



November
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
Christi Lucero

Executive Chef
Joel Torres

Housekeeping Supervisor
Norma Garcia

HAPPY
Birthday

We would like to celebrate
the following residents:

11/1	Linda E.
11/3	Barbara H.
11/10	Eileen M.
11/11	Wanda K.
11/12	Christa P.
11/14	Jan M.
11/14	Jane W.
11/15	Shobhna V.
11/19	Dorothy M.
11/21	Linda L.
11/23	Hisako T.
11/24	Bill T.

THD Monthly Events & Excursions



DANDELION CHOCOLATE FACTORY

NOV 6 | 10:00 AM | DANDELION CHOCOLATE FACTORY

Join us as we tour the historic brick factory with a chocolate expert, sample everything from fresh cacao to finished bars, and savor the aroma of roasted cocoa beans while learning about chocolate's rich history and production.



THE COBRA EXPERIENCE SHELBY MUSEUM

NOV 16 | 1:00 PM | SHELBY MUSEUM

Come along for a thrilling visit to the "The Cobra Experience", a Museum in Martinez, CA, dedicated to racing visionary, Carroll Shelby. In the 1960s, Shelby's Cobra captured the heart and imagination of car racing enthusiasts, but he didn't stop there. Discover the amazing legacy of Carroll Shelby and his famous Mustangs & Cobras.



THANKSGIVING

NOV 27 | ALL DAY | NEWTON'S

Join us for a special Thanksgiving dinner at Newton's, our onsite restaurant. Gather with your neighbors and loved ones to enjoy a traditional holiday feast prepared with care by our culinary team. It's the perfect opportunity to relax, celebrate, and savor the season.



AN EVENING OF LIGHTS & HOLIDAY CHEER

NOV 29 | 3:00 PM | LOBBY

Experience the magic of the season with a holiday beverage followed by The Heritage's annual tree lighting; a timeless tradition of joy, elegance, and togetherness.

NOVEMBER 2025

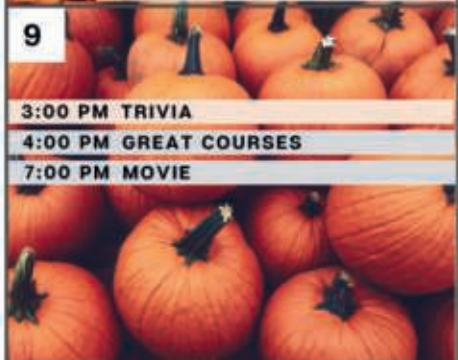
LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

30  4:00 PM GREAT COURSES 7:00 PM MOVIE NOVEMBER	 VAN SERVICE MONDAYS - FRIDAYS: 9AM - 5PM SATURDAY & SUNDAYS: 9AM - 4PM	28 OCTOBER CONT'D 9:30 AM TAI CHI 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 1:00 PM WEDNESDA 1:45 PM ZUMBA WI 2:00 PM P102 BLOO 2:00 PM MEXICAN T 3:00 PM BUNCO 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE
2  1:00 PM SHOPPING: COSTCO 4:00 PM GREAT COURSES 7:00 PM MOVIE	3 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	4 9:30 AM TAI CHI 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	5 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 BUNCO 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE
9  3:00 PM TRIVIA 4:00 PM GREAT COURSES 7:00 PM MOVIE	10 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	11 VETERANS DAY 9:30 AM TAI CHI 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	12 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 BUNCO 3:00 PM NOVEMBER 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE
16  10:00 AM SHELBY CAR MUSEUM 4:00 PM GREAT COURSES 5:00 PM BOOK GROUP 7:00 PM MOVIE	17 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	18 9:30 AM TAI CHI 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	19 9:30 AM STRENGTH 10:30 AM AQUA FITN 11:00 AM CHICKEN PC 1:00 PM WEDNESDA 1:45 PM ZUMBA WI 2:00 PM P102 BLOO 2:00 PM MEXICAN T 3:00 PM BUNCO 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE
23  3:00 PM HOLIDAY TRIVIA 4:00 PM GREAT COURSES 7:00 PM MOVIE	24 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	25 9:30 AM TAI CHI 11:00 AM LADDERBALL 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 3:00 PM BAILYS & BANTER 7:30 PM MOVIE	26 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 BUNCO 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE

