



Welcome Spring

April
2026





From the desk of our
General Manager
Nisha Patel

As the General Manager of The Heritage Downtown, I am honored to be part of a community that places such a strong focus on the well-being and happiness of our residents. Our team is committed to creating an environment where seniors can live active, fulfilling lives while remaining connected to the people and experiences that matter most to them. Through engaging programs, wellness opportunities, and meaningful social activities, we aim to support both physical health and mental vitality.

At The Heritage Downtown, we believe that independence and community go hand in hand. Residents have access to a variety of resources, from health screenings and educational programs to activities that encourage movement, creativity, and connection. It is a privilege to work alongside a dedicated team that cares deeply about providing an exceptional living experience. I invite you to learn more about our community and discover everything The Heritage Downtown has to offer.

Best regards,

Nisha Patel



The Heritage Downtown Directory

General Manager
Nisha Patel

Director of Sales
Jenny Shively

**Director of
Resident Services**
Jimmy Clark

Executive Chef
Joel Torres

HAPPY
Birthday

**We would like to celebrate
the following residents:**

- 4/2 Georgia W.
- 4/4 Peggy Q.
- 4/4 Helen N.
- 4/5 Judy E.
- 4/6 Camille O.
- 4/7 Carol B.
- 4/11 Ruth D.
- 4/13 Gwen C.
- 4/15 Gene E.
- 4/16 Tom E.
- 4/17 Fred L.
- 4/18 Richard B.
- 4/21 Barbara P.
- 4/22 Audrey G.
- 4/22 Bill O.
- 4/22 Doris R.
- 4/29 Lorne S.

THD Monthly Events & Excursions



PASSOVER DINNER

APRIL 1 | 4:00 PM | NEWTON'S

Join us for Passover dinner at Newton's, our onsite restaurant, featuring a wonderful spread of passover favorites.



EASTER BRUNCH

APRIL 5 | 10:30 AM | NEWTON'S

Celebrate Easter with a festive Brunch at Newton's, our onsite restaurant, featuring a delicious spread and sparkling drinks to make the day extra special!



FILOLI BOTANICAL GARDENS

APRIL 18 | 10:00 AM | WOODSIDE, CA

Join us for an enchanting excursion to Filoli Gardens, where the vibrant daffodils and camellias are in full bloom, showcasing the breathtaking beauty of spring! Lunch will be provided.



ALAMEDA CROWN BEACH WALK

APRIL 26 | 1:00 PM | ALAMEDA, CA

Join us for a wonderful and serene walk along the beautiful shore of Alameda Crown Beach.

APRIL 2026

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



VAN SERVICE
MONDAYS - FRIDAYS:
 9AM - 5PM
SATURDAY & SUNDAYS:
 9AM - 4PM

30 *March*

9:30 AM STRENGTH & BALANCE
10:30 AM POOL PREP 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

31

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

1 **PAS**

9:30 AM STRENGTH
10:30 AM POOL PREP
1:00 PM WEDNESDA
1:45 PM ZUMBA WI
2:00 PM P102 BLOO
2:00 PM MEXICAN T
3:30 PM STITCH AN
4:00 PM PASSOVER
7:00 PM EVENING B
7:30 PM MOVIE

5 **EASTER**



10:30 AM EASTER BRUNCH
4:00 PM GREAT COURSES
7:00 PM MOVIE

6 **EASTER MONDAY**

9:30 AM STRENGTH & BALANCE
10:30 AM POOL PREP 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

7

9:30 AM TAI CHI
11:00 AM CHAIR VOLLEYBALL
1:00 PM BOOK CLUB
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

8

9:30 AM STRENGTH
10:30 AM POOL PREP
1:00 PM WEDNESDA
1:45 PM ZUMBA WI
2:00 PM P102 BLOO
2:00 PM MEXICAN T
3:30 PM STITCH AN
7:00 PM EVENING B
7:30 PM MOVIE

12 **PGA MASTERS 2026**



ALL DAY PGA MASTERS 2026

2:00 PM DARTS & BREW
7:00 PM MOVIE



13

9:30 AM STRENGTH & BALANCE
10:30 AM POOL PREP 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

