



www.TheHeritageDowntown.com

Tel: 925.943.7427

hello
Autumn

September
2026



The Heritage Downtown

1785 Shuey Ave, Walnut Creek, CA 94596



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:

9/9	Minoo F.
9/11	Kathleen S.
9/11	Joseph W.
9/11	Janis H.
9/16	Debby B.
9/21	Nancy K.
9/22	Norman N.
9/24	Sandi G.
9/25	Shari R.
9/30	Eileen B.



September

THD Monthly Events & Excursions



COASTAL LUNCH AT HALF MOON BAY

SEPTEMBER 2 | 10:00 AM | HALF MOON BAY, CA

Take in the beautiful coastal views on a scenic trip to Half Moon Bay, followed by lunch overlooking the ocean at Half Moon Bay Brewing Company.



NFL KICKOFF NIGHT

SEPTEMBER 9 | 5:15 PM | CINEMA

Football season is back! Enjoy a delicious game-day dinner in the Cinema while we gather to watch the NFL Kickoff.



GLASS MENAGERIE AT THE LESHER CENTER

SEPTEMBER 10 | 2:00 PM | LESHER CENTER

Join us for a trip to the Lesher Center for the Arts to experience a live performance of the beloved classic The Glass Menagerie.



PHARAOHS AT THE DE YOUNG

SEPTEMBER 23 | 10:00 AM | DE YOUNG MUSEUM

Spend the day in San Francisco exploring the fascinating Pharaoh exhibit at the de Young Museum, followed by lunch at the de Young Café.

SEPTEMBER 2026

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



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



NFL KICKOFF NIGHT
SEPTEMBER 9

1

- 11:00 AM BOCCE BALL
- 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
- 3:00 PM AFTERNOON CONCERT W/ AASA
- 7:30 PM MOVIE

2

- 9:30 AM STRENGTH & BALANCE
- 10:00 AM EXCURSION
- 10:30 AM AQUA FITNESS
- 1:00 PM WEDNESDAY
- 1:00 PM FOOTBALL
- 1:45 PM ZUMBA
- 2:00 PM P102 BLOC
- 2:00 PM MEXICAN T
- 3:30 PM STITCH AN
- 7:00 PM EVENING B
- 7:30 PM MOVIE

6

- 1:00 PM MATINEE MOVIE SHOWING
- 1:00 PM SHOPPING: STONERIDGE MALL-PLEASANTON
- 1:00 PM LOW VISION GROUP
- 1:00 PM RUMMIKUB GROUP
- 2:30 PM ICE CREAM SOCIAL
- 7:00 PM MOVIE

7 **LABOR DAY**

- 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

8

- 9:30 AM TAI CHI
- 11:00 AM CHAIR VOLLEYBALL
- 11:00 AM PRESENTATION: MAYOR KEVIN WILK
- 1:00 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
- 4:00 PM GREAT COURSES
- 7:30 PM MOVIE

9

- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 1:00 PM WEDNESDAY
- 1:45 PM ZUMBA
- 2:00 PM P102 BLOC
- 2:00 PM MEXICAN T
- 3:30 PM STITCH AN
- 5:15 PM NFL KICKO
- 7:00 PM EVENING B
- 7:30 PM MOVIE

13 **GRANDPARENT'S DAY**

- 10:00 AM FOOTBALL SUNDAY
- 1:00 PM RUMMIKUB GROUP
- 1:00 PM SHOPPING: WALMART
- 2:00 PM SENIORITY JAM PERFORMANCE IN LOBBY
- 2:30 PM TRIVIA TIME

14

- 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
- 5:15 PM MONDAY NIGHT FOOTBALL

15 **HISPANIC HERITAGE MONTH BEGINS**

- 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 LOW IMPACT FITNESS
- 1:00 PM CANASTA
- 2:00 PM BIRTHDAY CELEBRATIONS
- 2:30 PM STRENGTH & BALANCE
- 4:00 PM GREAT COURSES
- 7:30 PM MOVIE

16

- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 1:00 PM WEDNESDAY
- 1:45 PM ZUMBA
- 2:00 PM P102 BLOC
- 2:00 PM MEXICAN T
- 3:30 PM STITCH AN
- 7:00 PM EVENING B
- 7:30 PM MOVIE

20

- 10:00 AM FOOTBALL SUNDAY
- 10:00 AM FALL JEWELRY SHOW
- 1:00 PM RUMMIKUB GROUP
- 1:00 PM SHOPPING
- 1:00 PM LOW VISION GROUP
- 1:00 PM RESIDENT PHOTO DAY
- 2:30 PM ICE CREAM SOCIAL

