



January
2026





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 Staff
Vanessa DeGuzman
Elane Johnson

Executive Chef
Joel Torres

Housekeeping Supervisor
Norma Garcia

HAPPY
Birthday

We would like to celebrate
the following residents:

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



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 Leshner! 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>VAN SERVICE MONDAYS - FRIDAYS: 9AM - 5PM SATURDAY & SUNDAYS: 9AM - 4PM</p>	<p>29 </p> <p>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 3:00 PM SCRABBLE GROUP 7:30 PM MOVIE</p>	<p>30</p> <p>9:30 AM TAI CHI 11:00 AM FIRESIDE CHAT 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE</p>	<p>31 </p> <p>1:00 PM WEDNESDAY 2:00 PM P102 BLOOD 2:00 PM MEXICAN T 3:00 PM BUNCO 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM NYE PARTY PERFORMA 7:30 PM MOVIE</p>
<p>4 </p> <p>9:30 AM WALK TO WALNUT CREEK FARMER'S MARKET 1:00 PM MC CAULOU'S LAFAYETTE 3:00 PM NATIONAL TRIVIA DAY 4:00 PM GREAT COURSES 5:00 PM SUNDAY FOOTBALL 7:00 PM MOVIE</p> 	<p>5</p> <p>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 LINE DANCING W/ ELANE 2:45 PM STRENGTH & BALANCE 3:00 PM SCRABBLE GROUP 5:00 PM MONDAY NIGHT FOOTBALL 7:30 PM MOVIE</p>	<p>6</p> <p>9:30 AM TAI CHI 10:00 AM GRATEN CASINO 11:00 AM CORN HOLE 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 1:30 PM CROSSWORD PUZZLES 2:45 PM STRENGTH & BALANCE 3:15 PM FIRESIDE CHAT 7:30 PM MOVIE</p>	<p>7</p> <p>9:30 AM STRENGTH 10:30 AM AQUA FITN 11:30 AM LUNCH OU 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 JANUARY F 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE</p>
<p>11 </p> <p>9:30 AM WALK TO WALNUT CREEK FARMER'S MARKET 1:00 PM SHOPPING 3:00 PM LIGHTS, CAMERA, COCKTAILS! GOLDEN GLOBE PARTY 7:00 PM MOVIE</p> 	<p>12</p> <p>9:30 AM STRENGTH & BALANCE 10:00 AM BOOK CLUB 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 3:00 PM MEN'S CLUB 3:00 PM SCRABBLE GROUP 7:30 PM MOVIE</p>	<p>13</p> <p>9:30 AM TAI CHI 11:00 AM CHAIR VOLLEYBALL 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:00 PM FIRESIDE CHAT 2:45 PM STRENGTH & BALANCE 3:00 PM CULTURE PRESENTATION- ISLAND OF KIRIBATI 7:30 PM MOVIE</p>	<p>14</p> <p>9:30 AM STRENGTH 10:30 AM AQUA FITN 11:00 AM CHOCOLAT 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 LET'S GET 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE</p>
<p>18</p> <p>9:30 AM FERRY BUILDING-PICKWICK VINTAGE SHOW 4:00 PM GREAT COURSES 5:00 PM DIVISIONAL FOOTBALL 7:00 PM MOVIE</p> 	<p>19 MLK JR DAY</p> <p>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 3:00 PM SCRABBLE GROUP 3:00 PM MLK JR PRESENTATION 7:30 PM MOVIE</p>	<p>20</p> <p>9:30 AM TAI CHI 11:00 AM LADERBALL 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 2:00 PM CROSSWORD PUZZLES 2:45 PM STRENGTH & BALANCE 3:15 PM FIRESIDE CHAT 7:30 PM MOVIE</p>	<p>21</p> <p>9:30 AM STRENGTH 10:00 AM LUNCH OU 10:30 AM AQUA FITN 1:00 PM WEDNESDA 1:45 PM ZUMBA WI 2:00 PM P102 BLOO 2:00 PM MEXICAN T 2:45 PM WORK OUT 3:00 PM BUNCO 3:00 PM WINE, WIS 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE</p>
<p>25</p> <p>9:30 AM WALK TO WALNUT CREEK FARMER'S MARKET 4:00 PM GREAT COURSES 7:00 PM MOVIE</p> 	<p>26</p> <p>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 3:00 PM SCRABBLE GROUP 3:00 PM RESIDENT MUSIC GROUP 7:30 PM MOVIE</p>	<p>27</p> <p>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 3:15 PM FIRESIDE CHAT 7:30 PM MOVIE</p>	<p>28</p> <p>9:30 AM STRENGTH 10:30 AM AQUA FITN 11:00 AM THE GOLD F 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 INK MADE OF 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE</p>

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

JANUARY EVENTS AT THE LESHER CENTER

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

JAN 09




Headliners

7:30 PM

Colin Mochrie & Brad Sherwood: Asking for

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

JAN 10



VIOLA FREY FOUNDATIONS

4:00 PM - 5:00 PM

Viola Frey: Foundations Donor Preview

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

JAN 10



VIOLA FREY FOUNDATIONS

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



The Kenny Barron Trio featuring Tyreek McDole

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

JAN 10



Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!

