

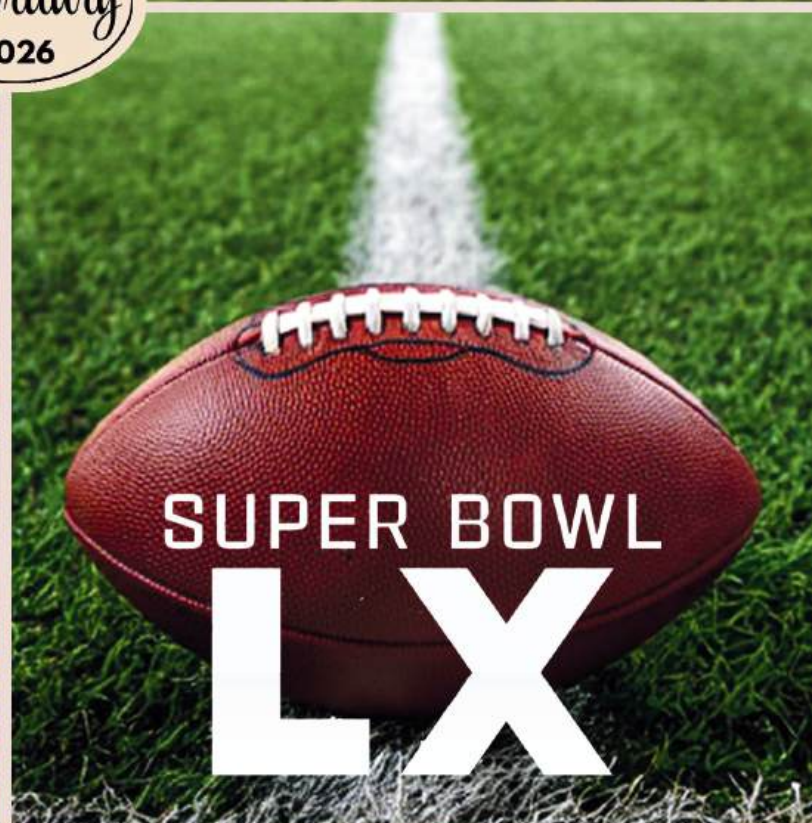
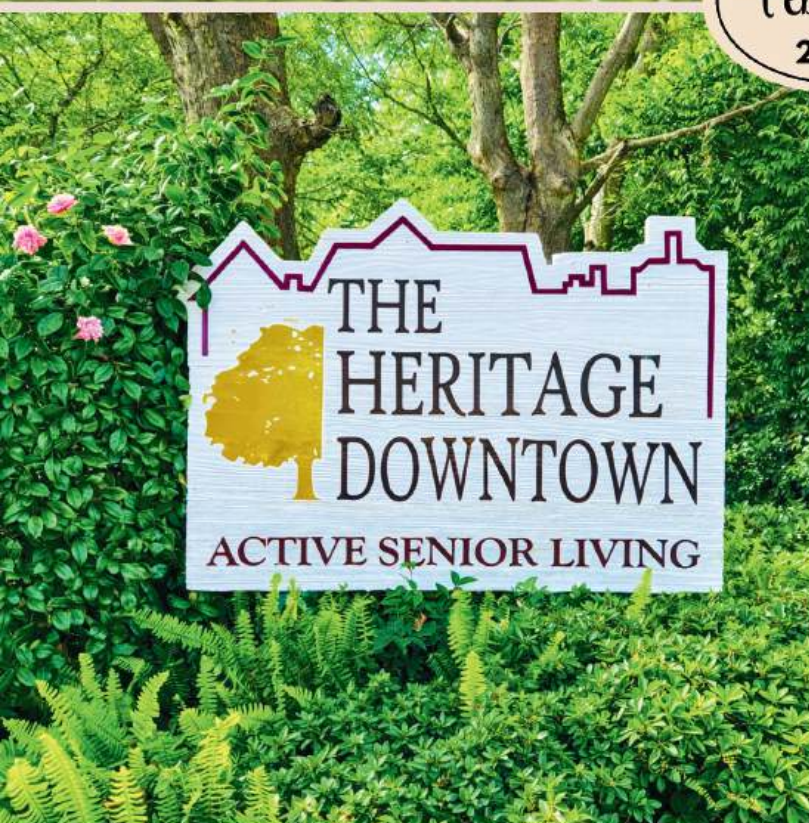


www.TheHeritageDowntown.com

• Tel: 925.943.7427



February
2026



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 Staff
Vanessa DeGuzman
Elane Johnson

Executive Chef
Joel Torres

HAPPY
Birthday

We would like to celebrate
the following residents:

2/03	Diane B.
2/03	Yefim R.
2/12	Bob F.
2/14	Gary M.
2/15	Nadia T.
2/16	Philip P.
2/16	Mary R.
2/16	Richard A.
2/17	Judy M.
2/20	Jim N.
2/24	Richard K.
2/27	Ann Marie D.



