



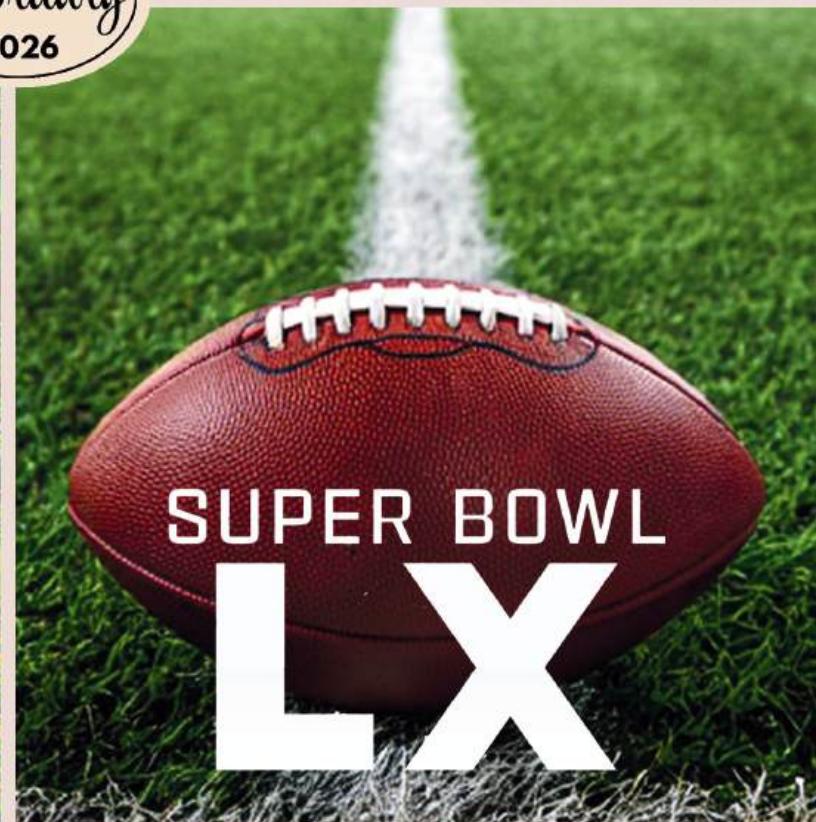
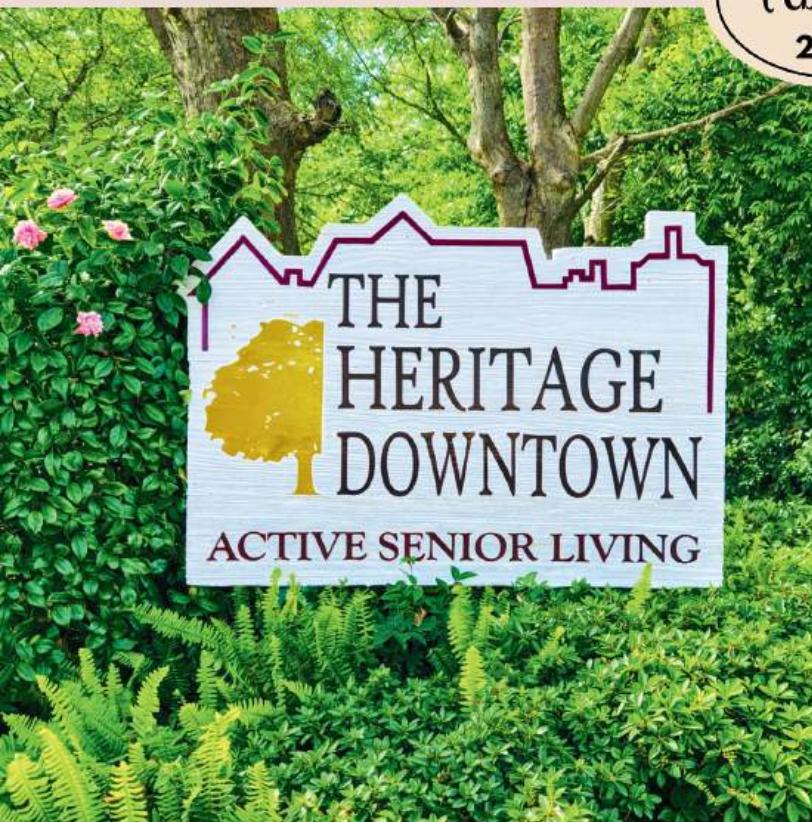
ACTIVE SENIOR LIVING

