PM MOVIE  
 7:00 PM AMERICAN  
 7:00 PM SOCIAL HO

**30**



9:30 AM STRENGT  
 10:30 AM AQUA FIT  
 11:00 AM OPEN AIR  
 1:00 PM WEDNESD  
 1:45 PM ZUMBA  
 2:00 PM P102 BLOC  
 2:00 PM MEXICAN  
 7:00 PM MOVIE  
 7:00 PM AMERICAN  
 7:00 PM SOCIAL HO

	<b>CLUBHOUSE COMET</b>	<b>GARDEN COURTYARD</b>	<b>NEWTON'S</b>	<b>POOL</b>
<b>D</b>	<b>CHURHILL'S PUB</b>	<b>FAIRMONT FITNESS</b>	<b>PLAZA GAME ROOM</b>	<b>FIRESIDE ACTIVITIES LOUNGE</b>
	<b>CINEMA</b>	<b>LIBERTY PAVILLION</b>	<b>YOGA STUDIO</b>	

**WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY**

<b>3</b>	<b>4</b> 	<b>5</b> 
<b>6</b>	<b>7</b>	<b>8</b> 
<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b> 	<b>1</b> 

**VAN SERVICE**

**MONDAYS - FRIDAYS:**  
9AM - 5PM

**SATURDAY & SUNDAYS:**  
9AM - 4PM

# OCTOBER EVENTS AT THE LESHER CENTER

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



7:00 PM - 8:30 PM

**Herb Alpert and Lani Hall  
2024 World Tour**



7:30 PM - 9:30 PM

**Fall Pops Concert**

Halloween-inspired pieces sure to thrill audiences of all ages.



10/11/2024 - 10/13/2024

**Best of San Francisco  
Stand-Up Comedy**

A new generation of comedic talent!



10/11/2024 - 10/13/2024

**Hansel and Gretel**

The BEST in family theatre entertainment!



7:30 PM - 10:00 PM

**Rod Stewart & Peter  
Frampton: Rock Legends**

Get ready to rock the night away with Chin Chin Entertainment's



10/17/2024 - 10/27/2024

**The Improvised Twilight  
Zone**

An Improvised Comedy in the Style of the Classic TV Show.



7:00 PM - 8:30 PM

**Tunde Lasode - Audience  
of One (Tribute to the**

Pay tribute to our King with music and performance by Anastasis Ballet!



7:00 PM - 8:30 PM

**Spooktacular!**

Join us for a scary good time!



10:00 AM - 11:30 AM

**Public Art Walking Tour**

Route 3: Business park near WC BART, California Blvd and North Main



7:00 PM - 8:30 PM

**REMEMBER: An Andy  
Williams Musical Tribute**

A one-night-only tribute will truly be a night to Remember!



2:00 PM - 3:15 PM

**Family Concert: Peter and  
the Wolf**

Experience how four different composers explore the colors of the



7:30 PM - 9:00 PM

**Newsmakers: Ann Marie  
Sastry**

Founder & CEO Amosite, an Artificial Intelligence-powered Software



7:30 PM - 9:00 PM

**360 ALLSTARS**

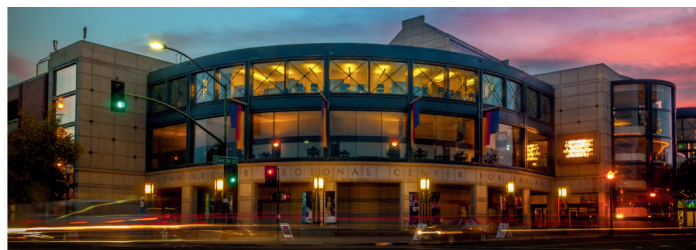
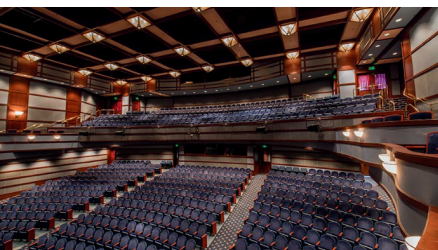
BMX, beatbox, and breakdance collide in this internationally



10/27/2024 - 11/24/2024

**Dragon Lady**

The Acclaimed Solo Musical Adventure



# Autumn Adventures at The Heritage Downtown



October is here, and with it comes the beauty of fall! At The Heritage Downtown, we're embracing the season with a variety of fun and festive activities to enjoy. As the leaves change, we invite you to take a stroll through our lovely grounds, breathing in the crisp autumn air and admiring the vibrant colors of the season.

One of our favorite traditions is pumpkin decorating, where residents can unleash their creativity and craft their very own autumn masterpiece. Whether you prefer spooky or whimsical designs, it's always a great time to gather with friends and enjoy some laughs.

As the weather cools, it's also the perfect time to cozy up with a cup of warm apple cider or pumpkin spice tea. Take a moment to relax in our beautiful community spaces and enjoy the simple pleasures of the season. You can even share some of your favorite Halloween memories with neighbors.

