



Hello
Summer!

June

2025



HAPPY
FATHER'S
DAY





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:**

06/01	Linda C.
06/05	Nancy S.
06/06	Linda M.
06/07	Harry H.
06/10	Karma P.
06/14	Audrey R.
06/20	Rita W.
06/21	Pam A.
06/21	Claire F.
06/23	Natalie D.
06/23	Aileyn E.
06/24	Maureen B.
06/25	Sally P.
06/29	John L.
06/30	Joyce G.

THD Monthly Events & Excursions



JOHN LARIMORE [A MOTHER'S COURAGE]

JUNE 8 AT 3:00 PM

Join your friend and neighbor John Larimore as he shares his mother's amazing story of fleeing Nazi occupied Vienna and making her way to the United States. Presentation will be in the lobby.



FATHER'S DAY BRUNCH

JUNE 15 AT 10:30 AM

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



SAN FRANCISCO ICONS

JUNE 17 AT 10:30 AM

Join us on a wonderful excursion through San Francisco to discover fun facts on some of the city's most iconic landmarks.



FLORAL DESIGN

JUNE 26 AT 11:00 AM

Join our hands-on class to learn how to create beautiful floral arrangements your friends and family will think you purchased from a high-end florist, all in our Fireside Lounge.

JUNE 2025

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

<div>1</div> <div>PRIDE MONTH</div> <div>1:00 PM SHOPPING: COSTCO</div> <div>3:00 PM PRIDE MONTH KICKOFF</div> <div>7:00 PM MOVIE</div>	<div>2</div> <div>9:30 AM STRENGTH & BALANCE</div> <div>10:30 AM AQUA FITNESS</div> <div>12:30 PM INTERMEDIATE BRIDGE CLUB</div> <div>1:00 PM AMERICAN MAHJONG</div> <div>1:00 PM GREAT COURSES</div> <div>2:45 PM STRENGTH & BALANCE</div> <div>3:30 PM SCRABBLE GROUP</div> <div>7:30 PM MOVIE</div>	<div>3</div> <div>11:00 AM CHAIR VOLLEYBALL</div> <div>1:00 PM TUESDAY BRIDGE GAME</div> <div>1:00 PM LOW IMPACT FITNESS</div> <div>2:00 PM CRAFT/STENCIL ON CANVAS TOTES</div> <div>2:45 PM STRENGTH & BALANCE</div> <div>7:30 PM MOVIE</div>	<div>4</div> <div>9:30 AM STRENGTH & BALANCE</div> <div>10:30 AM AQUA FITNESS</div> <div>1:00 PM WEDNESDAY BRIDGE GAME</div> <div>1:45 PM ZUMBA</div> <div>2:00 PM P102 BLOOMING</div> <div>2:00 PM MEXICAN TAPAS</div> <div>3:30 PM STITCH AN</div> <div>7:00 PM EVENING MOVIE</div> <div>7:30 PM MOVIE</div>
<div>8</div> <div>1:00 PM SUNDAY SCENIC DRIVE</div> <div>3:00 PM RESIDENT PRESENTATION: JOHN LARIMORE</div> <div>7:00 PM MOVIE</div>	<div>9</div> <div>9:30 AM STRENGTH & BALANCE</div> <div>10:30 AM AQUA FITNESS</div> <div>12:30 PM INTERMEDIATE BRIDGE CLUB</div> <div>1:00 PM AMERICAN MAHJONG</div> <div>1:00 PM GREAT COURSES</div> <div>2:45 PM STRENGTH & BALANCE</div> <div>3:30 PM SCRABBLE GROUP</div> <div>7:00 PM BUNCO FUN</div> <div>7:30 PM MOVIE</div>	<div>10</div> <div>11:00 AM LADDERBALL</div> <div>1:00 PM TUESDAY BRIDGE GAME</div> <div>1:00 PM LOW IMPACT FITNESS</div> <div>2:45 PM STRENGTH & BALANCE</div> <div>7:30 PM MOVIE</div>	<div>11</div> <div>9:30 AM STRENGTH & BALANCE</div> <div>10:30 AM AQUA FITNESS</div> <div>1:00 PM WEDNESDAY BRIDGE GAME</div> <div>1:45 PM ZUMBA</div> <div>2:00 PM P102 BLOOMING</div> <div>2:00 PM MEXICAN TAPAS</div> <div>3:30 PM STITCH AN</div> <div>7:00 PM EVENING MOVIE</div> <div>7:30 PM MOVIE</div>