THD Monthly Events & Excursions



SUPER BOWL WATCH PARTY

FEB 8 | 3:00 PM | NEWTON'S

The 2026 Super Bowl will be played at Levi's Stadium in Santa Clara, California. It's the second time the home of the San Francisco 49ers will host the big event. Join us in our on-site restaurant Newton's to watch the Super Bowl together and enjoy the fun of shared cheers and halftime laughs.



VALENTINE'S DINNER

FEB 14 | 4:00 PM | NEWTON'S

Celebrate Valentine's Day with a special dinner in our on-site restaurant Newton's, perfect for sharing good conversation and great flavors.



LUNAR NEW YEAR

FEB 17 | 4:00 PM | NEWTON'S

Come and celebrate Lunar New Year in our on-site restaurant Newton's with a delicious Asian dinner. Enjoy good food, happy moments, and great company!



BELLA SIENA RESTAURANT

FEB 19 | 11:30 AM | BENICIA

Join us as we savor a relaxing lunch outing at Bella Siena—great food, charming views, and the calm of the water in Benicia.

FEBRUARY 2026

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

 <p>VAN SERVICE MONDAYS - FRIDAYS: 9AM - 5PM SATURDAY & SUNDAYS: 9AM - 4PM</p>	<p>26 <i>january</i></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 3:30 PM SCRABBLE GROUP 7:30 PM MOVIE</p>	<p>27</p> <p>9:30 AM TAI CHI 11:00 AM FIRESIDE CHAT 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 1:00 PM CANASTA 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE</p>	<p>28</p> <p>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA W/ JILL 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAPAS 3:00 PM ARTS & CRAFTS 3:30 PM STITCH AND SEW 7:00 PM EVENING BUNCO 7:30 PM MOVIE</p>
<p>1 AMERICAN HEART MONTH</p> <p>3:00 PM JAZZ ENTERTAINMENT IN THE LOBBY 4:00 PM GREAT COURSES 7:00 PM MOVIE</p> 	<p>2</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 3:30 PM SCRABBLE GROUP 7:30 PM MOVIE</p>	<p>3</p> <p>9:30 AM TAI CHI 11:00 AM CORN HOLE 11:00 AM FIRESIDE CHAT 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 1:00 PM CANASTA 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE</p>	<p>4</p> <p>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA W/ JILL 2:00 PM SUPER BOWL 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAPAS 3:30 PM STITCH AND SEW 7:00 PM EVENING BUNCO 7:30 PM MOVIE</p>
<p>8 SUPER BOWL SUNDAY</p>  <p>2:00 PM SUPER BOWL TAILGATE 3:20 PM SUPERBOWL WATCH PARTY</p>	<p>9</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 3:30 PM SCRABBLE GROUP 7:30 PM MOVIE</p>	<p>10</p> <p>9:30 AM TAI CHI 11:00 AM CHAIR VOLLEYBALL 11:00 AM FIRESIDE CHAT 1:00 PM TUESDAY BRIDGE GAME 1:00 PM LOW IMPACT FITNESS 1:00 PM CANASTA 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE</p>	<p>11</p> <p>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA W/ JILL 2:00 PM VALENTINE MAKING 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAPAS 3:30 PM STITCH AND SEW 7:00 PM EVENING BUNCO 7:30 PM MOVIE</p>
<p>15</p> <p>4:00 PM GREAT COURSES 7:00 PM MOVIE</p> 	<p>16 PRESIDENTS 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 3:30 PM SCRABBLE GROUP 7:30 PM MOVIE</p>	<p>17 LUNAR NEW YEAR</p> <p>9:30 AM TAI CHI 11:00 AM LADDERBALL 11:00 AM FIRESIDE CHAT 1:00 PM TUESDAY BRIDGE GAME 1:00 PM CANASTA 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 3:00 PM MEN'S CLUB 4:00 PM LUNAR NEW YEAR DINNER 7:30 PM MOVIE</p>	<p>18</p> <p>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA W/ JILL 2:00 PM FEBRUARY 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAPAS 3:30 PM STITCH AND SEW 7:00 PM EVENING BUNCO 7:30 PM MOVIE</p>
<p>22</p> <p>4:00 PM GREAT COURSES 7:00 PM MOVIE</p> 	<p>23</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 3:30 PM SCRABBLE GROUP 7:30 PM MOVIE</p>	<p>24</p> <p>9:30 AM TAI CHI 11:00 AM CHAIR VOLLEYBALL 11:00 AM FIRESIDE CHAT 1:00 PM TUESDAY BRIDGE GAME 1:00 PM CANASTA 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 3:00 PM BOOK CLUB 7:00 PM BUNCO 7:30 PM MOVIE</p>	<p>25</p> <p>9:30 AM STRENGTH & BALANCE 10:30 AM AQUA FITNESS 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA W/ JILL 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TAPAS 3:00 PM DANGER A CAPTAIN G 3:30 PM STITCH AND SEW 7:00 PM EVENING BUNCO 7:30 PM MOVIE</p>

