

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 - Franco Zaccchia & Paulo Adriani
10:30 - 11:30	French-Advanced	111	Weekly - Gerard Bessat
10:45 -12:45	Art Workshops	113	1 st and 3 rd Carol Davis
11:30 - 2:30	Painting Studio	105	Weekly
12:00 - 1:00	Spanish - Beginner 1	111	Weekly - Judy Berti
12:00 - 4:00	Mahjong	106	Weekly
1:00 - 2:30	Spanish - Intermediate	111	Weekly - Judy Berti
1:30 - 3:00	Vintage Vision Program	107	1st Monday - Led by Earle Baum Center
5:00 - 6:00	Guided Meditation	106	Weekly - Robert Young

Tuesday

8:00 - 9:00	VH iWALK	Parking Lot	Weekly
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 - 2:00	Senior Social Club	111	Council on Aging 707-935-0850 for info
9:30 - 11:30	Bridge Lessons w/Sandy Hicks	DR	Weekly - 9/18 - 11/13
10:00 - 12:00	SRJC Path to Health	106	Weekly - 8/21 - 12/18 Jim Ferandell
10:00 - 11:00	Blood Pressure Clinic	Library	2nd Tuesday
10:30 - 11:30	Feldenkrais	Stone Hall	Weekly - Gretchen
12:00 - 3:00	SRJC Pastel Painting	105	Weekly - 9/27 - 12/18 Beth Sasso
1:30 - 2:45	SRJC Low Impact Fitness	Stone Hall	Weekly - JB
1:30 - 3:30	Woman's Support Group	107	Weekly - Joan Biersch
5:30 - 6:30	Level II Yoga	SH	Weekly - 9/4 thru 10/30 Carol Allison

Wednesday

9:00 - 9:45	Senior Grocery Program	Stone Hall	3rd Wednesday
9:30 - 10:30	Gentle Yoga	Stone Hall	Weekly - (Not on 3rd Wed) - Sophie Acheson
10:00 - 11:30	VH Singers	105	Weekly
10:00 - 12:00	Legal Consultations	106	2nd Wednesday - By appointment
11:30 - 1:00	Spanish - Ongoing Beginner 2	113	Weekly - Judy Berti
1:00 - 4:00	American Mahjong	106	Weekly
1:30 - 3:00	Speaking of Death, A Café	DR	4 th Wednesdays through Nov. 10/24 & 11/28

Thursday

9:30 - 10:30	Gentle Yoga	Stone Hall	Weekly - Sophie Acheson
9:00 - 2:00	Senior Social Club	111	Council on Aging 707-935-0850 for Info
10:00 - 11:00	Parkinson's Support Group	107	2nd Thursday
10:00 - 1:00	HICAP	107	4 th Thursday
10:00 - 1:00	Legal Aid	107	1 st & 3 rd Thursday Call (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
1:00 - 2:00	Book Club Historical Fiction	113	Monthly - Second Thursday
1:00 - 4:00	SRJC Watercolor Workshop	105	Weekly - 8/23 - 12/20 Barbara Marlin
1:30 - 3:00	SRJC Strength, Stretch & Balance	DR	Weekly - 9/27 - 12/20
1:30 - 3:00	Ongoing Ukulele	Stone Hall	Weekly - Alan Freeman
1:30 - 3:00	Transitions: Men's Support Group	107	Weekly
5:30 - 6:30	Level II Yoga	Stone Hall	Weekly - 9/6 thru 10/25 Carol Allison

Friday

8:00 - 9:00	VH iWALK	Parking Lot	Weekly
9:00 - 11:00	Bird Watching	TBD	Weekly - 10/5 - 11/16 Jim Rosso (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 Group	107	4th Friday Call (707) 573-1210
10:00 - 12:30	SRJC Poetry Fridays	105	Weekly 8/24 - 12/14 , Steve Trenam
10:30 - 12:00	LGBT Senior Discussion Group	105	3 rd Friday - Gary "Buz" Hermes/Janice Farrell
11:00 - 12:00	Intermediate French	113	Weekly - Miren Herrschaft
11:30 - 1:00	Soup for Seniors	DR	Weekly
1:00 - 2:00	TED Talks	111	Weekly
1:00 - 3:30	Practice Bridge	106	1st & 3rd Fridays - Sandy Hicks
2:00 - 3:00	VH Writing Center: Flash Fridays	105	Weekly - Deb Carlen
2:00 - 3:30	Early Stage Memory Loss Support	111	2nd Friday - Call (707) 573-1210

Special Programs, Events & Trips - See Website for Details

October 5	1:30 - 3:00	SVH Active Aging - Memory & Brain Wellness	Cindy Barton, RN, MSN, GNP
October 9	10:00 - 12:00	Awakening to Life & Death Part 2: Setting Groundwork 10/9 thru 10/31	Tess Lorraine
October 10	1:00 - 2:30	Recognizing & Understating Dementia vs. Old Age	Senior Helpers
October 11	1:30 - 3:00	A Conversation Regarding Intimacy	Bobbie Jonas
October 11	9:00 - 4:00	Point Reyes National Seashore & Lunch	Field Trip
October 12	1:30 - 3:00	SVH Active Aging - Understanding Pain as we Age	Michael Yang, MD
October 13	5:00 - 7:00	Wine County Ragtime Festival	Music
October 17	9:30 - 1:00	Powerful Tools for Caregivers 10/17 thru 11/21	Redwood Caregiver Resource
October 19	2:00 - 3:30	SVH Active Aging - Healthy Vision Healthy Eyes	Michael Saidel, MD
October 24	1:00 - 2:30	Organizing Your Stuff	Kari Wishingrad
October 25	10:00 - 2:00	Sunset Test Gardens Docent Tour & Lunch	Field Trip
October 26	1:00 - 4:00	Flu Shot Clinic	Community Health Center
October 31	10:30 - 12:00	Beginning Ukulele 10/31 thru 12/12 No class on 11/21	John Brady
November 2	12:00 - 4:30	AARP Driver Safety Program Refresher	Alan Kalman
November 7	9:00 - 4:30	SMART Train, San Rafael 4th Street & Lunch	Field Trip
November 13	10:30 - 12:00	Medicare Annual Choices & Changes	HICAP
November 14	1:00 - 4:00	SCOPE: Sonoma Citizens Organized to Prepare for Emergencies	Sonoma Valley Fire & Rescue
November 20	10:00 - 12:00	Awakening to Life & Death Part 3: Implementation 11/20 thru 12/11	Tess Lorraine
November 22	3:00 - 5:00	Thanksgiving Dinner	Veterans Memorial Hall
November 28	1:00 - 5:00	Nat King Cole Christmas Begins @ Marin Center	Field Trip
December 21	11:30 - 2:00	Vintage House Holiday Party	

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: \$50 individual, \$75 couple.

Be Vibrant-Be Vital-Be Part of Vintage House!

Scholarships are available to help pay for classes, activities, and membership.
 Don't let limited resources keep you from enjoying your senior center!