





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

**Assistant Director
& Sales Director**
Jenny Shively

Activities
Ted Treat
Camille Vernick

Executive Chef
Joel Torres

Housekeeping Supervisor
Norma Garcia

HAPPY
Birthday

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

07/04	Cosette M.
07/07	Mary Alice R.
07/12	Evelyn D.
07/16	Mary F.
07/16	Charles D.
07/16	Martin B.
07/17	Marlene T.
07/20	Joseph R.
07/25	Sheila G.
07/25	Susan O.
07/30	Steven K.
07/30	Dusan P.

THD Monthly Events & Excursions



ANNUAL 4TH OF JULY CELEBRATION

FRIDAY, JULY 4, 11:00 AM

Celebrate the 4th of July with us! Enjoy delicious BBQ and toe-tapping live music by the Diablo Rhythm Wranglers in our Garden Courtyard. Fun, food, friends and family!



MURAL DEDICATION CEREMONY

FRIDAY, JULY 25, 3:00 PM

Join us as we proudly dedicate a vibrant new mural by Trenton Gregory, world-class artist and muralist, overlooking our Liberty Pavilion. This stunning work of art—now a centerpiece of our community—will be formally presented and dedicated to our residents in a special ceremony held in our Liberty Pavilion.



SOUND OF MUSIC SING-A-LONG WITH CAROL LARIMORE

SUNDAY, JULY 20, 3:00 PM

Enjoy a dazzling performance by Carol Larimore as she sings and plays piano in our lobby. Featuring songs from The Sound of Music, with a sing-along twist, and a few heartfelt originals for good measure.



EXCURSION TO THE OAKLAND MUSEUM OF CALIFORNIA

WEDNESDAY, JULY 30, 10:30 AM

Join us as we explore vibrant exhibits that blend art, history, and science, all with a unique California twist. This welcoming, interactive museum celebrates the people, places, and spirit that make our state special.

JULY 2025

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

 <p>VAN SERVICE MONDAYS - FRIDAYS: 9AM - 5PM SATURDAY & SUNDAYS: 9AM - 4PM</p>	 <p>INDEPENDENCE DAY JULY 4</p>	<p>1</p> <p>11:00 AM CHAIR VOLLEYBALL 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE</p>	<p>2</p> <p>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAKEAWAY 3:30 PM STITCH AND SEW 7:30 PM MOVIE</p>
<p>6</p>  <p>2:00 PM CREATIVE WRITING ROUND 3:00 PM CHAT & SNACK 7:00 PM MOVIE</p> 	<p>7</p> <p>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 7:30 PM MOVIE</p>	<p>8</p> <p>10:30 AM MUSEUM OF FINE ARTS SAN FRANCISCO 11:00 AM LADDERBALL 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE</p>	<p>9</p> <p>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAKEAWAY 3:30 PM STITCH AND SEW 7:30 PM MOVIE</p>
<p>13</p> <p>1:00 PM SUNDAY SCENIC DRIVE 3:00 PM DESTINATION DOWNTOWN 7:00 PM MOVIE</p> 	<p>14</p> <p>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 7:30 PM MOVIE</p>	<p>15</p> <p>11:00 AM CHAIR VOLLEYBALL 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE</p>	<p>16</p> <p>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAKEAWAY 3:30 PM STITCH AND SEW 7:30 PM MOVIE</p>
<p>20</p> <p>1:00 PM RHEEM VALLEY SHOPPING 3:00 PM CAROL LARIMORE "SOUND OF MUSIC" 5:00 PM BOOK GROUP 7:00 PM MOVIE</p> 	<p>21</p> <p>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 7:30 PM MOVIE</p>	<p>22</p> <p>10:30 AM ANGEL ISLAND 11:00 AM CORN HOLE 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE</p>	<p>23</p> <p>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAKEAWAY 3:30 PM STITCH AND SEW 7:30 PM MOVIE</p>
<p>27</p> <p>2:00 PM SUMMER ICE CREAM PARTY 3:30 PM DINNER DOWNTOWN 7:00 PM MOVIE</p> 	<p>28</p> <p>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 7:30 PM MOVIE</p>	<p>29</p> <p>11:00 AM CHAIR VOLLEYBALL 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE</p>	<p>30</p> <p>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAKEAWAY 3:30 PM STITCH AND SEW 7:30 PM MOVIE</p>

