



August
2026





The Heritage Downtown Directory

Director of Sales
Jenny Shively

Activities Manager
Alexis Jones

**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:

8/1	Marilyn E.
8/7	Claudia R.
8/9	Marion A.
8/10	Mary S.
8/12	Nathan B.
8/17	Evelyn R.
8/19	Bob F.
8/20	Mary Ann M.
8/28	Linda B.



August

THD Monthly Events & Excursions



REDWOOD STEAM TRAIN RIDE

AUGUST 12 | 10:00 AM | FELTON, CA

All aboard for a scenic ride through the majestic redwoods of Roaring Camp! Enjoy breathtaking views and a glimpse into California's rich railroad history aboard one of America's oldest operating steam trains.



POTOMAC HISTORY CRUISE

AUGUST 20 | 11:00 AM | OAKLAND, CA

Step aboard the historic USS Potomac, President Franklin D. Roosevelt's "Floating White House," for a narrated cruise around San Francisco Bay. Enjoy stunning views of iconic landmarks while discovering the rich history of the Bay Area aboard the nation's only operating presidential yacht.



ANNUAL THD LUAU

AUGUST 21 | 3:00 PM | GARDEN COURTYARD

The annual THD Luau is a resident favorite and one of our biggest events in the year. Enjoy a performance of Polynesian music and dance by Island Breeze Entertainment. Feast on a luau prepared by our on site restaurant, Newton's.



FERRY RIDE

AUGUST 26 | 10:00 AM | SAN FRANCISCO

Take a scenic ferry ride across San Francisco Bay to the iconic Ferry Building Marketplace! Enjoy beautiful waterfront views and explore one of the city's favorite destinations, filled with local shops, artisan foods, and historic charm.

AUGUST 2026

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

30



1:00 PM MATINEE MOVIE SHOWING
1:00 PM SHOPPING: NORDSTROM RACK
1:00 PM LOW VISION GROUP
1:00 PM RUMMIKUB GROUP
2:30 PM TRIVIA TIME
4:00 PM GREAT COURSES
7:00 PM MOVIE

31

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

VAN SERVICE

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



2



1:00 PM MATINEE MOVIE SHOWING
1:00 PM SHOPPING: MARINA SQUARE
1:00 PM LOW VISION GROUP
1:00 PM RUMMIKUB GROUP
2:30 PM TRIVIA TIME
4:00 PM GREAT COURSES
7:00 PM MOVIE

3

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

4

9:30 AM TAI CHI
11:00 AM LADDERBALL
12:30 PM WEEKLY BUZZ UPDATE
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

5

9:30 AM STRENGTH & BALANCE
10:30 AM AQUA FITNESS
10:30 AM WALKING CLUB
1:00 PM WEDNESDAY BRIDGE GAME
1:45 PM ZUMBA
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

9



1:00 PM MATINEE MOVIE SHOWING
1:00 PM RUMMIKUB GROUP
1:00 PM SHOPPING: HOBBY LOBBY
2:30 PM ICE CREAM SOCIAL
4:00 PM GREAT COURSES
7:00 PM MOVIE

10

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

11

9:30 AM TAI CHI
11:00 AM CHAIR VOLLEYBALL
12:30 PM WEEKLY BUZZ UPDATE
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

12

9:30 AM STRENGTH & BALANCE
10:00 AM EXCURSION TO FOREST ST
10:30 AM AQUA FITNESS
1:00 PM WEDNESDAY BRIDGE GAME
1:45 PM ZUMBA
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

16



1:00 PM MATINEE MOVIE SHOWING
1:00 PM RUMMIKUB GROUP
1:00 PM SHOPPING: PLAZA CENTER
1:00 PM LOW VISION GROUP
2:30 PM TRIVIA TIME
4:00 PM GREAT COURSES
7:00 PM MOVIE

17

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

18

9:30 AM TAI CHI
11:00 AM CORN HOLE
12:30 PM WEEKLY BUZZ UPDATE
1:00 PM TUESDAY BRIDGE GAME
1:00 PM CANASTA
1:00 PM LOW IMPACT FITNESS
2:30 PM STRENGTH & BALANCE
2:30 PM RESIDENT SPOTLIGHT WITH RITA ROBILARD
7:30 PM MOVIE

19

9:30 AM STRENGTH & BALANCE
10:30 AM AQUA FITNESS
1:00 PM WEDNESDAY BRIDGE GAME
1:45 PM ZUMBA
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