21 **YOM KIPPUR**

- 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
- 5:15 PM MONDAY NIGHT FOOTBALL

22 **HELLO AUTUMN**

- 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
- 4:00 PM GREAT COURSES
- 7:30 PM MOVIE

23

- 9:30 AM STRENGTH & BALANCE
- 10:00 AM EXCURSION
- 10:30 AM AQUA FITNESS
- 1:00 PM WEDNESDAY
- 1:45 PM ZUMBA
- 2:00 PM P102 BLOC
- 2:00 PM MEXICAN T
- 3:30 PM STITCH AN
- 7:00 PM EVENING B
- 7:30 PM MOVIE

27

- 10:00 AM FOOTBALL SUNDAY
- 1:00 PM RUMMIKUB GROUP
- 1:00 PM SHOPPING: COSTCO
- 2:30 PM TRIVIA TIME

28

- 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
- 5:15 PM MONDAY NIGHT FOOTBALL

29

- 9:30 AM TAI CHI
- 11:00 AM LADDERBALL
- 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
- 4:00 PM GREAT COURSES
- 7:30 PM MOVIE

30

- 9:30 AM STRENGTH & BALANCE
- 10:30 AM AQUA FITNESS
- 1:00 PM WEDNESDAY
- 1:45 PM ZUMBA
- 2:00 PM P102 BLOC
- 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	
	3		4		5		
	& BALANCE		9:30 AM TAI CHI		9:30 AM STRENGTH & BALANCE		8:00 AM DONUTS & COFFEE
	IN: HALF MOON BAY		11:00 AM CHAIR VOLLEYBALL		10:30 AM INTERMEDIATE MAHJONG		10:00 AM MORNING MEDITATION
	NESS		1:00 PM ASIAN MAHJONG		10:30 AM AQUA FITNESS		11:00 AM FILM STUDIES WITH BILLY
	AY BRIDGE GROUP		1:00 PM GREAT COURSES		12:30 PM EXPERIENCED BRIDGE CLUB		1:00 PM EXPERIENCED AMERICAN MAHJONG
	CLUB		1:00 PM RUMMIKUB GROUP		2:30 PM STRENGTH & BALANCE		1:00 PM CANASTA
	ND PRESSURE CHECK		1:00 PM LOW IMPACT FITNESS		3:00 PM HAPPY HOUR: DAVID LANDON		1:00 PM ZUMBA
	TRAIN GROUP		1:30 PM GENTLE YOGA STRETCH		7:30 PM MOVIE FOR FILM STUDIES		2:30 PM HERITAGE ART STUDIO
D CHAT	2:00 PM MEN'S GROUP		7:30 PM MOVIE				
BRIDGE GROUP	2:30 PM STRENGTH & BALANCE						
	3:30 PM THD CHOIR						
	7:00 PM EVENING NIGHTCAP						
	10		11	ROSH HASHANA	12		
	& BALANCE		9:30 AM TAI CHI		9:30 AM STRENGTH & BALANCE		8:00 AM DONUTS & COFFEE
	NESS		11:00 AM CHAIR VOLLEYBALL		10:30 AM INTERMEDIATE MAHJONG		10:00 AM MORNING MEDITATION
	AY BRIDGE GROUP		1:00 PM ASIAN MAHJONG		10:30 AM AQUA FITNESS		1:00 PM EXPERIENCED AMERICAN MAHJONG
			1:00 PM GREAT COURSES		12:30 PM EXPERIENCED BRIDGE CLUB		1:00 PM CANASTA
	ND PRESSURE CHECK		1:00 PM RUMMIKUB GROUP		2:30 PM STRENGTH & BALANCE		1:00 PM ZUMBA
	TRAIN GROUP		1:00 PM LOW IMPACT FITNESS		3:00 PM HAPPY HOUR: BIANCA BROWN		2:30 PM HERITAGE ART STUDIO
	D CHAT		1:30 PM GENTLE YOGA STRETCH		7:30 PM MOVIE		7:30 PM MOVIE
FF	2:30 PM STRENGTH & BALANCE						
BRIDGE GROUP	3:30 PM THD CHOIR						
	5:30 PM THURSDAY NIGHT FOOTBALL						
	7:00 PM BINGO						
	17		18		19		
	& BALANCE		9:30 AM TAI CHI		9:30 AM STRENGTH & BALANCE		8:00 AM DONUTS & COFFEE
	NESS		11:00 AM CHAIR VOLLEYBALL		10:30 AM INTERMEDIATE MAHJONG		10:00 AM MORNING MEDITATION
	AY BRIDGE GROUP		1:00 PM ASIAN MAHJONG		10:30 AM AQUA FITNESS		11:00 AM PRESENTATION: CONGRESSMAN MARK DESAULNIER
			1:00 PM GREAT COURSES		11:00 AM PRESENTATION: CANDIDATE JEFF FRESE		1:00 PM EXPERIENCED AMERICAN MAHJONG
	ND PRESSURE CHECK		1:00 PM RUMMIKUB GROUP		12:30 PM EXPERIENCED BRIDGE CLUB		1:00 PM CANASTA
	TRAIN GROUP		1:00 PM LOW IMPACT FITNESS		2:30 PM STRENGTH & BALANCE		1:00 PM ZUMBA
	D CHAT		1:30 PM GENTLE YOGA STRETCH		3:00 PM HAPPY HOUR: DUSTIN HEER		2:00 PM THE GLASS MENAGERIE AT THE LESHER CENTER
BRIDGE GROUP	2:00 PM MEN'S GROUP	7:30 PM MOVIE	7:30 PM MOVIE				
	2:30 PM STRENGTH & BALANCE						
	3:30 PM THD CHOIR						
	5:30 PM THURSDAY NIGHT FOOTBALL						
	7:00 PM EVENING NIGHTCAP						
	24		25		26		
	& BALANCE		9:30 AM TAI CHI		9:30 AM STRENGTH & BALANCE		8:00 AM DONUTS & COFFEE
	IN: PHARAOHS AT YOUNG MUSEUM		11:00 AM CHAIR VOLLEYBALL		10:30 AM INTERMEDIATE MAHJONG		10:00 AM MORNING MEDITATION
	NESS		1:00 PM ASIAN MAHJONG		10:30 AM AQUA FITNESS		1:00 PM CANASTA
	AY BRIDGE GROUP		1:00 PM GREAT COURSES		12:30 PM EXPERIENCED BRIDGE CLUB		1:00 PM EXPERIENCED AMERICAN MAHJONG
			1:00 PM RUMMIKUB GROUP		2:30 PM STRENGTH & BALANCE		1:00 PM ZUMBA
	ND PRESSURE CHECK		1:00 PM LOW IMPACT FITNESS		3:00 PM HAPPY HOUR: MOONGLOW DUO		2:00 PM HARVEST TEA GATHERING IN LOBBY
	TRAIN GROUP		1:30 PM GENTLE YOGA STRETCH		7:30 PM MOVIE		7:30 PM MOVIE
D CHAT	1:30 PM NEW RESIDENT GATHERING						
BRIDGE GROUP	2:30 PM STRENGTH & BALANCE						
	3:30 PM THD CHOIR						
	5:30 PM THURSDAY NIGHT FOOTBALL						
	7:00 PM BINGO						
							
