

July
2026





The Heritage Downtown Directory

Director of Sales
Jenny Shively

**Director of
Resident Services**
Jimmy Clark

**Director of
Food & Beverage**
Caleb Brown

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:

- 7/7 Mary Alice R.
- 7/11 Rita R.
- 7/12 Evelyn D.
- 7/16 Charles D.
- 7/16 Martin B.
- 7/17 Marlene T.
- 7/20 Jay R.
- 7/25 Sheila G.
- 7/25 Susan O.
- 7/30 Steven K.



THD Monthly Events & Excursions



4TH OF JULY BBQ CELEBRATION

JULY 4 | 11:00 AM | GARDEN COURTYARD

Come celebrate the 4th of July with us in the Garden Courtyard for a lively afternoon of BBQ, music, and special performances. As we mark America's 250th anniversary, expect great energy, delicious food, and plenty of patriotic fun.



BEAUTY AND THE BEAST

JULY 15 | 11:00 AM | ORPHEUM THEATRE

Be our guest to a musical performance of Beauty and the Beast. Join us as this beloved classic comes to life on stage with breathtaking music, dance, and storytelling; meet us in the lobby at 11:00 AM.



MONET & VENICE

JULY 21 | 10:00 AM | DE YOUNG MUSEUM

Join us for a beautiful morning as we step into Monet's dreamy world and explore the stunning Monet & Venice exhibit at the de Young Museum. Meet us in the lobby at 10:00 AM and get ready for a little art, a little culture, and a lot of inspiration.



OPERA IN THE PARK

JULY 26 | 4:00 PM | CIVIC PARK

Enjoy an afternoon of laughter, romance, and beautiful music as we attend Opera in the Park featuring L'elisir d'amore. Join us at Civic Park on Sunday, July 26 at 4:00 PM for a magical outdoor opera experience.

JULY 2026

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



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

5



1:00 PM SHOPPING: WALMART
 1:00 PM LOW VISION GROUP
 1:00 PM RUMMIKUB GROUP
 2:30 PM TRIVIA
 4:00 PM GREAT COURSES
 7:00 PM MOVIE

12



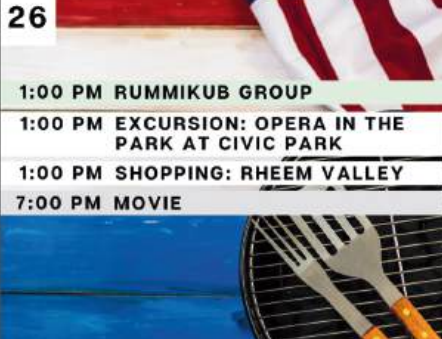
1:00 PM RUMMIKUB GROUP
 1:00 PM SHOPPING: THE VERANDA-CONCORD
 4:00 PM GREAT COURSES
 7:00 PM MOVIE

19



1:00 PM RUMMIKUB GROUP
 1:00 PM SHOPPING: COSTCO
 1:00 PM LOW VISION GROUP
 1:30 PM NATIONAL ICE CREAM DAY
 2:30 PM TRIVIA
 4:00 PM GREAT COURSES
 7:00 PM MOVIE

26



1:00 PM RUMMIKUB GROUP
 1:00 PM EXCURSION: OPERA IN THE PARK AT CIVIC PARK
 1:00 PM SHOPPING: RHEEM VALLEY
 7:00 PM MOVIE

29

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
 2:30 PM STRENGTH & BALANCE
 3:30 PM SCRABBLE GROUP
 7:30 PM MOVIE

6

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
 2:30 PM STRENGTH & BALANCE
 3:30 PM SCRABBLE GROUP
 7:30 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
 2:30 PM STRENGTH & BALANCE
 3:30 PM SCRABBLE GROUP
 7:30 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
 2:30 PM STRENGTH & BALANCE
 3:30 PM SCRABBLE GROUP
 7:30 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
 2:30 PM STRENGTH & BALANCE
 3:30 PM SCRABBLE GROUP
 7:30 PM MOVIE

30

9:30 AM TAI CHI
 10:00 AM MARIN FRENCH CHEESE CO. EXCURSION
 11:00 AM CHAIR VOLLEYBALL
 1:00 PM TUESDAY BRIDGE GAME
 1:00 PM CANASTA
 1:00 PM LOW IMPACT FITNESS
 2:30 PM STRENGTH & BALANCE
 7:30 PM MOVIE