<div>15</div> <div>FATHER'S DAY</div> <div>10:30 AM NEWTON'S FATHER'S DAY BRUNCH</div> <div>1:00 PM SHOPPING: BLACKHAWK</div> <div>3:00 PM FATHER'S DAY ON THE GREEN</div> <div>5:00 PM BOOK GROUP</div> <div>7:00 PM MOVIE</div>	<div>16</div> <div>9:30 AM STRENGTH & BALANCE</div> <div>10:30 AM AQUA FITNESS</div> <div>12:30 PM INTERMEDIATE BRIDGE CLUB</div> <div>1:00 PM AMERICAN MAHJONG</div> <div>1:00 PM GREAT COURSES</div> <div>2:45 PM STRENGTH & BALANCE</div> <div>3:30 PM SCRABBLE GROUP</div> <div>7:30 PM MOVIE</div>	<div>17</div> <div>10:30 AM SAN FRANCISCO ICON TOUR</div> <div>11:00 AM CHAIR VOLLEYBALL</div> <div>1:00 PM TUESDAY BRIDGE GAME</div> <div>1:00 PM LOW IMPACT FITNESS</div> <div>2:45 PM STRENGTH & BALANCE</div> <div>7:30 PM MOVIE</div>	<div>18</div> <div>9:30 AM STRENGTH & BALANCE</div> <div>10:30 AM AQUA FITNESS</div> <div>1:00 PM WEDNESDAY BRIDGE GAME</div> <div>1:45 PM ZUMBA</div> <div>2:00 PM P102 BLOOMING</div> <div>2:00 PM MEXICAN TAPAS</div> <div>3:30 PM STITCH AN</div> <div>7:00 PM EVENING MOVIE</div> <div>7:30 PM MOVIE</div>
<div>22</div> <div>7:00 PM MOVIE</div>	<div>23</div> <div>9:30 AM STRENGTH & BALANCE</div> <div>10:30 AM AQUA FITNESS</div> <div>12:30 PM INTERMEDIATE BRIDGE CLUB</div> <div>1:00 PM AMERICAN MAHJONG</div> <div>1:00 PM GREAT COURSES</div> <div>2:45 PM STRENGTH & BALANCE</div> <div>3:30 PM SCRABBLE GROUP</div> <div>7:30 PM MOVIE</div>	<div>24</div> <div>11:00 AM CORN HOLE</div> <div>1:00 PM TUESDAY BRIDGE GAME</div> <div>1:00 PM LOW IMPACT FITNESS</div> <div>2:45 PM STRENGTH & BALANCE</div> <div>7:30 PM MOVIE</div>	<div>25</div> <div>9:30 AM STRENGTH & BALANCE</div> <div>10:00 AM FERRY TRIP</div> <div>10:30 AM AQUA FITNESS</div> <div>1:00 PM WEDNESDAY BRIDGE GAME</div> <div>1:45 PM ZUMBA</div> <div>2:00 PM P102 BLOOMING</div> <div>2:00 PM MEXICAN TAPAS</div> <div>3:30 PM STITCH AN</div> <div>7:00 PM EVENING MOVIE</div> <div>7:30 PM MOVIE</div>
<div>29</div> <div>1:00 PM SHOPPING BISHOPS RANCH</div> <div>4:00 PM PAGLIACCI IN THE PARK</div> <div>7:00 PM MOVIE</div>	<div>30</div> <div>9:30 AM STRENGTH & BALANCE</div> <div>10:30 AM AQUA FITNESS</div> <div>12:30 PM INTERMEDIATE BRIDGE CLUB</div> <div>1:00 PM AMERICAN MAHJONG</div> <div>1:00 PM GREAT COURSES</div> <div>2:45 PM STRENGTH & BALANCE</div> <div>3:30 PM SCRABBLE GROUP</div> <div>7:30 PM MOVIE</div>	<div>1</div> <div>JULY</div> <div>11:00 AM CHAIR VOLLEYBALL</div> <div>1:00 PM TUESDAY BRIDGE GAME</div> <div>1:00 PM LOW IMPACT FITNESS</div> <div>2:45 PM STRENGTH & BALANCE</div> <div>7:30 PM MOVIE</div>	<div>FATHER'S DAY</div> <div>JUNE</div> <div></div>

