

www.TheHeritageDowntown.com •

Tel: 925.943.7427



The Heritage Downtown

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1785 Shuey Ave, Walnut Creek, CA 94596



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 Director Cidney Carbah

Executive Chef Agustin Gutierrez

Housekeeping Supervisor Norma Garcia



We would like to celebrate the following residents:

3/01	Lee C.
3/02	Kerry H.
3/02	Sylvia K.
3/08	Janice S.
3/16	Anne S.
3/17	Mary Ann D
3/24	Marilyn D.
3/26	Carle H.
3/27	Jay P.
3/28	Gerry M.

THD Monthly Events & Excursions



ST. PATRICK'S DAY FIDDLE PERFORMANCE MARCH 17, AT 4:00 PM

Join us for a festive St. Patrick's Day celebration featuring a lively fiddle performance and a delicious Irish-inspired dinner at our onsite restaurant, Newton's!



MOROCCAN NIGHTS

MARCH 20, AT 7:00 PM

Experience the magic of Moroccan Nights with a professional belly dance performance, perfect to enjoy after a flavorful Moroccanthemed dinner in our onsite restaurant, Newton's!



FILOLI GARDENS

MARCH 26, AT 11:00 AM

Join us for an enchanting excursion to Filoli Gardens, where the vibrant daffodils and camellias are in full bloom, showcasing the breathtaking beauty of spring!



MARCH MADNESS & ELITE 8 BRACKETS

FRIDAY, MARCH 28

Get in on the action with our March Madness Elite 8 bracket contest, and don't miss the excitement as we screen the championship game in our onsite cinema!

MARCH 2025

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SUNDAY	ΜΟΝΟΑΥ	TUESDAY	WEDNI
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Lesher Center of the Performing Arts · Shows & Events

MARCH EVENTS AT THE LESHER CENTER

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



We Will Rock With You - A Night of Queen & Michael Experience the incredible musical legacies, Queen & Michael Jacksor



7.30 PM = 9.15 PI A Tribute To Henry Mancini Come and experience the timeless classics of Henry Mancini, from *The



5:30 PM - 7:00 PM **Cocktails & Conversation** With Stitched Artist Nneka Jones @ArtYouHungry



03/22/2025 - 03/23/2025 Tchaikovsky Passion Stirring music that's full of emotion and drama



MAR

20th Annual East Bay Women's Conference Engage, Inspire, Motivate



0.30 AM = 12:00 PM Embroider Together with Stitched artist Kim An all-ages workshop!



/14/2025 - 03/15/2025 Dance Theatre of Harlem The world-renowned multi-ethnic dance company returns for a two



2:30 PM - 4:30 PM Leonkoro String Quartet Bay Area debut!



AXIS Dance Company AXIS dancers introduce the audience to an integrated dance experience.

11:00 AM - 12:00 PM



:30 PM - 4:30 PM Corey Cerovsek and Friends With Corey Cerovsek, Lucienne Renaudin Vary, Félicien Brut, and



3/14/2025 - 03/15/2025 Best of San Francisco Stand-Up Comedy A new ge on of com



7:30 PM - 9:30 PM Spring Concert An uplifting mix of contemporary and classic wind band pieces that



03/06/2025 - 03/07/2025 DLUX Puppets' Peter Pan Fly into Neverland with Wendy, Peter Pan and Tinker Bell in this new



A Tribute to Billy Joel with **Billy Nation**



03/21/2025 - 03/22/2025 Best of San Francisco Stand-Up Comedy A new generation of comedic talent



5:30 PM - 7:30 PM Embroidery 101 With stitching expert Laura Tandeske



Newsmakers: Donna Brazile & George Will Donna Brazile & George Will



12:30 PM - 2:30 PM **Bedford Gallery Noise** Interference Bedford Gallery will have noise interference M ch 6 from 12:30



00 PM - 3:30 P Keep Calm and Trust Band Music

A collection of serious music ranging from marches to modern.



