



www.TheHeritageDowntown.com

• Tel: 925.943.7427



September
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:**

09/02	Joan D.
09/07	Dean E.
09/09	Minoo F.
09/11	Kathleen S.
09/11	Joseph W.
09/16	Debby B.
09/21	Nancy K.
09/22	Norman N.
09/24	Sandi G.
09/25	Shari R.
09/30	Eileen B.

THD Monthly Events & Excursions



NFL FOOTBALL SEASON KICK OFF

SEPT 7 | 1:00 PM | CINEMA

Hey residents, football season is here! Join us in our onsite cinema to catch the action, cheer as the 49ers gear up, and enjoy the big-screen excitement. Go Niners!



SHAPING THE EARTH / MOUNT DIABLO ADVENTURE

SEPT 17 | 9:00 AM | MT DIABLO

Join us for a fascinating trip to Mount Diablo to explore how shifting tectonic plates shaped this majestic peak and discover its incredible geological story up close.



WELCOME FALL, AUTUMN EQUINOX

SEPT 22 | ALL DAY | THE HERITAGE DOWNTOWN

Fall has arrived! We're ready for cooler breezes, colorful leaves, and the cozy aroma of spiced cider. Let's welcome the season together with warm smiles, autumn cheer, and special events to celebrate all that this time of year brings.



PLEASANTON QUILT, CRAFT & SEWING FESTIVAL

SEPT 27 | 10:00 AM | ALAMEDA COUNTY FAIRGROUNDS

Calling all craft lovers! Join us at the Alameda County Fairgrounds for the Pleasanton Quilt, Craft & Sewing Festival. Enjoy free classes, creative inspiration, beautiful displays, and the joy of connecting with fellow makers in a lively community setting.

SEPTEMBER 2025

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

31  9:00 AM WALK TO DOWNTOWN 1:00 PM SHOPPING: VERANDA 3:00 PM SUNDAY ICE CREAM GATHERING 4:00 PM GREAT COURSES 7:00 PM MOVIE	1 LABOR DAY 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 2:00 PM CREATIVE WORKSHOP 2:45 PM STRENGTH & BALANCE 3:30 PM SCRABBLE GROUP 7:30 PM MOVIE	2 9:30 AM TAI CHI W/STEPHEN 11:00 AM LADDERBALL 1:00 PM TUESDAY BRIDGE GAME 1:00 PM CHRIS AHOY PRESENTATION 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:00 PM LIVE MUSIC: BILLY 7:30 PM MOVIE	3 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 7:00 PM EVENING BRIDGE 7:30 PM MOVIE
7 10:00 AM JEWELRY SHOW W/MARIE 1:00 PM 49ERS VS SEAHAWKS 2:00 PM MY FAIR LADY MATINEE AT THE SF PLAYHOUSE 4:00 PM GREAT COURSES 7:00 PM MOVIE 	8 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 11:00 AM PRESENTATION/AUTHOR & SPEAKER BUDD MACKENZIE 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	9 9:00 AM SHAPING THE EARTH / MOUNT DIABLO ADVENTURE 9:30 AM TAI CHI W/STEPHEN 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 6:00 PM TO-GO TUESDAY 7:30 PM MOVIE	10 9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 11:00 AM ENGAGE LEADERSHIP 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA 2:00 PM NEW RESIDENTS 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAKEAWAY 3:30 PM STITCH AND SEW 7:00 PM EVENING BRIDGE 7:30 PM MOVIE
14  1:00 PM 49ERS VS SAINTS 1:00 PM SHOPPING: COSTCO 1:00 PM SUNDAY TRIVIA 4:00 PM GREAT COURSES 7:00 PM MOVIE 	15 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	16 9:30 AM TAI CHI W/STEPHEN 10:00 AM BUCK INSTITUTE/TOUR & LECTURE 11:00 AM CORN HOLE 11:00 AM SPEAKER: ED CHURCH 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE	17 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 7:00 PM EVENING BRIDGE 7:30 PM MOVIE
21  1:00 PM 20TH ANNUAL DANVILLE CONCOURS D'ELEGANCE 1:15 PM 49ERS VS CARDINALS 4:00 PM GREAT COURSES 5:00 PM BOOK GROUP 7:00 PM MOVIE	22 1 ST DAY OF AUTUMN 1 ST DAY OF ROSH HASHANA 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 2:00 PM AUTUMNAL EQUINOX GATHERING 2:45 PM STRENGTH & BALANCE 3:30 PM SCRABBLE GROUP 7:30 PM MOVIE	23 9:30 AM TAI CHI W/STEPHEN 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 3:00 PM PRESENTATION & LECTURE/IT & CYBER SECURITY FOR SENIORS W/MIKE DI BELLA 7:30 PM MOVIE	24 9:00 AM GUIDE DOGS 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 7:00 PM EVENING BRIDGE 7:30 PM MOVIE
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 9:30 AM TAI CHI CLASS 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 KIPUR 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 7:00 PM EVENING BRIDGE 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

