

**Monday**

9:00 AM - 11:00 AM	German	107	Weekly - Manfred Theilig-Speer
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly - Carol Allison
9:30 AM - 11:30 AM	Italian	105	Weekly - Franco Zacchia
10:30 AM - 11:30 AM	French-Advanced	111	Weekly - Gerard Bessat
11:00 AM - 12:00 PM	Emotional Freedom Technique	107	3 <sup>rd</sup> Monday - Elizabeth Solana Calabro
11:00 AM - 2:00 PM	Pets Lifeline Pet Adoption	TBA	2 <sup>nd</sup> Monday
11:30 AM - 2:30 PM	Painting Studio	105	Weekly
12:00 PM - 1:00 PM	Spanish - Beginner 1	111	Weekly - Judy Berti
12:30 PM - 4:00 PM	Mahjong	106	Weekly
1:00 PM - 2:30 PM	Spanish - Intermediate	111	Weekly - Judy Berti
1:30 PM - 3:00 PM	Vintage Vision Program	107	1st Monday - Led by Earle Baum Center
5:00 PM - 6:00 PM	Guided Meditation	106	Weekly-Robert Young -Starts Oct 16

**Tuesday**

8:00 AM - 9:00 AM	VH iWALK	Parking Lot	Weekly
9:30 AM - 10:30 AM	Line Dance	Stone Hall	Weekly - Helen Herbaugh & Linda Sherman
9:30 AM - 11:00 AM	Knitting for Beginners	107	Weekly - Marie Utnehmer
9:30 AM - 11:30 AM	The Basic of Beginning Bridge	DR	Oct 17 thru Dec 12 Robin Struven
9:30 AM - 12:00PM	Writing Memoirs	106	Oct 31 thru Nov 28 - Deb Carlen
10:00 AM - 11:00 AM	Blood Pressure Clinic	TBD	2nd Tuesday
10:30 AM - 11:30 AM	Feldenkrais	DR	Weekly- Gretchen Starts Oct 17
11:00 AM - 12:00 PM	Qigong	Stone Hall	Weekly - Robert Young (No class Oct 10)
1:00 PM - 3:00PM	Floral Design	105	Weekly Oct 24 thru Dec 12
1:30 PM - 3:00 PM	SRJC Low Impact Fitness	Stone Hall	Weekly Thru December 21- Jim Franzini
1:30 PM - 2:00 PM	Hearing Assessment	TBD	4th Tuesday
1:30 PM - 3:30 PM	Woman's Support Group	107	Weekly- Joan Biersch
2:00PM - 3:00 PM	Writing to Heal	113	Oct 31 & Nov 2 and Nov 7 & Nov 9
2:30 PM - 4:30 PM	Continuing Ukulele	Stone Hall	Weekly - Alan Freeman

**Wednesday**

9:00 AM - 9:45 AM	Senior Food Security	Stone Hall	3rd Wednesday
9:30 AM - 10:30 AM	Gentle Yoga	Stone Hall	Weekly ( <b>Not on 3<sup>rd</sup> Wed</b> ) - Sophie Acheson
9:30 AM - 11:00 AM	Beginning Italian	113	Weekly - Paulo Adriani
10:00 AM - 11:30 AM	VH Singers	105	Weekly Starts Sept. 6
10:00 AM - 12:00 PM	Legal Consultations	TBD	2nd Wednesday - By appointment
10:30 AM - 12:30 PM	Caregiver Support Group	107	Weekly
10:30 AM - 12:00 PM	Art Lecture Series	106	Nov 1, 8 & 15 - Ann Wicklund
10:45 AM - 12:00 PM	Art Workshops	113	1 <sup>st</sup> and 3 <sup>rd</sup> Carol Davis
11:30 AM - 12:30 PM	Spanish – Ongoing Beginner 2	113	Weekly - Judy Berti
1:00 PM - 4:00 PM	American Mahjong	106	Weekly
1:00 PM - 3:00 PM	Write a book for your Grandchild	113	Nov 1, 8 & 15 - Deb Carlen
1:00 PM - 3:00 PM	Spiritual Wellness	111	Nov 15, Dec 13, Jan 10
1:30 PM - 3:30 PM	Iphone Classes	105/106	Nov 18 thru Jan 17 - Skye Hallberg
1:30 PM - 3:30 PM	Writing Group	107	2 <sup>nd</sup> Wednesday
6:00 PM - 9:00 PM	The Special German Hours	Stone Hall	Oct 11 thru Nov 8 Weekly

