



[www.TheHeritageDowntown.com](http://www.TheHeritageDowntown.com)

• Tel: 925.943.7427

**2026**  
**HAPPY NEW YEAR!**

January  
2026



The Heritage Downtown

• 1785 Shuey Ave, Walnut Creek, CA 94596



# The Heritage Downtown Directory

**Executive Director**

Barbara Simpson

**Assistant Director****& Sales Director**

Jenny Shively

**Activities Staff**

Vanessa DeGuzman

Elane Johnson

**Executive Chef**

Joel Torres

**Housekeeping Supervisor**

Norma Garcia

*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*



**HAPPY  
Birthday**

We would like to celebrate  
the following residents:

<b>1/1</b>	<b>Andi S.</b>
<b>1/9</b>	<b>Jo Anne C.</b>
<b>1/9</b>	<b>Norman M.</b>
<b>1/9</b>	<b>Phyllis M.</b>
<b>1/9</b>	<b>Janice M.</b>
<b>1/20</b>	<b>Tim K.</b>
<b>1/21</b>	<b>Joan E.</b>
<b>1/27</b>	<b>Jerry D.</b>



# THD Monthly Events & Excursions



## COFFEE TASTING

**JAN 9 | 10:00 AM | FIRESIDE ACTIVITIES LOUNGE**

Discover the world of coffee with our curated Coffee Flight! Taste four unique brews, explore diverse flavors, and learn expert tasting tips. A perfect experience for coffee lovers seeking aroma, flavor, and fun in every sip.



## ALICE STERN, A MAH JONGG MAVEN

**JAN 14 | 2:00 PM | FIRESIDE ACTIVITIES LOUNGE**

Alice, a Queens native & Mah Jongg Maven, became a beloved Mah Jongg teacher after returning to teaching and traveling the world. She created lesson plans, authored *No Jokers in a Pair*, and has raised \$15,000 for the Assistance League scholarship fund.



## PICKWICK VINTAGE SHOW

**JAN 18 | 10:00 AM | FERRY BUILDING SAN FRANCISCO**

Step into timeless style at the Ferry Building Pickwick Vintage Show! Explore curated vintage treasures, rare collectibles, and unique fashion finds. Discover history, craftsmanship, and one-of-a-kind pieces in a vibrant, nostalgic shopping experience.



## NEIL DIAMOND CONCERT

**JAN 31 | 7:30 PM | LESHER CENTER FOR THE ARTS**

Experience the magic of Neil Diamond live at EH Lesher! Iconic hits, unforgettable performances, and sparkling entertainment bring the legendary music to life for fans of all ages.

# JANUARY 2026

LEGEND

SUNDAY

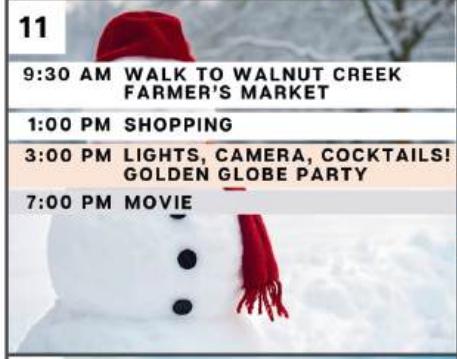
MONDAY

TUESDAY

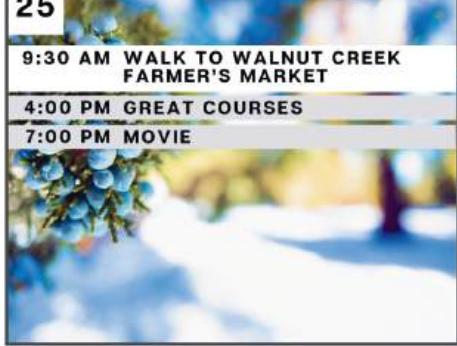
WEDNESDAY

 <p><b>VAN SERVICE</b></p> <p><b>MONDAYS - FRIDAYS:</b> 9AM - 5PM</p> <p><b>SATURDAY &amp; SUNDAYS:</b> 9AM - 4PM</p>	29		30	31
		9:30 AM STRENGTH & BALANCE	9:30 AM TAI CHI	
		10:30 AM AQUA FITNESS	11:00 AM FIRESIDE CHAT	1:00 PM WEDNESDAY
		12:30 PM INTERMEDIATE BRIDGE CLUB	1:00 PM TUESDAY BRIDGE GAME	2:00 PM P102 BLO
		1:00 PM AMERICAN MAHJONG	1:00 PM LOW IMPACT FITNESS	2:00 PM MEXICAN T
		1:00 PM GREAT COURSES	2:45 PM STRENGTH & BALANCE	3:00 PM BUNCO
		2:45 PM STRENGTH & BALANCE	7:30 PM MOVIE	3:30 PM STITCH AN
		3:00 PM SCRABBLE GROUP		7:00 PM EVENING B
		7:30 PM MOVIE		7:30 PM NYE PARTY PERFORMANCE
				7:30 PM MOVIE

