



August

2025





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:**

08/01	Marilyn E.
08/07	Claudia R.
08/10	Mary S.
08/12	Nathan B.
08/17	Evelyn R.
08/19	Bob F.
08/23	Rebecca S.
08/28	Linda B.



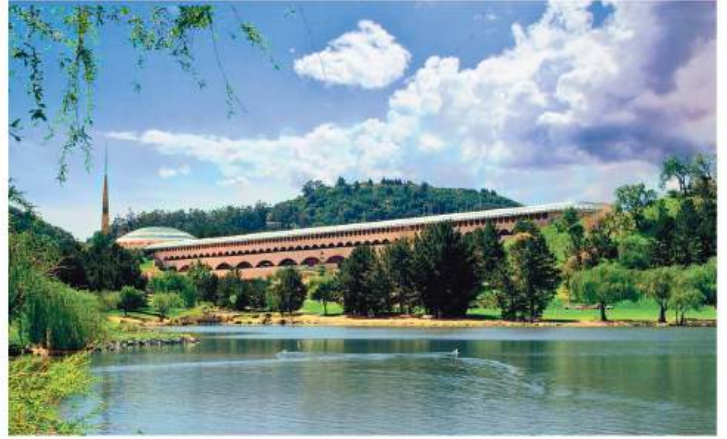
THD Monthly Events & Excursions



GRACEFUL AGING WITH AUTHOR STEVE ZOLNO

AUGUST 4 | 2:00 PM | FIRESIDE LOUNGE

Join author Steve Zolno for an inspiring talk on his latest book *Graceful Aging* in our Fireside Lounge. Discover how to rekindle joy and curiosity as we grow older, and learn how small shifts in mindset can help you find renewed meaning in everyday life.



FRANK LLOYD WRIGHT COMMUNITY CENTER EXCURSION

AUGUST 5 | 10:00 AM | MARIN COUNTY

Join us on an enriching excursion to the iconic Frank Lloyd Wright-designed Marin County Civic Center. Explore the architectural genius behind one of America's most striking public buildings and soak in the history, art, and innovative design of this landmark.



JOHN PIZZARELLI LIVE: WALNUT CREEK JAZZ SERIES

AUGUST 10 | 4:00 PM | LESHER CENTER

Join us for an unforgettable evening with world-renowned jazz guitarist and singer John Pizzarelli, known for his smooth style and classic interpretations. A must-attend for jazz lovers and anyone who appreciates live performance at its finest, at the Lesh Center.



ANNUAL HAWAIIAN LUAU AT THD

AUGUST 15 | 3:45 PM | GARDEN COURTYARD

Break out your leis and aloha spirit! Join us for an afternoon filled with island vibes, tropical treats, music, dancing, and festive fun at our Annual Hawaiian Luau—a Heritage Downtown favorite you won't want to miss.