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

• Tel: 925.943.7427



February  
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

*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*



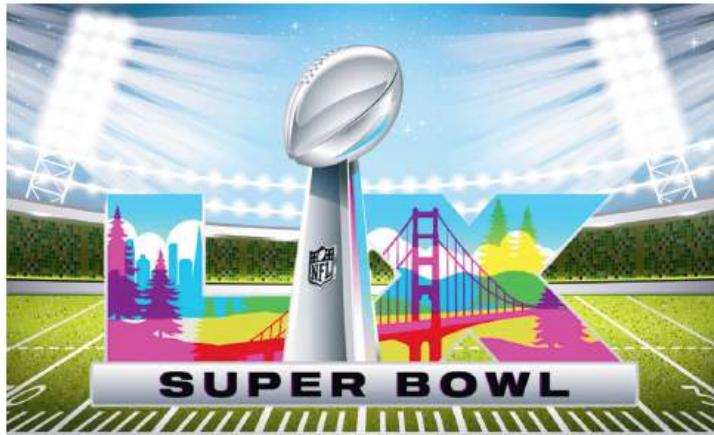
**HAPPY  
BIRTHDAY**

We would like to celebrate  
the following residents:

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><b>VAN SERVICE</b></p> <p><b>MONDAYS - FRIDAYS:</b> 9AM - 5PM</p> <p><b>SATURDAY &amp; SUNDAYS:</b> 9AM - 4PM</p>	

<b>1</b>	<b>AMERICAN HEART MONTH</b>
	
3:00 PM JAZZ ENTERTAINMENT IN THE LOBBY	
4:00 PM GREAT COURSES	
7:00 PM MOVIE	

<b>8</b>	<b>SUPER BOWL SUNDAY</b>
	
2:00 PM SUPER BOWL TAILGATE	
3:20 PM SUPERBOWL WATCH PARTY	

<b>15</b>	
	
4:00 PM GREAT COURSES	
7:00 PM MOVIE	

<b>22</b>	
	
4:00 PM GREAT COURSES	
7:00 PM MOVIE	

<b>26</b>	<i>january</i>
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	

<b>27</b>	
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	

<b>28</b>	
9:30 AM STRENGTH & BALANCE	
10:30 AM AQUA FITNESS	
1:00 PM WEDNESDAY BRIDGE	
1:45 PM ZUMBA WORKOUT	
2:00 PM P102 BLOOD	
2:00 PM MEXICAN TACOS	
3:00 PM STITCH AND BITCH	
3:30 PM BUNCO	
7:00 PM EVENING BLOOD	
7:30 PM MOVIE	

<b>2</b>	
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	

<b>3</b>	
9:30 AM TAI CHI	
11:00 AM CORN HOLE	
1:00 PM 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	

<b>4</b>	
9:30 AM STRENGTH & BALANCE	
10:30 AM AQUA FITNESS	
1:00 PM WEDNESDAY BRIDGE	
1:45 PM ZUMBA WORKOUT	
2:00 PM SUPER BOWL TAILGATE	
2:00 PM P102 BLOOD	
2:00 PM MEXICAN TACOS	
3:30 PM STITCH AND BITCH	
7:00 PM EVENING BLOOD	
7:30 PM MOVIE	

