




Hello
May

May
2026



HAPPY
Mother's Day



Memorial Day

*** HONORING ALL WHO SERVED ***



The Heritage Downtown Directory

Director of Sales
Jenny Shively

**Director of
Resident Services**
Jimmy Clark

Executive Chef
Joel Torres

Nestled in a charming historic neighborhood, The Heritage Downtown offers a truly special way to enjoy life in the heart of Walnut Creek. As the only active senior living community in downtown, THD places you just steps away from local favorites like the Leshner Center for the Arts, Broadway Plaza, and a variety of shops, restaurants, medical offices, and hospitals, everything you need, right at your fingertips.

Privately owned and thoughtfully operated, our community is designed for those who want to stay active, social, and connected while enjoying the ease of maintenance-free living. Whether you're heading out for a show, meeting friends for lunch, or simply enjoying the vibrant energy of downtown, life at THD makes every day feel full and effortless.

There's something quietly magical about life here, morning coffee with the sun streaming in, spontaneous walks through tree-lined streets, and evenings filled with laughter, conversation, and connection. It's a place where neighbors become friends, routines turn into rituals, and each day feels like an opportunity to enjoy the little things a bit more. At The Heritage Downtown, it's not just where you live, it's how you live.

HAPPY
Birthday

We would like to celebrate
the following residents:

- 5/1 Doreen D.
- 5/2 Lester M.
- 5/5 Galene K.
- 5/8 Eddie A.
- 5/11 Dick H.
- 5/11 Farna S.
- 5/11 Barbara V.
- 5/15 Perviz K.
- 5/19 John P.
- 5/21 Judie A.
- 5/21 Elsie W.
- 5/24 Arlene G.
- 5/27 Gretchen A.
- 5/28 Richard E.



THD Monthly Events & Excursions



CINCO DE MAYO CELEBRATION

MAY 1 | 3:00 PM | LIBERTY PAVILLION

Join us for our Cinco de Mayo celebration with music, food, and fun. Don't miss the celebration. Live performance by Mariachi Monumental Mariachi's in our Liberty Pavillion and then dinner at our on-site restaurant, Newton's!



KENTUCKY DERBY

MAY 2 | 3:00 PM | CINEMA

Join us in our on-site cinema for an exciting Kentucky Derby watch party. Enjoy the race-day energy, festive spirit, and all the action on the big screen right here at The Heritage Downtown.



MOTHER'S DAY BRUNCH

MAY 10 | 10:30 AM | NEWTON'S

Join us on Mother's Day for a delicious champagne brunch with wonderful friends and family in our on-site restaurant, Newton's!



RUTH BANCROFT GARDEN EXCURSION

MAY 28 | 11:00 AM | RUTH BANCROFT GARDEN

Enjoy a private excursion to the stunning Ruth Bancroft Garden. Take in the beauty of this one-of-a-kind landscape while exploring its unique collection of plants and serene surroundings.

MAY 2026

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

31 *May*

10:30 AM SHOPPING: SAFEWAY
 1:00 PM BUNCO
 4:00 PM GREAT COURSES
 7:00 PM MOVIE

VAN SERVICE

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



3

10:00 AM MARIE MACCHIA JEWELRY
 10:30 AM SHOPPING: SAFEWAY
 1:00 PM BUNCO
 4:00 PM GREAT COURSES
 7:00 PM MOVIE

4

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 BOOK CLUB
 1:00 PM GREAT COURSES
 2:45 PM STRENGTH & BALANCE
 3:30 PM SCRABBLE GROUP
 7:30 PM MOVIE

5 CINCO DE MAYO

9:30 AM TAI CHI
 11:00 AM CHAIR VOLLEYBALL
 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

6

9:30 AM STRENGTH & BALANCE
 10:00 AM WALK TO...
 10:30 AM POOL PREP...
 1:00 PM WEDNESDAY...
 1:45 PM ZUMBA W...
 2:00 PM P102 BLOO...
 2:00 PM MEXICAN T...
 3:30 PM STITCH AN...
 7:00 PM EVENING B...
 7:30 PM MOVIE

10 MOTHER'S DAY

10:30 AM MOTHER'S DAY BRUNCH
 10:30 AM SHOPPING: TRADER JOES
 1:00 PM LOW VISION GROUP
 4:00 PM GREAT COURSES
 7:00 PM MOVIE

11

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

12

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
 1:00 PM CREATIVE CARD MAKING
 2:45 PM STRENGTH & BALANCE
 7:30 PM MOVIE