	CLUBHOUSE COMET		GARDEN COURTYARD		NEWTON'S		POOL					
D	CHURHILL'S PUB		FAIRMONT FITNESS		PLAZA GAME ROOM		FIRESIDE LOUNGE					
	CINEMA		LIBERTY PAVILLION		YOGA STUDIO							
ESDAY	THURSDAY				FRIDAY				SATURDAY			
	29				30				31			
& BALANCE	9:30 AM TAI CHI				10:00 AM EMERGENCY PREPAREDNESS SEMINAR				8:00 AM DONUTS & COFFEE			
ESS	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				10:30 AM SATURDAY MORNING TRIVIA			
TH SABRINA	1:00 PM GREAT COURSES				1:00 PM EXPERIENCED BRIDGE CLUB				1:00 PM CANASTA			
D PRESSURE CHECK	1:00 PM RUMMIKUB GROUP				2:30 PM STRENGTH & BALANCE				1:00 PM ZUMBA			
RAIN GROUP	1:00 PM LOW IMPACT FITNESS				3:00 PM COCKTAIL HOUR: PAUL STEFANI				2:00 PM ARTS & CRAFTS			
RAFTS	1:45 PM GENTLE YOGA STRETCH				7:30 PM MOVIE				7:30 PM MOVIE			
D CHAT	2:45 PM STRENGTH & BALANCE											
BRIDGE GROUP	7:15 PM BINGO											

Lesher Center of the Performing Arts • Shows & Events

FEBRUARY EVENTS AT THE LESHER CENTER

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



3:00 PM - 5:00 PM

Enchanted Dreams: The Unofficial Tribute to the

Starring Elizabeth Scarborough
Burnett as Taylor



02/06/2026 - 02/07/2026

Diablo Ballet's The Little Mermaid

Dive into an enchanting underwater world with Julia Adam's brand-new



02/06/2026 - 02/08/2026

Amélie: The Musical



2:00 PM - 4:00 PM

Tutti Frutti The Musical: The Life and Music of Little Richard

A whirlwind of true Rock and Roll History



7:30 PM - 9:00 PM

Newsmakers: Former Governor Christine Todd



7:30 PM - 9:30 PM

A Tribute to Billy Joel with Billy Nation

A musical celebration of one of the best-selling artists of all time!



ALL DAY

Peppa Pig: My First Concert

A special Valentine's Day family concert!



8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



02/15/2026 - 12/31/2026

Groups at the Lesher Center

Your favorite people + your favorite entertainment!



2:00 PM - 4:00 PM

Sounds of the Americas: A Mariachi Valentine



7:30 PM

Ana Gasteyer

Actress, comedian, singer best known for SNL & Broadway's Wicked



2:30 PM - 4:30 PM

Aris Quartet

Announcing the CMSF 2026 Season in Walnut Creek



3:15 PM - 6:15 PM

Improvised Dungeons and Dragons

A Fantasy Quest!



7:30 PM - 9:30 PM

Madeleine Peyroux

American singer & songwriter with a unique blend of jazz, blues, and folk



7:30 PM

Mariachi Herencia de Mexico

2x Latin GRAMMY®-nominated mariachi band



8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



American Heart Month



February is American Heart Month, a time to focus on cardiovascular health and the everyday habits that help keep our hearts strong. While heart disease remains the leading cause of death in the U.S., many risk factors can be reduced through simple, consistent lifestyle choices.