ESDAY

THURSDAY

FRIDAY

SATURDAY

	4	5	6
STRENGTH & BALANCE	9:30 AM TAI CHI CLASS W/LIVE 2B	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
LESS	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
AY BRIDGE GROUP	12:00 PM FOB KITCHEN	10:30 AM AQUA FITNESS	11:00 AM FILM TALKS WITH BILLY
D PRESSURE CHECK	1:00 PM ASIAN MAHJONG	1:00 PM EXPERIENCED BRIDGE CLUB	1:00 PM CANASTA
TRAIN GROUP	1:00 PM GREAT COURSES	2:30 PM STRENGTH & BALANCE	1:00 PM ZUMBA
D CHAT	1:00 PM RUMMIKUB GROUP	3:00 PM COCKTAIL HOUR: FRITZ & THE	2:00 PM BEADED EYEGLASS CHAINS
BRIDGE GROUP	1:00 PM LOW IMPACT FITNESS	CAFÉ DAS AMERICAS TRIO	7:30 PM MOVIE
	1:45 PM GENTLE YOGA STRETCH	7:30 PM MOVIE FOR FILM STUDIES	
	2:45 PM STRENGTH & BALANCE		
	7:00 PM SPINNERS GAME GROUP		
	7:00 PM EVENING NIGHTCAP		
	11	12	13
STRENGTH & BALANCE	9:30 AM TAI CHI CLASS W/LIVE 2B	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
LESS	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
CTURE/ART HISTORY	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	1:00 PM CANASTA
AY BRIDGE GROUP	1:00 PM GREAT COURSES	1:00 PM EXPERIENCED BRIDGE CLUB	1:00 PM ZUMBA
MENT GATHERING	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	2:00 PM PRESSED FLORALS GLASS
D PRESSURE CHECK	1:00 PM LOW IMPACT FITNESS	3:00 PM COCKTAIL HOUR	FRAMES
TRAIN GROUP	1:45 PM GENTLE YOGA STRETCH	7:30 PM MOVIE	7:30 PM MOVIE
D CHAT	2:45 PM STRENGTH & BALANCE		
BRIDGE GROUP	7:00 PM SPINNERS GAME GROUP		
	7:00 PM EVENING NIGHTCAP +		
	KARAOKE SING-A-LONG		
	18	19	20
STRENGTH & BALANCE	9:30 AM TAI CHI CLASS W/LIVE 2B	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
LESS	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 CANASTA
D PRESSURE CHECK	1:00 PM GREAT COURSES	1:00 PM EXPERIENCED BRIDGE CLUB	1:00 PM ZUMBA
TRAIN GROUP	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	2:00 PM HISPANIC HERITAGE MONTH
D CHAT	1:00 PM LOW IMPACT FITNESS	3:00 PM COCKTAIL HOUR: ALEKSANDR	PIANO SHOW BY CLAUDIO
BRIDGE GROUP	1:45 PM GENTLE YOGA STRETCH	PISKOV	MEDEIROS
	2:45 PM STRENGTH & BALANCE	7:30 PM MOVIE	3:00 PM MOUNTAIN SHADOWS FILM
	3:00 PM SEPTEMBER BIRTHDAY PARTY		SOCIETY FILM IN THE PARK
	7:00 PM SPINNERS GAME GROUP		7:30 PM MOVIE
	7:15 PM BINGO		
	25	26	27
S FOR THE BLIND:	9:00 AM VACCINE CLINIC/SAFEWAY	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
L	1:00 PM ASIAN MAHJONG	10:30 AM INTERMEDIATE MAHJONG	10:00 AM PLEASANTON SEWING &
STRENGTH & BALANCE	1:00 PM GREAT COURSES	10:30 AM AQUA FITNESS	QUILTING FESTIVAL
LESS	1:00 PM RUMMIKUB GROUP	1:00 PM EXPERIENCED BRIDGE CLUB	10:00 AM MORNING MEDITATION
AY BRIDGE GROUP	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: B STREET	1:00 PM ZUMBA
TRAIN GROUP	2:00 PM TIE-DYE	JAZZ	2:00 PM MAKING FALL TWINKLING
D CHAT	2:45 PM STRENGTH & BALANCE	5:00 PM WALNUT CREEK	VASES
BRIDGE GROUP	7:00 PM SPINNERS GAME GROUP	OKTOBERFEST CELEBRATION	7:30 PM MOVIE
	7:00 PM EVENING NIGHTCAP	7:30 PM MOVIE	
PUR BEGINS	2	 VAN SERVICE MONDAYS - FRIDAYS: 9AM - 5PM SATURDAY & SUNDAYS: 9AM - 4PM	
STRENGTH & BALANCE	9:30 AM TAI CHI CLASS W/LIVE 2B		
LESS	11:00 AM CHAIR VOLLEYBALL		
AY BRIDGE GROUP	1:00 PM ASIAN MAHJONG		
D PRESSURE CHECK	1:00 PM GREAT COURSES		
TRAIN GROUP	1:00 PM RUMMIKUB GROUP		
D CHAT	1:00 PM LOW IMPACT FITNESS		
BRIDGE GROUP	1:45 PM GENTLE YOGA STRETCH		
	2:45 PM STRENGTH & BALANCE		
	7:00 PM SPINNERS GAME GROUP		
	7:00 PM EVENING NIGHTCAP		
			