7

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 BOOK CLUB
 2:30 PM STRENGTH & BALANCE
 7:30 PM MOVIE

14

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
 2:30 PM STRENGTH & BALANCE
 7:30 PM MOVIE

21

9:30 AM TAI CHI
 11:00 AM CORN HOLE
 11:00 AM EXCURSION: DE YOUNG MUSEUM - MONET
 1:00 PM TUESDAY BRIDGE GAME
 1:00 PM CANASTA
 1:00 PM LOW IMPACT FITNESS
 2:30 PM STRENGTH & BALANCE
 7:30 PM MOVIE

28

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
 2:30 PM STRENGTH & BALANCE
 7:30 PM MOVIE

1 HELL

9:30 AM STRENGTH & BALANCE
 10:30 AM POOL PREP FITNESS
 11:00 PM WEEKLY B...
 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

8

9:30 AM STRENGTH & BALANCE
 10:30 AM POOL PREP FITNESS
 11:00 PM WEEKLY B...
 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

15

9:30 AM STRENGTH & BALANCE
 10:30 AM POOL PREP FITNESS
 11:00 AM EXCURSION:
 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

22

9:30 AM STRENGTH & BALANCE
 10:30 AM POOL PREP FITNESS
 11:00 PM WEEKLY B...
 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

29

9:30 AM STRENGTH & BALANCE
 10:30 AM POOL PREP FITNESS
 11:00 PM WEEKLY B...
 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	GARDEN COURTYARD	NEWTON'S	POOL
CHURCHILL'S PUB	FAIRMONT FITNESS	PLAZA GAME ROOM	FIRESIDE LOUNGE
CINEMA	LIBERTY PAVILLION	YOGA STUDIO	

WEDNESDAY THURSDAY FRIDAY SATURDAY

1 HELLO JULY!	2	3	4 INDEPENDENCE DAY
STRENGTH & BALANCE YOGA FITNESS BUZZ ACTIVITIES DAY BRIDGE GROUP WITH SABRINA D PRESSURE CHECK TRAIN GROUP D CHAT BRIDGE 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 1:30 PM GENTLE YOGA STRETCH 2:30 PM STRENGTH & BALANCE 7:15 PM BINGO	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: MOONGLOW DUO 7:30 PM MOVIE FOR FILM STUDIES	8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:00 AM 4TH OF JULY CELEBRATION 1:00 PM CANASTA 1:00 PM ZUMBA 1:00 PM EXPERIENCED AMERICAN MAHJONG 7:30 PM MOVIE
STRENGTH & BALANCE YOGA FITNESS BUZZ ACTIVITIES DAY BRIDGE GROUP WITH SABRINA D PRESSURE CHECK TRAIN GROUP D CHAT BRIDGE GROUP	9	10	11
STRENGTH & BALANCE YOGA FITNESS BUZZ ACTIVITIES DAY BRIDGE GROUP WITH SABRINA D PRESSURE CHECK TRAIN GROUP D CHAT BRIDGE 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 1:30 PM GENTLE YOGA STRETCH 2:30 PM STRENGTH & BALANCE 7:00 PM EVENING NIGHTCAP	9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM POOL PREP FITNESS 10:30 AM WALKING CLUB 12:30 PM EXPERIENCED BRIDGE CLUB 2:30 PM STRENGTH & BALANCE 3:00 PM COCKTAIL HOUR: FRITZ BURDEN 7:30 PM MOVIE	8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:00 AM FILM STUDIES WITH BILLY 1:00 PM EXPERIENCED AMERICAN MAHJONG 1:00 PM CANASTA 1:00 PM ZUMBA 2:00 PM CRAFTER'S CORNER 7:30 PM MOVIE
STRENGTH & BALANCE YOGA FITNESS BEAUTY & THE BEAST DAY BRIDGE GROUP WITH SABRINA D PRESSURE CHECK TRAIN GROUP D CHAT BRIDGE GROUP	16	17	18
STRENGTH & BALANCE YOGA FITNESS BEAUTY & THE BEAST DAY BRIDGE GROUP WITH SABRINA D PRESSURE CHECK TRAIN GROUP D CHAT BRIDGE GROUP	9:30 AM TAI CHI 11:00 AM CHAIR VOLLEYBALL 11:00 PM WEEKLY BUZZ ACTIVITIES 1:00 PM ASIAN MAHJONG 1:00 PM GREAT COURSES 1:00 PM RUMMIKUB GROUP 1:00 PM LOW IMPACT FITNESS 1:30 PM GENTLE YOGA STRETCH 2:30 PM STRENGTH & BALANCE 7:15 PM BINGO	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: CHARLIE BARREDA 7:30 PM MOVIE	8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 1:00 PM EXPERIENCED AMERICAN MAHJONG 1:00 PM CANASTA 1:00 PM ZUMBA 7:30 PM MOVIE
STRENGTH & BALANCE YOGA FITNESS BUZZ ACTIVITIES DAY BRIDGE GROUP WITH SABRINA D PRESSURE CHECK TRAIN GROUP D CHAT BRIDGE GROUP	23	24	25
STRENGTH & BALANCE YOGA FITNESS BUZZ ACTIVITIES DAY BRIDGE GROUP WITH SABRINA D PRESSURE CHECK TRAIN GROUP D CHAT BRIDGE 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 1:30 PM GENTLE YOGA STRETCH 3:00 PM RESIDENT SPOTLIGHT 2:30 PM STRENGTH & BALANCE 7:00 PM EVENING NIGHTCAP	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	8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 1:00 PM CANASTA 1:00 PM EXPERIENCED AMERICAN MAHJONG 1:00 PM ZUMBA 2:00 PM CRAFTER'S CORNER 7:30 PM MOVIE
STRENGTH & BALANCE YOGA FITNESS BUZZ ACTIVITIES DAY BRIDGE GROUP WITH SABRINA D PRESSURE CHECK TRAIN GROUP D CHAT BRIDGE GROUP	30	31	1 HELLO AUGUST
STRENGTH & BALANCE YOGA FITNESS BUZZ ACTIVITIES DAY BRIDGE GROUP WITH SABRINA D PRESSURE CHECK TRAIN GROUP D CHAT BRIDGE 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 1:30 PM GENTLE YOGA STRETCH 2:00 PM MEN'S GROUP WITH JIMMY 2:30 PM STRENGTH & BALANCE 7:15 PM BINGO	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: GARY NEUMAN 7:30 PM MOVIE FOR FILM STUDIES	8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:00 AM FILM STUDIES WITH BILLY 1:00 PM EXPERIENCED AMERICAN MAHJONG 1:00 PM CANASTA 1:00 PM ZUMBA 7:30 PM MOVIE