At The Heritage Downtown, heart health is supported year-round through a variety of in-house physical activities designed to keep residents moving, energized, and engaged. From fitness classes to movement-based programming, staying active is built right into daily life at our community.



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

Heart-Healthy Habits to Keep in Mind

- **Keep Moving:** Aim for regular physical activity such as walking, stretching, dancing, or yoga.
- **Eat with Your Heart in Mind:** Focus on fruits, vegetables, whole grains, lean proteins, and healthy fats while limiting excess sodium and sugar.
- **Know Your Numbers:** Staying aware of blood pressure, cholesterol, and blood sugar supports long-term health.
- **Stay Hydrated:** Proper hydration helps circulation and overall body function.
- **Manage Stress:** Relaxation, mindfulness, and enjoyable hobbies all play a role in heart health.

Small steps add up to meaningful impact. Let's move forward together—one healthy habit at a time.

THD Monthly Puzzles

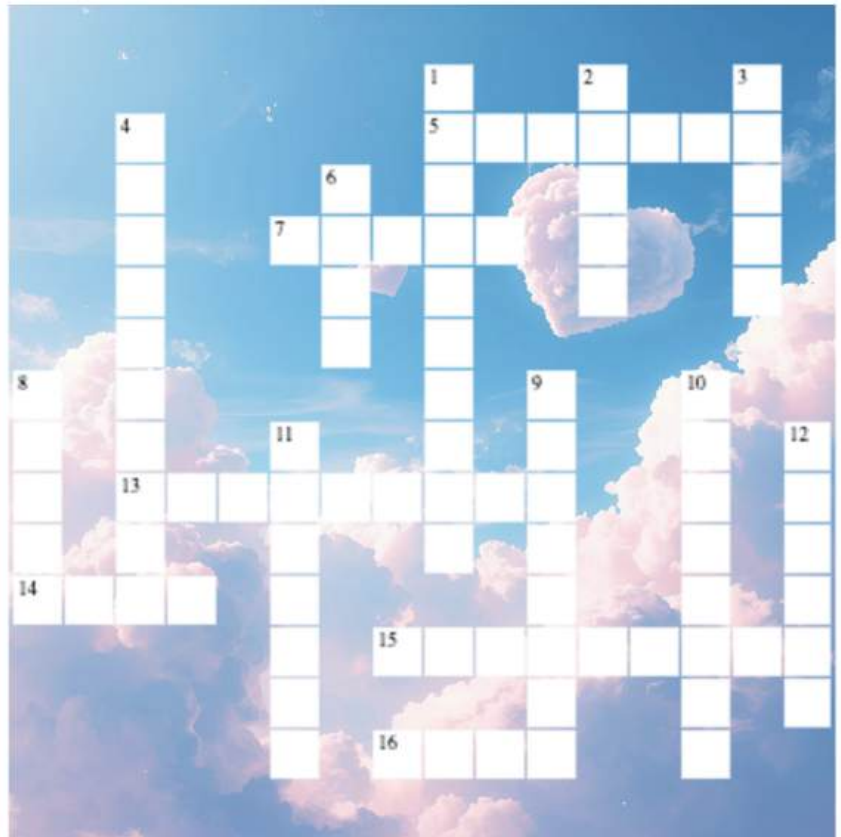
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CWYHEFB SRZZHJYCLDLYUMTH
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OSTAJJOYDZUCWVYCUPIDFDT

Love
Heart
Valentine
Romance
Chocolate

Roses
Cupid
Sweetheart
Affection
Friendship

Kindness
Together
Laughter
Joy
Hugs

Smiles
Caring
Devotion
Celebrate
Warmth



ACROSS

- 5 LOVE & PASSION
- 7 CLASSIC FLOWERS
- 13 GENTLE LOVE
- 14 ROMANTIC OUTING
- 15 FEBRUARY 14 CELEBRATION
- 16 WARM EMBRACE

DOWN

- 1 CARING CONNECTION
- 2 VALENTINE NOTES
- 3 SYMBOL OF LOVE
- 4 BELOVED PERSON
- 6 DEEP AFFECTION
- 8 WINGED MATCHMAKER
- 9 THOUGHTFUL ACTS
- 10 LOYAL LOVE
- 11 GIFT OF LOVE
- 12 SIGNS OF LOVE

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