							

SEPTEMBER EVENTS AT THE LESHER CENTER

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



SEP
05

8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



SEP
06

09/06/2026 - 09/27/2026

The Glass Menagerie

Quintessential American classic



SEP
15

09/15/2026 - 12/31/2026

Groups at the Lesher Center

Your favorite people + your favorite
entertainment!



SEP
18

09/18/2026 - 09/19/2026

Smuin Contemporary Ballet: French Kiss

Smuin Contemporary Ballet's 26/27
Season!



SEP
19

10:00 AM - 11:00 AM

Public Art Walking Tour

Route 2: Plaza Escuela & shopping
areas (Locust, Plaza Escuela, and



SEP
19

8:15 PM - 9:30 PM

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SEP
20

12:00 PM - 5:15 PM

Disney's Moana Movie Sing-Along

With Special Guest Hostess
"Polynesian Princess Kalena"



SEP
22

7:30 PM - 9:00 PM

Newsmakers: Bob Costas

Award-Winning Sportscaster and
Best-Selling Author



SEP
26

09/26/2026 - 09/27/2026

Sibelius, Higdon, and Bartók

Featuring works that premiered in
the U.S.



SEP
26

8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

A new generation of comedic talent!



Falling Into an Active Autumn



September brings the first hints of fall, a season of cooler mornings, changing colors, and plenty of reasons to get out, get moving, and enjoy something new. At The Heritage Downtown, staying active isn't just about exercise. It's about keeping our minds engaged, our social calendars full, and our sense of adventure alive.

As the weather begins to cool, fall is a wonderful time to add a little extra movement to your day. A morning walk, gentle stretching, gardening, or even a scenic outing can help support strength, balance, and overall well-being. And staying active can be even more enjoyable when you're doing it alongside friends.

September also gives us plenty of opportunities to explore. This month, we'll head to Half Moon Bay for lunch by the ocean, celebrate the return of football with our NFL Kickoff, enjoy The Glass Menagerie at the Leshner Center, and spend a day in San Francisco exploring the

Pharaoh exhibit at the de Young Museum.

