

Welcome
March

March
2026

Best of
Senior Living

 aPlaceforMom.

2026





The Heritage Downtown Directory

Executive Director
Barbara Simpson

**Assistant Director
& Sales Director**
Jenny Shively

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:**

- 3/1 Lee C.
- 3/2 Damian C.
- 3/2 Kerry H.
- 3/2 Sylvia K.
- 3/7 Elizabeth W.
- 3/8 Janice S.
- 3/8 Marnie P.
- 3/9 Susan T.
- 3/16 Anne S.
- 3/17 Mary Ann D.
- 3/21 Jean D.
- 3/22 Marjorie W.
- 3/26 Carle H.
- 3/27 Jay P.
- 3/27 Gerry M.



THD Monthly Events & Excursions



AI BUDDI WATCH PRESENTATION

MARCH 5 | 10:00 AM | CINEMA

Join us on March 5 at 10 AM in our on-site cinema for an exclusive presentation introducing THD's new partnership pilot program with Vital Friend and Hillendale. AI-Powered Vitals Monitoring for Senior Care, a cutting-edge platform designed to transform connected care and real-time health insights for our residents and families.



SAN FRANCISCO BOTANICAL GARDEN

MARCH 11 | 10:30 AM | SF BOTANICAL GARDEN

Join us for a wonderful excursion to the San Francisco Botanical Garden and experience the beauty of nature in full bloom. Explore 55 acres of stunning landscapes, rare and exotic plant collections, and serene walking paths nestled in Golden Gate Park, offering one of the most diverse and breathtaking garden experiences in the country.



ST. PATRICKS DAY CELEBRATION

MARCH 17 | 3:00 PM | LOBBY

Join us at 3 PM in the lobby for a festive St. Patrick's Day celebration filled with music, treats, and good company. Wear your green and come celebrate the luck of community together!



MARCH MADNESS

TBD | CINEMA

Join in on the fun in our on-site cinema to watch the championship game and cheer on your favorite college teams with your friends. The competition will be fierce, but the company will be even better!

MARCH 2026

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

<p>1 HELLO MARCH!</p>  <p>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 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 P102 BLOOD FLOW 2:00 PM MEXICAN TRADITIONAL DANCE 3:30 PM STITCH AND SEW 7:00 PM EVENING BRIDGE 7:30 PM MOVIE</p>
<p>8 DAYLIGHT SAVINGS TIME</p>  <p>4:00 PM GREAT COURSES 7:00 PM MOVIE</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 10:30 AM SF BOTANICAL GARDEN 1:00 PM WEDNESDAY BRIDGE GAME 1:45 PM ZUMBA W/ JILL 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TRADITIONAL DANCE 3:30 PM STITCH AND SEW 7:00 PM EVENING BRIDGE 7:30 PM MOVIE</p>
<p>15</p>  <p>4:00 PM GREAT COURSES 7:00 PM MOVIE</p>	<p>16</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 ST. PATRICKS DAY</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 LOW IMPACT FITNESS 1:00 PM CANASTA 2:45 PM STRENGTH & BALANCE 3:00 PM ST. PATRICKS DAY CELEBRATION IN LOBBY 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 TRIVIA 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TRADITIONAL DANCE 3:30 PM STITCH AND SEW 7:00 PM EVENING BRIDGE 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 1:00 PM TUESDAY BRIDGE GAME 1:00 PM CANASTA 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 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 MARCH BIRTHDAY 2:00 PM P102 BLOOD FLOW 2:00 PM MEXICAN TRADITIONAL DANCE 3:30 PM STITCH AND SEW 7:00 PM EVENING BRIDGE 7:30 PM MOVIE</p>
<p>29 MARCH MADNESS & ELITE 8</p>  <p>2:30 PM LOST IN YONKERS AT THE LESHER CENTER 4:00 PM GREAT COURSES 7:00 PM MOVIE</p>	<p>30</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>31</p> <p>9:30 AM TAI CHI 11:00 AM CORN HOLE 1:00 PM TUESDAY BRIDGE GAME 1:00 PM CANASTA 1:00 PM LOW IMPACT FITNESS 2:45 PM STRENGTH & BALANCE 7:30 PM MOVIE</p>	<p>1 PASSOVER</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 TRADITIONAL DANCE 3:30 PM STITCH AND SEW 7:00 PM EVENING BRIDGE 7:30 PM MOVIE</p>

