



HAPPY  
*Valentine's*  
DAY



*February*  
2025







# The Heritage Downtown Directory

**Executive Director**  
Barbara Simpson

**Sales Director**  
Jenny Shively

**Resident Liaison**  
Emma Salvador

**Activities Director**  
Cidney Carbah

**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:**

**2/03 Diane B.**

**2/03 Yefim R.**

**2/14 Gary M.**

**2/15 Joyce M.**

**2/16 Phillip P.**

**2/16 Mary R.**

**2/17 Judy M.**

**2/24 Soraya C.**





# THD Monthly Events & Excursions



## **SUPER BOWL WATCH PARTY**

**FEBRUARY 9, AT 3:30 PM**

Join us in our onsite Cinema to watch the Super Bowl LIVE on the big screen! Enjoy delicious snacks, refreshing drinks, and great company!



## **VALENTINE'S DAY DINNER**

**FEBRUARY 14, AT 4:00 PM**

Join us for a special Valentine's Day dinner in our on-site restaurant Newton's.



## **SAN FRANCISCO MUSEUM OF MODERN ART FEBRUARY 22, AT 10:00 AM**

Don't miss out on a day of discovery and adventure, and fun as we explore the San Francisco MOMA.



## **THE BEATLES PRESENTATION: THE LONG & WINDING ROAD FEBRUARY 23, AT 1:00 PM**

Enjoy a special presentation on their incredible journey, A Deep Dive into The Beatles, in our onsite restaurant, Newton's!



# FEBRUARY 2025

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



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



**VALENTINE'S DAY**  
**FEBRUARY 14**

**28**

- 11:00 AM CHAIR VOLLEYBALL
- 1:00 PM TUESDAY BRIDGE GAME
- 1:00 PM LOW IMPACT FITNESS
- 2:45 PM STRENGTH & BALANCE
- 7:00 PM MOVIE

**29 LUNAR**

- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 11:00 AM OPEN AIR
- 1:00 PM WEDNESDAY BRIDGE GAME
- 1:00 PM EQUIPMENT
- 1:45 PM ZUMBA
- 2:00 PM LUNAR NE
- 2:00 PM P102 BLOC
- 2:00 PM MEXICAN
- 3:30 PM STICH AND
- 7:00 PM MOVIE

**2 GROUNDHOG DAY**



- 4:00 PM BUNCO
- 7:00 PM MOVIE

**3**

- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 12:30 PM INTERMEDIATE BRIDGE CLUB
- 1:00 PM AMERICAN MAHJONG
- 1:00 PM GREAT COURSES
- 2:45 PM STRENGTH & BALANCE
- 3:30 PM SCRABBLE GROUP
- 7:00 PM MOVIE

**4**

- 11:00 AM CORN HOLE
- 1:00 PM TUESDAY BRIDGE GAME
- 1:00 PM LOW IMPACT FITNESS
- 2:45 PM STRENGTH & BALANCE
- 4:00 PM POKER
- 7:00 PM MOVIE

**5**

- 9:30 AM STRENGTH & BALANCE
- 10:00 AM EXCURSION
- 10:30 AM AQUA FITNESS
- 11:00 AM OPEN AIR
- 1:00 PM WEDNESDAY BRIDGE GAME
- 1:45 PM ZUMBA
- 2:00 PM P102 BLOC
- 2:00 PM MEXICAN
- 3:30 PM STICH AND
- 7:00 PM MOVIE

**9**



- 3:30 PM SUPERBOWL WATCH PARTY
- 7:00 PM MOVIE

**10**

- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 12:30 PM INTERMEDIATE BRIDGE CLUB
- 1:00 PM AMERICAN MAHJONG
- 1:00 PM GREAT COURSES
- 2:00 PM VALENTINE'S CARD MAKING
- 2:45 PM STRENGTH & BALANCE
- 3:30 PM SCRABBLE GROUP
- 7:00 PM MOVIE

**11**

- 10:00 AM SAN FRANCISCO MUSEUM OF MODERN ART
- 11:00 AM CHAIR VOLLEYBALL
- 1:00 PM TUESDAY BRIDGE GAME
- 1:00 PM LOW IMPACT FITNESS
- 2:45 PM STRENGTH & BALANCE
- 7:00 PM MOVIE