13

9:30 AM STRENGTH & BALANCE
 10:30 AM POOL PREP...
 1:00 PM WEDNESDAY...
 1:45 PM ZUMBA W...
 2:00 PM P102 BLOO...
 2:00 PM MEXICAN T...
 3:30 PM STITCH AN...
 4:00 PM VOTER REC...
 7:00 PM EVENING B...
 7:30 PM MOVIE

17

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

18

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

19

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

20

9:30 AM STRENGTH & BALANCE
 10:00 AM COFFEE AN...
 10:30 AM POOL PREP...
 1:00 PM WEDNESDAY...
 1:45 PM ZUMBA W...
 2:00 PM P102 BLOO...
 2:00 PM MAY BIRTH...
 2:00 PM MEXICAN T...
 3:30 PM STITCH AN...
 7:00 PM EVENING B...
 7:30 PM MOVIE

24

10:30 AM SHOPPING: TRADER JOES
 1:00 PM LOW VISION GROUP
 4:00 PM GREAT COURSES
 7:00 PM MOVIE

25 MEMORIAL DAY

12:30 PM INTERMEDIATE BRIDGE CLUB
 1:00 PM AMERICAN MAHJONG
 1:00 PM GREAT COURSES
 3:30 PM SCRABBLE GROUP
 7:30 PM MOVIE

26

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

27 NAT'L SENIOR H

9:30 AM STRENGTH & BALANCE
 10:30 AM POOL PREP...
 1:00 PM WEDNESDAY...
 1:45 PM ZUMBA W...
 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

GARDEN COURTYARD

NEWTON'S

POOL

CHURHILL'S PUB

FAIRMONT FITNESS

PLAZA GAME ROOM

FIRESIDE LOUNGE

CINEMA

LIBERTY PAVILLION

YOGA STUDIO

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 **MAY**

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 CINCO DE MAYO HAPPY HOUR
 7:30 PM MOVIE FOR FILM STUDIES

2 **KENTUCKY DERBY RACE**

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 SMUIN BALLET AT THE LESHER CENTER
 3:00 PM KENTUCKY DERBY WATCH PARTY
 7:30 PM MOVIE

STRENGTH & BALANCE
 DOWNTOWN
 P FITNESS
 DAY BRIDGE GROUP
 WITH SABRINA
 AND PRESSURE CHECK
 TRAIN GROUP
 D CHAT
 BRIDGE GROUP

7

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

8

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:
 TIM O'KEEFE
 7:30 PM MOVIE

9

8:00 AM DONUTS & COFFEE
 10:00 AM MORNING MEDITATION
 1:00 PM CANASTA
 1:00 PM ZUMBA
 7:30 PM MOVIE

STRENGTH & BALANCE
 P FITNESS
 DAY BRIDGE GROUP
 WITH SABRINA
 AND PRESSURE CHECK
 TRAIN GROUP
 D CHAT
 GISTRATION
 BRIDGE GROUP

14

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 STAY AT TONE MOMS CONCERT
 2:45 PM STRENGTH & BALANCE
 7:00 PM EVENING NIGHTCAP

15

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:
 7:30 PM MOVIE

16

8:00 AM DONUTS & COFFEE
 10:00 AM MORNING MEDITATION
 1:00 PM CANASTA
 1:00 PM ZUMBA
 7:30 PM MOVIE

STRENGTH & BALANCE
 AND WALK
 P FITNESS
 DAY BRIDGE GROUP
 WITH SABRINA
 AND PRESSURE CHECK
 HDAY CELEBRATION
 TRAIN GROUP
 D CHAT
 BRIDGE GROUP

21

9:30 AM TAI CHI
 11:00 AM CHAIR VOLLEYBALL
 12:30 PM LUNCH EXCURSION: MELOS
 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

22

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:
 B STREET JAZZ
 7:30 PM MOVIE

23

8:00 AM DONUTS & COFFEE
 10:00 AM MORNING MEDITATION
 1:00 PM CANASTA
 1:00 PM ZUMBA
 7:30 PM MOVIE

HEALTH & FITNESS DAY

STRENGTH & BALANCE
 P FITNESS
 DAY BRIDGE GROUP
 WITH SABRINA
 AND PRESSURE CHECK
 TRAIN GROUP
 D CHAT
 BRIDGE GROUP

28

9:30 AM TAI CHI
 11:00 AM CHAIR VOLLEYBALL
 11:00 AM RUTH BANCROFT GARDEN TOUR
 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 MEN'S GROUP
 2:45 PM STRENGTH & BALANCE
 7:00 PM EVENING NIGHTCAP