D	CLUBHOUSE COMET	GARDEN COURTYARD	NEWTON'S	POOL
	CHURHILL'S PUB	FAIRMONT FITNESS	PLAZA GAME ROOM	FIRESIDE LOUNGE
	CINEMA	LIBERTY PAVILLION	YOGA STUDIO	
ESDAY	THURSDAY	FRIDAY	SATURDAY	
	5	6	7	
STRENGTH & BALANCE	1:00 PM ASIAN MAHJONG	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE	
YOGA CLASS	1:00 PM GREAT COURSES	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION	
WEDNESDAY BRIDGE GROUP	1:00 PM RUMMIKUB GROUP	10:30 AM AQUA FITNESS	11:00 AM FILM TALKS WITH BILLY	
	1:00 PM LOW IMPACT FITNESS	1:00 PM EXPERIENCED BRIDGE CLUB	1:00 PM ZUMBA	
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	3:00 PM BELMONT STAKES HORSE RACE	
TEA & CHAT	7:00 PM EVENING NIGHTCAP	7:30 PM MOVIE	7:30 PM MOVIE	
MEDITATION				
	12	13	14	FLAG DAY
STRENGTH & BALANCE	1:00 PM ASIAN MAHJONG	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE	
YOGA CLASS	1:00 PM GREAT COURSES	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION	
WEDNESDAY 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 MOTHER'S DAY CRAFT	
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	4:30 PM MOUNTAIN SHADOWS FILM SOCIETY FILM IN THE PARK	
TEA & CHAT	7:00 PM EVENING NIGHTCAP	7:30 PM MOVIE	7:30 PM MOVIE	
MEDITATION				
	19	20	21	
	JUNETEENTH	FIRST DAY OF SUMMER		
STRENGTH & BALANCE		9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE	
YOGA CLASS	1:00 PM ASIAN MAHJONG	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION	
WEDNESDAY 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	1:00 PM A BEAUTIFUL NOISE AT THE GOLDEN GATE THEATER	
BLOOD PRESSURE CHECK	1:00 PM LOW IMPACT FITNESS	2:30 PM STRENGTH & BALANCE	2:00 PM CRAFT / TISSUE PAPER ART	
TRAINING GROUP	1:45 PM GENTLE YOGA STRETCH	3:00 PM COCKTAIL HOUR	2:30 PM AMERICAN MAHJONG	
TEA & CHAT	2:45 PM STRENGTH & BALANCE	7:30 PM MOVIE	7:30 PM MOVIE	
MEDITATION	7:15 PM BINGO			
	26	27	28	
STRENGTH & BALANCE	11:00 AM FLORAL ARRANGEMENT	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE	
YOGA CLASS	1:00 PM ASIAN MAHJONG	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION	
WEDNESDAY 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 CRAFT / CLAY SCULPTING	
BLOOD PRESSURE CHECK	1:00 PM LOW IMPACT FITNESS	2:30 PM STRENGTH & BALANCE	2:30 PM AMERICAN MAHJONG	
TRAINING GROUP	1:45 PM GENTLE YOGA STRETCH	3:00 PM COCKTAIL HOUR	7:30 PM MOVIE	
TEA & CHAT	2:45 PM STRENGTH & BALANCE	7:30 PM MOVIE		
MEDITATION	7:00 PM EVENING NIGHTCAP			
WEDNESDAY'S DAY	JUNETEENTH	FIRST DAY OF SUMMER	VAN SERVICE	
JUNE 15	JUNE 19	JUNE 20	MONDAYS - FRIDAYS: 9AM - 5PM SATURDAY & SUNDAYS: 9AM - 4PM	

JUNE EVENTS AT THE LESHER CENTER

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



JUN 01

HAPPY PLEASANT VALLEY:
A Senior Sex Scandal

06/01/2025 - 06/29/2025

A World Premiere Musical!



JUN 01

Contra Costa Ballet Centre Showcase 2025

2:30 PM - 3:30 PM

Annual student showcase and a cherished tradition




JUN 06

Best of San Francisco Stand-Up Comedy

8:15 PM - 9:30 PM

A new generation of comedic talent!




JUN 07

June Ballet Demonstration

06/07/2025 - 06/08/2025

A special event celebrating the growth, dedication, and artistry of



JUN 07

PRIDE DAY AT BEDFORD GALLERY

10:30 AM - 1:00 PM

Pride Day at Bedford Gallery

Come dance, paint and shine with us!



JUN 13

Fiesta Cultural Comedy Night: THE BEST OF BAY AREA LATIN COMEDY

06/13/2025 - 06/14/2025

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



JUN 13

Mariachi Reyna de Los Angeles

7:30 PM - 9:30 PM

America's first all-female mariachi ensemble!



JUN 14

Evening Workshop with Yoli Manzo

7:00 PM - 9:00 PM

Frida Kahlo-Inspired Art Journal



JUN 20

Best of San Francisco Stand-Up Comedy

06/20/2025 - 06/21/2025

A new generation of comedic talent!



JUN 21

Public Art Walking Tour

10:00 AM - 11:00 AM

Route 3: Around the Business parks near the Walnut Creek BART station,



JUN 21

We Will Rock With You - A Night of Queen & Michael

7:30 PM - 10:30 PM

Experience the incredible musical legacies, Queen & Michael Jackson.



JUN 27

Best of San Francisco Stand-Up Comedy

06/27/2025 - 06/28/2025

A new generation of comedic talent!