**12**

- 9:30 AM HEART HEALTH
- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 11:00 AM OPEN AIR
- 1:00 PM WEDNESDAY BRIDGE GAME
- 1:45 PM ZUMBA
- 2:00 PM P102 BLOC
- 2:00 PM MEXICAN
- 3:30 PM PIANO IN
- 3:30 PM STICH AND
- 7:00 PM MOVIE

**16**



- 4:00 PM BUNCO
- 7:00 PM MOVIE

**17**

- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 12:30 PM INTERMEDIATE BRIDGE CLUB
- 1:00 PM AMERICAN MAHJONG
- 1:00 PM GREAT COURSES
- 2:00 PM PRESIDENTS TRIVIA PARTY
- 2:45 PM STRENGTH & BALANCE
- 3:30 PM SCRABBLE GROUP
- 7:00 PM MOVIE

**18**

- 11:00 AM LADDERBALL
- 11:30 AM RIOS-LOVELL WINE TASTING
- 1:00 PM TUESDAY BRIDGE GAME
- 1:00 PM LOW IMPACT FITNESS
- 2:45 PM STRENGTH & BALANCE
- 7:00 PM MOVIE

**19**

- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 11:00 AM OPEN AIR
- 1:00 PM WEDNESDAY BRIDGE GAME
- 1:45 PM ZUMBA
- 2:00 PM P102 BLOC
- 2:00 PM MEXICAN
- 3:30 PM STICH AND
- 7:00 PM MOVIE

**23**



- 3:00 PM THE BEATLES PRESENTATION
- 7:00 PM MOVIE

**24**

- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 12:30 PM INTERMEDIATE BRIDGE CLUB
- 1:00 PM AMERICAN MAHJONG
- 1:00 PM GREAT COURSES
- 2:45 PM STRENGTH & BALANCE
- 3:00 PM LINDSAY WILDLIFE PRESENTATION
- 3:30 PM SCRABBLE GROUP
- 7:00 PM MOVIE

**25**

- 11:00 AM CHAIR VOLLEYBALL
- 1:00 PM TUESDAY BRIDGE GAME
- 1:00 PM LOW IMPACT FITNESS
- 2:45 PM STRENGTH & BALANCE
- 7:00 PM MOVIE

**26**

- 9:30 AM WALK & LU
- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 11:00 AM OPEN AIR
- 1:00 PM WEDNESDAY BRIDGE GAME
- 1:45 PM ZUMBA
- 2:00 PM P102 BLOC
- 2:00 PM MEXICAN
- 3:30 PM STICH AND
- 7:00 PM MOVIE