29




























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

30

8:00 AM DONUTS & COFFEE
 10:00 AM MORNING MEDITATION
 1:00 PM CANASTA
 1:00 PM ZUMBA
 7:30 PM MOVIE

MAY EVENTS AT THE LESHER CENTER

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

 <p>MAY 01 05/01/2026 - 05/02/2026 Smin Contemporary Ballet: Future Forward</p>	 <p>MAY 01 8:15 PM - 9:30 PM Best of San Francisco Stand-Up Comedy A new generation of comedy talent!</p>	 <p>MAY 02 05/02/2026 - 05/03/2026 Spring Piano Recital Opportunity for students to showcase their work and express</p>	 <p>MAY 03 4:30 PM - 5:30 PM SHOWCASE Annual student showcase and a cherished tradition</p>	 <p>MAY 03 7:00 PM - 8:30 PM Postcards from Broadway - Vol 2: New Directions</p>	 <p>MAY 07 05/07/2026 - 05/08/2026 Performing Arts Studio's The Drowsy Chaperone</p>
 <p>MAY 08 7:30 PM - 9:30 PM Martin Taylor & Bruce Forman Partners include Jeff Beck, Stéphane Grappelli & George Harrison</p>	 <p>MAY 08 7:30 PM - 9:30 PM The Carole King & James Taylor Story (Featuring)</p>	 <p>MAY 09 05/09/2026 - 05/10/2026 Heroic Rachmaninoff Rachmaninoff's dazzling piano concerto, Borodin's dramatic</p>	 <p>MAY 09 3:30 PM - 4:30 PM Olga Kern with special guest Dali Quartet CMSF 2026 Season in Walnut Creek</p>	 <p>MAY 16 3:15 PM - 5:15 PM Improvise Dungeons and Dragons A Fantasy Quest!</p>	 <p>MAY 17 2:00 PM - 4:00 PM Season Finale: Shostakovich 5</p>
 <p>MAY 17 3:00 PM - 5:00 PM Wycliffe Gordon Quintet Named "Trombonist of the Year" a record 15 times.</p>	 <p>MAY 20 7:30 PM - 9:15 PM A Night of Jazz for Mt. Diablo Village</p>	 <p>MAY 10 7:00 PM - 1:30 AM A Song for You: The Music of Karen Carpenter & Friends A Cabaret Concert inspired by the music of Karen Carpenter.</p>	 <p>MAY 12 05/12/2026 - 05/13/2026 Performing Arts Studio's Seussical Jr.</p>	 <p>MAY 12 7:30 PM - 9:00 PM Newsmakers: Edward James Olmos Actor, Producer, Director, and Latino Community Activist</p>	 <p>MAY 14 5:00 PM - 7:00 PM Bedford Happy Hour Art with a Twist</p>
 <p>MAY 15 05/15/2026 - 05/16/2026 Diablo Ballet's Coppélia Diablo Ballet's 32nd season closes with the beloved comic ballet.</p>	 <p>MAY 15 05/15/2026 - 05/16/2026 Ballet Spring Concert: A Tribute to Billy Joel</p>	 <p>MAY 15 8:15 PM - 9:30 PM Best of San Francisco Stand-Up Comedy A new generation of comedic talent!</p>	 <p>MAY 16 10:00 AM - 11:00 AM Public Art Walking Tour Route 2: Plaza Escuela & shopping areas (Locust, Plaza Escuela, and</p>	 <p>MAY 22 05/22/2026 Something Rotten Jr.</p>	 <p>MAY 22 05/22/2026 - 05/23/2026 Alice in Wonderland</p>
 <p>MAY 22 7:30 PM - 9:30 PM Veronica Swift and her Trio This star sings with Wynton Marsalis and Michael Feinstein</p>	 <p>MAY 30 8:15 PM - 9:30 PM Best of San Francisco Stand-Up Comedy A new generation of comedic talent!</p>	 <p>MAY 31 05/31/2026 - 06/28/2026 Alanis Morissette's Jagged Little Pill: The Musical EAST BAY PREMIERE!</p>			



May Blooms & Fresh Air Living at The Heritage Downtown



As spring settles in and temperatures begin to warm, May is the perfect time to refresh your patio space and embrace more time outdoors. At The Heritage Downtown, this season invites residents to enjoy simple pleasures that bring both beauty and well-being into everyday life.

One of the easiest ways to brighten your home is with a patio garden. May is ideal for planting vibrant flowers like geraniums, petunias, and marigolds, which thrive in Walnut Creek's sunshine. For something both beautiful and practical, consider adding herbs like basil, mint, or rosemary. These low-maintenance plants not only smell wonderful but can also be used in your favorite recipes.

