



www.TheHeritageDowntown.com

• Tel: 925.943.7427



October
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:**

10/6	Sallie M.
10/9	Franklin C.
10/10	Eleanor D.
10/12	Joann K.
10/13	Barney Q.
10/16	Jeanne M.
10/17	Joan S.
10/19	Birgit D.
10/20	Martha M.
10/23	Patti H.
10/24	Anne L.
10/25	Marsha K.
10/27	Jan M.
10/31	Bill R.
10/31	Sara R.



THD Monthly Events & Excursions



JOR FINE ART GALLERY PRIVATE VIEWING

OCTOBER 13 | 11:00 AM | CLAYTON, CA

An exclusive private viewing at JOR Fine Art Gallery, a beautiful artist-owned gallery showcasing a curated collection of paintings, photography, sculpture, jewelry, and mixed-media works. Enjoy a relaxed morning surrounded by inspiring art while exploring the gallery's unique collection in an intimate setting.



BLACKHAWK MUSEUM

OCTOBER 24 | 10:00 AM | DANVILLE, CA

Get ready for an exciting excursion to the Blackhawk Museum, where history, art, and culture come together through beautifully curated exhibits. Spend the day exploring fascinating collections ranging from classic automobiles and global cultural treasures to the history of the American West.



THD SPELLING BEE

OCTOBER 14 | 3:00 PM | LOBBY

We're excited for a fun-filled afternoon at the THD Spelling Bee, held right in our lobby! Cheer on your fellow residents as they put their spelling skills to the test in a friendly competition filled with laughs, surprises, and plenty of community spirit.



HALLOWEEN COSTUME HAPPY HOUR

OCTOBER 30 | 3:00 PM | LIBERTY PAVILION

Our annual festive Halloween Costume Happy Hour in the Liberty Pavilion is upon us once more! Dress up in your favorite costume and enjoy an afternoon of seasonal fun, refreshments, music, and great company as we celebrate Halloween together.