JULY EVENTS AT THE LESHER CENTER

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



JUL 11
CALeidoscope: Evolving Reflections of California
 Bedford Donors get a special preview from 4 - 5 pm for the opening of



JUL 11
CALeidoscope: Evolving Reflections of California
 Visit the Bedford for the opening party of CALeidoscope: Evolving



JUL 11
Valerie - A Tribute to Amy Winehouse



JUL 11
Best of San Francisco Stand-Up Comedy
 A new generation of comedic talent!



JUL 12
Summer Performing Arts Conservatory Directing Showcase
 A highlight of the Summer Performing Arts Conservatory at



JUL 14
Summer Performing Arts Conservatory's Our Town



JUL 15
Groups at the Lesher Center
 Your favorite people + your favorite entertainment!



JUL 16
Summer Sounds: Mustangs of the West
 All-female Americana-infused country rock band



JUL 16
Summer Performing Arts Conservatory Acting Showcase



JUL 17
Summer Performing Arts Conservatory's Musical



JUL 18
Public Art Walking Tour
 Route 4: Downtown, Library and Main St.



JUL 25
Chicken, Chitlins & Caviar
 A dazzling celebration of African American culture!



JUL 30
Summer Sounds: Alpha Rhythm Kings
 Bay Area swing ensemble with a "King Size California sound"



JUL 30
Newsmakers: Jonna Mendez
 Former Chief of Disguise at the CIA and Best-Selling Author



JUL 31
Adrian West Band
 This concert will feature a six-piece ensemble, bringing together some



Sunshine, Wellness & Summer Fun



July brings the heart of summer to The Heritage Downtown, inviting residents to embrace the season with movement, connection, and joyful celebration. With warmer days ahead, it's the perfect time to prioritize wellness through fitness, staying active, and keeping hydrated. Whether it's joining a morning exercise class, practicing tai chi, or enjoying time outdoors, small daily habits can help keep us feeling our best.

