



November
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:**

- 11/1 Linda E.
- 11/3 Barbara H.
- 11/5 Judy M.
- 11/10 Eileen M.
- 11/12 Christa P.
- 11/14 Jan M.
- 11/14 Jane W.
- 11/15 Shobhna V.
- 11/19 Dorothy M.
- 11/21 Linda L.
- 11/23 Hisako T.
- 11/24 Bill T.



THD Monthly Events & Excursions



BEACH CHALET LUNCH IN SAN FRANCISCO NOVEMBER 10, 10:00 AM

One of the many reasons we love living in the Bay Area is our proximity to the coast. Enjoy lunch with an unbelievable view of the coast of San Francisco!



DIABLO BALLET'S THE NUTCRACKER SUITE - LESHER CENTER FOR THE ARTS

NOVEMBER 15, AT 7:30 PM

Make your holidays merry and bright with Julia Adam's 2024 edition of "The Nutcracker Suite", Diablo Ballet's magical take on the classic with added dances and new costumes



THANKSGIVING DINNER

NOVEMBER 27, AT 4:00 PM

Thanksgiving Celebration in our onsite restaurant, Newton's! Enjoy our traditional Thanksgiving dinner with friends and family.



CHRISTMAS TREE LIGHTING CEREMONY AT THD

NOVEMBER 30, AT 7:00 PM

Enjoy festive treats and beverages while enjoying the holiday and our annual Christmas Tree lighting ceremony!