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

	5	6	7
STRENGTH & BALANCE	9:30 AM TAI CHI	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
YOGA	10:00 AM AI BUDDI WATCH PRESENTATION	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
EXPERIENCED BRIDGE GROUP	11:00 AM CHAIR VOLLEYBALL	10:30 AM AQUA FITNESS	11:00 AM FILM STUDIES WITH BILLY
WITH SABRINA	1:00 PM ASIAN MAHJONG	1:00 PM EXPERIENCED BRIDGE CLUB	1:00 PM CANASTA
AD PRESSURE CHECK	1:00 PM GREAT COURSES	2:30 PM STRENGTH & BALANCE	1:00 PM ZUMBA
TRAIN GROUP	1:00 PM RUMMIKUB GROUP	3:00 PM COCKTAIL HOUR	2:00 PM SENIORITY JAM IN LOBBY
AD CHAT	1:00 PM LOW IMPACT FITNESS	7:30 PM MOVIE FOR FILM STUDIES	7:30 PM MOVIE
BRIDGE GROUP	1:45 PM GENTLE YOGA STRETCH		
	2:45 PM STRENGTH & BALANCE		
	7:00 PM EVENING NIGHTCAP		
	12	13	14
STRENGTH & BALANCE	9:30 AM TAI CHI	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
YOGA	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
EXPERIENCED BRIDGE GROUP	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	1:00 PM CANASTA
WITH SABRINA	1:00 PM GREAT COURSES	12:30 PM EXPERIENCED BRIDGE CLUB	1:00 PM ZUMBA
AD PRESSURE CHECK	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	2:00 PM HERITAGE TEA TIME
TRAIN GROUP	1:00 PM LOW IMPACT FITNESS	3:00 PM COCKTAIL HOUR	7:30 PM MOVIE
AD CHAT	1:45 PM GENTLE YOGA STRETCH	7:30 PM MOVIE	
BRIDGE GROUP	2:45 PM STRENGTH & BALANCE		
	7:15 PM BINGO		
	19	20	21
STRENGTH & BALANCE	9:30 AM TAI CHI	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
YOGA	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
EXPERIENCED BRIDGE GROUP	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	1:00 PM CANASTA
WITH SABRINA	1:00 PM GREAT COURSES	12:30 PM EXPERIENCED BRIDGE CLUB	1:00 PM ZUMBA
AD PRESSURE CHECK	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	7:30 PM MOVIE
TRAIN GROUP	1:00 PM LOW IMPACT FITNESS	3:00 PM COCKTAIL HOUR	
AD CHAT	1:45 PM GENTLE YOGA STRETCH	7:30 PM MOVIE	
BRIDGE GROUP	2:45 PM STRENGTH & BALANCE		
	7:00 PM EVENING NIGHTCAP		
	26	27	28 MARCH MADNESS & ELITE 8
STRENGTH & BALANCE	9:30 AM TAI CHI	9:30 AM STRENGTH & BALANCE	8:00 AM DONUTS & COFFEE
YOGA	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	10:00 AM MORNING MEDITATION
EXPERIENCED BRIDGE GROUP	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	11:00 AM TECH TALK WITH JIM NESTOR
WITH SABRINA	1:00 PM GREAT COURSES	12:30 PM EXPERIENCED BRIDGE CLUB	1:00 PM CANASTA
BIRTHDAY PARTY	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	1:00 PM ZUMBA
AD PRESSURE CHECK	1:00 PM LOW IMPACT FITNESS	3:00 PM COCKTAIL HOUR	7:30 PM MOVIE
TRAIN GROUP	1:45 PM GENTLE YOGA STRETCH	7:30 PM MOVIE	
AD CHAT	2:45 PM STRENGTH & BALANCE		
BRIDGE GROUP	7:15 PM BINGO		
	2	3	 <p>VAN SERVICE MONDAYS - FRIDAYS: 9AM - 5PM SATURDAY & SUNDAYS: 9AM - 4PM</p>
STRENGTH & BALANCE	9:30 AM TAI CHI	9:30 AM STRENGTH & BALANCE	
YOGA	11:00 AM CHAIR VOLLEYBALL	10:30 AM INTERMEDIATE MAHJONG	
EXPERIENCED BRIDGE GROUP	1:00 PM ASIAN MAHJONG	10:30 AM AQUA FITNESS	
WITH SABRINA	1:00 PM GREAT COURSES	12:30 PM EXPERIENCED BRIDGE CLUB	
AD PRESSURE CHECK	1:00 PM RUMMIKUB GROUP	2:30 PM STRENGTH & BALANCE	
TRAIN GROUP	1:00 PM LOW IMPACT FITNESS	3:00 PM COCKTAIL HOUR	
AD CHAT	1:45 PM GENTLE YOGA STRETCH	7:30 PM MOVIE FOR FILM STUDIES	
BRIDGE GROUP	2:45 PM STRENGTH & BALANCE		
	7:00 PM EVENING NIGHTCAP		

MARCH EVENTS AT THE LESHER CENTER

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



MAR 01
ALL DAY
The Amazing Bubble Man
"Greatest bubble show on Earth"



MAR 01
3:00 PM - 5:00 PM
The ABBA Concert Experience
ABBA's Greatest Hits Live Onstage!



MAR 03
8:30 AM - 5:00 PM
21st Annual East Bay Women's Conference
Empower Your MIND. Listen to Your BODY. Feed Your SOUL.



