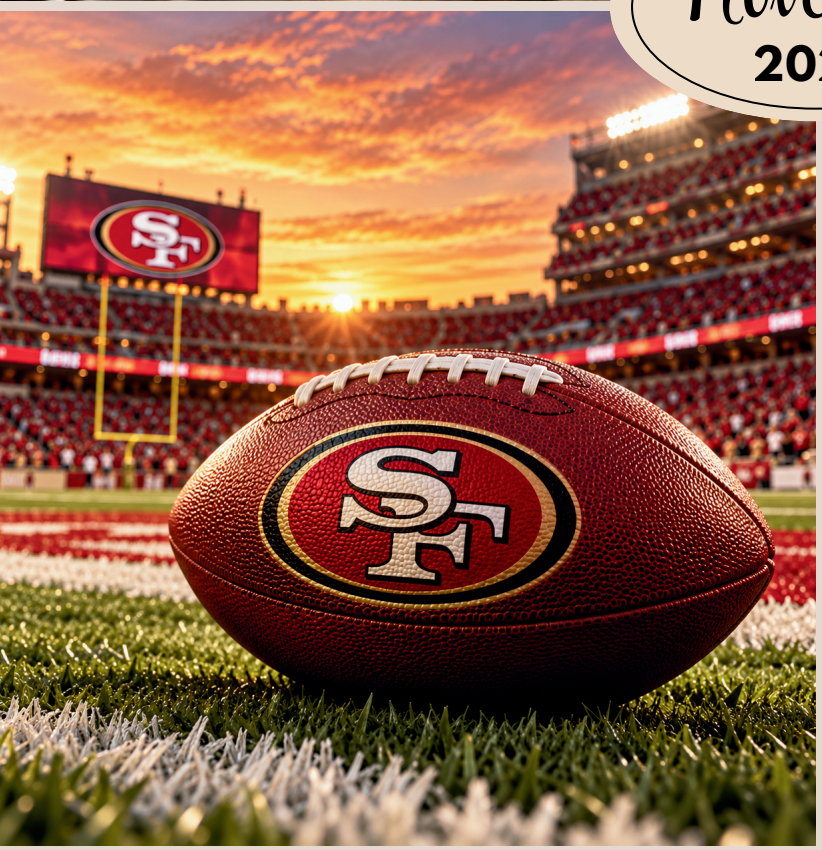
THE HERITAGE DOWNTOWN
ACTIVE SENIOR LIVING

www.TheHeritageDowntown.com • Tel: 925.943.7427



November 2026





The Heritage Downtown • 1785 Shuey Ave, Walnut Creek, CA 94596



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 Lesher 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.







The Heritage Downtown

Directory

Director of Sales
Jenny Shively

Director of Business Operations & Food & Beverage Director
Caleb Brown

Director of Resident Experience
Laura Gaither

Activities Manager
Alexis Jones



We would like to celebrate the following residents:

11/1	Linda E.
11/3	Barbara H.
11/6	Kelly O.
11/9	Neal O.
11/10	Eileen M.
11/11	Wanda K.
11/12	Christa P.
11/4	Jan M.
11/14	Jane W.
11/15	Shobhna V.
11/19	Dorothy M.
11/21	Linda L.
11/21	Hisako T.
11/23	Bill T.
11/26	Marcia C.

THD Monthly Events & Excursions



EXCURSION: OAKLAND MUSEUM

NOVEMBER 12 | 10:30 AM | OAKLAND, CA

Join us for a wonderful outing to the Oakland Museum of California! Explore fascinating exhibits celebrating California's art, history, and natural beauty while enjoying a day of discovery with friends and neighbors.



HOLIDAYS AT FILOLI GARDENS

NOVEMBER 17 | 10:00 AM | FILOLI GARDENS

Get into the holiday spirit with a visit to the beautiful Filoli estate! Experience festive decorations, seasonal charm, and breathtaking gardens as this historic destination transforms for the holidays.