JAN 15



IMPROVISED STEPHEN KING

01/15/2026 - 01/25/2026

Improved Stephen King

The Improved Comedy that's a Screaming Good Time!

JAN 15



GROUPS

01/15/2026 - 12/31/2026

Groups at the Lesher Center

Your favorite people + your favorite entertainment!

JAN 24



SCHUBERT IN VIENNA

01/24/2026 - 01/25/2026

Schubert in Vienna

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

JAN 24



Til Death Do Us Part LATE NITE CATECHISM 3

7:00 PM - 8:45 PM

Late Nite Catechism 3: Til Death Do Us Part

JAN 28



EAGLES TRIBUTE

TAKE IT TO THE LIMIT

7:30 PM - 9:45 PM

Take It To The Limit - A Tribute to the Eagles

Eagles fans! Mark your calendars!

JAN 31



THE NEIL DIAMOND CONCERT EXPERIENCE

7:30 PM - 9:30 PM

The Neil Diamond Concert Experience

Starring Rob Garrett as Neil Diamond

JAN 31

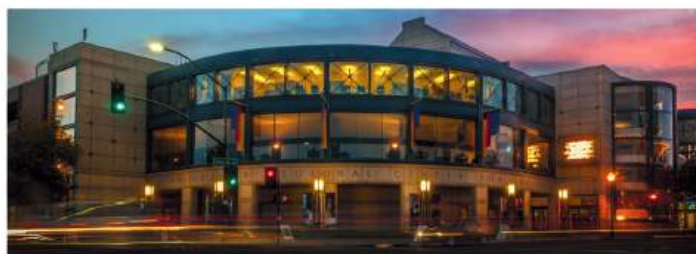


Best of San Francisco Stand-Up Comedy

8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



Stepping Into 2026 With Purpose



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.



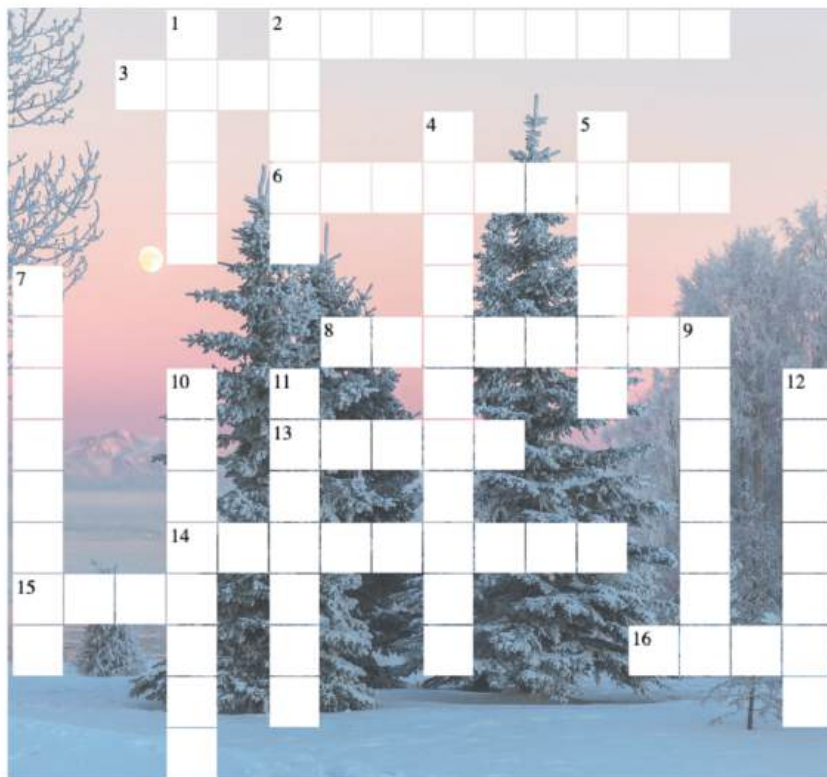
**SCAN THE QR TO
TAKE A LOOK AT
THIS MONTH'S
EVENT CALENDAR!**



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.

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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Follow us @TheHeritageDowntown

www.TheHeritageDowntown.com