 <p>4</p> <p>9:30 AM WALK TO WALNUT CREEK FARMER'S MARKET</p> <p>1:00 PM MC CAULOU'S LAFAYETTE</p> <p>3:00 PM NATIONAL TRIVIA DAY</p> <p>4:00 PM GREAT COURSES</p> <p>5:00 PM SUNDAY FOOTBALL</p> <p>7:00 PM MOVIE</p>	5		6	7
		9:30 AM STRENGTH & BALANCE	9:30 AM TAI CHI	9:30 AM STRENGTH
		10:30 AM AQUA FITNESS	10:00 AM GRATEN CASINO	10:30 AM AQUA FIT
		12:30 PM INTERMEDIATE BRIDGE CLUB	11:00 AM CORN HOLE	11:30 AM LUNCH OUT
		1:00 PM AMERICAN MAHJONG	1:00 PM TUESDAY BRIDGE GAME	1:00 PM WEDNESDA
		1:00 PM GREAT COURSES	1:00 PM LOW IMPACT FITNESS	1:45 PM ZUMBA WI
		2:00 PM LINE DANCING W/ ELANE	1:30 PM CROSSWORD PUZZLES	2:00 PM P102 BLO
		2:45 PM STRENGTH & BALANCE	2:45 PM STRENGTH & BALANCE	2:00 PM MEXICAN T
		3:00 PM SCRABBLE GROUP	3:15 PM FIRESIDE CHAT	3:00 PM BUNCO
		5:00 PM MONDAY NIGHT FOOTBALL	7:30 PM MOVIE	3:00 PM JANUARY I

 <p>11</p> <p>9:30 AM WALK TO WALNUT CREEK FARMER'S MARKET</p> <p>1:00 PM SHOPPING</p> <p>3:00 PM LIGHTS, CAMERA, COCKTAILS! GOLDEN GLOBE PARTY</p> <p>7:00 PM MOVIE</p> <p>●</p> <p>●</p>	12		13	14
		9:30 AM STRENGTH & BALANCE	9:30 AM TAI CHI	9:30 AM STRENGTH
		10:00 AM BOOK CLUB	11:00 AM CHAIR VOLLEYBALL	10:30 AM AQUA FIT
		10:30 AM AQUA FITNESS	1:00 PM TUESDAY BRIDGE GAME	11:00 AM CHOCOLAT
		12:30 PM INTERMEDIATE BRIDGE CLUB	1:00 PM LOW IMPACT FITNESS	1:00 PM WEDNESDA
		1:00 PM AMERICAN MAHJONG	2:00 PM FIRESIDE CHAT	1:45 PM ZUMBA WI
		1:00 PM GREAT COURSES	2:45 PM STRENGTH & BALANCE	2:00 PM P102 BLO
		2:45 PM STRENGTH & BALANCE	3:00 PM CULTURE PRESENTATION- ISLAND OF KIRIBATI	2:00 PM MEXICAN T
		3:00 PM MEN'S CLUB	7:30 PM MOVIE	3:00 PM BUNCO
		3:00 PM SCRABBLE GROUP		3:00 PM LET'S GET

 <p>18</p> <p>9:30 AM FERRY BUILDING-PICKWICK VINTAGE SHOW</p> <p>4:00 PM GREAT COURSES</p> <p>5:00 PM DIVISIONAL FOOTBALL</p> <p>7:00 PM MOVIE</p>	19	MLK JR DAY	20	21
		9:30 AM STRENGTH & BALANCE	9:30 AM TAI CHI	9:30 AM STRENGTH
		10:30 AM AQUA FITNESS	11:00 AM LADERBALL	10:00 AM LUNCH OU
		12:30 PM INTERMEDIATE BRIDGE CLUB	1:00 PM TUESDAY BRIDGE GAME	10:30 AM AQUA FIT
		1:00 PM AMERICAN MAHJONG	1:00 PM LOW IMPACT FITNESS	1:00 PM WEDNESDA
		1:00 PM GREAT COURSES	2:00 PM CROSSWORD PUZZLES	1:45 PM ZUMBA WI
		2:45 PM STRENGTH & BALANCE	2:45 PM STRENGTH & BALANCE	2:00 PM P102 BLO
		3:00 PM SCRABBLE GROUP	3:15 PM FIRESIDE CHAT	2:00 PM MEXICAN T
		3:00 PM MLK JR PRESENTATION	7:30 PM MOVIE	2:45 PM WORK OUT
		7:30 PM MOVIE		3:00 PM BUNCO