4:30 PM - 6:00 The Saklan School Annual Concert Students sl se their musical



03/28/2025 - 03/29/2028 Diablo Ballet's Swan Lake Suite This iconic ballet set to Pyotr Tchaikovsky's majestic score.



03/07/2025 - 03/08/2025 **Best of San Francisco** Stand-Up Comedy A new generation of comedic talent



Once Upon A Time: The Adventures of Goldilocks

A cleverly tuneful combination of two favorites!



:30 PM - 9:15 PM Sisters Easter Catechism: Will My Bunny Go To wHOLY hysterical!



03/28/2025 - 03/29/2025 **Best of San Francisco** Stand-Up Comedy A new generation of comedic talent!



3/30/2025 - 04/20/2025 The Roommate Who says being single, middle-aged, and an empty nester is a bum





:30 PM - 9:00 PN









usical celebration of one of the best-selling artists of all time

The Heritage Downtown Wins Best of Senior Living 2025!



We are thrilled to share that The Heritage Downtown has been named a **Best of Senior Living 2025** award winner by A Place for Mom! This marks our third consecutive year receiving this prestigious honor, and we couldn't have done it without our wonderful residents, families, and dedicated team.

The Best of Senior Living Award is given to the top-rated senior communities in the based on real reviews from country, residents and their families. To qualify, a community must maintain exceptional high satisfaction scores, reviews, and outstanding service. Winning three years in a row is a true testament to the welcoming, vibrant, and fulfilling lifestyle we offer here at The Heritage Downtown.

A HEARTFELT THANK YOU

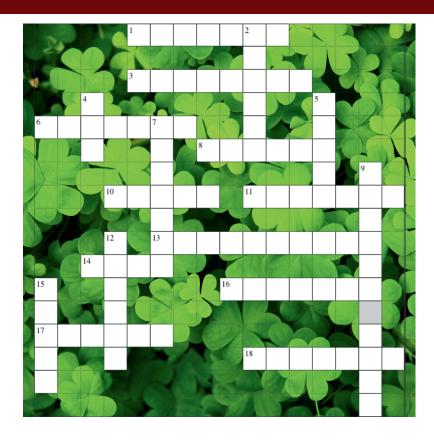
This award belongs to all of you—our residents, families, and staff. Your trust, enthusiasm, and participation make The Heritage Downtown the best senior living community in Walnut Creek. We are honored to receive this recognition and remain committed to providing the very best in senior living.

Take a look at our reviews that won us the Best of Senior Living Award 2025!



THD Monthly Puzzles

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ACROSS

1 THE SAINT HONORED ON MARCH 17

3 A THREE-LEAFED PLANT ASSOCIATED WITH LUCK **6** A POPULAR IRISH SPIRIT

8 A FESTIVE MARCH CELEBRATING ST. PATRICK'S DAY

10 THE MONTH ST. PATRICK'S DAY FALLS IN

11 OFTEN LEADS TO A POT OF GOLD IN FOLKLORE

13 A MISCHIEVOUS IRISH FAIRY KNOWN FOR GUARDING POTS OF GOLD

14 THE TREASURE AT THE END OF THE RAINBOW

16 THE COUNTRY MOST ASSOCIATED WITH ST. PATRICK'S DAY **17** A TERM FOR THE CULTURAL HERITAGE OF IRELAND

18 FAMOUS IRISH CASTLE AND STONE SAID TO GRANT ELOQUENCE

DOWN

2 A LUCKY PLANT, ESPECIALLY WHEN IT HAS FOUR LEAVES 4 A LIVELY IRISH DANCE 5 THE COLOR MOST ASSOCIATED WITH MARCH 17 7 IRELAND'S NICKNAME, "THE ___ ISLE" 9 A DISH OFTEN EATEN ON ST. PATRICK'S DAY 12 A STAPLE FOOD IN IRISH CUISINE 15 WHAT PEOPLE HOPE TO BE ON ST. PATRICK'S DAY

THE HERITAGE DOWNTOWN

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