





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

Activities Director
Ted Treat

Executive Chef
Joel Torres

Housekeeping Supervisor
Norma Garcia

HAPPY
Birthday

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

05/01	Doreen D.
05/02	Lester M.
05/05	Lynn D.
05/05	Galene K.
05/08	Eddie A.
05/11	Farna S.
05/11	Barbara V,
05/15	Perviz K.
05/19	John P.
05/21	Judie A.
05/21	Elsie W.
05/24	Arlene G.
05/27	Gretchen A.
05/28	Richard E.

THD Monthly Events & Excursions



CINCO DE MAYO

MAY 2 AT 2:00 PM

Join us for our Cinco de Mayo celebration with music, food, and fun! Don't miss the celebration. Live performance by Mariachi Monumental Mariachi's in our garden courtyard!



MOTHER'S DAY BRUNCH

MAY 11 AT 10:30 AM

Join us on Mother's Day for a delicious champagne brunch with wonderful friends and family in our on-site restaurant, Newton's!



HANDS ON WITH AI

MAY 14 AT 3:00 PM

Join our hands-on class to explore AI tools like ChatGPT! Learn, create, and discover the power of AI together in our on-site cinema!



SAN FRANCISCO BOTANICAL GARDEN

MAY 20 AT 10:00 AM

Join us on a wonderful excursion to discover beauty at the San Francisco Botanical Garden! Come explore vibrant blooms and peaceful paths. Nature awaits you!

MAY 2025




LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

<div><div>VAN SERVICE MONDAYS - FRIDAYS: 9AM - 5PM SATURDAY & SUNDAYS: 9AM - 4PM</div></div>	<div><div>MOTHER'S DAY MAY 11</div></div>	<div><div>MEMORIAL DAY MAY 26</div></div>	<div>30<div>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRUNCH 1:45 PM ZUMBA 2:00 PM TIPS & TRICKS 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TALK 3:30 PM STITCH AND SEW 7:00 PM MOVIE 7:00 PM EVENING MOVIE</div></div>
<div>4<div>12:00 PM SHOPPING VERANDA 7:00 PM MOVIE 7:00 PM BOOK CLUB</div></div>	<div>5<div>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</div></div>	<div>6<div>11:00 AM CHAIR VOLLEYBALL 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:00 PM PHOTOGRAPHY WALK 2:45 PM STRENGTH & BALANCE 7:00 PM MOVIE</div></div>	<div>7<div>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRUNCH 1:45 PM ZUMBA 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TALK 3:30 PM STITCH AND SEW 7:00 PM MOVIE 7:00 PM EVENING MOVIE</div></div>
<div>11<div>MOTHER'S DAY 10:30 AM NEWTON'S MOTHER DAY BRUNCH 1:00 PM SUNDAY SCENIC DRIVE 7:00 PM MOVIE</div></div>	<div>12<div>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 BUNCO FUN 7:00 PM MOVIE</div></div>	<div>13<div>11:00 AM LADDERBALL 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:00 PM TECTONIC EVOLUTION OF MT. DIABLO 2:45 PM STRENGTH & BALANCE 7:00 PM MOVIE</div></div>	<div>14<div>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRUNCH 1:45 PM ZUMBA 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TALK 3:00 PM HANDS ON 3:30 PM STITCH AND SEW 7:00 PM MOVIE 7:00 PM EVENING MOVIE</div></div>
<div>18<div>3:00 PM HOPPY IPA SUNDAY 7:00 PM MOVIE</div></div>	<div>19<div>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</div></div>	<div>20<div>10:00 AM SF BOTANICAL GARDENS 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</div></div>	<div>21<div>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRUNCH 1:45 PM ZUMBA 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TALK 3:30 PM STITCH AND SEW 7:00 PM MOVIE 7:00 PM EVENING MOVIE</div></div>
<div>25<div>12:00 PM SHOPPING LIVERMORE OUTLETS 3:00 PM SUNDAY SOCIAL 7:00 PM MOVIE</div></div>	<div>26<div>MEMORIAL DAY 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</div></div>	<div>27<div>11:00 AM CORNHOLE 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:00 PM MOVIE</div></div>	<div>28<div>NAT'L SENIORS & FITNESS 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRUNCH 1:45 PM ZUMBA 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TALK 3:00 PM SENIOR HEALTH 3:30 PM STITCH AND SEW 7:00 PM MOVIE 7:00 PM EVENING MOVIE</div></div>