14

9:30 AM TAI CHI
11:00 AM LADDERBALL
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

15

9:30 AM STRENGTH
10:30 AM POOL PREP
1:00 PM WEDNESDA
1:45 PM ZUMBA WI
2:00 PM P102 BLOO
2:00 PM MEXICAN T
3:30 PM STITCH AN
7:00 PM EVENING B
7:30 PM MOVIE

19



1:00 PM SHOPPING: WALMART
1:00 PM BUNCO
4:00 PM GREAT COURSES
7:00 PM MOVIE



20

9:30 AM STRENGTH & BALANCE
10:30 AM POOL PREP 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

21

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
1:00 PM CREATE A TERRARIUM
2:45 PM STRENGTH & BALANCE
7:30 PM MOVIE

22 **HAPPY**

9:30 AM STRENGTH
10:30 AM POOL PREP
1:00 PM WEDNESDA
1:45 PM ZUMBA WI
2:00 PM P102 BLOO
2:00 PM MEXICAN T
3:30 PM STITCH AN
7:00 PM EVENING B
7:30 PM MOVIE

26



1:00 PM EXCURSION: ALAMEDA CROWN BEACH
4:00 PM GREAT COURSES
7:00 PM MOVIE



27

9:30 AM STRENGTH & BALANCE
10:30 AM POOL PREP 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

28

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

29

9:30 AM STRENGTH
10:30 AM POOL PREP
1:00 PM WEDNESDA
1:45 PM ZUMBA WI
2:00 PM P102 BLOO
2:00 PM MEXICAN T
3:30 PM STITCH AN
7:00 PM EVENING B
7:30 PM MOVIE

	CLUBHOUSE COMET CHURHILL'S PUB CINEMA	GARDEN COURTYARD FAIRMONT FITNESS LIBERTY PAVILLION	NEWTON'S PLAZA GAME ROOM YOGA STUDIO	POOL FIRESIDE LOUNGE
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
APRIL 2	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	3	9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM POOL PREP FITNESS 1:00 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR: B STREET JAZZ 7:30 PM MOVIE FOR FILM STUDIES	4
<i>April</i>				8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:00 AM FILM STUDIES WITH BILLY 1:00 PM CANASTA 1:00 PM ZUMBA 2:00 PM BIRTHDAY CELEBRATION 7:30 PM MOVIE
APRIL 9	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	9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM POOL PREP FITNESS 12:30 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR: CLAUDIO & FRIEND 7:30 PM MOVIE	11
				8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 1:00 PM CANASTA 1:00 PM ZUMBA 2:00 PM SPRING DOOR CRAFTING 7:30 PM MOVIE
APRIL 16	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	17	9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM POOL PREP FITNESS 12:30 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR: ALEX PISKOV 7:30 PM MOVIE	18
				8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 10:00 AM EXCURSION: FILOLI GARDENS 1:00 PM CANASTA 1:00 PM ZUMBA 7:30 PM MOVIE
EARTH DAY APRIL 23	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	24	9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM POOL PREP FITNESS 12:30 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR: JEFF WESSMAN 7:30 PM MOVIE	25
				8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 1:00 PM CANASTA 1:00 PM ZUMBA 2:00 PM ICE CREAM SANDWICHES 7:30 PM MOVIE
APRIL 30	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	1	HELLO MAY!	2
				8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:00 AM FILM STUDIES WITH BILLY 1:00 PM CANASTA 1:00 PM ZUMBA 2:30 PM EXCURSION: SMUIN BALLET AT THE LESHER CENTER 7:30 PM MOVIE

APRIL EVENTS AT THE LESHER CENTER

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



APR 03
04/03/2026 - 04/04/2026
Patterns
Humanity in Motion



APR 10
7:30 PM - 9:00 PM
The Kuumba Experience - STIIX + KEYZ - A Jazz



APR 10
7:30 PM - 9:30 PM
The Wonder of Elvis
starring Greg Miller
DIRECT FROM LAS VEGAS!