Fall is also the perfect reminder that staying active includes keeping our minds and relationships active, too. Try something you haven't done before, join friends for an activity, spend some time outdoors, or simply make a point to get out and enjoy the changing season.

Here's to welcoming fall with curiosity, movement, friendship, and plenty of new experiences. We can't wait to enjoy September with you at The Heritage Downtown!




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

THD Monthly Puzzles

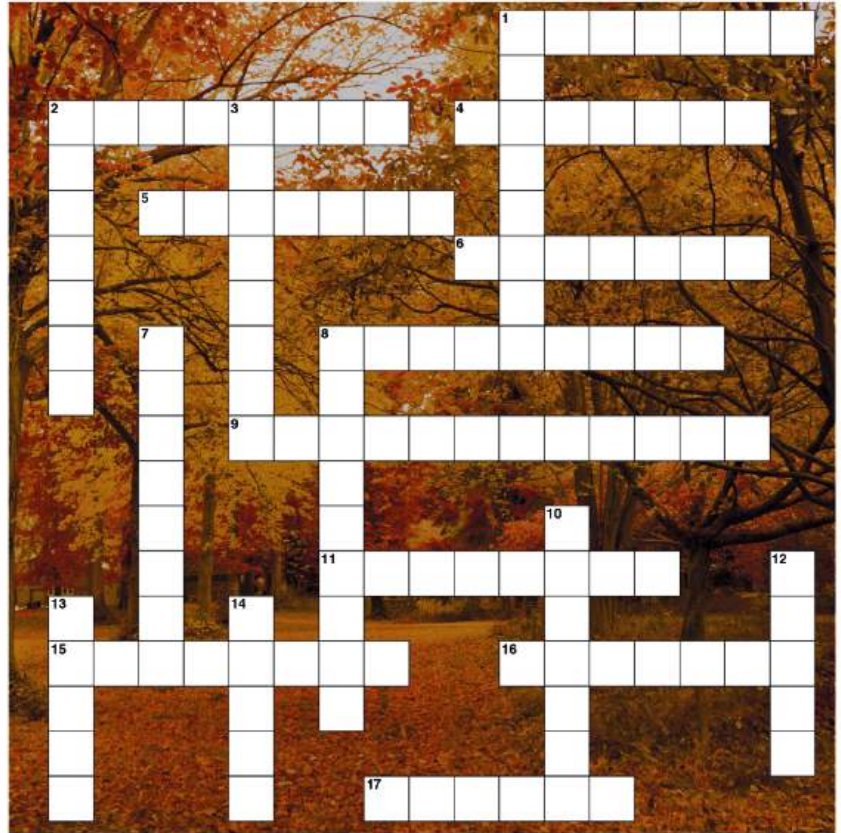
H K U B M N S Z D W Y O Z H
Y A X I T H X Q P M O D G C
M W R C H I L L Y H R J Z L
Q R W V X F R O Z O A R P Q
L V Z A E L A H Z C N U O Z
N Y W N Q S O B L T G S G L
O F D J Y M T R O O E T P A
A F J D U O I E J B A L I U
J A N F A L L E H E R I A T
D H O G F E H Z T R T N B U
Y R O H V X J Y Z L H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

OCTOBER
FALL
EARTHY

AUTUMN
CRISP
LEAVES

RUSTLING
COZY
BREEZY

ORANGE
CHILLY
HARVEST



ACROSS

1. COZY PLAID AUTUMN FAVORITE
2. WOODLAND FIND BENEATH EVERGREENS
4. COZY OUTDOOR BLAZE
5. ESSENTIAL FOR CHILLY AUTUMN WEATHER
6. GATHERING CROPS BEFORE WINTER
8. GOLDEN BLOOM OF LATE SUMMER
9. FEAST CENTERED ON GRATITUDE
11. GET LOST HERE FOR FUN
15. SPICE THAT SMELLS LIKE FALL
16. WHERE APPLES GROW IN ROWS
17. THEY CHANGE BEFORE FALL

DOWN

1. FALL WEEKENDS REVOLVE AROUND THIS
2. ORANGE STAR OF THE SEASON
3. NUT TRADITIONALLY ROASTED IN FALL
7. COZY LAYER FOR CRISP DAYS
8. GUARDIAN OF THE AUTUMN FIELDS
10. BUMPY AUTUMN FARM TRADITION
12. CLASSIC APPLE DRINK OF FALL
13. TINY TREASURE BENEATH OAK TREES
14. TREE FAMOUS FOR FALL COLOR

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Follow us @TheHeritageDowntown

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★★★★★
Best of
Senior Living

aPlaceforMom.

2026