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	
		30		31 HALLOWEEN		1	
		9:30 AM TAI CHI		9:30 AM STRENGTH & BALANCE		8:00 AM DONUTS & COFFEE	
STRENGTH & BALANCE		11:00 AM CHAIR VOLLEYBALL		10:30 AM INTERMEDIATE MAHJONG		10:00 AM MORNING MEDITATION	
MAHJONG		1:00 PM LAFAYETTE SHOPPING		10:30 AM AQUA FITNESS		11:00 AM FILM TALKS WITH BILLY	
YOGA BRIDGE GROUP		1:00 PM ASIAN MAHJONG		1:00 PM EXPERIENCED BRIDGE CLUB		1:00 PM CANASTA	
WITH SABRINA		1:00 PM GREAT COURSES		2:30 PM STRENGTH & BALANCE		1:00 PM ZUMBA	
D PRESSURE CHECK		1:00 PM RUMMIKUB GROUP		3:00 PM COCKTAIL HOUR: HALLOWEEN PARTY		7:30 PM MOVIE	
TRAIN GROUP		1:00 PM LOW IMPACT FITNESS		7:30 PM MOVIE FOR FILM STUDIES			
		1:45 PM GENTLE YOGA STRETCH					
D CHAT		2:45 PM STRENGTH & BALANCE					
BRIDGE GROUP		7:00 PM SPINNERS GAME GROUP					
		7:15 PM BINGO					
		6		7		8	
		9:30 AM TAI CHI		9:30 AM STRENGTH & BALANCE		8:00 AM DONUTS & COFFEE	
STRENGTH & BALANCE		11:00 AM CHAIR VOLLEYBALL		10:30 AM INTERMEDIATE MAHJONG		10:00 AM MORNING MEDITATION	
MAHJONG		1:00 PM DANDILION CHOCOLATE FACTORY		10:30 AM AQUA FITNESS		1:00 PM CANASTA	
YOGA BRIDGE GROUP		1:00 PM ASIAN MAHJONG		1:00 PM EXPERIENCED BRIDGE CLUB		1:00 PM SHOPPING: HOME GOODS	
WITH SABRINA		1:00 PM GREAT COURSES		2:30 PM STRENGTH & BALANCE		1:00 PM ZUMBA	
D PRESSURE CHECK		1:00 PM RUMMIKUB GROUP		3:00 PM COCKTAIL HOUR: THE BREED LOVES		7:30 PM MOVIE	
TRAIN GROUP		1:00 PM LOW IMPACT FITNESS					
		1:45 PM GENTLE YOGA STRETCH					
D CHAT		2:45 PM STRENGTH & BALANCE					
BRIDGE GROUP		7:00 PM SPINNERS GAME GROUP					
		7:00 PM EVENING NIGHTCAP					
		13		14		15	
		9:30 AM TAI CHI		9:30 AM STRENGTH & BALANCE		8:00 AM DONUTS & COFFEE	
STRENGTH & BALANCE		11:00 AM COLOR ME MINE POTTERY		10:30 AM INTERMEDIATE MAHJONG		10:00 AM MORNING MEDITATION	
MAHJONG		11:00 AM CHAIR VOLLEYBALL		10:30 AM AQUA FITNESS		1:00 PM CANASTA	
YOGA BRIDGE GROUP		1:00 PM ASIAN MAHJONG		1:00 PM EXPERIENCED BRIDGE CLUB		1:00 PM ZUMBA	
WITH SABRINA		1:00 PM GREAT COURSES		2:30 PM STRENGTH & BALANCE		2:30 PM CHRISTMAS ORNAMENT CRAFT	
D PRESSURE CHECK		1:00 PM RUMMIKUB GROUP		3:00 PM COCKTAIL HOUR: B STREET JAZZ		4:30 PM MOUNTAIN SHADOWS FILM SOCIETY FILM IN THE PARK	
TRAIN GROUP		1:00 PM LOW IMPACT FITNESS		7:30 PM MOVIE		7:30 PM MOVIE	
		1:45 PM GENTLE YOGA STRETCH					
BIRTHDAY PARTY		2:45 PM STRENGTH & BALANCE					
D CHAT		3:00 PM TECH CHAT					
BRIDGE GROUP		7:00 PM SPINNERS GAME GROUP					
		7:15 PM BINGO					
		20		21		22	
		9:30 AM TAI CHI		9:30 AM STRENGTH & BALANCE		8:00 AM DONUTS & COFFEE	
STRENGTH & BALANCE		11:00 AM CHAIR VOLLEYBALL		10:30 AM INTERMEDIATE MAHJONG		10:00 AM MORNING MEDITATION	
MAHJONG		1:00 PM ASIAN MAHJONG		10:30 AM AQUA FITNESS		1:00 PM CANASTA	
YOGA BRIDGE GROUP		1:00 PM GREAT COURSES		1:00 PM EXPERIENCED BRIDGE CLUB		1:00 PM ZUMBA	
WITH SABRINA		1:00 PM RUMMIKUB GROUP		2:30 PM STRENGTH & BALANCE		2:30 PM CHRISTMAS SPIRIT CRAFT	
D PRESSURE CHECK		1:00 PM LOW IMPACT FITNESS		3:00 PM COCKTAIL HOUR: JEFF WESSMAN		7:30 PM MOVIE	
TRAIN GROUP		1:45 PM GENTLE YOGA STRETCH		7:30 PM MOVIE			
		2:45 PM STRENGTH & BALANCE					
D CHAT		7:00 PM SPINNERS GAME GROUP					
BRIDGE GROUP		7:00 PM EVENING NIGHTCAP					
		27		28		29	
		THANKSGIVING		9:30 AM STRENGTH & BALANCE		8:00 AM DONUTS & COFFEE	
STRENGTH & BALANCE		GATHER WITH YOUR NEIGHBORS & LOVED ONES TO ENJOY A TRADITIONAL HOLIDAY FEAST PREPARED WITH CARE BY OUR CULINARY TEAM.		10:30 AM INTERMEDIATE MAHJONG		10:00 AM MORNING MEDITATION	
MAHJONG				10:30 AM AQUA FITNESS		1:00 PM CANASTA	
YOGA BRIDGE GROUP				1:00 PM EXPERIENCED BRIDGE CLUB		1:00 PM ZUMBA	
WITH SABRINA				2:30 PM STRENGTH & BALANCE		3:00 PM AN EVENING OF LIGHTS & HOLIDAY CHEER (LOBBY)	
D PRESSURE CHECK				3:00 PM COCKTAIL HOUR: MOONGLO DUO		7:30 PM MOVIE	
TRAIN GROUP				7:30 PM MOVIE			
D CHAT							
BRIDGE GROUP							