	<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>NEW YEAR</b>	<b>30</b>	<b>31</b>	<b>1 AMERICAN HEART MONTH</b>
STRENGTH & BALANCE	1:00 PM ASIAN MAHJONG	9:30 AM STRENGTH & BALANCE	10:00 AM MORNING MEDITATION
FITNESS	1:00 PM GREAT COURSES	10:30 AM INTERMEDIATE MAHJONG	11:00 AM DOWNTOWN WALK & LUNCH
READING DISCUSSION	1:00 PM RUMMIKUB GROUP	10:30 AM AQUA FITNESS	11:00 AM FILM TALKS WITH BILLY
PLAY BRIDGE GROUP	1:00 PM LOW IMPACT FITNESS	1:00 PM EXPERIENCED BRIDGE CLUB	1:00 PM ZUMBA
ART TRAINING	1:45 PM GENTLE YOGA STRETCH	2:30 PM STRENGTH & BALANCE	7:00 PM MOVIE
NEW YEAR	2:45 PM STRENGTH & BALANCE	3:45 PM COCKTAIL HOUR	
BLOOD PRESSURE CHECK	7:00 PM EVENING NIGHTCAP	7:00 PM FILM STUDIES MOVIE	
TRAIN GROUP			
CHAT			
	<b>6</b>	<b>7 NAT'L WEAR RED DAY</b>	<b>8</b>
STRENGTH & BALANCE	1:00 PM ASIAN MAHJONG	9:30 AM STRENGTH & BALANCE	10:00 AM MORNING MEDITATION
LOCATION: SAUSALITO	1:00 PM GREAT COURSES	10:30 AM INTERMEDIATE MAHJONG	11:00 AM LOBBY: GIRL SCOUT COOKIES
FITNESS	1:00 PM RUMMIKUB GROUP	10:30 AM AQUA FITNESS	1:00 PM ZUMBA
READING DISCUSSION	1:00 PM LOW IMPACT FITNESS	1:00 PM EXPERIENCED BRIDGE CLUB	2:00 PM HEART SHAPED WREATHS
PLAY BRIDGE GROUP	1:45 PM GENTLE YOGA STRETCH	1:00 PM SHOPPING: COSTCO	4:30 PM MSFS MOVIE IN THE PARK
BLOOD PRESSURE CHECK	2:45 PM STRENGTH & BALANCE	2:30 PM STRENGTH & BALANCE	7:00 PM MOVIE
TRAIN GROUP	4:00 PM CLEVER WORD GAMES	3:45 PM COCKTAIL HOUR	
CHAT	7:00 PM EVENING NIGHTCAP	7:00 PM MOVIE	
	<b>13</b>	<b>14 VALENTINE'S DAY</b>	<b>15</b>
HEALTHY WALK		9:30 AM STRENGTH & BALANCE	
STRENGTH & BALANCE		10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
FITNESS	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	1:00 PM ZUMBA
READING DISCUSSION	1:00 PM GREAT COURSES	1:00 PM EXPERIENCED BRIDGE CLUB	2:30 PM FEBRUARY BIRTHDAY PARTY
PLAY BRIDGE GROUP	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	7:00 PM MOVIE
BLOOD PRESSURE CHECK	1:00 PM LOW IMPACT FITNESS	3:45 PM VALENTINE'S COCKTAIL HOUR	
TRAIN GROUP	1:45 PM GENTLE YOGA STRETCH	7:00 PM MOVIE	
THE LOBBY	2:45 PM STRENGTH & BALANCE		
CHAT	6:30 PM BINGO		
	<b>20</b>	<b>21</b>	<b>22</b>
STRENGTH & BALANCE	10:30 AM BOOK CLUB		
FITNESS	1:00 PM ASIAN MAHJONG	9:30 AM STRENGTH & BALANCE	10:00 AM MORNING MEDITATION
READING DISCUSSION	1:00 PM GREAT COURSES	10:30 AM INTERMEDIATE MAHJONG	12:00 PM BEDFORD GALLERY: STITCHED
PLAY BRIDGE GROUP	1:00 PM RUMMIKUB GROUP	10:30 AM AQUA FITNESS	1:00 PM ZUMBA
BLOOD PRESSURE CHECK	1:00 PM LOW IMPACT FITNESS	1:00 PM EXPERIENCED BRIDGE CLUB	7:00 PM MOVIE
TRAIN GROUP	1:45 PM GENTLE YOGA STRETCH	1:00 PM SHOPPING: RHEEM VALLEY	
CHAT	2:45 PM STRENGTH & BALANCE	2:30 PM STRENGTH & BALANCE	
	4:00 PM CLEVER WORD GAMES	3:45 PM COCKTAIL HOUR	
	7:00 PM EVENING NIGHTCAP	7:00 PM MOVIE	
	<b>27</b>	<b>28</b>	<b>1</b>
LOCATION: HEATHER FARM			
STRENGTH & BALANCE	1:00 PM ASIAN MAHJONG	9:30 AM STRENGTH & BALANCE	10:00 AM MORNING MEDITATION
FITNESS	1:00 PM GREAT COURSES	10:30 AM INTERMEDIATE MAHJONG	11:00 AM FILM TALKS WITH BILLY
READING DISCUSSION	1:00 PM RUMMIKUB GROUP	10:30 AM AQUA FITNESS	1:00 PM ZUMBA
PLAY BRIDGE GROUP	1:00 PM LOW IMPACT FITNESS	1:00 PM EXPERIENCED BRIDGE CLUB	4:30 PM MSFS MOVIE IN THE PARK
BLOOD PRESSURE CHECK	1:45 PM GENTLE YOGA STRETCH	2:30 PM STRENGTH & BALANCE	7:00 PM MOVIE
TRAIN GROUP	2:45 PM STRENGTH & BALANCE	3:45 PM COCKTAIL HOUR	
CHAT	7:00 PM EVENING NIGHTCAP	7:00 PM FILM STUDIES MOVIE	



