

Monday

9:00 -11:00	German	111	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	Dining Room	Weekly - Judy Berti
12:00 - 4:00	Vintage Duplicate Bridge	Stone Hall	Weekly - Information http://acblunit512.com/
12:30 - 1:30	Intermediate French	106	Weekly - Miren Herrschaft
1:00 - 2:30	Spanish - Intermediate	113	Weekly - Judy Berti
1:30 - 3:00	Vintage Vision Support Group	111	Monthly 1 st Monday - Earle Baum Center
2:00 - 4:00	Creative Writing Workshop	106	Weekly - Anna Manwaring, 10/21 - 12/2
5:00 - 6:00	Mindful Movement and Meditation	106	Weekly - Robert Young

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
9:30 -11:00	Knitting for Beginners	113	Weekly - Betty Calabro
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 - 12:00	Mindful Movement (Drop-In)	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
1:15 - 2:30	SRJC Total Body Movement & Balance	Stone Hall	Weekly - Vicki Jackson, 9/3 - 12/17
1:00 - 3:30	Woman's Support Group	106	Weekly - Joan Biersch
3:00 - 4:00	Strength and Toning	Stone Hall	Weekly - Vickie Jackson, 11/5 - 12/5
5:00 - 6:00	Level II Yoga	Stone Hall	Weekly - Carol Allison

Wednesday

8:30 - 9:30	Community Hike Sonoma Overlook	Trailhead	Weekly - Vintage House Staff
9:30 -10:30	Yoga	Stone Hall	Weekly - Sophie Acheson
10:00 - 11:30	VH Singers	105	Weekly - Kay Adams
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	107	Weekly - Laurie Sebesta
1:00 - 2:30	Movie Matinee	106	Monthly 4 th Wednesday
4:00 - 6:00	Cooking Class	Kitchen	Monthly 1 st Wednesday
4:00 - 5:30	Supper's On!	Dining Room	Weekly
4:30 - 5:15	Zumba Gold	105	Weekly - Kymry Borkenhagen
6:30 - 7:30	Community Drumming Circle	Stone Hall	Monthly, 2 nd Wednesday - Tony Blake & Bill Essert

Thursday

9:30 -10:30	Yoga	Stone Hall	Weekly - Sophie Acheson
9:30 - 2:00	Adult Day Respite (Senior Social Club)	111	Weekly - Council on Aging, (707)525-0143
9:30 - 10:30	Yoga With Weights	105	Weekly, Elaine Burka
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
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 with Carol	113	Monthly 1 st Thursday - Carol Collier
1:00 - 2:00	Book Club with Lila	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	106	Weekly - Mark O'Brien, Call (707)933-9634
3:00 - 4:00	Strength and Toning	Dining Room	Weekly - Vicki Jackson, 11/5 - 12/5
1:30 - 3:00	Adopt a Furry Friend	Entrance	Monthly, 2 nd Thursday, Pet's Lifeline

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 - 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 - Buzz Hermes/Janice Farrell
11:00 - 12:00	Mindful Movement	Stone Hall	Weekly - Keaton Davis
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
1:00 - 2:30	Alzheimer's Caregiver Support	111	Monthly 4 th Friday - Alzheimer's Association
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

Sept. 11 thru Nov. 20, 1:00 to 3:00	Rilke's Letters to a Young Poet	Dr. Jon Jackson
Nov. 4 and 6, 11:00 - 1:00	iPad Basics Level I and Level II Series	Skye Hallberg
Nov. 6, 4:00 - 6:00	Medicare Annual Choice and Changes	HICAP
Nov. 7, 5:30 - 7:30	Sonoma Art Walk Opening Reception: Masks by Chuck Smith	Chuck Smith
Nov. 13, 1:30 - 4:30	iPhone Photography	Skye Hallberg
Nov. 13, 3:00 - 4:30	What Is Medicare For All?	Mary McDevitt
Nov. 20, 11:00 - 1:00	iPhone: All About the Apps	Skye Hallberg
Nov. 20, 10:00 - 5:00	SHN Hamilton	Marie Koller
Nov. 22, 1:00 - 2:00	Book Reading with Author Nancy Martin From the Summer of Love to the Valley of the Moon	Nancy Martin
Nov. 28, 3:00 - 5:00	Thanksgiving Community Dinner	Sonoma Veterans Memorial Hall
Dec. 4, 9:00 - 3:00	No Spectators: The Art of Burning Man Oakland Museum of California	Marie Koller

Upcoming Vintage House Closures:

Monday, November 11, 2019

Thursday, November 28, 2019 and Friday, November 29, 2019

Monday, December 23, 2019 through Friday, December 27, 2019

Monday, December 30 through Wednesday, January 1, 2020

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: November 8, 2019