		 Labor Day September 1	

SEPTEMBER EVENTS AT THE LESHER CENTER

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



8:15 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



09/07/2025 - 09/28/2025

Indecent

"[A] riveting backstage drama" The New Yorker



5:30 PM - 7:00 PM

Yoga & Sound Healing with Janine Ellis

Experience a unique fusion of art, movement, and sound all at once!



8:15 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



09/16/2025 - 12/31/2025

Groups at the Lesher Center

Your favorite people + your favorite entertainment!



09/19/2025 - 09/20/2025

Smuin Contemporary Ballet: Extremely Close



10:00 AM - 11:00 AM

Public Art Walking Tour

Route 2: Plaza Escuela & shopping areas (Locust, Plaza Escuela, and



8:15 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



09/27/2025 - 09/28/2025

Pictures from Paris

Ravel's Boléro leads off a trio of orchestral showstoppers to open the



7:15 PM - 9:15 PM

Improvised Dungeons and Dragons

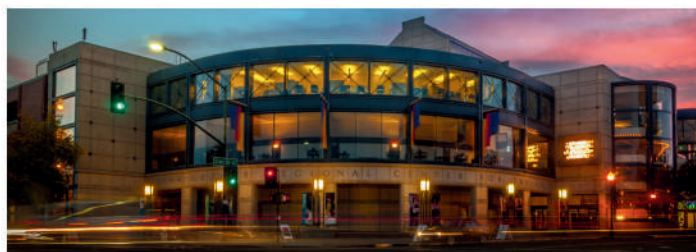
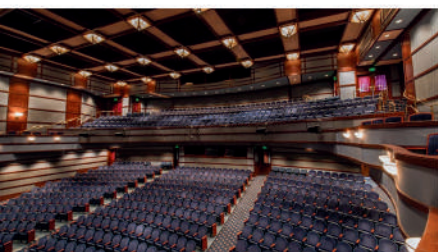
A Spontaneous Quest!



7:30 PM - 9:00 PM

Newsmakers: Frank Abagnale

Renowned Cybercrime and Fraud Prevention Expert, Author of Catch



Embracing the Magic of September



September is here, and with it comes the gentle shift from summer's golden rays to autumn's cozy embrace. At The Heritage Downtown, we're fortunate to enjoy both — warm afternoons for strolls in the courtyard and crisp evenings that make a cup of tea or cocoa all the more inviting.