129TH BIG GAME

NOVEMBER 21 | 4:00 PM | CINEMA

It's rivalry time! Join us in the Cinema as Cal and Stanford face off in the 129th Big Game. Bring your team spirit and enjoy an afternoon of football, friendly competition, and great company!



THANKSGIVING DINNER

NOVEMBER 25 | 4:00 PM | NEWTON'S

Gather around the table and celebrate the season of gratitude at Newton's, our onsite restaurant. Enjoy a traditional Thanksgiving dinner filled with delicious food, warm conversation, and cherished moments with friends and family.

NOVEMBER 2026

LEGEN

SUNDAY	MONDAY	TUESDAY	WEDNE
1 DAYLIGHT SAVING TIME ENDS 1:00 PM MATINEE MOVIE SHOWING 1:00 PM LOW VISION GROUP 1:00 PM RUMMIKUB GROUP 1:00 PM SHOPPING: DOLLAR TREE 2:30 PM TRIVIA TIME 4:00 PM GREAT COURSES 7:00 PM MOVIE	**2** 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	**3** ELECTION DAY 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 BOOK CLUB 1:00 PM CANASTA 1:00 PM LOW IMPACT FITNESS 2:30 PM STRENGTH & BALANCE 7:30 PM MOVIE	**4** 9:30 AM STRENGTH 10:00 AM TURKEY TI 10:30 AM AQUA FITN 1:00 PM WEDNESD 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
8 1:00 PM MATINEE MOVIE SHOWING 1:00 PM RUMMIKUB GROUP 1:00 PM SHOPPING: PLEASANT HILL SHOPPING CENTER 2:30 PM A SWEET AFFAIR 4:00 PM GREAT COURSES 7:00 PM MOVIE	**9** 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	**10** 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 7:30 PM MOVIE	**11** VETER 9:30 AM STRENGTH 10:30 AM AQUA FITN 11:00 AM HONORING 1:00 PM WEDNESDA 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
15 1:00 PM MATINEE MOVIE SHOWING 1:00 PM RUMMIKUB GROUP 1:00 PM SHOPPING: COSTCO 2:30 PM TRIVIA TIME 4:00 PM GREAT COURSES 7:00 PM MOVIE	**16** 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	**17** 9:30 AM TAI CHI 10:00 AM EXCURSION: HOLIDAYS AT FILOLI GARDENS 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	**18** 9:30 AM STRENGTH 10:30 AM AQUA FITN 1:00 PM WEDNESDA 1:45 PM ZUMBA 2:00 PM BIRTHDAY 2:00 PM P102 BLOC 2:00 PM MEXICAN T 3:30 PM STITCH AN 7:00 PM EVENING B 7:30 PM MOVIE
22 1:00 PM MATINEE MOVIE SHOWING 1:00 PM RUMMIKUB GROUP 1:00 PM SHOPPING: KOHLS 2:30 PM A SWEET AFFAIR 4:00 PM GREAT COURSES 7:00 PM MOVIE	**23** 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	**24** 9:30 AM TAI CHI 11:00 AM LADDERBALL 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	**25** 9:30 AM STRENGTH 10:30 AM AQUA FITN 1:00 PM WEDNESDA 1:45 PM ZUMBA 2:00 PM P102 BLOC 2:00 PM MEXICAN T 3:30 PM STITCH AN 4:00 PM THANKSGI 7:00 PM EVENING B 7:30 PM MOVIE
29 1:00 PM MATINEE MOVIE SHOWING 1:00 PM RUMMIKUB GROUP 1:00 PM SHOPPING: WALMART 2:30 PM TRIVIA TIME 4:00 PM GREAT COURSES 7:00 PM MOVIE	**30** 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		

