

Monday

9:00 - 11:00	German	107	Weekly - Manfred Theilig-Speer
9:00 - 12:00	AARP Tax Prep	Dining Room	Weekly - AARP Volunteers, 2/4 - 4/15
9:30 - 10:30	Yoga	Stone Hall	Weekly - Carol Allison
9:30 - 11:00	Italian	105	Weekly - Liliana Lubrano
10:30 - 11:30	French-Advanced	113	Weekly - Gerard Bessat
11:30 - 1:30	Art Workshops	105	Bi-Weekly 1 and 3 Monday - Carol Davis
11:30 - 1:30	Painting Studio	105	Weekly - Open Studio
12:00 - 1:00	Spanish - Beginner 1	113	Weekly - Judy Berti
1:00 - 2:30	Spanish - Intermediate	113	Weekly - Judy Berti
1:30 - 3:00	Vintage Vision Program	106	Monthly 1 Monday - Earle Baum Center
5:00 - 6:00	Guided Meditation	106	Weekly - Robert Young

Tuesday

8:00 - 9:00	VH iWALK	Parking Lot	Weekly - Self Guided Group
9:00 - 9:45	Senior Grocery Program	Stone Hall	Monthly 3 Tuesday - Redwood Food Bank
9:15 - 10:15	Line Dance	Stone Hall	Weekly - Helen Herbaugh/Linda Sherman
9:30 - 11:00	Knitting for Beginners	107	Weekly - Marie Utnehmer
9:30 - 11:30	Bridge Lessons: Defense in the 21 Century	Dining Room	Weekly - Arlene Holt, April 16 - June 18
9:30 - 2:00	Senior Social Club	111	Weekly - Council on Aging, (707)334-7190
10:00 - 11:00	Blood Pressure Clinic	Library	Monthly 2 Tuesday - Raylene Carpenter
10:00 - 11:30	Ongoing Beginning Ukulele	105	Weekly - John Brady
10:30 - 11:30	Feldenkrais	113	Weekly - Gretchen Kucserka - Back in May
12:00 - 3:00	SRJC Pastel Painting	105	Weekly - Beth Sasso 1/15 - 5/21
1:30 - 2:45	SRJC Low Impact Fitness	Stone Hall	Weekly - JB and Vicki Jackson 1/15 - 5/21
1:30 - 3:30	Woman's Support Group	107	Weekly - Joan Biersch
5:00 - 6:00	Level II Yoga	Stone Hall	Weekly - Carol Allison

Wednesday

9:30 - 10:30	Yoga	Stone Hall	Weekly - Sophie Acheson
10:00 - 11:30	VH Singers	105	Weekly - Kay Adams
10:00 - 12:00	Legal Consultations	106	Monthly 2 Wednesday - By appointment
11:30 - 1:00	Spanish - Ongoing Beginner 2	113	Weekly - Judy Berti
1:00 - 4:00	American Majong	Dining Room	Weekly - Laurie Sebesta
1:00 - 4:00	AARP Tax Prep	Dining Room	Weekly - AARP Volunteers, 2/4 - 4/10

Thursday

9:30 - 10:30	Yoga	Stone Hall	Weekly - Sophie Acheson
9:00 - 2:00	Senior Social Club	111	Weekly - Council on Aging, (707)334-7190
10:00 - 11:00	Parkinson's Support Group	106	Monthly 2 Thursday - Jamie Escoubas
10:00 - 1:00	HICAP	106	Monthly 4 Thursday - Senior Advocacy
10:00 - 1:00	Legal Aid	106	Bi-Weekly 1 and 3 Thursday, (707)340-5610
11:00 - 12:00	Jin Shin Jyutsu	113	Weekly - Sophie Acheson
11:00 - 12:00	Qigong	Stone Hall	Weekly - Robert Young
1:00 - 2:00	Book Club Fiction	113	Monthly First Thursday - Carl Collier
1:00 - 2:00	Book Club Fiction	113	Monthly Second Thursday - Lila Tuchman
1:00 - 4:00	SRJC Watercolor Workshop	105	Weekly - Barbara Marlin 1/17 - 5/23
1:15 - 2:30	SRJC Strength, Stretch & Balance	Dining Room	Weekly - Vickie Jackson 1/17 - 5/23
1:30 - 3:00	Ongoing Ukulele	Stone Hall	Weekly - Alan Freeman
1:30 - 3:00	Transitions: Men's Support Group	107	Weekly - Mark O'Brien, Call (707)933-9634
1:30 - 3:30	Choose A Furry Companion	Entrance	Monthly, 2 Thursday - Pet's Lifeline