<b>9</b>	
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	

<b>10</b>	
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	

<b>11</b>	
9:30 AM STRENGTH & BALANCE	
10:30 AM AQUA FITNESS	
1:00 PM WEDNESDAY BRIDGE	
1:45 PM ZUMBA WORKOUT	
2:00 PM VALENTINE'S DAY	
2:00 PM P102 BLOOD	
2:00 PM MEXICAN TACOS	
3:30 PM STITCH AND BITCH	
7:00 PM EVENING BLOOD	
7:30 PM MOVIE	

<b>16</b>	<b>PRESIDENTS DAY</b>
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	

<b>17</b>	<b>LUNAR NEW YEAR</b>
9:30 AM TAI CHI	
11:00 AM LADERBALL	
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	

<b>18</b>	
9:30 AM STRENGTH & BALANCE	
10:30 AM AQUA FITNESS	
1:00 PM WEDNESDAY BRIDGE	
1:45 PM ZUMBA WORKOUT	
2:00 PM FEBRUARY	
2:00 PM P102 BLOOD	
2:00 PM MEXICAN TACOS	
3:30 PM STITCH AND BITCH	
7:00 PM EVENING BLOOD	
7:30 PM MOVIE	

<b>23</b>	
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	

<b>24</b>	
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	

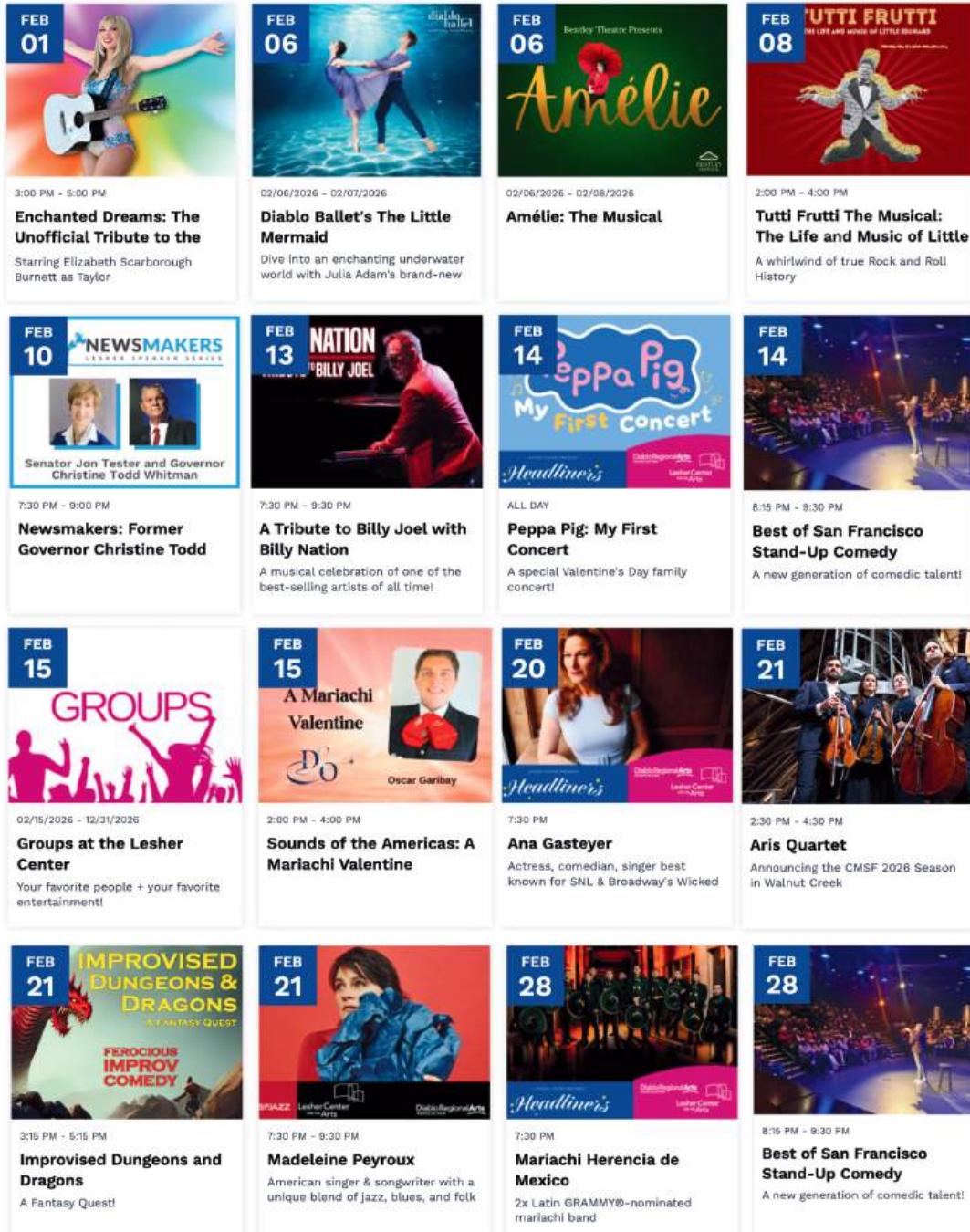
<b>25</b>	
9:30 AM STRENGTH & BALANCE	
10:30 AM AQUA FITNESS	
1:00 PM WEDNESDAY BRIDGE	
1:45 PM ZUMBA WORKOUT	
2:00 PM P102 BLOOD	
2:00 PM MEXICAN TACOS	
3:00 PM DANGER AWARENESS	
3:30 PM STITCH AND BITCH	
7:00 PM EVENING BLOOD	
7:30 PM MOVIE	