NOVEMBER EVENTS AT THE LESHER CENTER

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



NOV 02

8:30 PM - 8:30 PM

Giyera the Musical 20th Year Anniversary



NOV 05

11/05/2025 - 11/23/2025

The Woman in Black
EAST BAY PREMIERE!



NOV 06

11/06/2025 - 11/16/2025

Thanksgiving Unscripted
An Improvised Dinner Party Gone Wrong!



NOV 06

6:30 PM - 7:00 PM

Cocktails & Conversation
with Bedford Curator of Exhibitions and Programs, Emilie Enders



NOV 07

11/07/2025 - 11/08/2025

Diablo Ballet's The Nutcracker Suite
Newly expanded version of Julia Adam's smash holiday hit.



NOV 09

8:00 PM - 3:00 PM

Warren Miller's SNO-CIETY
Bring on winter with Warren Miller!



NOV 11

11/11/2025 - 11/12/2025

Dare to Dream Jr. A Disney Musical Review
Inspiring musical that celebrates courage, creativity, and



NOV 15

11/15/2025 - 11/16/2025

Beethoven's Eroica
Monumental and heroic, this program celebrates the triumph of



NOV 15

10:00 AM - 11:00 AM

Public Art Walking Tour
Route 4: Downtown Main St. and Library.



NOV 15

12:00 PM - 2:00 PM

Docent on Duty at the Bedford
Available for questions & brief tours of current exhibition.



NOV 16

11/16/2025 - 12/31/2025

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



NOV 21

11/21/2025 - 11/23/2025

Fiddler on the Roof JR



NOV 22

11/22/2025 - 11/23/2025

Smuin's The Christmas Ballet



NOV 22

10:00 AM - 5:00 PM

Craft Fest
Visit BG's Craft Fest for a unique pop-up shopping experience!



NOV 22

5:00 PM - 8:30 PM

Fall Floral Design Workshop
with Walnut Creek florist Stacie Beers



NOV 28

11/28/2025 - 11/30/2025

Once Upon A Christmas
Heartwarming annual holiday ballet.



NOV 28

11/28/2025

Beetlejuice JR



The Grateful Glow of November



This November at The Heritage Downtown is all about savoring the finer things, beautiful meals, good company, and the golden glow of the season. As autumn graces Walnut Creek, our community celebrates the art of slowing down and enjoying life's simple luxuries.

From intimate dinners to cheerful gatherings, this is the time to indulge in moments that warm both heart and home, starting with a seasonal favorite.

THD'S CULINARY SPOTLIGHT Maple Pecan Brie Bites

A refined twist on a holiday classic, perfect for entertaining or enjoying with a glass of wine at sunset.

INGREDIENTS:

- 1 sheet puff pastry, thawed
- 1 small wheel of brie, cubed
- ¼ cup chopped pecans
- 2 tbsp pure maple syrup

INSTRUCTIONS:

- Preheat oven to 375°F.
- Cut puff pastry into small squares and press into a mini muffin tin.
- Add a cube of brie, a sprinkle of pecans, and a drizzle of maple syrup.
- Bake 15–18 minutes until golden and bubbling.
- Top with fresh thyme and serve warm.



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

THD Monthly Puzzles

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

CASSEROLE
CENTERPIECES
CORNUCOPIA
CRANBERRY
FAMILY

GRATITUDE
GRAVY
HARVEST
MAYFLOWER
NAPS
WISHBONE

PILGRIMS
ROLLS
SECONDS
TABLESCAPE
THANKSGIVING
TURKEY



ACROSS

- 1 FANCY TABLE SETUP
- 4 FIRST SETTLERS IN NEW COLONY
- 6 AFTER MEAL REST
- 7 POURED OVER MEAT & MASHED POTATOES
- 9 A FEELING, OFTER DURING THANKSGIVING
- 12 "PASS THE ____"
- 14 TABLE DECORATION
- 15 GREEN BEAN DISH
- 16 ADDITIONAL SERVINGS
- 17 NATIVE FEAST
- 18 SPEND TIME WITH

DOWN

- 2 ORANGE TRADITIONAL DESSERT
- 3 CREAMY TRADITIONAL SIDE
- 5 SHIP THAT LANDED AT PLYMOUTH ROCK
- 8 HOLIDAY BIRD
- 10 SWEET RED SAUCE
- 11 DAY AFTER
- 13 SERVED WITH PIE

THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

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