NOVEMBER 2024

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



VAN SERVICE
MONDAYS - FRIDAYS:
 9AM - 5PM
SATURDAY & SUNDAYS:
 9AM - 4PM

DAYLIGHT SAVINGS ENDS



NOVEMBER 3



HAPPY THANKSGIVING

NOVEMBER 28

30 9:30 AM STRENGTH & BALANCE

10:00 AM PREVIEW OF THE WEEK

10:00 AM ACTIVITIES CHAT

10:30 AM AQUA FITNESS

11:00 AM OPEN AIR FITNESS

1:00 PM WEDNESDAY BRIDGE GAME

1:45 PM ZUMBA

2:00 PM P102 BLOCK

2:00 PM MEXICAN MEXICAN

7:00 PM AMERICAN MAHJONG

8:00 PM GOLDEN BIRDS

3

10:00 AM ACTIVITIES CHAT

1:00 PM SHOPPING: CROSSROADS

7:00 PM MOVIE



DAYLIGHT SAVINGS ENDS

4

9:30 AM STRENGTH & BALANCE

10:00 AM ACTIVITIES CHAT

10:30 AM AQUA FITNESS

12:30 PM INTERMEDIATE BRIDGE CLUB

1:00 PM AMERICAN MAHJONG

2:00 PM PLANTING AMARYLLIS

2:45 PM STRENGTH & BALANCE

3:30 PM SCRABBLE GROUP

7:00 PM MOVIE

5

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

7:00 PM MOVIE

THANKFUL

6 9:30 AM STRENGTH & BALANCE

10:00 AM ACTIVITIES CHAT

10:30 AM AQUA FITNESS

11:00 AM OPEN AIR FITNESS

1:00 PM WEDNESDAY BRIDGE GAME

1:45 PM ZUMBA

2:00 PM P102 BLOCK

2:00 PM MEXICAN MEXICAN

3:00 PM HICAP: MEET & GREET

7:00 PM AMERICAN MAHJONG

8:00 PM GOLDEN BIRDS

10

10:00 AM 49ERS VS BILLS

10:00 AM BEACH CHALET SUNDAY

7:00 PM MOVIE



11

9:30 AM STRENGTH & BALANCE

10:30 AM VETERANS DAY CEREMONY

10:30 AM AQUA FITNESS

12:30 PM INTERMEDIATE BRIDGE CLUB

1:00 PM AMERICAN MAHJONG

2:30 PM ARF PET HUGS

2:45 PM STRENGTH & BALANCE

3:30 PM SCRABBLE GROUP

7:00 PM MOVIE

12

10:00 AM ACTIVITIES CHAT

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 CLEVER WORD GAME

7:00 PM MOVIE

13

9:30 AM STRENGTH & BALANCE

10:00 AM HOLIDAY SHOPPING

10:30 AM AQUA FITNESS

11:00 AM OPEN AIR FITNESS

1:00 PM WEDNESDAY BRIDGE GAME

1:45 PM ZUMBA

2:00 PM P102 BLOCK

2:00 PM MEXICAN MEXICAN

7:00 PM AMERICAN MAHJONG

8:00 PM GOLDEN BIRDS

17

10:00 AM HOLIDAY SHOPPING: COSTCO

12:15 PM SF FOOTBALL GAME TAILGATE

1:05 PM 49ERS VS SEAHAWKS

7:00 PM MOVIE



18

9:30 AM STRENGTH & BALANCE

10:00 AM ACTIVITIES CHAT

10:30 AM AQUA FITNESS

12:30 PM INTERMEDIATE BRIDGE CLUB

1:00 PM AMERICAN MAHJONG

2:45 PM STRENGTH & BALANCE

3:30 PM SCRABBLE GROUP

7:00 PM MOVIE

19

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

7:00 PM MOVIE



20 9:30 AM STRENGTH & BALANCE

10:00 AM ACTIVITIES CHAT

10:30 AM AQUA FITNESS

11:00 AM OPEN AIR FITNESS

1:00 PM WEDNESDAY BRIDGE GAME

1:45 PM ZUMBA

2:00 PM P102 BLOCK

2:00 PM MEXICAN MEXICAN

3:00 AM NTNL PEASANTS

7:00 PM AMERICAN MAHJONG

7:00 PM MOVIE

24

1:00 PM JIM TECH TALKS

1:25 PM 49ERS VS PACKERS

7:00 PM MOVIE



25

9:30 AM STRENGTH & BALANCE

10:00 AM ACTIVITIES CHAT

10:30 AM AQUA FITNESS

12:30 PM INTERMEDIATE BRIDGE CLUB

1:00 PM AMERICAN MAHJONG

2:45 PM STRENGTH & BALANCE

3:30 PM SCRABBLE GROUP

7:00 PM MOVIE

26

10:00 AM ACTIVITIES CHAT

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

7:00 PM MOVIE



27

9:30 AM STRENGTH & BALANCE

10:00 AM ACTIVITIES CHAT

10:30 AM AQUA FITNESS

11:00 AM OPEN AIR FITNESS

1:00 PM WEDNESDAY BRIDGE GAME

1:45 PM ZUMBA

2:00 PM P102 BLOCK


2:00 PM MEXICAN MEXICAN

7:00 PM MOVIE

7:00 PM AMERICAN MAHJONG

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

WEDNESDAY THURSDAY FRIDAY SATURDAY