**Thursday**

9:30 AM - 10:30 AM	Gentle Yoga	Stone Hall	Weekly - Sophie Acheson
10:00 AM - 11:00 AM	Parkinson's Support Group	107	2nd Thursday
10:00 AM - 1:00 PM	HICAP (medical insurance help)	TBD	3 <sup>rd</sup> Thursday Call to Schedule (800) 434-0222
10:00 AM - 2:00 PM	Legal Aid	TBD	1st & 3 <sup>rd</sup> Thursday Call (707) 340-5610
10:00 AM - 12:00 PM	iPhone Classes	105/106	Oct 18 thru Jan 17 -Skye Hallberg
10:00 AM - 12:00 PM	Structure Your Book in 4 Hours	113	Oct 12 & Oct 19- Deb Carlen
10:00 AM - 12:00 PM	SRJC Aging Gayfully!	106	Oct 12- Dec 21- Gary "Buz" Hermes
11:00 AM - 12:00 PM	Jin Shin Jyutsu	105	Weekly - Sophie Acheson
11:00 AM - 12:00 PM	Qigong	Stone Hall	Weekly - Robert Young
1:00 PM - 4:00 PM	SRJC Watercolor Workshop	105	Thru December 21-Barbara Marlin-Coole
1:30 PM - 3:00 PM	Transitions: Men's Support Group	107	Weekly No drop -ins (Please call to join)
1:30 PM - 3:00 PM	Active Aging Speaker Series	SH	Oct 5 & Oct 12 – Sonoma Valley Hospital
2:00PM - 3:00 PM	Writing to Heal	113	Oct 31 & Nov 2 - Nov 7 & Nov 9- Rosalie K.

**Friday**

8:00 AM - 9:00 AM	VH iWALK	Parking Lot	Weekly
9:00 AM - 12:00 AM	Intro to Birdwatching in Sonoma	TBD	Jim Rosso- Call for Details
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly - Carol Allison
10:00 AM - 11:30 AM	Alzheimer's Support Group	107	4th Friday Call (707) 573-1210
10:00 AM - 12:00PM	Friday Fun Bridge	111	2 <sup>nd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> Fridays
10:30 AM - 12:00 PM	Beginning Ukulele Series	106	Weekly- Alan Freeman
10:30 AM - 12:00 PM	LGBT Senior Discussion Group	DR	3 <sup>rd</sup> Friday - Gary "Buz" Hermes
1:00 PM - 3:30 PM	Bridge Practice	106	1st & 3rd Fridays - Sandy Hicks
1:00 PM - 3:30 PM	Bridge Practice – Intro to Dup.	106	4th Friday
1:30PM - 3:00PM	VH Writing Center: Flash Fridays	113	Weekly - Deb Carlen
1:30 PM - 3:00 PM	Art Journaling	113	Oct 27, Nov 10, Dec 8
2:30 PM - 4:00 PM	Early Stage Memory Loss Support	107	2nd Friday Call (707) 573-1210

**Special Programs, Events & Trips - See Newsletter for Details**

Tuesday, Oct 10 <sup>th</sup>	11:00 AM - 12:00 PM	The Brilliance of Yuja Wang	Room 105
Wednesday, Oct 11 <sup>th</sup>	10:00 AM - 12:00 PM	Ancestry Workshop	Room 106
Wednesday, Oct 25 <sup>th</sup>	1:00 PM - 3:00 PM	Medicare- Open Enrollment Help	Room 111
Friday, Nov, 3 <sup>rd</sup>	2:00 PM - 3:00 PM	Blanket Brigade Giveaway and Reception	Stone Hall
Wednesday, Nov 15 <sup>th</sup>	1:00 PM - 3:00 PM	Medicare- Open Enrollment Help	Room 113
Saturday, Nov 18	5:30 PM - 10:00 PM	A Vintage Evening Gala- Annual Fundraiser	Ramekins
Monday, Dec 11 <sup>th</sup>	1:00 PM - 3:00 PM	Create your own Gift Tags	Room 113
Friday, Dec 15 <sup>th</sup>	2:00 PM - 3:00 PM	VH Singers Holiday Concert	Stone Hall

Vintage House is dedicated to providing Sonoma Valley with activities and services for its 55+ population that:  
 Enhance Dignity • Promote Well Being and Independence • Encourage Participation in Community Life  
 Membership is offered to all who support these objectives: \$40 individual, \$65 couple

Class Tickets available for purchase at the front desk. \$5 for VH Members and \$8 for non-members

Scholarships are available to help pay for classes, activities, and membership.

Don't let limited resources keep you from enjoying your senior center!