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

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3	4 INDEPENDENCE DAY	5
STRENGTH & BALANCE	11:00 AM CHAIR VOLLEYBALL	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
YOGA	1:00 PM ASIAN MAHJONG	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
DAY BRIDGE GROUP	1:00 PM GREAT COURSES	10:30 AM AQUA FITNESS	11:00 AM FILM TALKS WITH BILLY
	1:00 PM RUMMIKUB GROUP	11:00 AM 4TH OF JULY BBQ	1:00 PM ZUMBA
BLOOD PRESSURE CHECK	1:00 PM LOW IMPACT FITNESS	1:00 PM EXPERIENCED BRIDGE CLUB	2:00 PM CARD MAKING CRAFT WITH DORI
TRAINING GROUP	1:45 PM GENTLE YOGA STRETCH	2:30 PM STRENGTH & BALANCE	2:00 PM AMERICAN MAHJONG
CHAT	2:45 PM STRENGTH & BALANCE	7:30 PM MOVIE FOR FILM STUDIES	4:30 PM MOUNTAIN SHADOWS FILM SOCIETY FILM IN THE PARK
	7:00 PM EVENING NIGHTCAP		7:30 PM MOVIE
	10	11	12
STRENGTH & BALANCE	1:00 PM ASIAN MAHJONG	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
YOGA	1:00 PM GREAT COURSES	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
DAY BRIDGE GROUP	1:00 PM RUMMIKUB GROUP	10:30 AM AQUA FITNESS	1:00 PM ZUMBA
	1:00 PM LOW IMPACT FITNESS	1:00 PM EXPERIENCED BRIDGE CLUB	11:00 AM JOHN LARIMORE: MOTHER'S COURAGE
BLOOD PRESSURE CHECK	1:45 PM GENTLE YOGA STRETCH	2:30 PM STRENGTH & BALANCE	2:30 PM AMERICAN MAHJONG
TRAINING GROUP	2:45 PM STRENGTH & BALANCE	3:00 PM COCKTAIL HOUR	7:30 PM MOVIE
CHAT	7:00 PM EVENING NIGHTCAP	7:30 PM MOVIE	
	17	18	19
STRENGTH & BALANCE	11:00 AM CHAIR VOLLEYBALL	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
YOGA	1:00 PM ASIAN MAHJONG	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
DAY BRIDGE GROUP	1:00 PM GREAT COURSES	10:30 AM AQUA FITNESS	1:00 PM ZUMBA
	1:00 PM RUMMIKUB GROUP	1:00 PM EXPERIENCED BRIDGE CLUB	2:00 PM AMERICAN MAHJONG
BLOOD PRESSURE CHECK	1:00 PM LOW IMPACT FITNESS	2:30 PM STRENGTH & BALANCE	4:30 PM MOUNTAIN SHADOWS FILM SOCIETY FILM IN THE PARK
TRAINING GROUP	1:45 PM GENTLE YOGA STRETCH	3:00 PM COCKTAIL HOUR	7:30 PM MOVIE
CHAT	2:45 PM STRENGTH & BALANCE	7:30 PM MOVIE	
	5:00 PM SUMMER CONCERT EVENT AT THE LESHER		
	7:15 PM BINGO		
	24	25	26
STRENGTH & BALANCE	1:00 PM ASIAN MAHJONG	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
YOGA	1:00 PM GREAT COURSES	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
DAY BRIDGE GROUP	1:00 PM RUMMIKUB GROUP	10:30 AM AQUA FITNESS	1:00 PM ZUMBA
	1:00 PM LOW IMPACT FITNESS	1:00 PM EXPERIENCED BRIDGE CLUB	2:00 PM AMERICAN MAHJONG
BLOOD PRESSURE CHECK	1:45 PM GENTLE YOGA STRETCH	2:30 PM STRENGTH & BALANCE	2:00 PM CRAFT + SIP WITH DORI
TRAINING GROUP	2:45 PM STRENGTH & BALANCE	3:00 PM MURAL DEDICATION: TRENTON GREGORY & B STREET JAZZ	7:30 PM MOVIE
CHAT	7:00 PM EVENING NIGHTCAP	7:30 PM MOVIE	
	31	1 HELLO AUGUST!	2
STRENGTH & BALANCE	11:00 AM CHAIR VOLLEYBALL	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
MUSEUM OF ART	1:00 PM ASIAN MAHJONG	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
YOGA	1:00 PM GREAT COURSES	10:30 AM AQUA FITNESS	11:00 AM FILM TALKS WITH BILLY
DAY BRIDGE GROUP	1:00 PM RUMMIKUB GROUP	1:00 PM EXPERIENCED BRIDGE CLUB	1:00 PM ZUMBA
	1:00 PM LOW IMPACT FITNESS	2:00 PM MARYLIN'S 90TH	2:00 PM AMERICAN MAHJONG
BLOOD PRESSURE CHECK	1:45 PM GENTLE YOGA STRETCH	2:30 PM STRENGTH & BALANCE	7:30 PM MOVIE
TRAINING GROUP	2:45 PM STRENGTH & BALANCE	3:00 PM COCKTAIL HOUR	
CHAT	7:00 PM EVENING NIGHTCAP	7:30 PM MOVIE FOR FILM STUDIES	

