

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,









The Heritage Downtown

# Directory

**Executive Director**Barbara Simpson

Assistant Director
& Sales Director
Jenny Shively

Activities

Ted Treat Christi Lucero

**Executive Chef**Joel Torres

Housekeeping Supervisor
Norma Garcia



We would like to celebrate the following residents:

10/02 Phyllis M.

10/06 Sallie M.

**10/10** Eleanor D.

10/11 Earl G.

10/12 Joann K.

10/13 Barney Q.

10/16 **Jeanne M.** 

10/19 Birgit D.

10/20 Martha M.

10/23 Patti H.

10/24 Anne L.

10/25 Marsha K.

10/27 Jan M.

10/31 Bill R.

10/31 Sara R.

## THD Monthly Events & Excursions



#### OKTOBERFEST

### OCT 10 | 3:00 PM | LIBERTY PAVILION

Raise your steins and join us in the Liberty Pavilion for Oktoberfest fun! Enjoy cold beer, traditional music, and delicious seasonal fare as we celebrate this beloved tradition together. Slip into your favorite Bavarian-inspired outfit and toast to an afternoon of Heritage cheer!



#### CANTOR ARTS CENTER

### OCT 21 | 12:00 PM | STANFORD UNIVERSITY

Join us for an enriching trip to Stanford's Cantor Arts Center, hosted by Jennifer DeVere Brody, daughter of our resident Nat Brody. Explore galleries spanning 5,000 years of art, then stroll through the renowned Rodin Sculpture Garden, home to nearly 100 bronze works.



#### LODI PUMPKIN HARVEST FESTIVAL

#### OCT 11 | ALL DAY | JESSIE'S GROVE WINERY IN LODI

We're heading to Jessie's Grove Winery in Lodi for the Pumpkin Harvest Festival! Stroll among pumpkins and flowers, shop local vendors, enjoy tasty bites, and even take a gondola ride through the patch, a lovely way to soak in wine country autumn.



#### HALLOWEEN SPOOKTACULAR

### OCT 31 | 3:00 PM | LIBERTY PAVILION

Brace yourself for a spooktacular Halloween celebration! Join us as The Heritage comes alive with festive décor, lively music, and seasonal treats crafted to delight. This elegant gathering is the perfect chance to show off your creative costume, mingle with neighbors, and enjoy the positively ghoulish atmosphere.

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1:00 PM GREAT COURSES

3:30 PM SCRABBLE GROUP

7:30 PM MOVIE

2:45 PM STRENGTH & BALANCE

CLUBHOUSE COMET D CHURHILL'S PUB

CINEMA

GARDEN COURTYARD FAIRMONT FITNESS

LIBERTY PAVILLION

NEWTON'S PLAZA GAME ROOM

YOGA STUDIO

POOL FIRESIDE LOUNGE

SDAY

D CHAT

TH SABRINA

RIDGE GROUP

Y BRIDGE GROUP

D PRESSURE CHECK RAIN GROUP

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 SPINNERS GAME GROUP

7:00 PM EVENING NIGHTCAP

THURSDAY

FRIDAY

SATURDAY

**MONDAYS - FRIDAYS:** 

9AM - 5PM

**SATURDAY & SUNDAYS:** 

9AM - 4PM

SDAI	INONSDAI	FRIDAT	SATORDAT
KIPPUR	2	3	4
& BALANCE	11:00 AM CHAIR VOLLEYBALL	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
ESS	1:00 PM ASIAN MAHJONG	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
AY BRIDGE GROUP	1:00 PM GREAT COURSES 1:00 PM RUMMIKUB GROUP	10:30 AM AQUA FITNESS	1:00 PM CANASTA
TH SABRINA	1:00 PM LOW IMPACT FITNESS	1:00 PM EXPERIENCED BRIDGE CLUB	1:00 PM ZUMBA
D PRESSURE CHECK	1:45 PM GENTLE YOGA STRETCH	2:30 PM STRENGTH & BALANCE	2:30 PM PUMPKIN DECOUPAGE
RAIN GROUP	2:45 PM STRENGTH & BALANCE	3:00 PM COCKTAIL HOUR: B STREET	7:30 PM MOVIE
D CHAT	3:00 PM CANDLELIGHT CONCERT	JAZZ	
RIDGE GROUP	5:15 PM 49ERS VS RAMS	7:30 PM MOVIE	
	7:00 PM SPINNERS GAME GROUP		
	7:00 PM EVENING NIGHTCAP		
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ERTY PAVILLION	1:00 PM RUMMIKUB GROUP	1:00 PM EXPERIENCED BRIDGE CLUB	11:00 AM FILM TALKS WITH BILLY
TH SABRINA	1:00 PM LOW IMPACT FITNESS	2:30 PM STRENGTH & BALANCE	1:00 PM CANASTA
D PRESSURE CHECK	1:45 PM GENTLE YOGA STRETCH	3:00 PM COCKTAIL HOUR:	1:00 PM ZUMBA
RAIN GROUP	2:00 PM WALNUT CREEK WALKABOUT	OKTOBERFEST W/THE WRANGLERS	7:30 PM MOVIE
D CHAT	2:45 PM STRENGTH & BALANCE	7:30 PM MOVIE FOR FILM STUDIES	
RIDGE GROUP	7:00 PM SPINNERS GAME GROUP	7.50 PM MOVIE POR FILM STODIES	
	7:00 PM EVENING NIGHTCAP		
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& BALANCE		9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
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Y BRIDGE GROUP	11:00 AM LECTURE, DAVID CAMPBELL	10:30 AM AQUA FITNESS	1:00 PM CANASTA
TH SABRINA	1:00 PM ASIAN MAHJONG	1:00 PM EXPERIENCED BRIDGE CLUB	1:00 PM ZUMBA
D PRESSURE CHECK		2:30 PM STRENGTH & BALANCE	2:30 PM SIP & DOT GLASS PAINTING
RAIN GROUP	1:00 PM RUMMIKUB GROUP	3:00 PM COCKTAIL HOUR: BILLY	4:30 PM MOUNTAIN SHADOWS FILM
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	7:00 PM EVENING NIGHTCAP		
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LET LUNCH	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	SERVICE
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1:00 PM EXPERIENCED BRIDGE CLUB