MAR 04
7:30 PM - 9:30 PM
Electric Elton - A Tribute To Elton John
Relive the unforgettable hits and iconic style of Elton John!



MAR 05
03/05/2026 - 03/08/2026
Magic of Merlin's The Sword in the Stone
Join us for an unforgettable journey where destiny is discovered, and



MAR 07
7:30 PM - 9:00 PM
In The Air Tonight - Celebrating the Music of
A concert re-creation of Grammy award-winning artist Genesis and



MAR 08
3:00 PM - 9:00 PM
Come Together: The Beatles Concert
Experience The Beatles



MAR 08
3:00 PM - 9:00 PM
Come Together: The Beatles Concert
Experience The Beatles



MAR 10
03/10/2026 - 03/11/2026
Percussion Discussion
Percussionist Ken Bergmann presents a spectacle of drums.



MAR 12
6:30 PM - 7:00 PM
Cocktails & Conversation
with Daisy Murray Holman & Cynthia de Box of Artists' Legacy Foundation



MAR 13
03/13/2026 - 03/14/2026
Kaiser Permanente's College Notes 2026
Top a cappella groups from universities across the country



MAR 14
2:30 PM - 4:30 PM
Angela Hewitt
Announcing the CMSF 2026 Season in Walnut Creek



MAR 14
8:15 PM - 9:30 PM
Best of San Francisco Stand-Up Comedy
A new generation of comedic talent



MAR 15
03/15/2026 - 12/31/2026
Groups at the Lesher Center
Your favorite people + your favorite entertainment!



MAR 15
3:00 PM - 4:00 PM
Southern Harmony: An American Portrait



MAR 17
7:00 PM - 8:45 PM
Spring Concert: "The Emerald Awakening"
Be enchanted by a vibrant blend of Irish music & melodies



MAR 19
03/19/2026 - 03/20/2026
DLUX Puppets' Peter Pan
Fly into Neverland with Wendy, Peter Pan and Tinker Bell in this new



MAR 20
7:30 PM - 9:30 PM
Sarah McKenzie
Australian jazz singer, pianist, composer, and arranger returns to



MAR 21
03/21/2026 - 03/22/2026
Northern Lights
Contemplative and calming music by Northern and Eastern European



MAR 21
6:15 PM - 9:45 PM
Improv Therapy



MAR 27
03/27/2026 - 03/28/2026
Diablo Ballet's Romeo & Juliet
Celebrate Diablo Ballet's 32nd Anniversary with the timeless love



MAR 28
8:15 PM - 9:30 PM
Best of San Francisco Stand-Up Comedy
A new generation of comedic talent



MAR 29
03/29/2026 - 04/04/2026
Lost in Yonkers
LEGACY REVIVAL PRODUCTION!



MAR 29
2:00 PM - 4:00 PM
Family Concert: Joy of the Symphony



MAR 31
7:30 PM - 9:00 PM
Newsmakers: Rick Steves
Leading Authority on European Travel



The Heritage Downtown Wins Best of Senior Living 2026!



We're proud to share that The Heritage Downtown has been recognized as a 2026 Best of Senior Living award winner by A Place for Mom. This marks our fourth consecutive year receiving this prestigious honor, and we couldn't have done it without our incredible residents, families, and dedicated team.

The Best of Senior Living Award is given to the top-rated communities nationwide, based entirely on verified reviews from residents and their loved ones. Earning this recognition year after year reflects the vibrant lifestyle, personalized care, and strong sense of connection that make The Heritage Downtown such a special place to call home.

A HEARTFELT THANK YOU

This award belongs to our community. Your trust, participation, and spirit are what make The Heritage Downtown the best senior living experience in Walnut Creek. We're grateful for the recognition and remain committed to providing exceptional care and an enriching lifestyle every day.



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

THD Monthly Puzzles

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

CELTIC	FORTUNE	CLOVER	GOLD
COIN	GREEN	DANCE	LEPRECHAUN
DUBLIN	LUCKY	EMERALD	MARCH
FESTIVE	RAINBOW	FOLKLORE	SHAMROCK



ACROSS

- 3 IRISH LANGUAGE
- 8 IRISH CAPITAL
- 10 THREE-LEAF CLOVER
- 12 EMERALD ISLE
- 13 IRISH BAR
- 15 HOLIDAY COLOR
- 16 CELTIC INSTRUMENT
- 17 LUCKY PLANT

DOWN

- 1 PATRICK TITLE
- 2 GREEN GEMSTONE
- 4 IRISH SPIRIT
- 5 IRISH FAIRY
- 6 GOOD FORTUNE
- 7 SMOOTH TALK
- 9 TREASURE METAL
- 11 CORNED BEEF SIDE
- 13 FESTIVE MARCH
- 14 IRISH STRINGS

THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

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