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

ESDAY	THURSDAY	FRIDAY	SATURDAY
& BALANCE ESS AY BRIDGE GROUP PHONE PHOTOGRAPHY D PRESSURE CHECK TRAIN GROUP D CHAT MEDITATION	1 GIANTS BASEBALL DAY 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 7:00 PM EVENING NIGHTCAP	2 9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 2:00 PM CINCO DE MAYO COCKTAIL HOUR 7:00 PM MOVIE 	3 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:00 AM FILM TALKS WITH BILLY 1:00 PM ZUMBA 2:30 PM AMERICAN MAHJONG 3:00 PM KENTUCKY DERBY WATCH PARTY 7:00 PM MOVIE
& BALANCE ESS AY BRIDGE GROUP D PRESSURE CHECK TRAIN GROUP D CHAT MEDITATION	8 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 7:00 PM EVENING NIGHTCAP	9 9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR 7:00 PM MOVIE	10 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 1:00 PM ZUMBA 2:00 PM MOTHER'S DAY CRAFT 2:30 PM AMERICAN MAHJONG 7:00 PM MOVIE
& BALANCE ESS AY BRIDGE GROUP D PRESSURE CHECK TRAIN GROUP WITH AI D CHAT MEDITATION	15 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 7:00 PM EVENING NIGHTCAP	16 NAT'L MIMOSA DAY 9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM MURAL CELEBRATION EVENT 7:00 PM MOVIE	17 10:00 AM MORNING MEDITATION 1:00 PM ZUMBA 2:30 PM AMERICAN MAHJONG 3:00 PM PREAKNESS HORSE RACE WATCH PARTY 7:00 PM MOVIE
& BALANCE ESS AY BRIDGE GROUP D PRESSURE CHECK TRAIN GROUP D CHAT MEDITATION	22 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 7:15 PM BINGO	23 9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR 7:00 PM MOVIE	24 10:00 AM MORNING MEDITATION 1:00 PM ZUMBA 2:30 PM AMERICAN MAHJONG 4:30 PM MTN SHADOWS FILM SOCIETY 7:00 PM MOVIE
NIOR HEALTH NESS DAY & BALANCE ESS AY BRIDGE GROUP D PRESSURE CHECK TRAIN GROUP ALTH & FITNESS EVENT D CHAT MEDITATION	29 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 7:00 PM EVENING NIGHTCAP	30 9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR 7:00 PM MOVIE	31 10:00 AM MORNING MEDITATION 1:00 PM ZUMBA 2:30 PM AMERICAN MAHJONG 7:00 PM MOVIE

Lesher Center of the Performing Arts • Shows & Events

MAY EVENTS AT THE LESHER CENTER

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



05/02/2025 - 05/03/2025

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



7:30 PM - 9:30 PM

The Wonder of Elvis starring Greg Miller

DIRECT FROM LAS VEGAS!



05/03/2025 - 05/04/2025

Unfinished Bruckner

A striking pair of unfinished masterpieces.



7:00 PM - 8:30 PM

Postcards from Broadway, Vol. 1

An evening of music representing the golden days of Broadway.



05/08/2025 - 05/11/2025

Wizard of Oz

Follow the yellow brick road with Dorothy and friends!



05/08/2025 - 05/10/2025

Teen Production Workshop: HADESTOWN

Teen Edition of the haunting, jazz-inflected folk opera.