AUGUST 2025

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

31 9:00 AM WALK TO DOWNTOWN 3:00 PM SUNDAY ICE CREAM GATHERING 4:00 PM GREAT COURSES 7:00 PM MOVIE 	 VAN SERVICE MONDAYS - FRIDAYS: 9AM - 5PM SATURDAY & SUNDAYS: 9AM - 4PM	29 11:00 AM FIRESIDE CHAT W/CAMILLE 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	30 9:30 AM STRENGTH & BALANCE 10:30 AM OAKLAND CALIFORNIA 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY 1:45 PM ZUMBA 2:00 PM P102 BLOOMING 2:00 PM MEXICAN TASTE 3:30 PM STITCH AND SEW 7:00 PM EVENING BOUTIQUE 7:30 PM MOVIE
3 1:00 PM MATINEE 2:00 PM CREATIVE WRITING ROUND 4:00 PM GREAT COURSES 7:00 PM MOVIE 	4 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 11:00 AM FIRESIDE CHAT W/TED 12:30 PM INTERMEDIATE BRIDGE CLUB 1:00 PM AMERICAN MAHJONG 1:00 PM GREAT COURSES 2:00 PM AUTHOR STEVE ZOLNO "GRACEFUL AGING" 2:45 PM STRENGTH & BALANCE 3:30 PM SCRABBLE GROUP 7:30 PM MOVIE	5 9:30 AM TAI CHI CLASS 10:00 AM FRANK LLOYD WRIGHT COMMUNITY CENTER EXCURSION 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	6 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY 1:45 PM ZUMBA 2:00 PM P102 BLOOMING 2:00 PM MEXICAN TASTE 3:30 PM STITCH AND SEW 7:00 PM EVENING BOUTIQUE 7:30 PM MOVIE
10 4:00 PM JOHN PIZZARELLI JAZZ , WALNUT CREEK SERIES AT LESHER CENTER 4:00 PM GREAT COURSES 7:00 PM MOVIE 	11 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	12 9:30 AM TAI CHI CLASS 11:00 AM FIRESIDE CHAT W/CAMILLE 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	13 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY 1:45 PM ZUMBA 2:00 PM P102 BLOOMING 2:00 PM MEXICAN TASTE 3:30 PM STITCH AND SEW 7:00 PM EVENING BOUTIQUE 7:30 PM MOVIE
17 1:00 PM VERANO SHOPPING 4:00 PM GREAT COURSES 5:00 PM BOOK GROUP 7:00 PM MOVIE 	18 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 11:00 AM FIRESIDE CHAT W/TED 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	19 9:30 AM TAI CHI CLASS 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	20 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY 1:45 PM ZUMBA 2:00 PM P102 BLOOMING 2:00 PM MEXICAN TASTE 3:30 PM STITCH AND SEW 7:00 PM EVENING BOUTIQUE 7:30 PM MOVIE
24 2:00 PM SENIORITY JAM 2.0 W/JOHN PAPINI & FRIENDS 4:00 PM GREAT COURSES 7:00 PM MOVIE 	25 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	26 9:30 AM TAI CHI CLASS 11:00 AM FIRESIDE CHAT W/CAMILLE 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	27 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY 1:00 PM FLORAL ARRANGEMENTS W/TED 1:45 PM ZUMBA 2:00 PM P102 BLOOMING 2:00 PM MEXICAN TASTE 3:30 PM STITCH AND SEW 7:00 PM EVENING BOUTIQUE 7:30 PM MOVIE

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
	31	1 HELLO AUGUST!	2
STRENGTH & BALANCE	9:30 AM TAI CHI CLASS	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
MUSEUM OF	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
A	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	11:00 AM FILM TALKS WITH BILLY
NESS	1:00 PM GREAT COURSES	1:00 PM EXPERIENCED BRIDGE CLUB	1:00 PM ZUMBA
AY BRIDGE GROUP	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	2:00 PM WORKING WITH WATER
	1:00 PM LOW IMPACT FITNESS	3:00 PM COCKTAIL HOUR: B STREET	COLORS
D PRESSURE CHECK	1:45 PM GENTLE YOGA STRETCH	JAZZ	2:00 PM AMERICAN MAHJONG
TRAIN GROUP	2:45 PM STRENGTH & BALANCE	7:30 PM MOVIE FOR FILM STUDIES	7:30 PM MOVIE
D CHAT	7:00 PM EVENING NIGHTCAP		
BRIDGE GROUP			
	7	8	9
STRENGTH & BALANCE	9:30 AM TAI CHI CLASS	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
NESS	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
AY BRIDGE GROUP	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	1:00 PM ZUMBA
	1:00 PM GREAT COURSES	1:00 PM EXPERIENCED BRIDGE CLUB	2:00 PM PAINTING BIRDHOUSES
D PRESSURE CHECK	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	2:30 PM AMERICAN MAHJONG
TRAIN GROUP	1:00 PM LOW IMPACT FITNESS	3:00 PM COCKTAIL HOUR: FRITZ	7:30 PM MOVIE
D CHAT	1:45 PM GENTLE YOGA STRETCH	7:30 PM MOVIE	
BRIDGE GROUP	2:45 PM STRENGTH & BALANCE		
	7:00 PM EVENING NIGHTCAP		
	14	15	16
STRENGTH & BALANCE	9:30 AM TAI CHI CLASS	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
NESS	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
AY BRIDGE GROUP	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	1:00 PM ZUMBA
	1:00 PM GREAT COURSES	1:00 PM EXPERIENCED BRIDGE CLUB	2:00 PM AMERICAN MAHJONG
D PRESSURE CHECK	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	2:00 PM THE ART OF CALLIGRAPHY W
TRAIN GROUP	1:00 PM LOW IMPACT FITNESS	3:45 PM ANNUAL THD HAWAIIAN LUAU:	ARTIST WYNDON
D CHAT	1:45 PM GENTLE YOGA STRETCH	HAWAIIAN DUO DANCERS &	4:30 PM MOUNTAIN SHADOWS FILM
BRIDGE GROUP	2:45 PM STRENGTH & BALANCE	PETER	SOCIETY FILM IN THE PARK
	7:15 PM BINGO	7:30 PM MOVIE	7:30 PM MOVIE
	21	22	23
STRENGTH & BALANCE	9:30 AM TAI CHI CLASS	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
NESS	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
AY BRIDGE GROUP	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	1:00 PM ZUMBA
	1:00 PM GREAT COURSES	1:00 PM EXPERIENCED BRIDGE CLUB	2:00 PM AMERICAN MAHJONG
D PRESSURE CHECK	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	2:00 PM THE ART OF CALLIGRAPHY W
TRAIN GROUP	1:00 PM LOW IMPACT FITNESS	3:00 PM COCKTAIL HOUR: JEFF	ARTIST WYNDON
D CHAT	1:45 PM GENTLE YOGA STRETCH	WESSMAN	7:30 PM MOVIE
BRIDGE GROUP	2:45 PM STRENGTH & BALANCE	7:30 PM MOVIE	
	7:00 PM EVENING NIGHTCAP		
	28	29	30
STRENGTH & BALANCE	9:30 AM TAI CHI CLASS	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
NESS	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
AY BRIDGE GROUP	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	10:30 AM USS POTOMAC/SIGHTSEEING
ARRANGEMENT	1:00 PM GREAT COURSES	1:00 PM EXPERIENCED BRIDGE CLUB	& HISTORY CRUISE
	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	1:00 PM ZUMBA
	1:00 PM LOW IMPACT FITNESS	3:00 PM CH: KHALIFA THE ACCORDION	2:00 PM AMERICAN MAHJONG
D PRESSURE CHECK	1:45 PM GENTLE YOGA STRETCH	PLAYER & ENTERTAINER	7:30 PM MOVIE
TRAIN GROUP	2:45 PM STRENGTH & BALANCE	7:30 PM MOVIE	
D CHAT	7:00 PM BINGO		
BRIDGE GROUP			

