



www.TheHeritageDowntown.com

• Tel: 925.943.7427



October
2025



The Heritage Downtown

• 1785 Shuey Ave, Walnut Creek, CA 94596



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
Christi Lucero

Executive Chef
Joel Torres

Housekeeping Supervisor
Norma Garcia

HAPPY
Birthday

**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

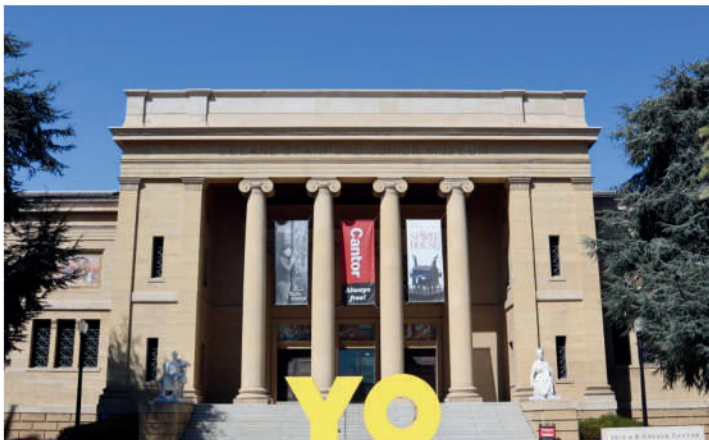
Raise your steins and join us in the Liberty Pavilion for Oktoberfest fun! Enjoy cold beer, traditional music, and delicious seasonal fare as we celebrate this beloved tradition together. Slip into your favorite Bavarian-inspired outfit and toast to an afternoon of Heritage cheer!



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.



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.



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.