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
& BALANCE ROT OSAGE PARK NESS AY BRIDGE GROUP OD PRESSURE CHECK TRAIN GROUP ND CHAT RIDGE GROUP	**5** 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 SINGERS 7:00 PM BINGO	**6** 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: CHARLIE BARREDA 7:30 PM MOVIE FOR FILM STUDIES	**7** 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:00 AM FILM STUDIES WITH BILLY 11:30 AM ZUMBA 1:00 PM EXPERIENCED AMERICAN MAHJONG 1:00 PM CANASTA 2:30 PM HERITAGE ART STUDIO 7:30 PM MOVIE
RANS DAY & BALANCE NESS OUR VETERANS AY BRIDGE GROUP OD PRESSURE CHECK TRAIN GROUP ND CHAT RIDGE GROUP	**12** 9:30 AM TAI CHI 10:30 AM EXCURSION: OAKLAND MUSEUM 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 SINGERS 7:00 PM EVENING NIGHTCAP	**13** 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: ANIS SEHIRI 7:30 PM MOVIE	**14** 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
& BALANCE NESS AY BRIDGE GROUP CELEBRATION OD PRESSURE CHECK TRAIN GROUP ND CHAT RIDGE GROUP	**19** 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 SINGERS 7:00 PM BINGO	**20** 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	**21** 8:00 AM DONUTS & COFFEE 10:00 AM MORNING MEDITATION 11:30 AM ZUMBA 1:00 PM EXPERIENCED AMERICAN MAHJONG 1:00 PM CANASTA 4:00 PM THE 129TH BIG GAME: CAL VS STANDFORD 7:30 PM MOVIE
& BALANCE NESS AY BRIDGE GROUP OD PRESSURE CHECK TRAIN GROUP ND CHAT VING DINNER RIDGE GROUP	**26** THANKSGIVING 9:30 AM TAI CHI 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 SINGERS	**27** BLACK FRIDAY 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: MOONGLOW DUO 7:30 PM MOVIE	**28** 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 LINE DANCING 7:30 PM MOVIE



VAN SERVICE

MONDAYS - FRIDAYS:
9AM - 5PM

SATURDAY & SUNDAYS:
9AM - 4PM

NOVEMBER EVENTS AT THE LESHER CENTER

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



7:00 PM - 9:00 PM

Dia de Muertos' Leyendas del Mariachi

A unique musical concert!



5:30 PM - 7:00 PM

Cocktails & Conversation

with Bedford curators Emilee Enders & Erica Schulz



11/07/2026 - 11/08/2026

From Tchaikovsky to Copland

Classical contemporaries: Russian composers meet American icons.



11/07/2026 - 11/11/2026

Performing Arts Studio's Charlie and the Chocolate

Performing Arts Studio's Pre-Teen Company presents Charlie and the



11/13/2026 - 11/14/2026

Diablo Ballet's The Nutcracker Suite

Join us for our new 2 act magical production of The Nutcracker Suite



8:30 PM - 10:00 PM

Devika + THC: Rhythm & Rooh

Singer-songwriter Devika performs with THC



8:15 PM - 9:30 PM

Best of San Francisco Stand-Up Comedy

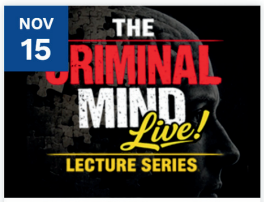
A new generation of comedic talent!



11/15/2026 - 12/31/2026

Groups at the Lesher Center

Your favorite people + your favorite entertainment!



3:00 PM - 4:30 PM

Inside The Mind of a Serial Killer

Step inside the world of forensic psychology with Dr. Debra Warner



7:00 PM - 9:00 PM

We Build Cathedrals

Some of the East Bay's most exciting choreographers and companies



7:30 PM

Gretchen Parlato

Three-time Grammy Award nominee known for her intimate, Brazilian-



11/21/2026 - 11/22/2026

Smuin's The Christmas Ballet

Smuin Contemporary Ballet's 26/27 Season!



10:00 AM - 11:00 AM

Public Art Walking Tour

Route 4: Downtown, Library and Main St.



10:00 AM - 5:00 PM

Craft Fest

Visit Craft Fest at the Bedford for a unique pop-up shopping experience!



1:00 PM - 2:30 PM

Charcuterie Workshop: Art of the Festive Spread

Just in time for holiday entertaining!