# FEBRUARY EVENTS AT THE LESHER CENTER

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



FEB 01

**MOZART SERENITY**

CALIFORNIA SYMPHONY

02/01/2025 - 02/02/2025

**Mozart Serenity**

A world-famous Spanish guitar concerto and Mozart's genius.



FEB 04

**TAKE IT TO THE LIMIT**

**EAGLES TRIBUTE**

7:30 PM - 9:30 PM

**Take It To The Limit - A Tribute to the Eagles**

Get ready for an unforgettable night of live music as some of Canada's



FEB 07

02/07/2025 - 02/08/2025

**Diablo Ballet's Cinderella's Wedding**

Based on the second act full-length fairytale ballet



FEB 09

02/09/2025 - 03/02/2025

**FROGGY**

World Premiere of a Graphic Novel Noir Thriller



FEB 09

**DIABLO SYMPHONY ORCHESTRA**

2:00 PM - 3:15 PM

**Sounds of the Americas: American Dance!**

Celebrating the incredible variety of dance music composed and



FEB 15

chamber music San Francisco

2:30 PM - 4:30 PM

**Calefax**

A sound like no other!



FEB 20

7:30 PM - 9:00 PM

**Mandy Patinkin in Concert: Being Alive with Adam**

From Evita to The Princess Bride to TV's "Homeland", the Broadway



FEB 21

02/21/2025 - 02/22/2025

**College Notes A Cappella**

A cappella groups from top universities from across the country.



FEB 23

3:00 PM - 5:00 PM

**Simply Sinatra: 110 Years of Ol' Blue Eyes**

Celebrate the 110 Year Anniversary of Frank Sinatra With Us!



FEB 24

**NEWSMAKERS 20**  
LESHER SPONSORED SERIES  
2025 SEASON 20



Vicente Fox

7:30 PM - 9:00 PM

**Newsmakers: Vicente Fox**

Humanitarian and Former President of Mexico 2000-2006



FEB 28

02/28/2025 - 03/02/2025

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

A new generation of comedic talent!

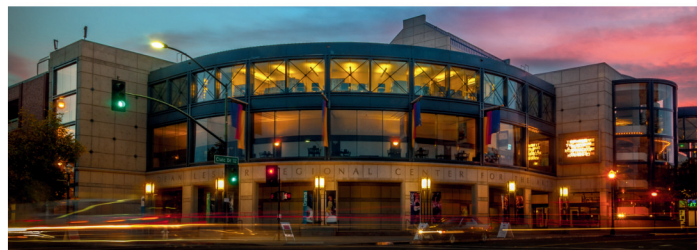
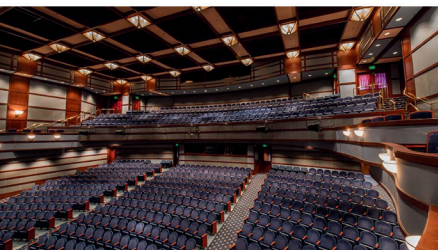


FEB 28

7:30 PM - 9:30 PM

**Ray Charles, Chuck Berry, Little Richard & Friends**

Ray Charles & Friends' highlights some of the greatest soul





# American Heart Month



Heart disease remains the leading cause of death in the U.S., but the good news is that it's largely preventable through simple, heart-healthy habits. **February is American Heart Month**, a time to focus on improving cardiovascular health, spreading awareness, and taking proactive steps toward a healthier lifestyle.

At The Heritage Downtown, we're embracing this vital cause with activities that encourage physical activity and heart health. Join us Wednesday February 12 at 9:30 AM for a Heart-Healthy Walk around our beautiful community. Walking is one of the easiest and most effective ways to support your heart, improve circulation, and boost your overall mood.