OCTOBER 2025

LEGEND

SUNDAY


MONDAY

TUESDAY

WEDNESDAY

| | | | |
|--|---|--|--|
| 28  1:00 PM 49ERS VS JAGUARS 4:00 PM GREAT COURSES 7:00 PM MOVIE | 29 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 11:00 AM FIRESIDE ACTIVITES CHAT 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 | 30 10:00 AM OAKLAND ZOO 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 | 1 YOM 9:30 AM STRENGTH 10:30 AM AQUA FITN 1:00 PM WEDNESDA 1:45 PM ZUMBA WI 2:00 PM P102 BLOO 2:00 PM MEXICAN T 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE |
| 5  1:00 PM WALNUT CREEK WALKABOUT 4:00 PM GREAT COURSES 7:00 PM MOVIE | 6 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 11:00 AM FIRESIDE ACTIVITES CHAT 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 | 7 11:00 AM CHAIR VOLLEYBALL 11:00 AM LECTURE, PATE THOMSON 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE | 8 9:30 AM STRENGTH 10:30 AM AQUA FITN 1:00 PM WEDNESDA 1:00 PM BOCCI - LIB 1:45 PM ZUMBA WI 2:00 PM P102 BLOO 2:00 PM MEXICAN T 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE |
| 12  10:00 AM 49ERS VS BUCCANEERS 4:00 PM GREAT COURSES 7:00 PM MOVIE | 13 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 11:00 AM FIRESIDE ACTIVITES CHAT 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 | 14 11:00 AM CORN HOLE 11:00 AM LECTURE, RICHARD KESSIN 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE | 15 9:30 AM STRENGTH 10:30 AM AQUA FITN 1:00 PM WEDNESDA 1:45 PM ZUMBA WI 2:00 PM P102 BLOO 2:00 PM MEXICAN T 3:00 PM OCTOBER E 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE |
| 19  4:00 PM GREAT COURSES 5:00 PM BUDD MACKENZIE FUNDRAISER 5:15 PM 49ERS VS FALCONS 7:00 PM MOVIE | 20 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 | 21 9:30 AM TAI CHI W/STEPHEN 10:00 AM CANTOR ARTS CENTER 11:00 AM CHAIR VOLLEYBALL 11:00 AM FIRESIDE ACTIVITES CHAT 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE | 22 9:30 AM STRENGTH 10:30 AM AQUA FITN 1:00 PM WEDNESDA 1:45 PM ZUMBA WI 2:00 PM P102 BLOO 2:00 PM MEXICAN T 3:00 PM TRIVIA 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE |
| 26  2:00 PM SENIORITY JAM 3 4:00 PM GREAT COURSES 7:00 PM MOVIE | 27 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 11:00 AM FIRESIDE ACTIVITES CHAT 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 | 28 11:00 AM LAFAYETTE SHOPPING 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 | 29 9:30 AM STRENGTH 10:30 AM AQUA FITN 12:00 PM BEACH CHA 1:00 PM WEDNESDA 1:45 PM ZUMBA WI 2:00 PM P102 BLOO 2:00 PM MEXICAN T 3:30 PM STITCH AN 7:00 PM EVENING B 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 |
|--------------------|----------------------------------|--|---|
| KIPPUR | 2 | 3 | 4 |
| STRENGTH & BALANCE | 11:00 AM CHAIR VOLLEYBALL | 9:30 AM STRENGTH & BALANCE | 8:00 AM DONUTS & COFFEE |
| WESS | 1:00 PM ASIAN MAHJONG | 10:30 AM INTERMEDIATE MAHJONG | 10:00 AM MORNING MEDITATION |
| WY BRIDGE GROUP | 1:00 PM GREAT COURSES | 10:30 AM AQUA FITNESS | 1:00 PM CANASTA |
| WTH SABRINA | 1:00 PM RUMMIKUB GROUP | 1:00 PM EXPERIENCED BRIDGE CLUB | 1:00 PM ZUMBA |
| W D PRESSURE CHECK | 1:00 PM LOW IMPACT FITNESS | 2:30 PM STRENGTH & BALANCE | 2:30 PM PUMPKIN DECOUPAGE |
| WRAIN GROUP | 1:45 PM GENTLE YOGA STRETCH | 3:00 PM COCKTAIL HOUR: B STREET JAZZ | 7:30 PM MOVIE |
| W D CHAT | 2:45 PM STRENGTH & BALANCE | | |
| W BRIDGE GROUP | 3:00 PM CANDLELIGHT CONCERT | 7:30 PM MOVIE | |
| | 5:15 PM 49ERS VS RAMS | | |
| | 7:00 PM SPINNERS GAME GROUP | | |
| | 7:00 PM EVENING NIGHTCAP | | |
| | 9 | 10 | 11 |
| STRENGTH & BALANCE | 11:00 AM CHAIR VOLLEYBALL | 9:30 AM STRENGTH & BALANCE | 8:00 AM DONUTS & COFFEE |
| WESS | 1:00 PM ASIAN MAHJONG | 10:30 AM INTERMEDIATE MAHJONG | 10:00 AM PUMPKIN HARVEST FESTIVAL |
| WY BRIDGE GROUP | 1:00 PM GREAT COURSES | 10:30 AM AQUA FITNESS | 10:00 AM MORNING MEDITATION |
| WERTY PAVILLION | 1:00 PM RUMMIKUB GROUP | 1:00 PM EXPERIENCED BRIDGE CLUB | 11:00 AM FILM TALKS WITH BILLY |
| WTH SABRINA | 1:00 PM LOW IMPACT FITNESS | 2:30 PM STRENGTH & BALANCE | 1:00 PM CANASTA |
| W D PRESSURE CHECK | 1:45 PM GENTLE YOGA STRETCH | 3:00 PM COCKTAIL HOUR: OKTOBERFEST W/THE WRANGLERS | 1:00 PM ZUMBA |
| WRAIN GROUP | 2:00 PM WALNUT CREEK WALKABOUT | 7:30 PM MOVIE FOR FILM STUDIES | 7:30 PM MOVIE |
| W D CHAT | 2:45 PM STRENGTH & BALANCE | | |
| W BRIDGE GROUP | 7:00 PM SPINNERS GAME GROUP | | |
| | 7:00 PM EVENING NIGHTCAP | | |
| | 16 | 17 | 18 |
| STRENGTH & BALANCE | 11:00 AM CHAIR VOLLEYBALL | 9:30 AM STRENGTH & BALANCE | 8:00 AM DONUTS & COFFEE |
| WESS | 11:00 AM LECTURE, DAVID CAMPBELL | 10:30 AM INTERMEDIATE MAHJONG | 10:00 AM MORNING MEDITATION |
| WY BRIDGE GROUP | 1:00 PM ASIAN MAHJONG | 10:30 AM AQUA FITNESS | 1:00 PM CANASTA |
| WTH SABRINA | 1:00 PM GREAT COURSES | 1:00 PM EXPERIENCED BRIDGE CLUB | 1:00 PM ZUMBA |
| W D PRESSURE CHECK | 1:00 PM RUMMIKUB GROUP | 2:30 PM STRENGTH & BALANCE | 2:30 PM SIP & DOT GLASS PAINTING |
| WRAIN GROUP | 1:00 PM LOW IMPACT FITNESS | 3:00 PM COCKTAIL HOUR: BILLY SCHAUB | 4:30 PM MOUNTAIN SHADOWS FILM SOCIETY FILM IN THE PARK |
| W BIRTHDAY PARTY | 1:45 PM GENTLE YOGA STRETCH | 7:30 PM MOVIE | 7:30 PM MOVIE |
| W D CHAT | 2:45 PM STRENGTH & BALANCE | | |
| W BRIDGE GROUP | 7:00 PM SPINNERS GAME GROUP | | |
| | 7:00 PM EVENING NIGHTCAP | | |
| | 23 | 24 | 25 |
| STRENGTH & BALANCE | 11:00 AM CHAIR VOLLEYBALL | 9:30 AM STRENGTH & BALANCE | 8:00 AM DONUTS & COFFEE |
| WESS | 1:00 PM ASIAN MAHJONG | 10:30 AM INTERMEDIATE MAHJONG | 10:00 AM MORNING MEDITATION |
| WY BRIDGE GROUP | 1:00 PM GREAT COURSES | 10:30 AM AQUA FITNESS | 1:00 PM CANASTA |
| WTH SABRINA | 1:00 PM RUMMIKUB GROUP | 1:00 PM EXPERIENCED BRIDGE CLUB | 1:00 PM ZUMBA |
| W D PRESSURE CHECK | 1:00 PM LOW IMPACT FITNESS | 2:30 PM STRENGTH & BALANCE | 1:00 PM WALNUT CREEK WINERY |
| WRAIN GROUP | 1:45 PM GENTLE YOGA STRETCH | 3:00 PM COCKTAIL HOUR: JEFF WESSMAN | 7:30 PM MOVIE |
| W D CHAT | 2:45 PM STRENGTH & BALANCE | 7:30 PM MOVIE | |
| W BRIDGE GROUP | 7:00 PM SPINNERS GAME GROUP | | |
| | 7:00 PM EVENING NIGHTCAP | | |
| | 30 | 31 HALLOWEEN | |
| STRENGTH & BALANCE | 11:00 AM CHAIR VOLLEYBALL | 9:30 AM STRENGTH & BALANCE |  VAN SERVICE MONDAYS - FRIDAYS: 9AM - 5PM SATURDAY & SUNDAYS: 9AM - 4PM |
| WESS | 1:00 PM ASIAN MAHJONG | 10:30 AM INTERMEDIATE MAHJONG | |
| WLET LUNCH | 1:00 PM GREAT COURSES | 10:30 AM AQUA FITNESS | |
| WY BRIDGE GROUP | 1:00 PM RUMMIKUB GROUP | 1:00 PM EXPERIENCED BRIDGE CLUB | |
| WTH SABRINA | 1:00 PM LOW IMPACT FITNESS | 2:30 PM STRENGTH & BALANCE | |
| W D PRESSURE CHECK | 1:45 PM GENTLE YOGA STRETCH | 3:00 PM COCKTAIL HOUR: HALLOWEEN PARTY | |
| WRAIN GROUP | 2:45 PM STRENGTH & BALANCE | 7:30 PM MOVIE | |
| W D CHAT | 7:00 PM SPINNERS GAME GROUP | | |
| W BRIDGE GROUP | 7:00 PM EVENING NIGHTCAP | | |