Beyond gardening, staying active outdoors becomes even more enjoyable this time of year. A morning walk in the fresh air, light stretching on your patio, or simply enjoying a cup of coffee in the sunshine can uplift your mood and boost your energy. Small moments like these can make a big

difference in maintaining both physical and mental wellness.

Social connection is just as important. Whether it's joining a group activity, chatting with neighbors, or participating in community events, May is a wonderful time to stay engaged and connected.

At The Heritage Downtown, we encourage you to take in the beauty of the season, enjoy your surroundings, and make the most of these bright, refreshing days.

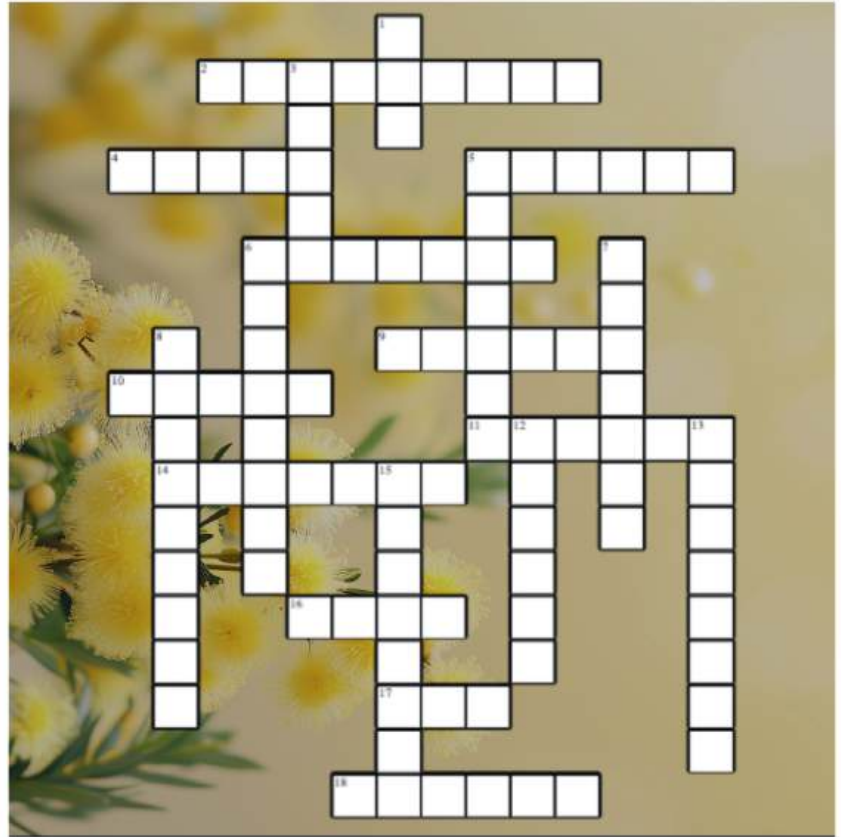


**SCAN THE QR TO
TAKE A LOOK AT
THIS MONTH'S
EVENT CALENDAR!**

THD Monthly Puzzles

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

BUTTERFLIES	GARDENING	NATURE	RAINFALL
BREEZE	GREENERY	FRESH	PICNIC
BLOSSOM	MAYTIME	DAISY	FLORAL
SUNSHINE	RENEWAL	TULIPS	BLOOM
LAVENDER	PETALS	GARDEN	LIFE



ACROSS

- 2 FLOWER'S DELICATE LEAVES
- 4 AFTER RAIN POOLS
- 5 WATERING PLANT SYSTEM
- 6 FIRST PLANT GROWTH
- 9 NECTAR LOVING BIRD
- 11 PLANT SUNLIGHT PIGMENT
- 14 LIGHT SPRING RAIN
- 16 STUDY OF PLANTS
- 17 OUTDOOR SPRING MEALS
- 17 MORNING WATER DROPS
- 18 GENTLE SPRING WIND

DOWN

- 1 BUZZING GARDEN INSECT
- 3 SPRING BLOOMING FLOWER
- 5 APRIL SHOWERS RESULT
- 6 WARM SUNNY WEATHER
- 7 GREEN LEAFY SEASON
- 8 PLANT IN SOIL
- 12 OUTDOOR MEAL ACTIVITY
- 13 FRESH CUT GRASS SMELL
- 15 FRAGRANT PURPLE PLANT

THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

www.TheHeritageDowntown.com

 Best of
 Senior Living

aPlaceforMom.

2026