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	
29		30		31			
& BALANCE ESS AY BRIDGE GROUP TH SABRINA D PRESSURE CHECK TRAIN GROUP RAFTS D CHAT RIDGE GROUP	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 7:15 PM BINGO	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	8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 10:30 AM SATURDAY MORNING TRIVIA 1:00 PM CANASTA 1:00 PM ZUMBA 2:00 PM ARTS & CRAFTS 7:30 PM MOVIE				
5		6		7			
& BALANCE ESS AY BRIDGE GROUP TH SABRINA WL TRIVIA D PRESSURE CHECK TRAIN GROUP D CHAT RIDGE GROUP	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 7:00 PM EVENING NIGHTCAP	9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 12:30 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR 7:30 PM MOVIE FOR FILM STUDIES	8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:00 AM FILM STUDIES WITH BILLY 11:00 AM GIRL SCOUT COOKIES TABLE 1:00 PM CANASTA 1:00 PM ZUMBA 3:00 PM VALENTINE'S DAY DOOR WREATH MAKING 7:30 PM MOVIE				
12		13		14	VALENTINE'S DAY		
& BALANCE ESS AY BRIDGE GROUP TH SABRINA E'S DAY BROOCH D PRESSURE CHECK TRAIN GROUP D CHAT RIDGE GROUP	9:30 AM TAI CHI 11:00 AM CHAIR VOLLEYBALL 12:00 PM NEW RESIDENT MEETING 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 BINGO	9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 12:30 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR 7:30 PM MOVIE	8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 1:00 PM CANASTA 1:00 PM ZUMBA 2:00 PM ARTS & CRAFTS 4:00 PM VALENTINE'S DAY DINNER 7:30 PM MOVIE				
19		20		21			
& BALANCE ESS AY BRIDGE GROUP TH SABRINA BIRTHDAY PARTY D PRESSURE CHECK TRAIN GROUP D CHAT RIDGE GROUP	9:30 AM TAI CHI 11:30 AM LUNCH OUTING-BELLA SIERRA 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 OPEN MIC SINGING 2:45 PM STRENGTH & BALANCE 7:15 PM EVENING NIGHTCAP	9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 12:30 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR 7:30 PM MOVIE	8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 1:00 PM CANASTA 1:00 PM ZUMBA 2:00 PM ARTS & CRAFTS 7:30 PM MOVIE				
26		27		28			
& BALANCE ESS AY BRIDGE GROUP TH SABRINA D PRESSURE CHECK TRAIN GROUP T SEA: AS TOLD BY GLENN MAYS D CHAT RIDGE GROUP	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 2:00 PM TRIVIA 2:45 PM STRENGTH & BALANCE 7:15 PM BINGO	9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 12:30 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR 7:30 PM MOVIE	8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 10:30 AM SATURDAY MORNING TRIVIA 1:00 PM CANASTA 1:00 PM ZUMBA 2:00 PM ARTS & CRAFTS 7:30 PM MOVIE				