Friday

8:00 - 9:00	VH iWALK	Parking Lot	Weekly - Self Guided Group
9:00 - 11:00	Bird Watching	TBD	Weekly - Jim Rosso, location? (571)215-6295
9:30 - 10:30	Yoga	Stone Hall	Weekly - Carol Allison
9:45 - 10:45	Beginning French	113	Weekly - Jeri Bessat
10:00 - 11:30	Alzheimer's Caregiver Support	106	Monthly 4 Friday - Alzheimer's Association
10:00 - 12:30	SRJC Poetry Fridays	111	Weekly - Steve Trenam 1/18 - 5/17
10:30 - 12:00	LGBT Senior Discussion Group	105	Monthly 3 Friday - Gary "Buzz" Hermes /Janice Farrell
11:00 - 12:00	Intermediate French	113	Weekly - Miren Herrschaft
11:30 - 1:00	Soup's On!	Dining Room	Weekly - Volunteers
1:00 - 2:00	TED Talks	105	Weekly - Various Facilitators
1:00 - 3:30	Practice Bridge	106	Bi-Weekly 1 and 3 Fridays - Sandy Hicks
2:00 - 3:30	Early Stage Memory Loss Support	106	Monthly 2 Friday - Alzheimer's Association

Special Programs, Events & Trips - See Website for Details

April 10, 10:30 - 12:00	Sebastiani Community Engagement Forum	Rose Marie Schmidt
April 14, 4:00 - 7:00	Jazz at Vintage House: Carlos Reyes	Sonoma Valley Jazz Society
April 18, Day: 1:30 - 3:00 Evening: 6:00 - 7:30	SVH Advance Health Care Directive: "Who will Speak for you When you Can't"	Taylor McCandless and Jill Cordova
April 18, 11:30 - 1:00	Volunteer Luncheon	Vintage House
April 19, 11:00 - 4:00	AAA Focus Group	Katie Parrish
April 24, 9:00 - 3:30	Rose the Riveter WWII Museum	Trip
April 24, 1:30 - 3:00	Spring into Organization	Kari Wishingrad
April 25, Day: 1:30 - 3:00 Evening: 6:00 - 7:30	SVH Advance Health Care Directive: "What is a Physician Order for Life Sustaining Treatment?"	Taylor McCandless and Alicia Garcia
April 26, 2:00 - 5:00	Senator Dodd Senior Issues Forum	Senator Dodd
April 26, 10:00 - 11:30	SVH Prostate Health: What Men Need to Know	Dr. Adam Kaplan
April 29, May 6, 13 and 20, 1:30 - 3:00	Vision Board Workshop	Bobbie Jonas
May 8 and May 15, 12:30 - 5:00	AARP Smart Driver Course	AARP Certified Volunteer Teacher
May 21, 5:00 - 7:00	Fundamentals of Medicare	HICAP
May 15, 1:00 - 3:30	Sip, Savor and Celebrate	A benefit for Vintage House
May 22, 9:00 - 3:00	Garden Tour	Trip
May 24, 2:00 - 5:00	Spring Concert: Golden Oldies	Vintage House Singers
June 19, 10:00 - 11:00	Smart Budgeting	Marvin Brook

Vintage House fosters life-long learning, well-being, connection, personal growth, and support. We believe in living our best possible quality of life at any age. We are a vibrant community hub, offering 60 plus diverse classes and events each week. Everyone is welcome at Vintage House. Come connect, explore, and belong!

Membership is open to all and comes with many benefits including class discounts, early registration for events, and more. Class and membership scholarships are available for those on a limited income. Find out more online at www.vintagehouse.org or inquire at the front desk.

Revised: March 31, 2019