STRENGTH & BALANCE OF NUTCRACKER CHAT NESS NG DISCUSSION AY BRIDGE GROUP DD PRESSURE CHECK TRAIN GROUP I MAHJONG CHELORETTE	31  10:00 AM BEGINNER BRIDGE CLUB 1:00 PM ASIAN MAHJONG 1:00 PM GREAT COURSES 1:00 PM RUMMIKUB GROUP 1:00 PM LOW IMPACT FITNESS 1:45 PM GENTLE YOGA STRETCH 2:45 PM STRENGTH & BALANCE 3:00 PM HALLOWEEN PARTY 7:00 PM EVENING NIGHTCAP	1 9:30 AM STRENGTH & BALANCE 10:00 AM ACTIVITES CHAT 10:30 AM FRIDAY MAHJONG GROUP 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:45 PM COCKTAIL HOUR 7:00 PM FILM STUDIES MOVIE	2  8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 10:00 AM ACTIVITES CHAT 11:00 AM FILM TALKS WITH BILLY 1:00 PM ZUMBA 2:00 PM NEW RESIDENT GATHERING 7:00 PM MOVIE
STRENGTH & BALANCE S CHAT NESS NG DISCUSSION AY BRIDGE GROUP DD PRESSURE CHECK TRAIN GROUP ICARE CHANGES I MAHJONG CHELORETTE	7 10:00 AM BEGINNER BRIDGE CLUB 1:00 PM ASIAN MAHJONG 1:00 PM GREAT COURSES 1:00 PM RUMMIKUB GROUP 1:00 PM LOW IMPACT FITNESS 1:45 PM GENTLE YOGA STRETCH 2:45 PM STRENGTH & BALANCE 3:00 PM STITCH AND CHAT 7:00 PM EVENING NIGHTCAP	8 9:30 AM STRENGTH & BALANCE 10:00 AM ACTIVITES CHAT 10:30 AM FRIDAY MAHJONG GROUP 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:45 PM COCKTAIL HOUR 7:00 PM MOVIE	9  8:00 AM DONUTS & COFFEE 10:00 AM ACTIVITES CHAT 10:00 AM MORNING MEDITATION 1:00 PM ZUMBA 2:00 PM FOOTBALL, JERSEY & BEER 7:00 PM MOVIE
STRENGTH & BALANCE SHOPPING: PLEASANTON NESS NG DISCUSSION AY BRIDGE GROUP DD PRESSURE CHECK TRAIN GROUP I MAHJONG CHELORETTE	14 10:00 AM BEGINNER BRIDGE CLUB 10:00 AM ACTIVITIES CHAT 1:00 PM ASIAN MAHJONG 1:00 PM GREAT COURSES 1:00 PM RUMMIKUB GROUP 1:00 PM LOW IMPACT FITNESS 1:45 PM GENTLE YOGA STRETCH 2:45 PM STRENGTH & BALANCE 3:00 PM STITCH AND CHAT 6:30 PM BINGO	15  9:30 AM STRENGTH & BALANCE 10:00 AM ACTIVITES CHAT 10:30 AM FRIDAY MAHJONG GROUP 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:45 PM COCKTAIL HOUR 7:00 PM THE NUTCRACKER AT THE LESHER CENTER	16  8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 1:00 PM ZUMBA 2:00 PM HOLIDAY CARD MAKING MNTN SHADOWS FILM SOCIETY 4:30 PM CIVIC PARK WALNUT CREEK 7:00 PM MOVIE
STRENGTH & BALANCE S CHAT NESS NG DISCUSSION AY BRIDGE GROUP DD PRESSURE CHECK TRAIN GROUP NUT BUTTER SOCIAL I MAHJONG	21 10:00 AM BEGINNER BRIDGE CLUB 10:00 AM ACTIVITES CHAT 10:30 AM BOOK CLUB 11:00 AM DURANT POINSETTIAS 1:00 PM ASIAN MAHJONG 1:00 PM GREAT COURSES 1:00 PM RUMMIKUB GROUP 1:00 PM LOW IMPACT FITNESS 1:45 PM GENTLE YOGA STRETCH 2:45 PM STRENGTH & BALANCE 3:00 PM STITCH AND CHAT 7:00 PM EVENING NIGHTCAP	22  9:30 AM STRENGTH & BALANCE 10:00 AM ACTIVITES CHAT 10:30 AM FRIDAY MAHJONG GROUP 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:45 PM COCKTAIL HOUR 7:00 PM MOVIE	23  8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:00 AM LUNCH OUTING IN DANVILLE 1:00 PM ZUMBA 2:00 PM DIY CRAFT 7:00 PM MOVIE
STRENGTH & BALANCE S CHAT NESS NG DISCUSSION AY BRIDGE GROUP DD PRESSURE CHECK TRAIN GROUP I MAHJONG GROUP	28  Happy THANKSGIVING 10:00 AM BEGINNER BRIDGE CLUB 1:00 PM ASIAN MAHJONG 1:00 PM GREAT COURSES 1:00 PM RUMMIKUB GROUP 1:00 PM LOW IMPACT FITNESS 1:45 PM GENTLE YOGA STRETCH 2:45 PM STRENGTH & BALANCE 3:00 PM STITCH AND CHAT 7:00 PM EVENING NIGHTCAP	29  9:30 AM STRENGTH & BALANCE 10:30 AM FRIDAY MAHJONG GROUP 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:45 PM COCKTAIL HOUR 7:00 PM MOVIE	30  8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 1:00 PM ZUMBA 7:00 PM CHRISTMAS TREE LIGHTING CEREMONY IN THE LOBBY