7:30 PM - 9:30 PM

FOREJOUR - Tribute to Foreigner & Journey

Paying tribute to '80s mega bands FOREIGNER & JOURNEY!



11/27/2026 - 11/29/2026

Once Upon A Christmas

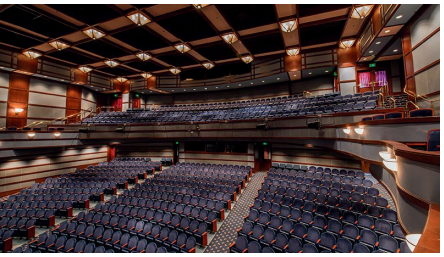
Heartwarming annual holiday ballet.



11/27/2026 - 11/29/2026

Mary Poppins

A practically perfect musical!







A Season of Gratitude



November has a way of reminding us to appreciate the little things. A familiar face, a good conversation, a shared laugh, or simply having a place to call home. As we settle into the season of gratitude, we're celebrating the people and everyday moments that make life at The Heritage Downtown so special.

This month, we encourage everyone to slow down just a little, enjoy the company of friends and neighbors, and find joy in the moments that bring us together. Whether it's catching up over happy hour, joining a favorite activity, or making a new connection, there's always something to be thankful for at THD.

As Thanksgiving approaches, we're especially grateful for the wonderful community we've built together. It's the friendships, kindness, and sense of belonging that truly make The Heritage Downtown feel like home.

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

A Little Gratitude Goes a Long Way
Did you know that taking a few moments each day to reflect on what you're thankful for can help improve your mood and overall sense of well-being?

This November, try starting a simple Gratitude Jar. It's a lovely way to celebrate the good things in life, both big and small.

Here's how to get started:

- Find a decorative jar, bowl, or small container.
- Cut a few pieces of paper into small strips.
- Each day, write down one thing that made you smile or something you're thankful for.
- Fold the note and place it in your jar.
- At the end of the month, take a moment to read through your collection of happy memories.

You might be surprised by how many wonderful moments fill an ordinary day! A little tip: Gratitude is even sweeter when shared. Invite a friend or neighbor to join you, or write a thoughtful note to someone who has made your day a little brighter.

From all of us at The Heritage Downtown, we wish you a November filled with warmth, friendship, and plenty of reasons to be thankful.

THD Monthly Puzzles

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

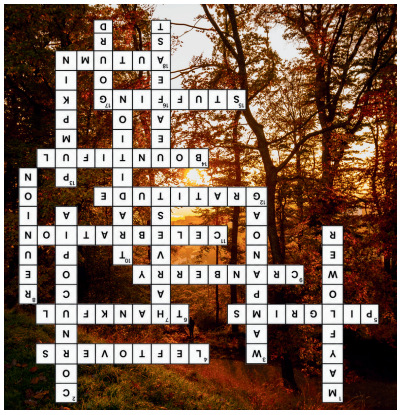
APPLE PIE
PUMPKIN PIE
STUFFING

CORNBREAD
GRAVY
CORN

TURKEY
SQUASH
BREAD

GREEN BEANS
CRANBERRY
CASSEROLE





ACROSS

4. NEXT DAY'S MEAL
5. PLYMOUTH COLONY SETTLERS
6. FEELING DEEP APPRECIATION
9. TART RED BERRY
11. JOYFUL SPECIAL OCCASION
12. FEELING OF THANFULNESS
14. PLENTIFUL AND ABUNDANT
15. SAVORY BREAD MIXTURE
18. SEASON BEFORE WINTER

DOWN

1. FAMOUS COLONIAL SHIP
2. HORN OF PLENTY
3. NATIVE AMERICAN NATION
7. GATHERING RIPE CROPS
8. FAMILY GATHERING AGAIN
10. PASSED DOWN CUSTOM
13. ORANGE AUTUMN SQUASH
16. ELABORATE CELEBRATORY MEAL
17. DECORATIVE FALL VEGETABLE

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