 <p>25</p> <p>9:30 AM WALK TO WALNUT CREEK FARMER'S MARKET</p> <p>4:00 PM GREAT COURSES</p> <p>7:00 PM MOVIE</p>	26		27	28
		9:30 AM STRENGTH & BALANCE	9:30 AM TAI CHI	9:30 AM STRENGTH
		10:30 AM AQUA FITNESS	11:00 AM CHAIR VOLLEYBALL	10:30 AM AQUA FIT
		12:30 PM INTERMEDIATE BRIDGE CLUB	1:00 PM TUESDAY BRIDGE GAME	11:00 AM THE GOLD F
		1:00 PM AMERICAN MAHJONG	1:00 PM LOW IMPACT FITNESS	1:00 PM WEDNESDA
		1:00 PM GREAT COURSES	2:45 PM STRENGTH & BALANCE	1:45 PM ZUMBA WI
		2:45 PM STRENGTH & BALANCE	3:15 PM FIRESIDE CHAT	2:00 PM P102 BLO
		3:00 PM SCRABBLE GROUP	7:30 PM MOVIE	2:00 PM MEXICAN T
		3:00 PM RESIDENT MUSIC GROUP		3:00 PM BUNCO
		7:30 PM MOVIE		3:00 PM INK MADE OF

CLUBHOUSE COMET		GARDEN COURTYARD		NEWTON'S		POOL	
D	CHURHILL'S PUB	FAIRMONT FITNESS	LIBERTY PAVILLION	PLAZA GAME ROOM	YOGA STUDIO	FIRESIDE LOUNGE	
CINEMA							
ESDAY		THURSDAY		FRIDAY		SATURDAY	
<i>New Year</i> AY BRIDGE GROUP D PRESSURE CHECK TRAIN GROUP D CHAT RIDGE GROUP LIVE NCE BY DUO GAD JO		<b>1</b> <b>WELCOME 2026!</b> 11:00 AM CHAIR VOLLEYBALL 12:00 PM ROSE BOWL 1:00 PM ASIAN MAHJONG 1:00 PM GREAT COURSES 1:00 PM RUMMIKUB GROUP 7:15 PM BINGO	<b>2</b> 9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 11:00 AM INDIGENOUS BAY AREA- OHLONE HISTORY & LEGACY 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR: JAMES WILLIAMS 7:30 PM MOVIE FOR FILM STUDIES	<b>3</b> 8:00 AM DONUTS & COFFEE 10:00 AM BRENTWOOD FARMERS MARKET 10:00 AM MORNING MEDITATION 11:00 AM FILM TALKS WITH BILLY 1:00 PM CANASTA 1:00 PM ZUMBA 2:00 PM AFTERNOON STROLL TO DOWNTOWN WALNUT CREEK 7:30 PM MOVIE			
& BALANCE ESS TING- STEREO 41 AY BRIDGE GROUP TH SABRINA D PRESSURE CHECK TRAIN GROUP BIRTHDAY PARTY D CHAT RIDGE GROUP		<b>8</b> 9:30 AM TAI CHI 10:00 AM FLOWER ARRANGEMENTS 11:00 AM CHAIR VOLLEYBALL 1:00 PM ASIAN MAHJONG 1:00 PM GREAT COURSES 1:00 PM RUMMIKUB GROUP 1:00 PM LOW IMPACT FITNESS 1:45 PM GENTLE YOGA STRETCH 2:00 PM RESIDENT MUSIC GROUP 2:45 PM STRENGTH & BALANCE 7:00 PM EVENING NIGHTCAP	<b>9</b> 9:30 AM STRENGTH & BALANCE 10:00 AM COFFEE TASTING 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR: CLAUDIO 7:30 PM MOVIE	<b>10</b> 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 10:30 AM ARTS & CRAFTS 1:00 PM CANASTA 1:00 PM ZUMBA 4:30 PM MOUNTAIN SHADOWS FILM SOCIETY FILM IN THE PARK 7:00 PM KENNY BARRON TRIO - LESHER CENTER 7:30 PM MOVIE			
& BALANCE ESS TE TASTING AY BRIDGE GROUP TH SABRINA D PRESSURE CHECK TRAIN GROUP QUIZZICAL D CHAT RIDGE GROUP		<b>15</b> 9:30 AM TAI CHI 11:00 AM CHAIR VOLLEYBALL 1:00 PM ASIAN MAHJONG 1:00 PM GREAT COURSES 1:00 PM RUMMIKUB GROUP 1:00 PM LOW IMPACT FITNESS 1:45 PM GENTLE YOGA STRETCH 3:00 PM ARTS & CRAFTS 7:15 PM BINGO	<b>16</b> 9:30 AM STRENGTH & BALANCE 10:15 AM WALK TO DOWNTOWN 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR: ALEK PISCOV 7:30 PM MOVIE	<b>17</b> 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 10:30 AM ARTS & CRAFTS 1:00 PM CANASTA 1:00 PM ZUMBA 3:30 PM CIRQUE DU SOLEIL 7:30 PM MOVIE			