# Lesher Center of the Performing Arts • Shows & Events

## **FEBRUARY EVENTS AT THE LESHER CENTER**

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



# 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.

## Heart-Healthy Habits to Keep in Mind

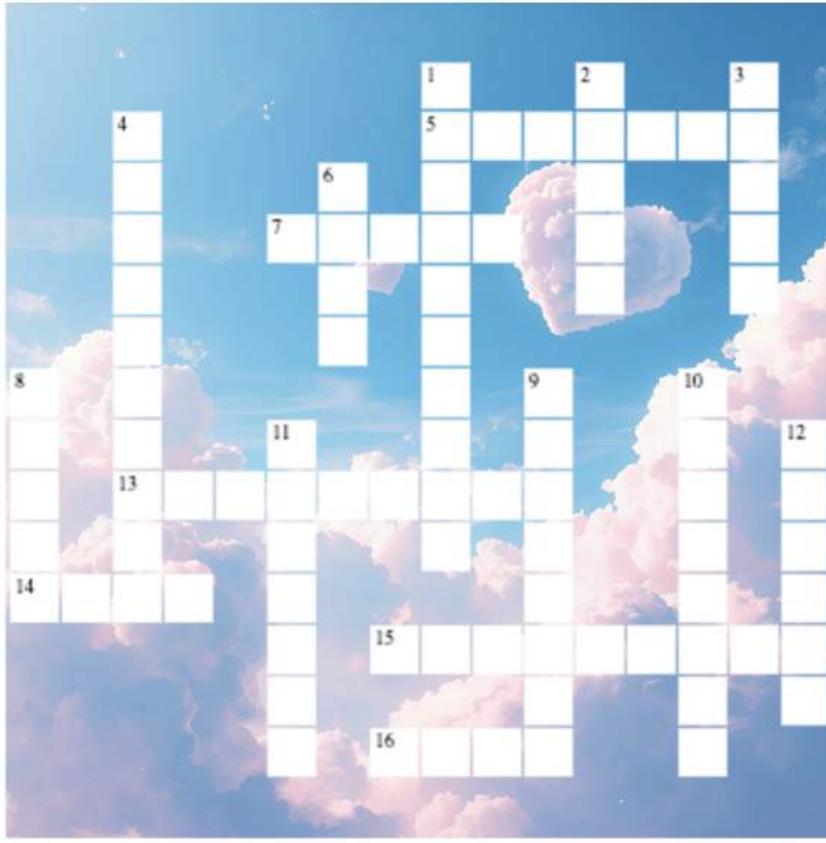
- **Keep Moving:** Aim for regular physical activity such as walking, stretching, dancing, or yoga.
- **Eat with Your Heart in Mind:** Focus on fruits, vegetables, whole grains, lean proteins, and healthy fats while limiting excess sodium and sugar.
- **Know Your Numbers:** Staying aware of blood pressure, 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.



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

## THD Monthly Puzzles



## 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**

# THE HERITAGE DOWNTOWN

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Walnut Creek, CA 94596

Tel: (925) 943-7427



Follow us @TheHeritageDowntown

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