This month also brings an exciting lineup of activities designed to keep our community engaged and connected. From festive celebrations and enriching social gatherings to special outings and live performances, July offers plenty of opportunities to create meaningful memories with friends and neighbors.

As we move through this vibrant season, July serves as a reminder to care for both body and spirit. Stay cool, stay hydrated, and take advantage of all the wonderful experiences planned for our residents. We look forward to sharing another month filled with laughter, connection, and unforgettable moments together.

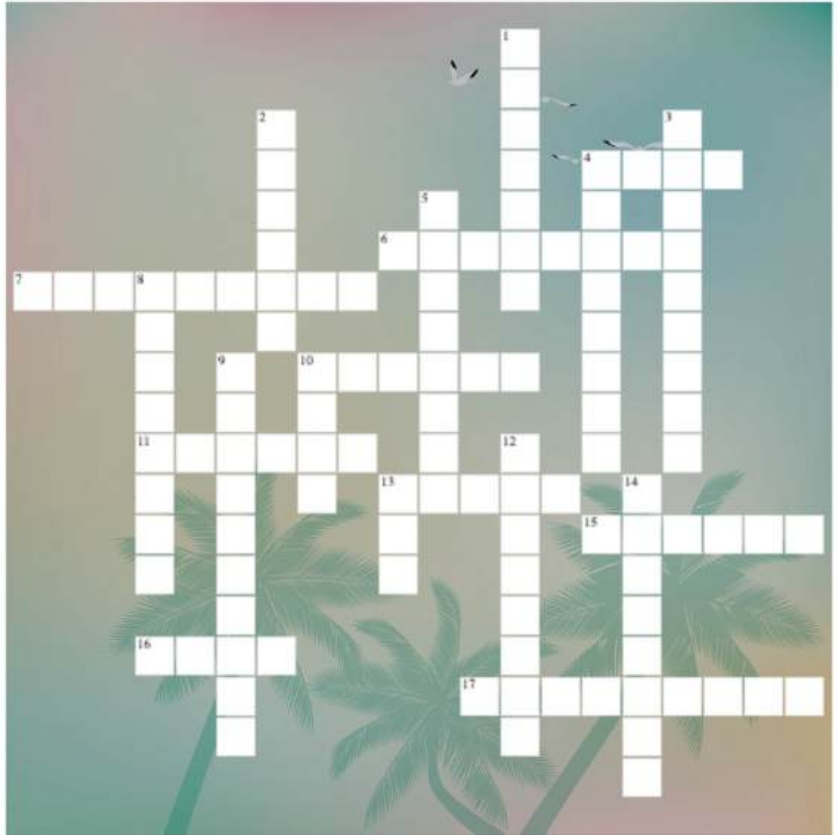


**SCAN THE QR TO
TAKE A LOOK AT
THIS MONTH'S
EVENT CALENDAR!**

THD Monthly Puzzles

J	h	o	l	i	d	a	y	f	f
u	s	t	r	i	p	e	s	a	i
l	t	i	y	h	r	k	t	m	r
y	s	t	a	r	s	r	l	i	e
f	o	u	r	t	h	n	i	l	w
n	a	t	i	o	n	d	h	y	o
b	a	r	b	e	c	u	e	z	r
h	a	m	b	u	r	g	e	r	k
f	r	e	e	d	o	m	s	m	s
z	c	r	a	c	k	e	r	e	t

July stars stripes freedom holiday family nation cracker fourth fireworks hamburger barbecue



ACROSS

- 4 POOL ACTIVITY
- 6 EXTREME TEMPS
- 7 UV PROTECTION
- 10 OUTDOOR MEAL
- 11 COOKOUT FAVORITE
- 13 SANDY SHORE
- 15 FESTIVE MARCH
- 16 SEVENTH MONTH
- 17 RED WHITE BLUE

DOWN

- 1 DRINK WATER
- 2 WARM SEASON
- 3 SKY EXPLOSIONS
- 4 HANDHELD FIREWORKS
- 5 TART DRINK
- 8 BRIGHT RAYS
- 9 SUMMER FRUIT
- 10 COOL ESCAPE
- 12 FROZEN TREAT

- 13 GRILL PARTY
- 14 TIME OFF



THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

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Best of Senior Living
aPlaceforMom.
2026