JULY EVENTS AT THE LESHER CENTER

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



7:00 PM - 8:00 PM

Young REP Theatre Lab Showcase



7:30 PM - 9:00 PM

Newsmakers: Lisa Ling

American Journalist, Producer and Television Personality



07/11/2025 - 07/12/2025

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



6:30 PM - 7:05 PM

Young Actors Studio Musical Theatre Showcase

Enjoy an enchanting evening as young actors perform beloved



4:00 PM - 5:00 PM

Beyond Color Donor Preview

BG Donors get a special preview from 4 - 5 pm for the opening of



5:00 PM - 7:00 PM

Beyond Color Opening Party

Join BG for the opening party of Beyond Color: The Language of Black



7:00 PM - 8:45 PM

Sister's Summer Catechism: God Never

Beat the heat with Sister this summer!



7:15 PM - 8:15 PM

Summer Performing Arts Conservatory Directing

A highlight of the Summer Performing Arts Conservatory at



07/15/2025 - 07/16/2025

William Shakespeare's Conservatory Comedy of

Shakespeare's hilarious tale of mistaken identity, confusion, and



07/17/2025 - 07/27/2025

Spontaneous Hitchcock

An Improvised Thriller in the Style of the Master of Suspense



5:30 PM - 6:30 PM

Summer Sounds: Tom Rigney and Flambeau

A powerhouse roots band serving up grooves, sharp solos, and pure



10:00 AM - 11:00 AM

Public Art Walking Tour

Route 4: Downtown Main St. and Library.



8:00 PM - 10:00 PM

You Should Be Dancing - A Tribute to the Bee Gees

An unbelievable experience of the golden era of disco (and more).



5:30 PM - 6:30 PM

Summer Sounds: VUP

A high-energy funk and soul band known for reimagining timeless



7:00 PM - 9:00 PM

Tutti Frutti The Musical: The Life and Music of Little

A whirlwind of true Rock and Roll History



7:30 PM - 9:30 PM

Beatles vs Stones - A Musical Showdown

Alternating power sets with the two bands coming together on stage!



5:30 PM - 6:30 PM

Summer Sounds: The Anthony Paule Soul

A San Francisco-based soul band blending vintage grooves with



Where Art Meets Senior Wellness



We're thrilled to announce the unveiling of a brand-new mural by Bay Area fine artist Trenton Gregory, right here in The Heritage Downtown's courtyard. Known for his immersive, nature-inspired works across California, Trenton's newest piece brings rolling hills, still waters, and painted skies to life—capturing the calm beauty and vibrant energy of our community.

"The goal was to capture the feeling of paradise—right outside your window."