Lesher Center of the Performing Arts • Shows & Events

OCTOBER EVENTS AT THE LESHER CENTER

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

OCT 04



ON BROADWAY Gala
Celebrating 35 years of Artistic Excellence

6:00 PM - 11:00 PM

OCT 08



Branford Marsalis Quartet
Celebrated jazz ensemble led by revered saxophonist Branford

7:30 PM - 9:30 PM

OCT 10



other Goose's The Legend of Banbury Cross
Even the most unexpected heroes can make a difference in a fairy tale!

10/10/2025 - 10/12/2025

OCT 11



MOTOWN MANIA!
THE SUPERSTARS OF MOTOWN
The Golden Hits of the Temptations & the Superstars of Motown starring

7:30 PM - 9:30 PM


OCT 11



Best of San Francisco Stand-Up Comedy
A new generation of comedic talent!

8:15 PM

OCT 12



Chicago THE TRIBUTE
The Solid Gold Hits of Chicago

3:00 PM - 5:00 PM

OCT 14



Fall Pops Concert: "Legends & Lore"
A thrilling concert featuring music inspired by epic adventures

7:00 PM - 9:00 PM

OCT 16



GROUPS
Groups at the Lesher Center
Your favorite people + your favorite entertainment!

10/16/2025 - 12/31/2025

OCT 17



Headliner's Hari Kondabolu
"One of the most exciting political comics in stand-up today" - New

7:30 PM

OCT 17



Best of San Francisco Stand-Up Comedy
A new generation of comedic talent!

