

Monday			
9:00 -11:00	German	107	Weekly - Manfred Theilig-Speer
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 st and 3 rd Monday - Carol Davis
12:00 - 1:00	Spanish - Beginner 1	113	Weekly - Judy Berti, Start 9/9
12:00 - 4:00	Vintage Duplicate Bridge	Stone Hall	Weekly - Information, http://acblunit512.com/
1:00 - 2:30	Spanish - Intermediate	113	Weekly - Judy Berti
1:30 - 3:00	Vintage Vision Support Group	107	Monthly 1 st Monday - Earle Baum Center
2:00 - 4:00	Creative Writing Workshop	106	Weekly - Anna Manwaring, 9/9 - 10/14
5:00 - 6:00	Mindful Movement and Meditation	106	Weekly - Robert Young - No class 8/26

Tuesday			
8:00 -9:00	VH iWALK	Parking Lot	Weekly - Self Guided Group
9:00 - 9:45	Senior Basket Program	Stone Hall	Monthly 3 rd Tuesday - Redwood Food Bank
9:15 -10:15	Line Dance	Stone Hall	Weekly - Helen Herbaugh & Linda Sherman
9:30 - 10:30	Morning Meditation with Katie	106	Weekly - Katie DeJongh, Start 9/10
9:30 -11:00	Knitting for Beginners	107	Weekly - Marie Utnehermer
9:30 - 11:30	Beginning Bridge Lessons	Dining Room	Weekly - Sandy Hicks, 9/17 - 11/12
9:30 - 2:00	Adult Day Respite (Senior Social Club)	111	Weekly - Council on Aging, (707)525-0143
10:00 -11:00	Blood Pressure Clinic	Library	Monthly 2 nd Tuesday - Raylene Carpenter
10:00 - 11:30	Ongoing Beginning Ukulele	105	Weekly - John Brady
11:00 - 12:30	Healthy Habits	Stone Hall	Weekly - Keaton Davis
12:00 - 3:00	SRJC Pastel Painting	105	Weekly - Beth Sasso, 8/20 - 12/17
12:30 - 3:30	Introduction to Duplicate Bridge	Dining Room	Weekly - George Gordon, (707)319-5860
1:30 - 2:45	SRJC Low Impact Fitness	Stone Hall	Weekly - Vicki Jackson, 9/3 - 12/17
1:00 - 3:30	Woman's Support Group	107	Weekly - Joan Biersch, Start 9/3
3:00 - 4:00	Strength and Toning	Stone Hall	Weekly - Vickie Jackson, 9/3 - 9/26
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 -12:00	Legal Consultations	106	Monthly 2 nd Wednesday - By appointment
10:00 - 11:30	VH Singers	105	Weekly - Kay Adams
10:00 - 12:00	A Mater of Balance	Dining Room	Weekly - Dana Jacoby, 9/4 - 10/23 To Register Call (707)565-5936
11:30 - 12:30	American Mah-jongg for Beginners	Dining Room	Weekly - Lourie Sebesta, 9/4 - 10/9
11:30 -1:00	Spanish - Ongoing Beginner 2	113	Weekly - Judy Berti
12:00 - 4:00	Vintage Duplicate Bridge	Stone Hall	Weekly - Information, http://acblunit512.com/
1:00 - 4:00	American Mah-jongg	Dining Room	Weekly - Laurie Sebesta
1:00 - 2:30	Movie Matinee	106	Weekly - Staff, thru 8/26
4:00 - 6:00	Fun in The Kitchen	Kitchen	Monthly 2 nd Wednesday - Diane Aoki
4:30 - 5:15	Zumba Gold	Dining Room	Weekly - Kymry Borkenhagen, 8/7 - 9/11
6:00 - 7:00	Evening Meditation with Katie	106	Weekly - Katie DeJongh, Start 9/11