NOVEMBER EVENTS AT THE LESHER CENTER

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



NOV 02 **BIKE TO BEDFORD**

10:00 AM - 1:30 PM

Bike to Bedford

Bike and enjoy BG's exhibition and Walnut Creek's art!



NOV 02 **BRAHMS ODYSSEY**

11/02/2024 - 11/03/2024

Brahms Odyssey

Brahms' emotive final symphony, plus an animated film.



NOV 07 **WARREN MILLER'S 75**

7:30 PM - 9:30 PM

Warren Miller's 75

Warren Miller is going big for 75 years!



NOV 09 **THE AMAZING BUBBLE MAN**

2:00 PM - 3:15 PM

The Amazing Bubble Man

"Greatest bubble show on Earth."



NOV 14 **URINETOWN THE MUSICAL**

11/14/2024 - 11/16/2024

Urinetown the Musical

Celebrate what we have been working on in class!



NOV 12 **THE LEGEND OF BANBURY CROSS**

7:15 PM - 7:45 PM

Youth Production Workshop's The Legend of Banbury Cross

A Fantasy Forum Actors Ensemble Adaption

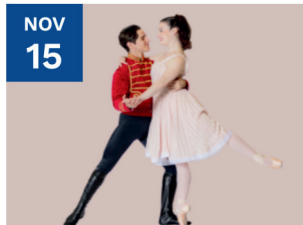


NOV 14 **COCKTAILS & CONVERSATION**

5:30 PM - 7:00 PM

Cocktails & Conversation

With Kalamazoo Institute of Arts Director of Curatorial Affairs Rehema C. Barber Williams



NOV 15 **DIABLO BALLET'S THE NUTCRACKER SUITE**

11/15/2024 - 11/16/2024

Diablo Ballet's The Nutcracker Suite

31th Season opens with Julia Adam's smash holiday hit.



NOV 16 **PUBLIC ART WALKING TOUR**

10:00 AM - 11:30 AM

Public Art Walking Tour

Route 4: Downtown Main St. and Public Library



NOV 22 **BEST OF SAN FRANCISCO STAND-UP COMEDY**

11/22/2024 - 11/23/2024

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



NOV 23 **RAFT FEST**

10:00 AM - 5:00 PM

Craft Fest

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



NOV 23 **THE CHRISTMAS BALLET**

11/23/2024 - 11/24/2024

The Christmas Ballet

Smuin's annual holiday extravaganza is back!



NOV 29 **GUYS AND DOLLS JR.**

11/29/2024 - 12/01/2024

Guys and Dolls JR.

Based on the legendary, multi-award-winning, musical comedy



NOV 29 **CONTRA COSTA BALLET'S THE NUTCRACKER**

11/29/2024 - 12/01/2024

Contra Costa Ballet's The Nutcracker

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

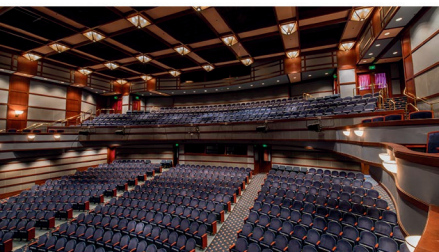


NOV 30 **Laurie Sings A Song For You: A Carpenters**

ALL DAY

Laurie Sings A Song For You: A Carpenters

A Cabaret Concert inspired by the music of Karen Carpenter.