8:15 PM


OCT 18



Public Art Walking Tour
Route 3: Around the Business parks near the Walnut Creek BART station,

10:00 AM - 11:00 AM

OCT 18



DECENT ON DUTY
at the Bedford
Available for questions & brief tours of current exhibition

12:00 PM - 2:00 PM

OCT 18



Diwali
at the Lesher Center for the Arts
Free outdoor events for all ages

12:00 PM - 4:00 PM

OCT 19



CONTRA COSTA WIND SYMPHONY
Of Love and Other Demons
Inspired by the Gabriel García Márquez novel,

2:00 PM - 3:45 PM

OCT 24



La Traviata
A thrilling modern concert bringing new life to one of opera's most

10/24/2025 - 10/26/2025

OCT 24



DANCE POLAND! 50th Anniversary Concert
Over 60 performers dazzle with traditional dance, music and song!

7:30 PM - 10:00 PM


OCT 25



DIABLO IMPROV FESTIVAL
An incredible weekend of improv comedy! Shows, workshops, and

10/25/2025 - 10/26/2025

OCT 25



Ronstadt Revolution
Experience the magic of Linda Ronstadt's iconic music!

7:00 PM - 9:00 PM

OCT 25



Headliner's The Groundlings
The famed Los Angeles improv-sketch comedy group

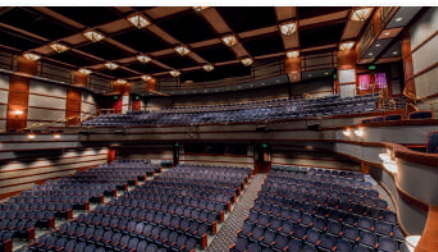
7:30 PM - 8:45 PM

OCT 28



NEWSMAKERS 2025 SEASON 20
Laura Linney
Award-Winning Theatre, Film & Television Actress

7:30 PM - 9:00 PM



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.

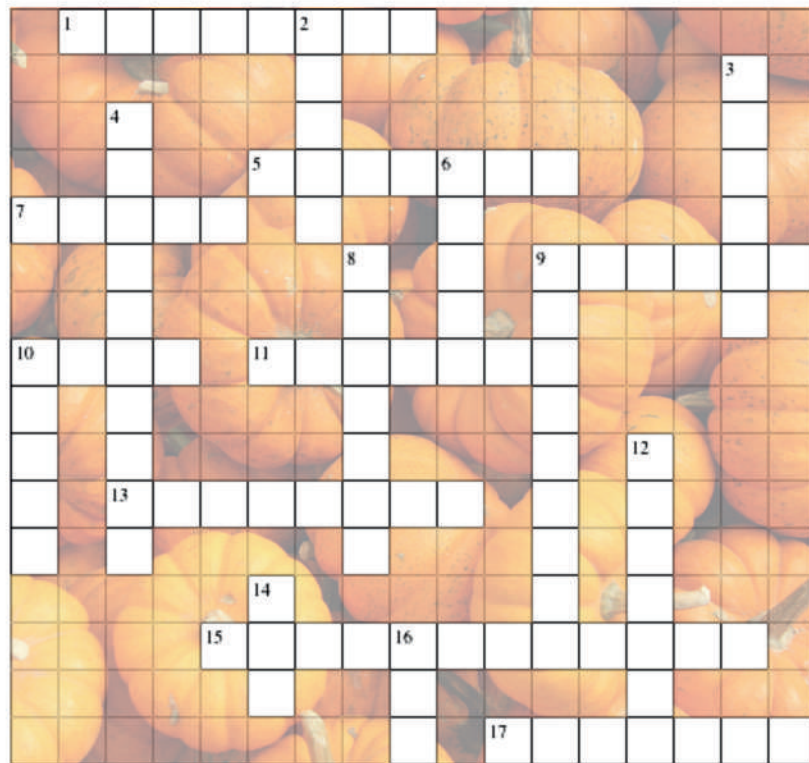
**SCAN THE QR TO TAKE A
LOOK AT THIS MONTH'S
EVENT CALENDAR!**



THD Monthly Puzzles

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

| | | | |
|------------|---------|-----------|---------|
| BAT | GHOST | POTION | TREAT |
| BROOMSTICK | GOBLIN | PUMPKIN | TRICK |
| CANDY | HAUNTED | SKELETON | VAMPIRE |
| CAULDRON | MASK | SPIDER | WEB |
| COSTUME | MUMMY | 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



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