OCTOBER 2026

LEGEND

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



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



4

1:00 PM MATINEE MOVIE SHOWING

1:00 PM LOW VISION GROUP

1:00 PM RUMMIKUB GROUP

1:00 PM SHOPPING

4:00 PM GREAT COURSES

7:00 PM MOVIE

5

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

7:30 PM MOVIE

6

9:30 AM TAI CHI

11:00 AM CHAIR VOLLEYBALL

1:00 PM WEEKLY BUZZ UPDATE

1:00 PM TUESDAY BRIDGE GAME

1:00 PM BOOK CLUB

1:00 PM CANASTA

1:00 PM LOW IMPACT FITNESS

2:30 PM STRENGTH & BALANCE

7:30 PM MOVIE

7

9:30 AM STRENGTH & BALANCE

10:30 AM AQUA FITNESS

1:00 PM WEDNESDAY NIGHT FOOTBALL

1:45 PM ZUMBA

2:00 PM P102 BLOOD

2:00 PM MEXICAN TRADITIONAL DANCE

3:30 PM STITCH AND SEW

7:00 PM EVENING BOUTIQUE

7:30 PM MOVIE

11

1:00 PM MATINEE MOVIE SHOWING

1:00 PM RUMMIKUB GROUP

1:00 PM SHOPPING

2:30 PM TRIVIA TIME

4:00 PM GREAT COURSES

7:00 PM MOVIE

12

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

7:30 PM MOVIE

13

9:30 AM TAI CHI

11:00 AM CORN HOLE

11:00 AM JOR FINE ART GALLERY

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

14

9:30 AM STRENGTH & BALANCE

10:30 AM AQUA FITNESS

12:30 PM WEEKLY BUZZ UPDATE

1:00 PM WEDNESDAY NIGHT FOOTBALL

1:45 PM ZUMBA

2:00 PM P102 BLOOD

2:00 PM MEXICAN TRADITIONAL DANCE

3:00 PM THD SPELLS

3:30 PM STITCH AND SEW

7:00 PM EVENING BOUTIQUE

7:30 PM MOVIE

18

1:00 PM LOW VISION GROUP

1:00 PM MATINEE MOVIE SHOWING

1:00 PM RUMMIKUB GROUP

1:00 PM SHOPPING

4:00 PM GREAT COURSES

7:00 PM MOVIE

19

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

7:30 PM MOVIE

20

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

7:00 PM CANDLELIGHT CONCERT

7:30 PM MOVIE

21

9:30 AM STRENGTH & BALANCE

10:30 AM AQUA FITNESS

1:00 PM WEDNESDAY NIGHT FOOTBALL

1:45 PM ZUMBA

2:00 PM BIRTHDAY CELEBRATION

2:00 PM P102 BLOOD

2:00 PM MEXICAN TRADITIONAL DANCE

3:30 PM STITCH AND SEW

7:00 PM EVENING BOUTIQUE

7:30 PM MOVIE

25

1:00 PM MATINEE MOVIE SHOWING

1:00 PM RUMMIKUB GROUP

1:00 PM SHOPPING

2:30 PM TRIVIA TIME

4:00 PM GREAT COURSES

7:00 PM MOVIE

26

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

7:30 PM MOVIE

27

9:30 AM TAI CHI

11:00 AM BOCCE BALL

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

6:30 PM POKER NIGHT

7:30 PM MOVIE

28

9:30 AM STRENGTH & BALANCE

10:30 AM AQUA FITNESS

1:00 PM WEDNESDAY NIGHT FOOTBALL

1:45 PM ZUMBA

2:00 PM P102 BLOOD

2:00 PM MEXICAN TRADITIONAL DANCE

3:00 PM THD ART BOUTIQUE

3:30 PM STITCH AND SEW

7:00 PM EVENING BOUTIQUE

7:30 PM MOVIE

D	CLUBHOUSE COMET	GARDEN COURTYARD	NEWTON'S	POOL
	CHURCHILL'S PUB	LOBBY	PLAZA GAME ROOM	FIRESIDE LOUNGE
	CINEMA	LIBERTY PAVILLION	YOGA STUDIO	EXCURSION

ESDAY	THURSDAY	FRIDAY	SATURDAY
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	1 FILIPINO AMERICAN HISTORY MONTH 9:30 AM TAI CHI 11:00 AM CHAIR VOLLEYBALL 1:00 PM ASIAN MAHJONG 1:00 PM GREAT COURSES 1:00 PM RESIDENT PHOTO DAY 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 THD CHOIR 7:00 PM EVENING NIGHTCAP	2 OKTOBERFEST 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 OKTOBERFEST HAPPY HOUR 7:30 PM MOVIE FOR FILM STUDIES	3 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:30 AM ZUMBA 11:00 AM FILM STUDIES WITH BILLY 1:00 PM EXPERIENCED AMERICAN MAHJONG 1:00 PM CANASTA 2:30 PM HERITAGE ART STUDIO 7:30 PM MOVIE
	8 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 THD CHOIR 7:00 PM BINGO	9 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: MICHAEL AND DALE 7:30 PM MOVIE	10 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:30 AM ZUMBA 1:00 PM EXPERIENCED AMERICAN MAHJONG 1:00 PM CANASTA 2:30 PM TRAVEL TALK: PHILIPPINES 7:30 PM MOVIE
	15 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 THD CHOIR 7:00 PM EVENING NIGHTCAP	16 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	17 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:30 AM ZUMBA 1:00 PM EXPERIENCED AMERICAN MAHJONG 1:00 PM CANASTA 2:30 PM HERITAGE ART STUDIO 7:30 PM MOVIE
	22 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 THD CHOIR 7:00 PM BINGO	23 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: TIM O'KEEFE 7:30 PM MOVIE	24 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 10:00 AM BLACKHAWK MUSEUM 11:30 AM ZUMBA 1:00 PM CANASTA 1:00 PM EXPERIENCED AMERICAN MAHJONG 7:30 PM MOVIE
	29 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 THD CHOIR 7:00 PM EVENING NIGHTCAP	30 9:30 AM STRENGTH & BALANCE 10:30 AM INTERMEDIATE MAHJONG 10:30 AM AQUA FITNESS 12:30 PM EXPERIENCED BRIDGE CLUB 1:00 PM PRESENTATION: CONGRESSMAN MARK DESAULNIER 2:30 PM STRENGTH & BALANCE 3:00 PM HALLOWEEN COSTUME HAPPY HOUR 7:30 PM MOVIE	31 HALLOWEEN 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:30 AM ZUMBA 1:00 PM CANASTA 1:00 PM EXPERIENCED AMERICAN MAHJONG 2:30 PM TRICK OR TREAT CRAFT KITCHEN 7:30 PM MOVIE 

Lesher Center of the Performing Arts • Shows & Events

OCTOBER EVENTS AT THE LESHER CENTER

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

OCT 08



7:30 PM

Nicholas Payton
Grammy Award-winning multi-instrumentalist, vocalist, composer,

OCT 09

Jack and the Beanstalk



10/09/2026 - 10/11/2026

Jack and the Beanstalk
Filled with music, laughter, and audience participation, Jack and the

OCT 10

Rock With You - The Michael Jackson



8:00 PM - 9:30 PM

Rock With You - The Michael Jackson
The most exciting & complete tribute to Michael Jackson to come around

OCT 10



8:15 PM - 9:30 PM

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

OCT 11

SING-ALONG GREASE



3:00 PM - 5:00 PM

Grease Movie Sing-Along
Join us for a summer-style afternoon of nostalgia, music, and

OCT 13



7:00 PM - 8:45 PM

"Music from the Shadows" Fall Concert
With spine-tingling surprises waiting around every corner

OCT 14

DLUX Puppets' Wonderland

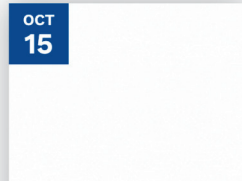


10/14/2026 - 10/15/2026

DLUX Puppets' Wonderland
A fun musical adaptation told through master puppetry.