& BALANCE TING - DEAD FISH ESS AY BRIDGE GROUP TH SABRINA D PRESSURE CHECK TRAIN GROUP TIPS W/ AUSTIN DOM & TRIVIA D CHAT RIDGE GROUP		<b>22</b> 9:30 AM TAI CHI 10:00 AM INTERNATIONAL AIR MUSEUM 11:00 AM CHAIR VOLLEYBALL 1:00 PM ASIAN MAHJONG 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 7:15 PM EVENING NIGHTCAP	<b>23</b> 9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 7:30 PM WWII & TRANSFORMATION OF THE BAY 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR: MOONGLO 7:30 PM MOVIE	<b>24</b> 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 10:30 AM WALK TO DOWNTOWN 1:00 PM CANASTA 1:00 PM ZUMBA 2:00 PM CARD MAKING 7:30 PM MOVIE			
& BALANCE ESS RUSH & BIRTH OF SF AY BRIDGE GROUP TH SABRINA D PRESSURE CHECK TRAIN GROUP MEMORY-JOURNALING D CHAT RIDGE GROUP		<b>29</b> 9:30 AM TAI CHI 11:00 AM CHAIR VOLLEYBALL 1:00 PM ASIAN MAHJONG 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 3:00 PM THE RAILROADS & CHINESE IMMIGRANTS 7:15 PM BINGO	<b>30</b> 10:00 AM EMERGENCY PREPAREDNESS SEMINAR 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR: PAUL STEFANI 7:30 PM MOVIE	<b>31</b> 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 10:30 AM SATURDAY MORNING TRIVIA 1:00 PM CANASTA 1:00 PM ZUMBA 4:30 PM MOUNTAIN SHADOWS FILM SOCIETY FILM IN THE PARK 7:30 PM MOVIE 7:30 PM NEIL DIAMOND CONCERT			

# Lesher Center of the Performing Arts • Shows & Events

## JANUARY EVENTS AT THE LESHER CENTER

To view the full event schedule, go to: [LesherArtsCenter.org](http://LesherArtsCenter.org)



JAN 09

7:30 PM

**Colin Mochrie & Brad Sherwood: Asking for**

Dynamic duo from TV's Whose Line is it Anyway?



JAN 10

4:00 PM – 6:00 PM  
**Viola Frey: Foundations Donor Preview**

BG Donors get a special preview from 4 – 5 pm for the opening of



JAN 10

5:00 PM – 7:00 PM  
**Viola Frey: Foundations Opening Party**

Join BG for the opening party of Viola Frey: Foundations from 5 – 7



JAN 10

7:30 PM – 9:30 PM  
**The Kenny Barron Trio featuring Tyreek McDole**

Barron is one of the top jazz pianists in the world (Los Angeles Times)



JAN 10

8:15 PM – 9:30 PM

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

A new generation of comedic talent!



JAN 15

01/15/2026 – 01/25/2026  
**Improvised Stephen King**

The Improvised Comedy that's a Screaming Good Time!



JAN 15

01/15/2026 – 12/31/2026  
**Groups at the Lesher Center**

Your favorite people + your favorite entertainment!