Fall isn't just about the leaves changing; it's about the feeling in the air — a sense of new beginnings mixed with comforting traditions. The season brings us pumpkin-spiced treats, cozy sweaters, and skies painted in amber and gold. There's a joy in gathering for community activities, walking among the falling leaves, or simply taking a quiet moment to watch the world transform.

Here, autumn is more than a season — it's a chance to savor simple pleasures while creating new memories. Whether it's a lively group outing, a friendly chat in the courtyard, or the comfort of a warm blanket on a cool evening, there's magic woven into everyday moments.

So as September settles in, let's welcome it with open arms and grateful hearts — ready to enjoy the sights, scents, and warmth of autumn together.

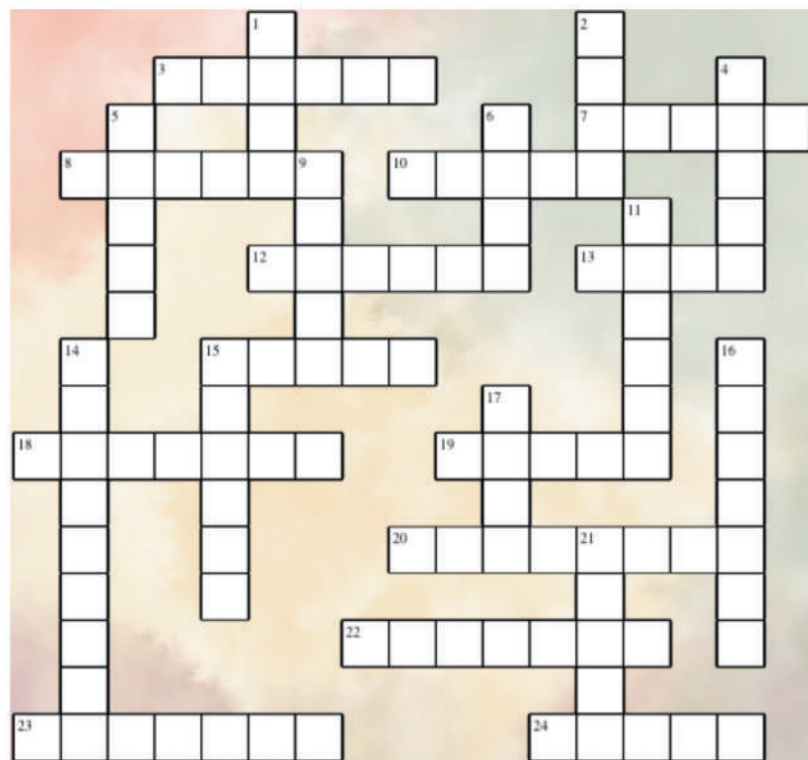
**SCAN THE QR TO TAKE A
LOOK AT THIS MONTH'S
EVENT CALENDAR!**



THD Monthly Puzzles

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

ACORN	CRISP	HAYRIDE	PINECONE
AUTUMN	CIDER	JACKET	PUMPKIN
BARN	FESTIVAL	LEAVES	QUILT
BONFIRE	FROST	MAPLE	RAKE
CHILLY	GOURD	NUTMEG	SCARECROW
CORN	HARVEST	OCTOBER	SWEATER



ACROSS

- 3 AUTUMN FOLIAGE
- 7 FLAVOR KICK
- 8 FALL SPICE
- 10 MORNING ICE
- 12 FALL SEASON
- 13 HARVEST LIGHT
- 15 SPICED DRINK
- 18 WAGON TOUR
- 19 SYRUP TREE
- 20 CONIFER SEED
- 22 JACK-O'-LANTERN
- 23 COZY TOP
- 24 ORCHARD FRUIT

DOWN

- 1 LEAF GATHERER
- 2 CELEBRATION
- 4 OAK NUT
- 5 PATCHWORK COVER
- 6 MAIZE
- 9 HARD-SHELLED SQUASH
- 11 TURKEY SOUND
- 14 FIELD GUARD
- 15 COOL WEATHER
- 16 FALL GATHERING
- 17 FARM BUILDING
- 21 COOL, FRESH

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