05/09/2025 - 05/10/2025

Contra Costa Ballet Spring Performance

Repertoire program featuring works of the directors Richard Cammack



2:00 PM - 4:00 PM

A Musical Mother's Day: River Journeys

Travel down the Mississippi with Florence Price and the Moldau with



7:30 PM - 9:00 PM

Newsmakers: Dave Barry

Pulitzer Prize-Winning Author and Humorist



05/16/2025 - 05/17/2025

Ballet Spring Concert

An unforgettable evening celebrating the beauty and innovation of ballet!



05/16/2025 - 05/17/2025

Diablo Ballet's Alice in Wonderland

A brand-new production of "Alice in Wonderland" by Brian Enos.



8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



05/17/2025 - 05/18/2025

Spring Piano Recital

Opportunity for students to showcase their work and express



10:00 AM - 11:00 AM

Public Art Walking Tour

Route 2: Plaza Escuela & shopping areas (Locust, Plaza Escuela, and



11:00 AM - 12:30 PM

Freestyle Art With Limitless Artist Dinah

An all-ages, all-abilities community workshop!



7:00 PM - 8:00 PM

Happiness the Musical: A Peanuts Musical Revue!

A celebration of storytelling, growth, and the pure delight of theatre



3:00 PM - 5:30 PM

Kala Siddhi Spring Concert

Celebrate the joy of dance with us!



3:00 PM - 4:30 PM

Fifty Years of Pop Culture

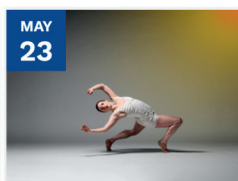
Featuring tunes from radio, Japanese anime, the big screen as well as the



05/23/2025 - 05/24/2025

Community Arts Dance Ensemble Spring Concert

A captivating celebration of dance and artistry



05/23/2025 - 05/24/2025

Smuin's Dance Series 2

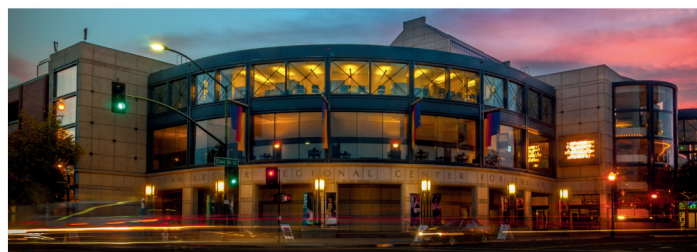
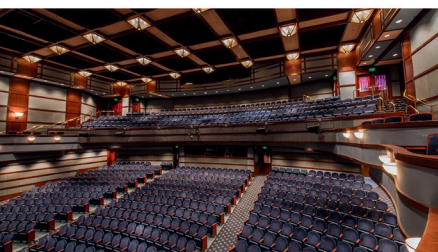
New premieres and old favorites



05/29/2025 - 06/01/2025

Sweeney Todd School Edition

An infamous tale of Sweeney Todd, the unjustly exiled barber.



May Moments at The Heritage Downtown



As spring turns to summer and the days grow longer, May invites us to step outside, breathe in the fresh air, and soak up every sunny moment.

At The Heritage Downtown, May is a time for blooming flowers, light jackets, and lighthearted fun. Whether you're enjoying a stroll through the courtyard, brunching at Newton's, or joining one of our wellness classes, there's something magical about this time of year.

Let this month be a gentle reminder: *you're never too old to try something*

new, laugh a little louder, or spend a little longer enjoying the sunshine. Say yes to that outing, that class, that new neighbor you haven't met yet.

Because the best days? They often start with a simple "why not?"

Here's to May—may it be joyful, warm, and filled with new memories.