APR 11
2:30 PM - 4:30 PM
Quatuor Danel
CMSF 2026 Season in Walnut Creek



APR 11
7:30 PM - 9:00 PM
Lee Ritenour & Friends
The legendary guitarist joins our SFJAZZ @ The Lesher Center series.



APR 11
8:15 PM - 9:30 PM
Best of San Francisco Stand-Up Comedy
A new generation of comedic talent!



APR 14
7:30 PM - 9:00 PM
Newsmakers: Karine Jean-Pierre
Former Press Secretary



APR 16
04/16/2026 - 04/26/2026
Improvised Clue
An Unscripted Murder Mystery Based on the Cult-Classical Film!



APR 18
10:00 AM - 11:00 AM
Public Art Walking Tour
Route 1: Around the Lesher Center for the Arts, City Hall, and Civic Park.



APR 18
4:00 PM - 5:00 PM
Aztec Stories in Modern Mexico: An Inocencio
Bedford Donors get a special preview from 4 - 5 pm for the opening of



APR 18
5:00 PM - 7:00 PM
Aztec Stories in Modern Mexico: An Inocencio
Visit the Bedford for the opening party of Aztec Stories in Modern



APR 18
7:30 PM - 9:30 PM
Gerald Clayton
Six-time GRAMMY nominee ranks among the very best pianists of his



APR 19
3:00 PM - 5:00 PM
Sinatra and Darin: 200 Years Of Swagger & Swing



APR 21
5:30 PM - 7:00 PM
Cocktails & Conversation
with Artist Inocencio Jiménez Chino and Anthropologist Jonathan Amith



APR 24
04/24/2026 - 04/25/2026
Dance Theatre of Harlem
World-renowned multi-ethnic dance company returns for two-night



APR 24
7:30 PM - 9:30 PM
Jane Monheit Duo
Direct from Birdland, the Hollywood Bowl & Carnegie Hall.



APR 25
2:30 PM - 4:30 PM
Carion Wind Quintet
CMSF 2026 Season in Walnut Creek



APR 26
3:00 PM - 5:00 PM
Hello Gorgeous! A Live Tribute to Barbra Streisand
Starring Rebecca Clark as Miss Barbra Streisand



APR 30
04/30/2026 - 05/03/2026
The Emperor's New Clothes
Get ready for a silly, fun-filled adventure!



Embrace the Energy of Spring at The Heritage Downtown



As the days grow longer and the gardens begin to bloom, April brings a refreshing invitation to spend more time outdoors. Fresh air, sunshine, and light activity can do wonders for both mood and overall well-being. At The Heritage Downtown, spring is the perfect time for residents to enjoy the beauty of the season while staying active, social, and energized.

Here are a few simple ways to make the most of springtime outdoors:

Take Gentle Walks

A leisurely walk through the neighborhood, garden paths, or nearby parks helps improve circulation, mobility, and overall vitality while allowing you to soak in the sights of the season.

Try Outdoor Stretching

Light stretching or simple yoga poses outdoors can enhance balance, flexibility, and relaxation. Even a few minutes of mindful movement in the sunshine can feel rejuvenating.

Garden with Joy

Gardening is a wonderful way to stay active while connecting with nature. Planting flowers, tending to greenery, or simply enjoying a garden space can be both calming and rewarding.

Stay Sun-Safe

Spring sunshine is wonderful, but it's important to stay protected. Wearing sunscreen, a hat, and staying well hydrated helps ensure you enjoy the outdoors comfortably and safely.

Join Group Activities

Outdoor walking groups, social gatherings, and wellness activities are a great way to combine movement with connection. Exercising with others makes staying active even more enjoyable.