— TRENTON GREGORY

Trenton collaborated closely with The Heritage Downtown team to design a mural that mirrors the vitality of our

active senior community. The finished piece features rolling hills, still waters, and painted skies, creating a peaceful, energizing view from the courtyard—an everyday escape into nature.

Join us on Friday, July 25 for a special Mural Dedication Happy Hour, where residents will meet the artist, celebrate the unveiling, and enjoy light refreshments. One lucky resident will also win an original painting by Trenton Gregory!

At The Heritage Downtown, we take pride in creating an inspiring environment filled with art, connection, and joy. This mural is a reflection of that spirit—and of you, our residents.

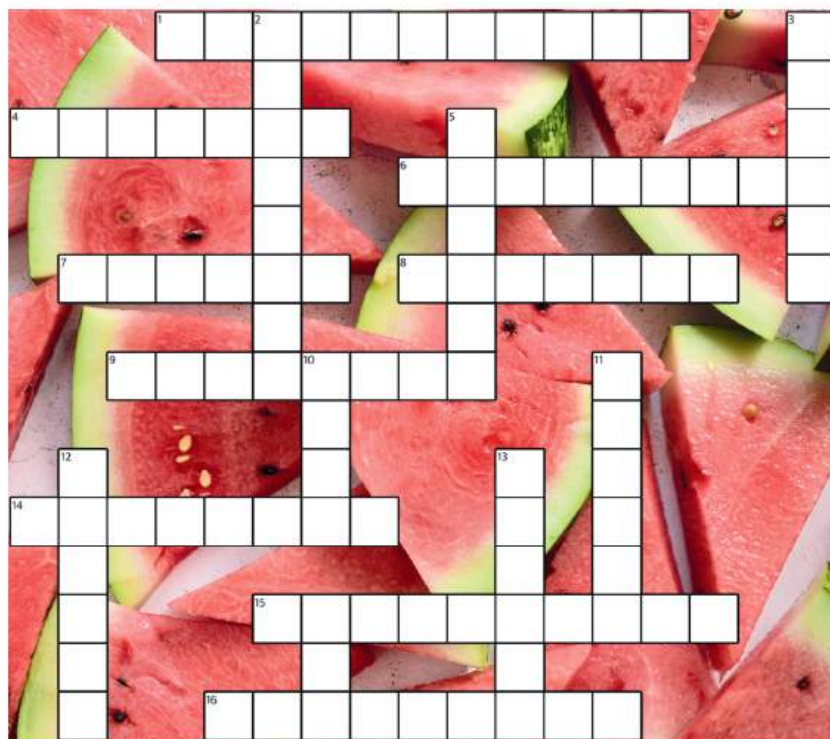
**SCAN THE QR TO TAKE A
LOOK AT THIS MONTH'S
EVENT CALENDAR!**



THD Monthly Puzzles

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

SUNSHINE	LEMONADE	ICECREAM	GRILL
FIREWORKS	FLAG	SWIMSUIT	CELEBRATE
PICNIC	SUNHAT	OUTDOORS	BALCONY
LEMONADE	HOLIDAY	FREEDOM	RELAX



DOWN

2. FROZEN SWEET SUMMER STAPLE
3. OUTDOOR MEAL ON BLANKETS
5. SHADE FOR YOUR HEAD
10. HANDHELD FIREWORK THAT KIDS LOVE
11. CLASSIC GRILLED BUN-AND-SAUSAGE TREAT
12. ICE CREAM DESSERT WITH TOPPINGS
13. KEEPS DRINKS COLD



ACROSS

1. KING OR QUEEN OF THE GRILL
4. WHAT YOU SPREAD OUT AT A PICNIC OR FIREWORKS SHOW
6. ESSENTIAL FOR SKIN PROTECTION
7. SEASON OF SUNSHINE AND WARMTH
8. SUMMER'S OCCASIONAL DRAMATIC RUMBLE
9. WHAT YOU WEAR TO THE POOL
14. WHERE MOST JULY ACTIVITIES HAPPEN
15. HANDY FOR LATE-NIGHT WALKS
16. JULY 4TH NIGHT SKY SPECTACLE

THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

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