## Quick Tips for a Healthy Heart:

1. **Move More:** Aim for at least 30 minutes of moderate physical activity most days. Walking, dancing, and yoga are great options.
2. **Eat Heart-Healthy Foods:** Include more fruits, vegetables, whole grains, lean proteins, and healthy fats in your diet. Try to limit sodium and added sugars.
3. **Know Your Numbers:** Regularly monitor your blood pressure, cholesterol, and blood sugar levels.
4. **Stay Hydrated:** Drinking plenty of water supports circulation and overall health.
5. **Manage Stress:** Engage in mindfulness, meditation, or hobbies that bring you joy.

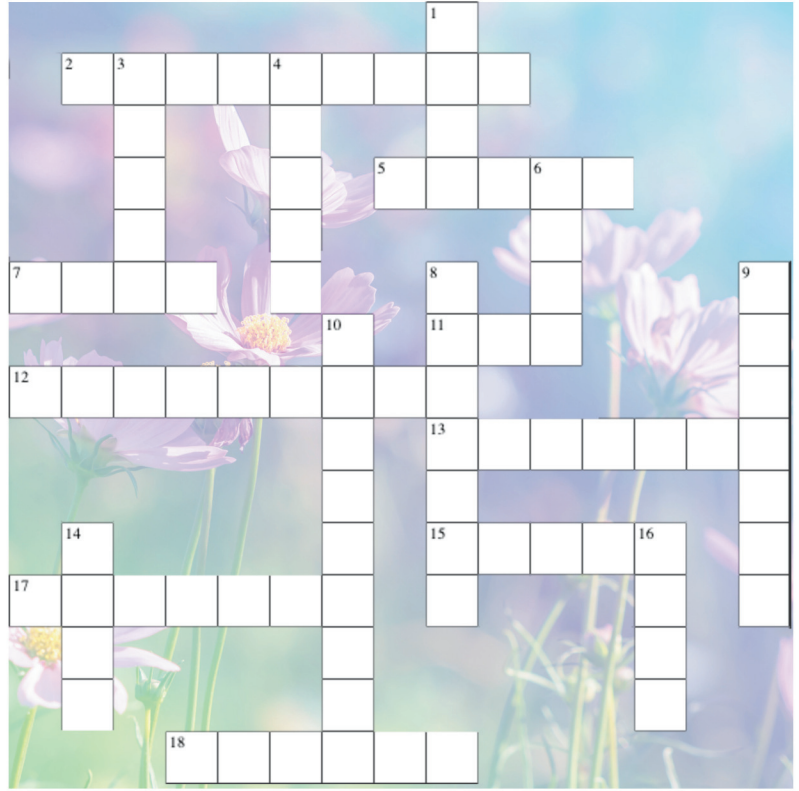
**By taking small, consistent steps, we can make a big difference in our heart health. Let's walk together toward a healthier future!**



# THD Monthly Puzzles • Holidays

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

FLOWERS	GIFT	CARDS	KISSES
CHOCOLATE	HUGS	HEART	ARROW
VALENTINE	LOVE	CUPID	FEBRUARY



## ACROSS

- A GENTLE FEELING OF FONDNESS
- SYMBOL OFTEN ASSOCIATED WITH LOVE
- A ROMANTIC OUTING
- AN AFFECTIONATE EMBRACE
- A SWEET VALENTINE'S GIFT
- A FEELING OF EXCITEMENT AND LOVE
- THE BEGINNING OF ROMANTIC ATTRACTION
- A COLLECTION OF FLOWERS, OFTEN GIFTED
- TWO PEOPLE DEEPLY IN LOVE

## DOWN

- A CLASSIC VALENTINE'S DAY FLOWER
- PLAYFULLY SHOWING ROMANTIC INTEREST
- ROMAN GOD OF LOVE
- A SYMBOL OF COMMITMENT OR MARRIAGE
- TO DEEPLY VALUE SOMEONE
- HOW LONG LOVE IS OFTEN PROMISED
- A PERSON YOU EXPRESS LOVE TO ON FEBRUARY 14TH.
- OFTEN WRITTEN TO EXPRESS LOVE
- A GESTURE OF LOVE, OFTEN ON THE LIPS

## THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

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