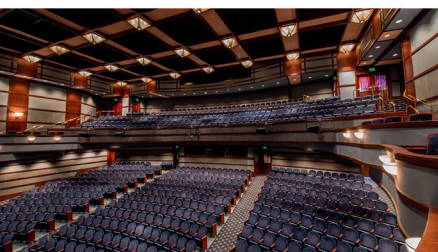


JUN 28

Led Zepagain - The Most Authentic Representation

7:30 PM - 9:00 PM

The most authentic representation of Led Zeppelin in the world today



Looking Ahead to a Meaningful June



Summer is on the horizon, and June brings a fresh energy to The Heritage Downtown. It's a time to settle into longer days, spend more time outdoors, and enjoy the simple pleasures that make life here so special—good meals, good company, and a calendar full of engaging activities.

This month, we also take time to recognize and celebrate the fathers, grandfathers, and father figures in our community. Whether you're enjoying a Sunday brunch, a phone call from loved ones, or a quiet moment of reflection, we honor the many roles you've played and the legacy you continue to build.

As always, we encourage you to explore the month's offerings—join a class, attend an event, or try something new. June is a great reminder that staying active and connected is one of the best ways to enjoy the season.

We look forward to seeing you around the community and sharing another month of meaningful moments together.

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



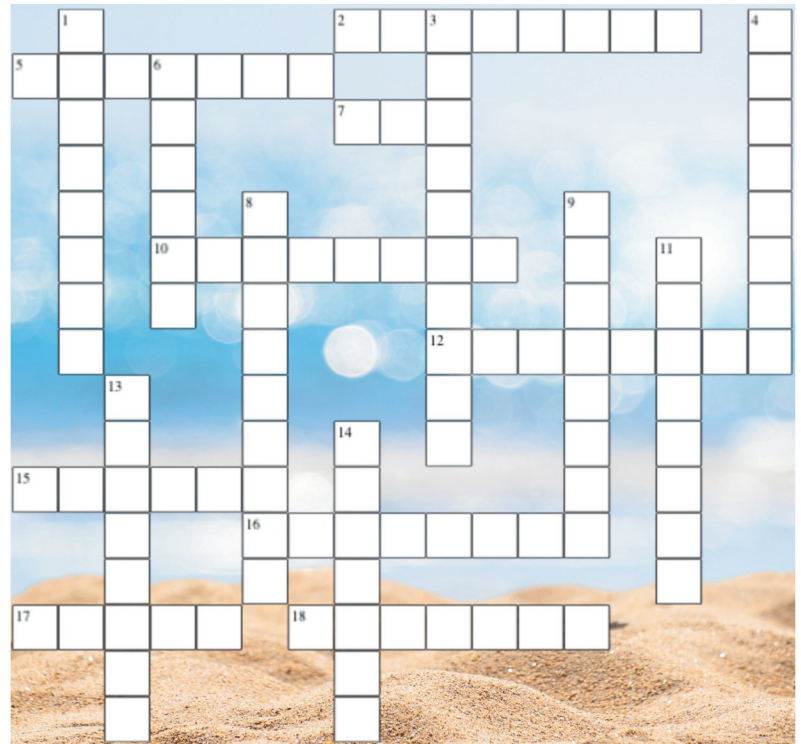
THD Monthly Puzzles

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

SEA	SUNGLASSES	VACATION	WAVES
SWIM	ICE CREAM	SWIMSUIT	TRAVEL
HOT	SUNSHINE	SUMMER	BEACH

ACROSS

- 2** OUTDOOR MUSIC OR FOOD EVENT
5 SLEEPING OUTDOORS IN A TENT
7 WHAT'S LEFT BEHIND AFTER SUN EXPOSURE
10 FROZEN DESSERT THAT MELTS FAST
12 WARM RAYS THAT BRIGHTEN SUMMER DAYS
15 WHAT MANY DO FOR SUMMER VACATIONS
16 REFRESHING CITRUS DRINK SERVED COLD
17 SANDY DESTINATION FOR SUNBATHING & SWIMMING
18 LARGE FIRE OFTEN BUILT ON THE BEACH



DOWN

- 1** OUTDOOR COOKING OVER A FLAME OR GRILL
3 EYEWEAR THAT BLOCKS THE GLARE
4 SPOT WHERE YOU LOUNGE BY THE WATER
6 OUTDOOR MEAL ON A BLANKET
8 OCEAN TREASURES FOUND ALONG THE SHORE
9 ICY TREAT ON A STICK
11 CLOTHING WORN FOR TAKING A DIP
13 A PROLONGED PERIOD OF EXCESSIVELY HOT WEATHER
14 ROPE BED TIED BETWEEN TWO TREES

THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

www.TheHeritageDowntown.com