23



1:00 PM MATINEE MOVIE SHOWING
1:00 PM RUMMIKUB GROUP
1:00 PM SHOPPING: COSTCO
2:30 PM ICE CREAM SOCIAL
4:00 PM GREAT COURSES
7:00 PM MOVIE

24

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

25

9:30 AM TAI CHI
11:00 AM CHAIR VOLLEYBALL
12:30 PM WEEKLY BUZZ UPDATE
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

26

9:30 AM STRENGTH & BALANCE
10:00 AM EXCURSION TO FOREST ST
10:30 AM AQUA FITNESS
1:00 PM WEDNESDAY BRIDGE GAME
1:45 PM ZUMBA
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

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 AUGUST	
						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	
		6		7		8	
STRENGTH & BALANCE FITNESS LESS CLUB DAY BRIDGE GROUP 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 2:30 PM STRENGTH & BALANCE 3:30 PM RESIDENT SINGING GROUP 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 HAPPY HOUR: B STREET JAZZ 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 2:00 PM CRAFTER'S CORNER 7:30 PM MOVIE	
		13		14		15	
STRENGTH & BALANCE N: REDWOOD TEAM TRAIN RIDE LESS DAY BRIDGE GROUP 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 3:30 PM RESIDENT SINGING GROUP 7:00 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 HAPPY HOUR: BILLY SCHAUB 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	
		20		21		22	
STRENGTH & BALANCE N: FERRY RIDE LESS DAY BRIDGE GROUP D PRESSURE CHECK TRAIN GROUP D CHAT BRIDGE GROUP		9:30 AM TAI CHI 11:00 AM CHAIR VOLLEYBALL 11:00 AM EXCURSION: POTOMAC CRUISE 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 2:30 PM STRENGTH & BALANCE 3:30 PM RESIDENT SINGING GROUP 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 3:00 PM THD ANNUAL LUAU 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	
		27		28		29	
STRENGTH & BALANCE N: FERRY RIDE LESS DAY BRIDGE GROUP 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 3:30 PM RESIDENT SINGING GROUP 7:00 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 HAPPY HOUR: ALEKS 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 2:30 PM LINE DANCING LESSON 7:30 PM MOVIE	

AUGUST EVENTS AT THE LESHER CENTER

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



AUG
01

8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



AUG
06

5:30 PM - 7:00 PM

Cocktails & Conversation

with CAleidoscope artists Phillip Hua, Cynthia Ona Innis, and Joelle



AUG
07

08/07/2026 - 08/16/2026

The Hunchback of Notre Dame

Based on the Victor Hugo novel, with songs from the Disney animated



AUG
15

10:00 AM - 11:00 AM

Public Art Walking Tour

Route 1: Around the Leshar Center for the Arts, City Hall, and Civic Park.

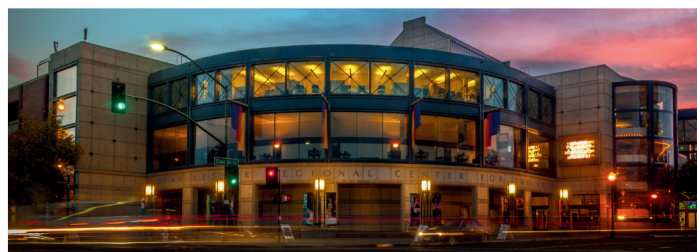
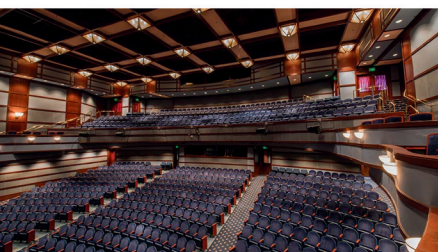


AUG
15

11:00 AM - 12:00 PM

CAleidoscope Family Tour

Designed for families to explore and make art together



Embracing the Last Days of Summer



August invites us to savor the final stretch of summer and make the most of these warm, sun-filled days. At The Heritage Downtown, this month is all about adventure, connection, and celebrating the season together. Whether you're enjoying a scenic outing, spending time with friends, or simply taking a quiet moment to appreciate the sunshine, August offers countless opportunities to create meaningful memories.

Our August calendar is filled with exciting experiences, from the breathtaking Redwood Steam Train Ride and the historic USS Potomac Cruise to a relaxing Ferry Ride across San Francisco Bay. Closer to home, we'll gather for one of our favorite traditions, the Annual THD Luau, an afternoon filled with delicious food, music, and the spirit of aloha.