AUGUST EVENTS AT THE LESHER CENTER

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



08/02/2025 - 08/03/2025

H.M.S. Pinafore

Set Sail for H.M.S. Pinafore!



8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



ALL DAY

Karrin Allyson Quartet

One of the world's finest jazz musicians!



08/08/2025 - 08/17/2025

Les Misérables School Edition

The epic tale of passion and redemption in the throes of



ALL DAY

John Pizzarelli Trio

Jazz Vocalist of the Year



10:00 AM - 11:00 AM

Public Art Walking Tour

Route 1: Around the Lesher Center for the Arts, City Hall, and Civic Park.



10:00 AM - 1:00 PM

Shrink Your Style

With Miniaturist Tammie Knight



8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



3:15 PM - 4:45 PM

Back to the 80's Concert Recital



7:15 PM - 9:15 PM

Improvised Dungeons and Dragons

A Spontaneous Quest!



08/23/2025 - 08/24/2025

Chicken, Chitlins and Caviar

A dazzling celebration of African American culture!



8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



ALL DAY

Cyrus Chestnut Trio

The best jazz pianist of his generation!



8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



Say "Aloha" to Summer Fun at Our Annual Luau!



We're excited to invite you to one of The Heritage Downtown's most anticipated traditions—our Annual Hawaiian Luau, happening Friday, August 15 at 3:45 PM in our Garden Courtyard. It's more than just a party; it's a full sensory experience designed to celebrate the season, our residents, and the vibrant life we share here at THD.

This year's celebration features a live performance by Peter and the Hawaiian Duo Dancers, bringing the beauty of Polynesian culture to life through music and traditional hula. With tropical décor, island rhythms, and plenty of aloha spirit to go around, the courtyard will be transformed into a slice of Hawaiian paradise.

The Luau is just one of many ways we keep life exciting at The Heritage Downtown. From our rotating calendar of themed events to thoughtfully curated excursions and social hours, there's always something to look forward to. Whether you're dancing barefoot to island beats or just soaking in the joyful energy, the Luau captures what life here is all about: fun, connection, and community.

So don your favorite floral shirt, grab a lei, and join us in celebrating the season, island-style. We can't wait to see you there!