Thursday			
9:30 -10:30	Yoga	Stone Hall	Weekly - Sophie Acheson, No class 8/20
9:30 - 2:00	Adult Day Respite (Senior Social Club)	111	Weekly - Council on Aging, (707)525-0143
10:00 - 11:00	Parkinson's Support Group	106	Monthly 2 nd Thursday - Jamie Escoubas
10:00 - 1:00	HICAP	106	Monthly 4 th Thursday - Senior Advocacy
10:00 - 1:00	Legal Aid	106	Bi-Weekly 1 st and 3 rd Thursday
11:00 - 12:00	Jin Shin Jyutsu	113	Weekly - Sophie Acheson, No class 8/20
11:00 - 12:00	Qigong	Stone Hall	Weekly - Robert Young, No class 8/30
1:00 - 2:00	Book Club Fiction	113	Monthly 1 st Thursday - Carl Collier
1:00 - 2:00	Book Club Fiction	113	Monthly 2 nd Thursday - Lila Tuchman
1:00 -4:00	SRJC Watercolor Workshop	105	Weekly - Barbara Marlin, 8/22 - 12/19
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
3:00 - 4:00	Strength and Toning	Dining Room	Weekly - Vicki Jackson, 9/3 - 9/26

Friday

8:00 - 9:00	VH iWALK	Parking Lot	Weekly - Self Guided Group
8:00 - 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	107	Monthly 4 th Friday - Alzheimer's Association
10:00 - 4:00	SHARE Sonoma County	106	Bi-Weekly - 2 nd and 4 th Fridays
10:00 - 12:30	SRJC Poetry Fridays	111	Weekly - Steve Trenam, 8/23 - 12/20
10:30 - 12:00	LGBT Senior Discussion Group	105	Monthly 3 rd Friday - Gary "Buzz" Hermes /Janice Farrell
11:00 - 12:30	Healthy Habits	Stone Hall	Weekly - Keaton Davis
11:00 - 12:00	Intermediate French	113	Weekly - Miren Herrschaft, Back on 9/6
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 st and 3 rd Fridays - Sandy Hicks
2:00 - 3:30	Early Stage Memory Loss Support	111	Monthly 2 nd Friday - Alzheimer's Association

Special Programs, Events & Trips - See Website for Details

August 16, and 23	Non pharmaceutical Alternatives: What Are They?	Guest Speaker
1:30 - 3:30	Non pharmaceutical Alternatives for Sleep, Pain, Stress, Nausea, and Appetite	
August 18, 7:30 - 9:30	Transcendence Theater: Those Dancin' Feet	Jack London State Park
August 28, 10:00 - 3:00	Offsite Tour	Marie Koller
August 28, 10:00 - 11:00	Stand by Me Mentoring Alliance	Lee Brown
Sept. 4 and Sept. 11, 12:30 - 4:30	AARP Smart Driving Course	AARP
Sept. 7, 1:00 to 3:30	Hands-on Sound Healing	René Jenkins
Sept. 11 thru Nov. 13, 1:00 to 3:00	Rilke's Letters to a Young Poet	Dr. Jon Jackson
Sept. 11, 6:30 - 7:30	Interactive Drum Circle	Tony Blake
Sept. 20, 27, and Oct 4 1:30 - 3:00	Active Aging - Living Your Best Life Now: The Future of Elderhood refining Aging Living Well While Negotiating Life Transitions Don't Stop Moving	Dr. Louise Aronson, MD Dr. Leslie Lovejoy, RN, PhD Marek Grzybowski
Sept. 21, 7:30	Jazz at the "House" Presents Chuchito Valdés	Vintage House & Sonoma Valley Jazz Society
Sept. 22, 3:00 - 6:00	The New Vintage 2019 An Extraordinary Affair	Gundlach Bundschu
Sept. 25, 4:00 - 6:00	Understanding Medicare	HICAP
Oct. 5, 9:00 - 2:00	Dementia Caregiving Essentials	Alzheimer's Association

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.