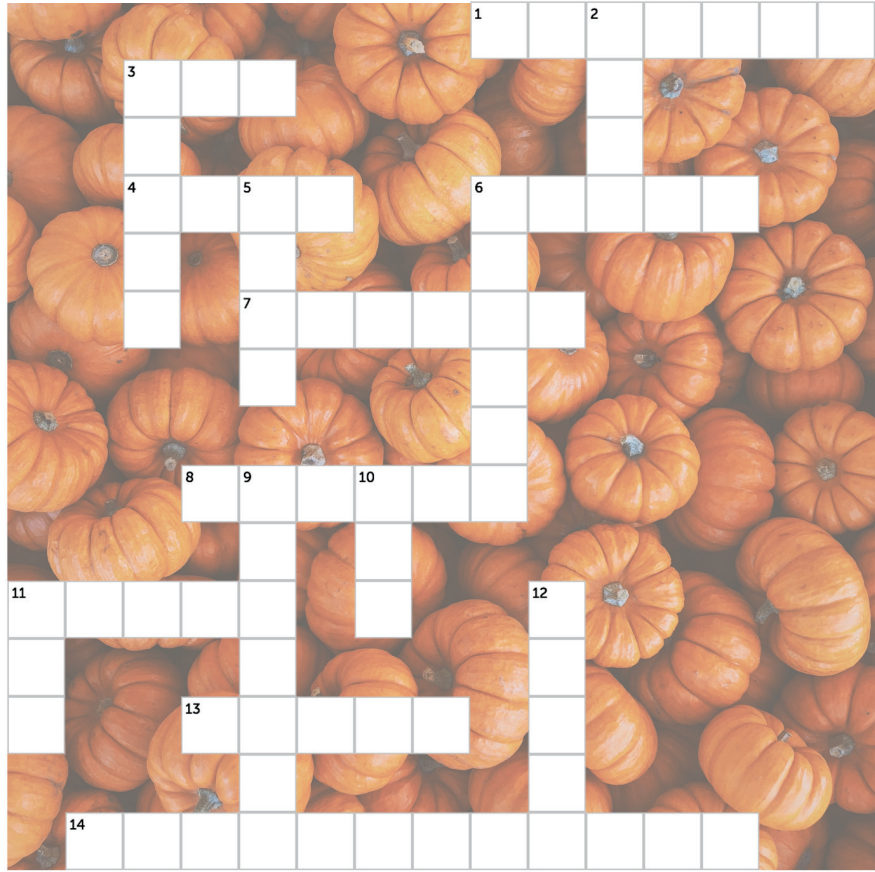
There's always something special happening here at The Heritage Downtown, and we can't wait to share this magical season with you. Let's celebrate all that makes October one of the most wonderful times of the year together!



# THD Monthly Puzzles • Hello Fall

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

GHOST	LANTERN	POTION	TRICK
SPIDER	PUMPKIN	ZOMBIE	TREAT
WITCH	CAULDRON	CANDY	MUMMY
CAT	BAT	OWL	



## ACROSS

1. A LEGENDARY CREATURE THAT DRINKS BLOOD AND AVOIDS SUNLIGHT.
3. A STICKY STRUCTURE MADE BY A SPIDER, OFTEN USED IN HALLOWEEN DECOR.
4. A GRAVE OR BURIAL PLACE, OFTEN FOUND IN SPOOKY STORIES.
6. SWEET TREATS COLLECTED BY CHILDREN WHILE TRICK-OR-TREATING.
7. A CREEPY-CRAWLY CREATURE KNOWN FOR SPINNING WEBS.
8. SOMETHING EERIE OR FRIGHTENING, ESPECIALLY AROUND HALLOWEEN.
11. A TOOL USED BY WITCHES TO FLY THROUGH THE NIGHT SKY.
13. THE BONE STRUCTURE OF A HEAD, OFTEN SEEN IN HALLOWEEN DECOR.
14. THE NAME OF A FAMOUS MONSTER CREATED IN A LAB, OFTEN SEEN IN HALLOWEEN STORIES AND COSTUMES.

## DOWN

2. THE BRIGHT CELESTIAL OBJECT OFTEN FULL AND SHINING ON HALLOWEEN NIGHT.
3. A PERSON, OFTEN SEEN WITH A POINTY HAT, WHO CASTS SPELLS.
5. A COVERING WORN ON THE FACE DURING HALLOWEEN COSTUMES.
6. SOMETHING THAT CAUSES AN UNEASY OR EERIE FEELING.
9. A ROUND ORANGE VEGETABLE, COMMONLY CARVED FOR HALLOWEEN.
10. A NOCTURNAL BIRD THAT HOOTS, OFTEN LINKED WITH HALLOWEEN.
11. A SMALL, FLYING CREATURE OFTEN ASSOCIATED WITH VAMPIRES.
12. A SPIRIT THAT HAUNTS HOUSES OR FLOATS IN THE NIGHT.

## THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

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