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



THD Monthly Puzzles

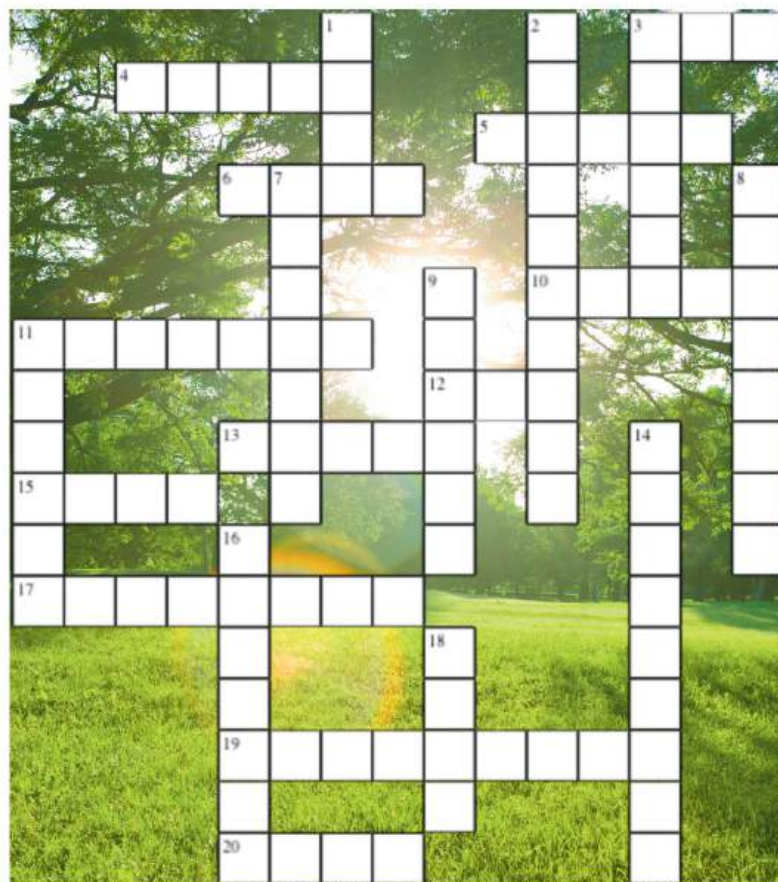
V O L C A N O L P Z K V J
B L U A U Q Y I A X L N C
I Y A H O L A S R P E T A
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V O C K M L V A D C P K B
S R I I T P U N I A U I U
M P D Z U P T D S E N K O
Q U B S N A M E E B U W N
P B B T O E T D S L N F X
E A O A C N T A E N R N K
F H L Y O I I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

ALOHA
LUAU
HULA
LEI

UKULELE
PALM
ISLAND
TIKI

PINEAPPLE
SURF
BEACH
SUNSET

VOLCANO
COCONUT
PARADISE
MAHALO



ACROSS

- 3 SUMMER COOKING FAVORITE, OFTEN OUTDOORS
- 4 COLORFUL WRAP SKIRT WORN IN TROPICAL CLIMATES
- 5 WHAT CRASH ONTO THE SHORE
- 6 TRADITIONAL HAWAIIAN DANCE
- 10 FOUND ON BEACHES, OFTEN COLLECTED
- 11 FOOTWEAR CHOICE FOR A LUAU OR SUMMER STROLL
- 12 TRADITIONAL HAWAIIAN FLOWER NECKLACE
- 13 HAWAIIAN WORD USED FOR BOTH HELLO AND GOODBYE
- 15 WHAT YOU MIGHT CATCH AT THE BEACH
- 17 CLIMATE KNOWN FOR WARM WEATHER AND PALM TREES
- 19 SWEET FRUIT OFTEN FOUND AT LUAUS
- 20 CARVED FIGURE USED IN HAWAIIAN AND POLYNESIAN DECOR

DOWN

- 1 PLACE TO COOL OFF DURING AUGUST HEAT
- 2 OUTFIT ACCESSORY WORN DURING HULA DANCES
- 3 LIGHT WIND THAT MAKES HOT DAYS BEARABLE
- 7 SMALL GUITAR-LIKE INSTRUMENT NATIVE TO HAWAII
- 8 ICONIC TROPICAL TREE
- 9 LAND SURROUNDED BY WATER
- 11 BEAUTIFUL WAY TO END A SUMMER DAY
- 14 SUMMER MUST-HAVE TO PREVENT SUNBURN
- 16 COZY SUMMER GATHERING SPOT IN THE EVENINGS
- 18 A HAWAIIAN FEAST WITH MUSIC, DANCE, AND FOOD



THE HERITAGE DOWNTOWN

1785 Shuey Ave.
Walnut Creek, CA 94596

Tel: (925) 943-7427



Follow us @TheHeritageDowntown

www.TheHeritageDowntown.com