JAN 24

01/24/2026 – 01/25/2026

**Schubert in Vienna**

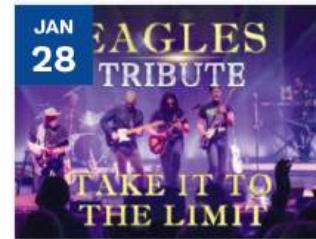
This lively, genre-blending program moves from Mozart's classical



JAN 24

7:00 PM – 8:45 PM

**Late Nite Catechism 3: Til Death Do Us Part**



JAN 28

7:30 PM – 9:45 PM

**Take It To The Limit - A Tribute to the Eagles**

Eagles fans! Mark your calendars!



JAN 31

7:30 PM – 9:30 PM

**The Neil Diamond Concert Experience**

Starring Rob Garrett as Neil Diamond



JAN 31

8:15 PM – 9:30 PM

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

A new generation of comedic talent!



# Stepping Into 2026 With Purpose



New year  
New chances  
New goals  
New start  
New results

January brings a sense of renewal, and for many, a chance to set intentions for a happier, healthier year ahead. Whether residents hope to stay active, make new friends, explore creative passions, or simply enjoy more moments of joy, 2026 is full of possibility.

At The Heritage Downtown, every goal feels a little more attainable. Our weekly fitness classes make staying strong and energized easier than ever, while art workshops, enrichment programs, and social gatherings offer endless ways to learn, grow, and connect. And with curated outings throughout the Bay Area, residents can discover new experiences without any of the planning or hassle.

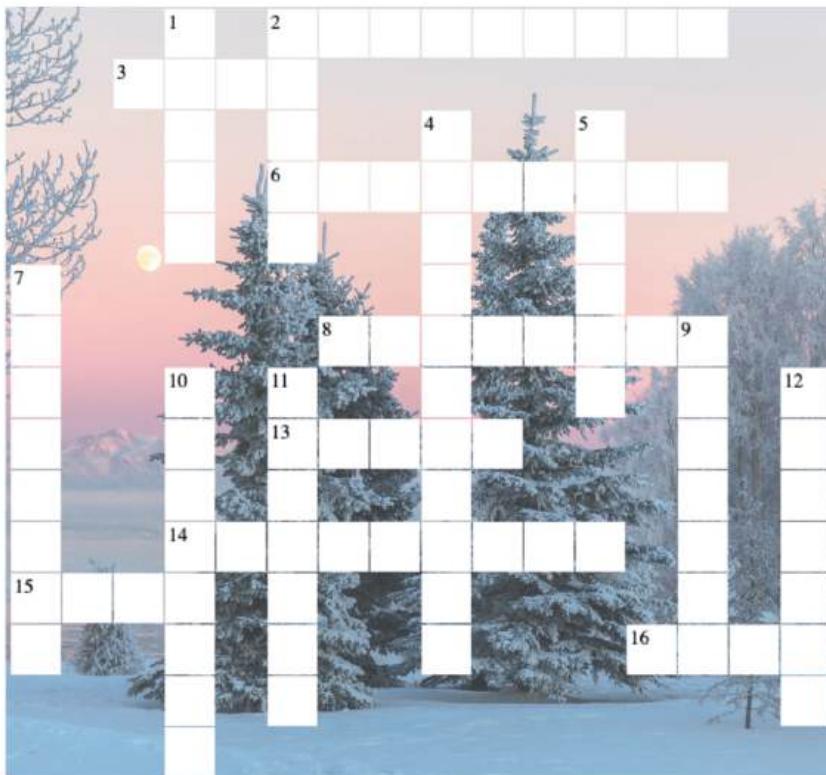


**SCAN THE QR TO  
TAKE A LOOK AT  
THIS MONTH'S  
EVENT CALENDAR!**



This year, we're committed to supporting every resident's personal journey — one class, one outing, one meaningful moment at a time. Here's to a vibrant and fulfilling 2026 at THD.

# THD Monthly Puzzles • Happy New Year!



## ACROSS

- 2. FINAL SECONDS
- 3. NEW YEAR'S AIM
- 6. MARK THE MOMENT
- 8. TRACKS THE YEAR
- 13. NEW YEAR'S CELEBRATION
- 14. BRIGHT NIGHT DISPLAY
- 15. FRESH YEAR FEELING
- 16. NEW \_\_\_\_\_

## DOWN

- 1. RAISE A GLASS
- 2. STRIKES MIDNIGHT
- 4. NEW YEAR PROMISES
- 5. NEW YEAR TRADITION
- 7. WHEN YEAR CHANGES
- 9. MAKE A PROMISE
- 10. COLORFUL CELEBRATION TOSS
- 11. FESTIVE SHINE
- 12. FIRST MONTH

## THE HERITAGE DOWNTOWN

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