As summer begins its gentle transition toward autumn, it's still important to stay active, remain hydrated, and take time to enjoy the beauty that surrounds us. We encourage everyone to embrace new experiences, connect with neighbors, and make the most of this vibrant season.

Here's to another wonderful month of friendship, laughter, and unforgettable adventures at The Heritage Downtown. We look forward to sharing these special moments with you throughout August!

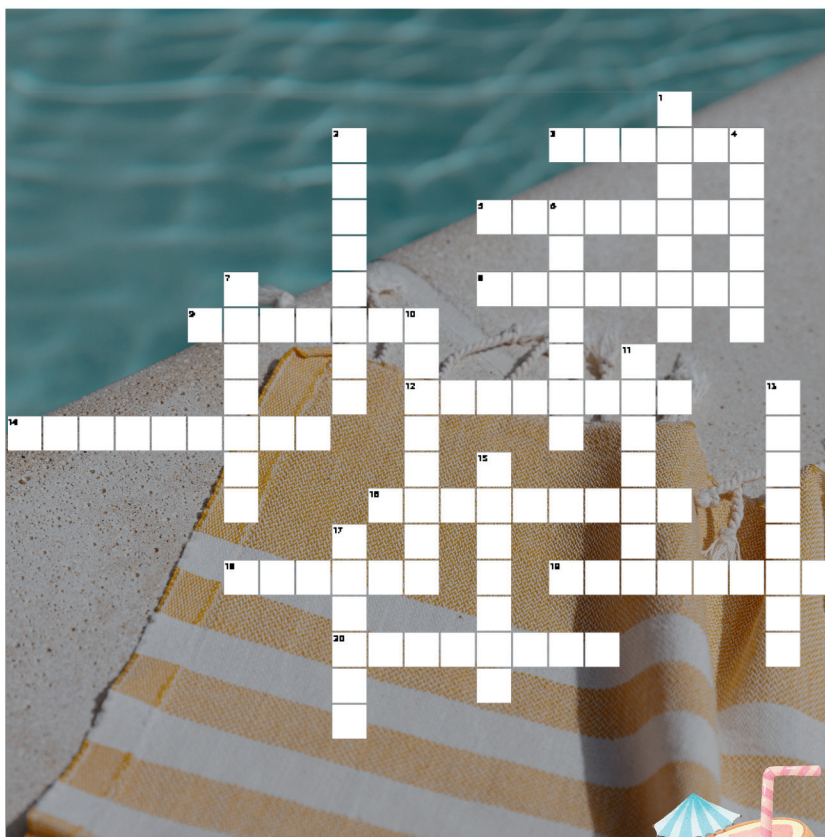



**SCAN THE QR TO
TAKE A LOOK AT
THIS MONTH'S
EVENT CALENDAR!**

THD Monthly Puzzles

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

VACATIONING	SUNFLOWER	CAMPFIRE	HARVEST
HUMMINGBIRD	CORNFIELD	SHOPPING	SUNRISE
WILDFLOWERS	POPSICLES	BEACHDAY	BLACKBERRY
WATERMELON	FIREWORKS	ROADTRIP	PATIO
STARGAZING	BACKYARD	KAYAKING	BREEZE



ACROSS

- 3 PATHS THROUGH NATURE
- 5 SUMMER TRAVEL TIME
- 8 BRIGHT SUMMER DAYTIME
- 9 OPEN SUMMER FOOTWEAR
- 12 FAVORITE FROZEN TREAT
- 14 PROTECT YOUR SKIN
- 16 GLOWING NIGHTTIME INSECTS
- 18 EXPLORE MOUNT DIABLO
- 19 COMMUNITY SUMMER CELEBRATION
- 20 BACKYARD GRILLING TRADITION

DOWN

- 1 PARK LUNCH OUTING
- 2 VERY HOT WEATHER
- 4 EVENING GOLDEN SKY
- 6 MUSIC UNDER STARS
- 7 COLORFUL BLOOMING SPACES
- 10 COOLING OFF ACTIVITY
- 11 LOCAL PRODUCE VENDORS
- 13 REFRESHING SUMMER DRINK
- 15 SWEET AUGUST FRUIT
- 17 NEARBY FAMOUS MOUNTAIN



THE HERITAGE DOWNTOWN

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Follow us @TheHeritageDowntown

www.TheHeritageDowntown.com

★★★★★
Best of
Senior Living

aPlaceforMom.

2026