OCT 15

Groups at the Lesher Center



10/15/2026 - 12/31/2026

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

OCT 16

DIABLO IMPROV FESTIVAL



Oct. 16-18, 2026

10/16/2026 - 10/18/2026

Diablo Improv Festival
Come for a show. Stay for the weekend.

OCT 16

KUUMBA EXPERIENCE - Jazz Fusion



7:30 PM - 9:00 PM

The Kuumba Experience - Jazz Fusion
A New Chapter. A New Sound. A New Experience.

OCT 16

3 Queens of Motown



8:00 PM - 10:00 PM

3 Queens of Motown
3 Queens of Motown Tribute Show showcases the powerhouse vocal

OCT 17

Public Art Walking Tour



10:00 AM - 11:00 AM

Public Art Walking Tour
Route 3: Around the Business parks near the Walnut Creek BART station,

OCT 17

Headliners



7:30 PM - 9:30 PM

The Best of The Second City
One of the oldest & most celebrated improvisational theater troupes

OCT 18

HEROES AND VILLAINS



2:00 PM - 4:00 PM

Heroes and Villains
An exciting afternoon of musical storytelling

OCT 21

NEWSMAKERS



7:30 PM - 9:00 PM

Newsmakers: Colonel Eileen Collins
NASA Pioneer, First Female Space Shuttle Pilot, First Woman Mission

OCT 23

Headliners



7:30 PM - 9:30 PM

Nimesh Patel
Comedian and Emmy-nominated writer

OCT 23

Diwali



9:15 PM - 9:30 PM

Diwali Celebration Drone Light Show
Free outdoor light show celebrating the Festival of Lights

OCT 24

Diwali



12:00 PM - 5:00 PM

Diwali Celebration Street Fair
Free outdoor events for all ages

OCT 24

Diwali



1:00 PM - 4:30 PM

Diwali Mandala Making Workshops
with artist Swati Rastogi

OCT 25

DRACULA: A COMEDY OF TERRORS



10/25/2026 - 11/15/2026

Dracula: A Comedy of Terrors
A bloody good time!

OCT 25

DIABLO SYMPHONY ORCHESTRA



2:00 PM - 4:00 PM

Northern Spirits: Sibelius Symphony No. 2
Sibelius's Symphony No. 2

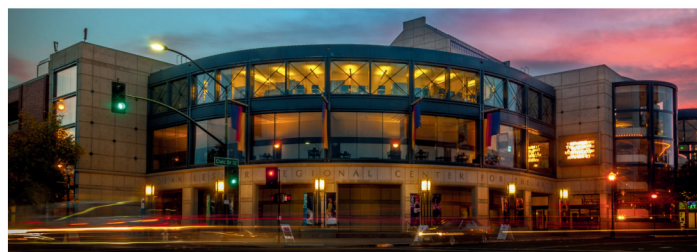
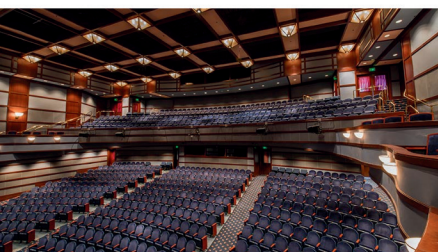
OCT 29

WARREN MILLER'S DAYS OFF



7:00 PM - 9:00 PM

Warren Miller's Days Off
Winter's greatest tradition is back.



Hello, October!



October is here, and there's plenty to look forward to this month! We're welcoming the season with a full calendar of activities, outings, celebrations, and plenty of opportunities to spend time together.

We'll kick off the festivities with our annual Oktoberfest Happy Hour on October 2, followed by several exciting excursions throughout the month, including a private viewing at JOR Fine Art Gallery and a visit to the Blackhawk Museum. Closer to home, get ready to test your skills at the THD Spelling Bee and start thinking about your costume for our Halloween Costume Happy Hour in the Liberty Pavilion!



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

A Little Fall for Your Home

One of the simplest ways to make your home feel a little cozier this season is with a homemade fall simmer pot. It fills your space with the warm scents of apple, cinnamon, cloves, and vanilla without needing a candle.