Gratitude in the Little Things



Thanksgiving is more than just a feast (though we eagerly anticipate the exquisite spread!). It's a celebration of the refined pleasures and heartfelt moments that make life here at The Heritage Downtown so special. It's a time to gather around, share warm smiles, and embrace the comforting feeling of being surrounded by friends who have become family.

We cherish the luxury of a sunlit morning, enjoying a perfectly brewed cup of aromatic coffee, surrounded by vibrant conversation and heartfelt laughter. It's about strolling through our beautiful gardens, taking in the serene beauty that inspires peace and contentment. These are the indulgences that elevate our days, remind us of life's richness, and fill our hearts with gratitude.

This Thanksgiving, let's take a moment to appreciate those everyday moments—like the laughter we share, the comfort of our community, and the time we now have to truly savor life's small pleasures. After all, it's the simple things that make each day special.

This Thanksgiving, we're embracing the joy of togetherness, savoring every moment with new dear friends and indulging in the exquisite, chef-crafted Thanksgiving feast at Newton's. It's a celebration of gratitude, laughter, and delicious flavors, where every bite and shared story fills our hearts with warmth and delight. Wishing everyone a vibrant, joyous, and truly memorable Thanksgiving filled with love, laughter, and the comfort of a fantastic meal!



THD Monthly Puzzles • Gratitude



- FALL** **TURKEY** **NOVEMBER** **PUMPKIN**
- PIE** **FAMILY** **PILGRIMS** **HOLIDAY**
- CORN** **GATHER** **GRATITUDE** **HARVEST**



ACROSS

1. THE PROCESS OF MOISTENING THE TURKEY AS IT COOKS.
3. A LONG-ESTABLISHED CUSTOM, SUCH AS GATHERING WITH LOVED ONES ON THANKSGIVING.
4. A TART RED BERRY USED TO MAKE A TRADITIONAL THANKSGIVING SAUCE.
10. A SEASONED MIXTURE PLACED INSIDE THE TURKEY OR SERVED ON THE SIDE.
11. ANOTHER NAME FOR SWEET POTATOES, OFTEN SERVED WITH MARSHMALLOWS.
14. A LARGE MEAL, USUALLY FOR A SPECIAL OCCASION LIKE THANKSGIVING.
15. THANKSGIVING IS OFTEN CELEBRATED WITH THIS CLOSE-KNIT GROUP.
16. THE GROUP OF SETTLERS WHO CELEBRATED THE FIRST THANKSGIVING IN 1621.
17. A SWEET, BAKED DESSERT OFTEN MADE WITH PUMPKIN, APPLE, OR PECAN.

DOWN

2. THE BIRD MOST COMMONLY ASSOCIATED WITH THANKSGIVING DINNER.
4. A SYMBOL OF ABUNDANCE, OFTEN SEEN AS A HORN FILLED WITH FRUITS AND VEGETABLES.
5. THE GATHERING OF CROPS, CENTRAL TO EARLY THANKSGIVING CELEBRATIONS.
6. THE SAUCE TYPICALLY Poured OVER MASHED POTATOES OR TURKEY.
7. A POPULAR SPORT TO WATCH ON TV DURING THANKSGIVING DAY.
8. THE FEELING OF GRATITUDE THAT IS CENTRAL TO THE THANKSGIVING HOLIDAY.
9. THE FOOD THAT REMAINS AFTER THE BIG THANKSGIVING MEAL.
12. THE SEASON DURING WHICH THANKSGIVING TAKES PLACE IN THE U.S.
13. THE MACY'S ONE IN NEW YORK CITY IS FAMOUS ON THANKSGIVING MORNING.



THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

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