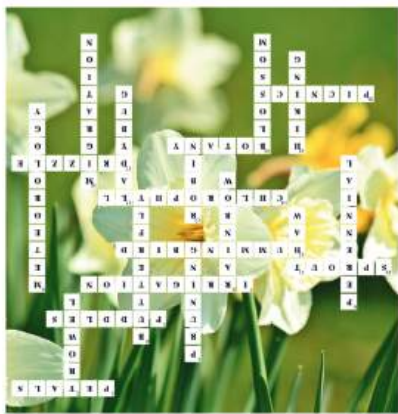
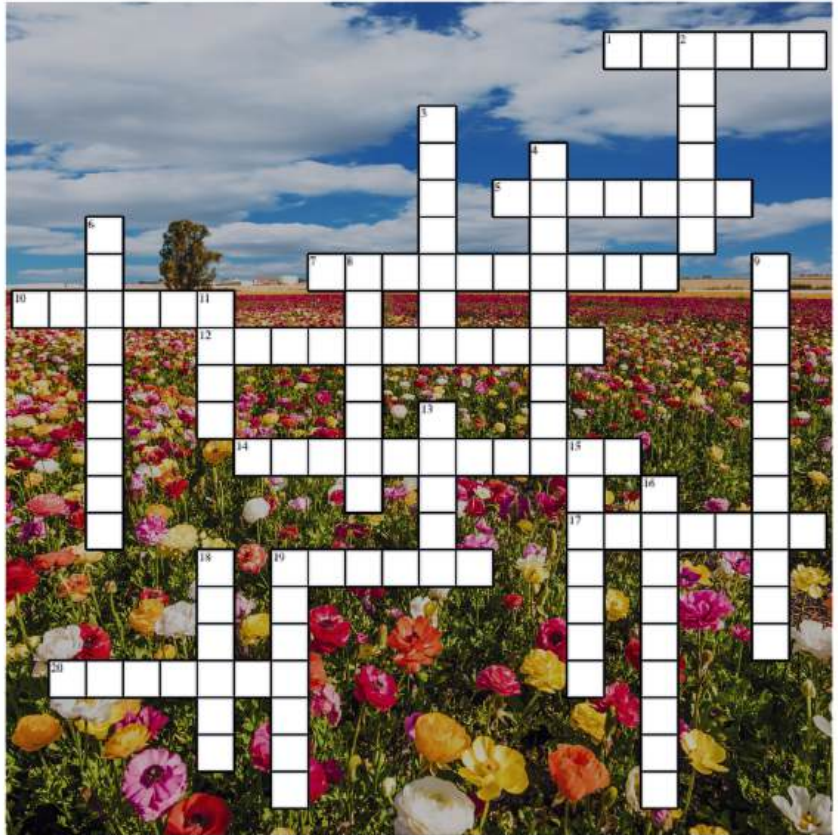
At The Heritage Downtown, we love seeing residents embrace the season, spending time outdoors, connecting with friends, and enjoying all the simple pleasures that spring brings.



THD Monthly Puzzles

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

APRIL	GARDEN	SEEDS	RAIN
BLOOM	KITE	SPRING	WINDY
BUNNY	MAY	SUNSHINE	FLOWERS
BUTTERFLY	NEST	WARM	



ACROSS

- 1 FLOWER'S DELICATE LEAVES
- 5 AFTER RAIN POOLS
- 7 WATERING PLANT SYSTEM
- 10 FIRST PLANT GROWTH
- 12 NECTAR LOVING BIRD
- 14 PLANT SUNLIGHT PIGMENT
- 17 LIGHT SPRING RAIN
- 19 STUDY OF PLANTS
- 20 OUTDOOR SPRING MEALS

DOWN

- 2 SMALL GARDENING SHOVEL
- 3 CUTTING PLANT GROWTH
- 4 WINGED SPRING INSECT
- 6 RETURNS EVERY YEAR
- 8 STORM'S COLORFUL ARC
- 9 WEATHER SCIENCE
- 11 WINTER ICE MELTS
- 13 CLASSIC SPRING BIRD
- 15 SPOTTED GARDEN BEETLE
- 16 SEASONAL ANIMAL TRAVEL
- 18 SPRING TRAIL WALKING
- 19 FLOWERING TREE DISPLAY



THE HERITAGE DOWNTOWN

1785 Shuey Ave.
Walnut Creek, CA 94596



Follow us @TheHeritageDowntown

Tel: (925) 943-7427

www.TheHeritageDowntown.com



Best of Senior Living
aPlaceforMom.
2026