Try this easy fall combination:

- 1 apple, sliced
- 2 cinnamon sticks
- 4-5 whole cloves
- 1 teaspoon vanilla extract
- 3-4 cups of water

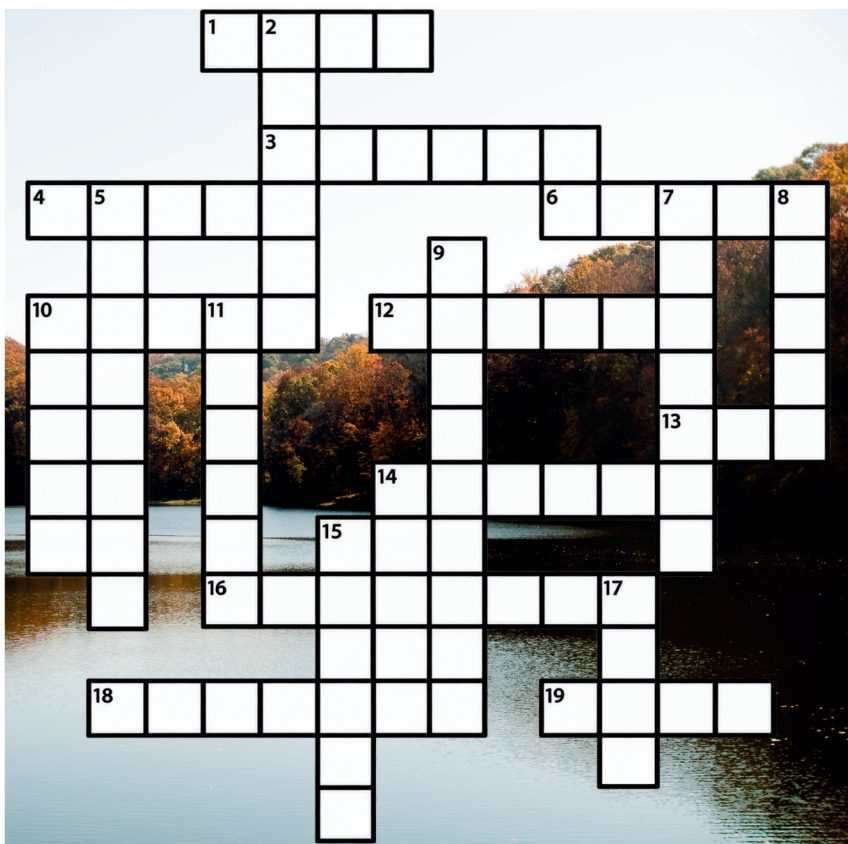
Add everything to a small pot and bring the water to a gentle simmer. Reduce the heat to low and let the mixture slowly simmer, adding more water as needed. Before long, your home will be filled with a warm, spiced fragrance that feels just right for October.

A little tip: *Never leave your simmer pot unattended, and be sure to turn off the stove when you're finished enjoying it.*

THD Monthly Puzzles

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

SPIDER PUMPKIN TREAT CAT
WITCH CAULDRON MUMMY CANDY
GHOST LANTERN TRICK BAT

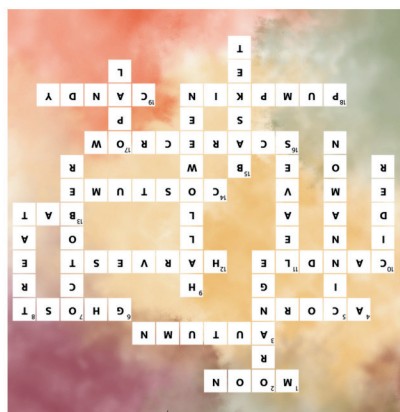


ACROSS

1. FULL OR CRESCENT
3. ANOTHER WORD FOR FALL
4. NUT FROM OAK TREE
6. HALLOWEEN SPIRIT
10. GLOWS IN PUMPKINS
12. PICKS RIPE CROPS
13. HALLOWEEN FLYING ANIMAL
14. WORN ON HALLOWEEN
16. KEEPS BIRDS AWAY
18. ORANGE FALL GOURD
19. HALLOWEEN TREAT

DOWN

2. POPULAR FALL COLOR
5. WARM FALL SPICE
7. 10TH MONTH
8. TRICK OR ____
9. SPOOKY OCTOBER HOLIDAY
10. WARM APPLE DRINK
11. FALL FROM TREES
15. WOVEN FALL CONTAINER
17. OCTOBER BIRTHSTONE



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Follow us @TheHeritageDowntown

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★★★★★
Best of
Senior Living

 aPlaceforMom.

2026