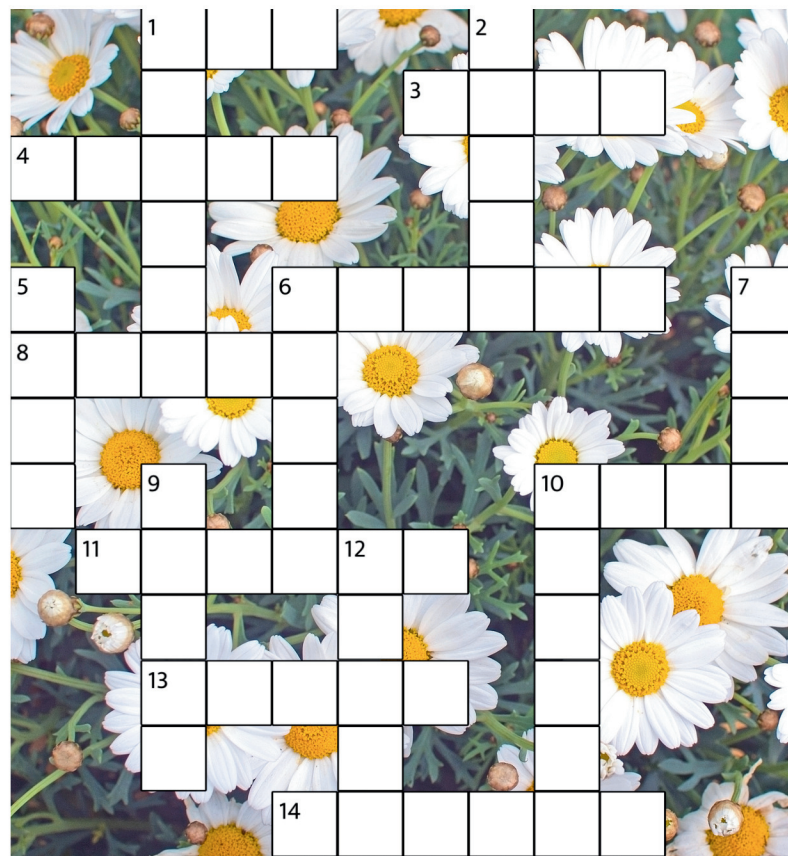
**SCAN THE QR TO TAKE A
LOOK AT THIS MONTH'S
EVENT CALENDAR!**



THD Monthly Puzzles

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

KIND	MOTHER	CHILD	CARING
HUGS	GIVING	PARENT	MOM
FAMILY	FRIEND	HELPFUL	LOVING



ACROSS

- 1 THE MONTH WE CELEBRATE MOTHER'S DAY.
- 3 A WARM GESTURE THAT SAYS "I CARE."
- 4 ONE PART OF A FLOWER'S BLOSSOM.
- 6 A SOFT WIND COMMON IN SPRINGTIME.
- 8 THE MONTH WHEN SPRING REALLY STARTS TO SHINE.
- 10 YOU GIVE THIS TO MOM TO SHOW APPRECIATION.
- 11 WHAT BOTH SPRING SUNSHINE AND MOMS GIVE.
- 13 WHAT MOM WEARS BEST—AND WHAT HER LOVE BRINGS OUT IN YOU
- 14 THE SEASON WHEN EVERYTHING BEGINS TO BLOOM.

DOWN

- 1 THE STAR OF THE DAY IN MAY.
- 2 THE ROLE MOMS OFTEN PLAY WHEN YOU'RE SICK.
- 5 YOU MIGHT WRITE A SWEET NOTE IN ONE FOR MOM.
- 6 WHAT FLOWERS DO IN SPRING.
- 7 WHERE BIRDS RAISE THEIR BABIES IN SPRING.
- 9 A CHEERFUL WHITE FLOWER THAT THRIVES IN SPRING.
- 10 WHERE SPRING FLOWERS GROW AND FLOURISH.
- 12 A BRIGHT SPRING FLOWER IN MANY COLORS.

THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

www.TheHeritageDowntown.com