3:00 PM COCKTAIL HOUR: HALLOWEEN

2:30 PM STRENGTH & BALANCE

PARTY

7:30 PM MOVIE

## OCTOBER EVENTS AT THE LESHER CENTER

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



On Broadway Gala

Celebrating 35 years of Artistic Excellence



**Branford Marsalis Quartet** 

Celebrated jazz ensemble led by revered saxophonist Branford



#### Mother Goose's The **Legend of Banbury Cross**



#### **Motown Mania!**

The Golden Hits of the Temptations & the Superstars of Motown starring



### Stand-Up Comedy



Chicago the TRIBUTE

The Solid Gold Hits of Chicago



Fall Pops Concert: "Legends & Lore"

A thrilling concert featuring music inspired by epic adventures



Groups at the Lesher Center



#### Hari Kondabolu

"One of the most exciting political comics in stand-up today" - New



**Rest of San Francisco** Stand-Up Comedy



25

**Public Art Walking Tour** 



#### Docent on Duty at the **Bedford**

Available for questions & brief tours of current exhibition



## **Diwali Celebration Street**



#### 2:00 PM - 3:45 PM

#### Of Love and Other Demons

pired by the Gabriel Garcia Márquez novel



### 10/24/2025 - 10/26/2025

#### La Traviata

new life to one of opera's most



#### 7:30 PM - 10:00 PM

## **Anniversary Concert**

Over 60 performers dazzle with



### 10/25/2025 - 10/26/2025

### Diablo Improv Festival

comedy! Shows, workshops, and



#### **Ronstadt Revolution**

Experience the magic of Linda Ronstadt's iconic music!



## The Groundlings

The famed Los Angeles improvsketch comedy group

28

Newsmakers: Laura Linney Award-Winning Theatre, Film &

Television Actress







## The Cozy Charm of October



October at The Heritage Downtown is filled with golden leaves, crisp air, and the warmth of community. This season invites us to slow down, savor cozy moments, and enjoy the simple joys of autumn.

From soft sweaters to the comforting scent of cinnamon and spice, fall is all about atmosphere. Whether you're sharing stories with neighbors, enjoying a brisk walk, or simply pausing with a warm drink in hand, October reminds us that beauty is found in life's little comforts.

Here's to a month of cozy vibes, connection, and autumn magic together!

# THD'S FALL RECIPE CORNER Simple Fall Simmer Pot

Fill your home with autumn's cozy scents:

- 1 orange, sliced
- 1 apple, sliced
- 2-3 cinnamon sticks
- · A few whole cloves
- A sprinkle of nutmeg
- Optional: dash of vanilla

Add to a pot of simmering water, let the fragrance fill the room, and refresh with water as needed.

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



## THD Monthly Puzzles



BAT BROOMSTICK CANDY **CAULDRON** COSTUME

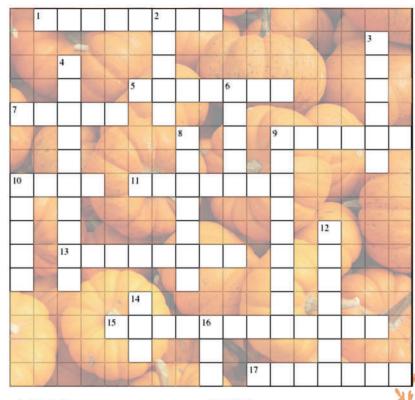
**GHOST GOBLIN HAUNTED** MASK MUMMY

**POTION PUMPKIN SKELETON SPIDER** 

**TREAT** TRICK **VAMPIRE** WEB TOMBSTONE WITCH







#### **ACROSS**

- 1 BONES ONLY
- **5** GHOSTLY HOUSE
- 7 FRIENDLY CASPER
- 9 SPIDER'S HOME
- **10** COSTUME FACE COVER
- 11 ORANGE GOURD
- 13 WITCH'S POT
- **15** CARVED DECORATION
- 17 DRESS UP OUTFIT

#### DOWN

- 2 SWEET REWARD
- 3 HAS EIGHT LEGS
- 4 WITCH'S RIDE
- **6** PRANK SURPRISE
- 8 BLOOD DRINKER 9 TRI-COLOR CANDY
- **10 WRAPPED MONSTER**
- 12 FALL GATHERING
- **14** NIGHT FLYING RAT
- 16 NIGHT BIRD

## THE HERITAGE DOWNTOWN

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