

Vintage House • Activity Schedule • Autumn 2018

MONDAY

Time	What	Where	When	Instructor
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 Zacchia, Paulo Adriani
10:30 - 11:30	French-Advanced	111	Weekly	Gerard Bessat
10:45 - 12:45	Art Workshops	113	First and third	Carol Davis
11:30 - 2:30	Painting Studio	105	Weekly	Open Studio
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

Time	What	Where	When	Instructor
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	Weekly	Jamie Escoubas, 707-525-0143
9:30 - 11:30	Bridge Lessons	DR	Weekly, 9/18-1/13	Sandy Hicks
10:00 - 12:00	SRJC Path to Health	106	Weekly, 8/21-12/18	Jim Ferandell
10:00 - 11:00	Blood Pressure Clinic	Library	Monthly, second Tuesday	Raylene Carpenter
10:30 - 11:30	Feldenkrais	Stone Hall	Weekly	Gretchen Kucserka
12:00 - 3:00	SRJC Pastel Painting	105	Weekly, 9/2 -12/18	Beth Sasso
1:30 - 2:45	SRJC Low Impact Fitness	Stone Hall	Weekly	Joseph B. Franzini
1:00 - 3:30	Woman's Support Group	107	Weekly	Joan Biersch
5:30 - 6:30	Level II Yoga	SH	Weekly, 9/4-10/30	Carol Allison

WEDNESDAY

Time	What	Where	When	Instructor
9:00 - 9:45	Senior Grocery Program	Stone Hall	Third Wednesday	Redwood Food Bank
9:30 - 10:30	Gentle Yoga	Stone Hall	Weekly, No third Wed	Sophie Acheson
10:00 - 11:30	VH Singers	105	Weekly	Kay Adams
10:00 - 12:00	Legal Consultations	106	Second 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	Dining Room	Fourth Wednesdays 10/24 and 11/28	Tess Lorraine

THURSDAY

Time	What	Where	When	Instructor
9:30 - 10:30	Gentle Yoga	Stone Hall	Weekly	Sophie Acheson
9:30 - 2:00	Senior Social Club	111	Weekly	Jamie Escoubas, 707-525-0143
10:00 - 11:00	Parkinson's Support Group	107	Second Thursday	Jamie Escoubas
10:00 - 1:00	HICAP	107	Fourth Thursday	Senior Advocacy Services
10:00 - 1:00	Legal Aid	107	First, third 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	Carol Collier/Laurie Sebesta
1:00 - 2:00	Book Club Historical Fiction	113	Monthly, Second Thursday	Lila Tuchman
1:00 - 4:00	SRJC Watercolor Workshop	105	Weekly, 8/23-12/20	Barbara Marlin
1:30 - 3:00	SRJC Strength, Stretch and Balance	DR	Weekly, 9/27-12/20	Vicki Jackson
1:30 - 3:00	Ongoing Ukulele	Stone Hall	Weekly	Alan Freeman
1:30 - 3:00	Transitions: Men's Support	107	Weekly	Mark O'Brien, 707-933-9634
1:30 - 3:30	Pets Lifeline Adoption	Entrance	Monthly, Second Thursday	
5:30 - 6:30	Level II Yoga	Stone Hall	Weekly, 9/6-10/25	Carol Allison

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FRIDAY

Time	What	Where	When	Instructor
8:00 - 9:00	VH iWALK	Parking Lot	Weekly	
8:00 - 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	Continuing Beginning French	113	Weekly	Jeri Bessat
10:00 - 11:30	Alzheimer's Caregiver Support Group	107	Fourth Friday	Alzheimer's Assoc; 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	Third Friday	Gary "Buz" Hermes/Janice Farrell
11:00 - 12:00	Intermediate French	113	Weekly	Miren Herrschaft
11:30 - 1:00	Soup for Seniors	Dining Room	Weekly	Various volunteer cooks
1:00 - 2:00	TED Talks	111	Weekly	Various facilitators
1:00 - 3:30	Practice Bridge	106	First and third 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	113	Second Friday	Alzheimer's Assoc; 707-573-1210

Special Programs, Events & Trips - See Website for Details

When • Time	What	Instructor
October 9—10/31, 10:00 - Noon	Awakening to Life and Death, Part Two: Setting Groundwork	Tess Lorraine
October 10, 1:00 - 2:30	Recognizing and 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	Music: Wine Country Ragtime Festival	
October 17—November 21, 9:30 - 1:00	Redwood Caregiver Resources: Powerful Caregiver Tools	Marsha Marin, 707-542-0282
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 and Lunch	Field Trip
October 26, 1:00 - 4:00	Flu Shot Clinic	SV Community Health Center
October 31—12/12, 10:30 - Noon	Beginning Ukulele; no class November 21	John Brady
November 2, Noon - 4:30	AARP Driver Safety Program Refresher	Alan Kalman
November 7, 9:00 - 4:30	SMART Train: San Rafael Fourth Street and Lunch	Field Trip
November 8, 1:00 - 5:00	How To Create A Beautiful Chapbook	Deb Carlen
November 13, 10:30 - 12:00	Medicare Annual Choices and Changes	HICAP, (800) 434-0222.
November 14, 1:00 - 4:00	SCOPE: Sonoma Citizens Organized To Prepare for Emergencies	Capt. Joe Morrison
November 17, 5:30 - 10:00	A Vintage Evening: Vintage House Anniversary Celebration	The Barn at Tyge William Cellars, Cornerstone
November 20 - December 11 10:00 - Noon	Awakening to Life and Death Part 3: Implementation	Tess Lorraine
November 22, 3:00 - 5:00	Thanksgiving Dinner at Sonoma Veterans Memorial Hall	
November 28, 1:00 - 5:00	Nat King Cole: An Unforgettable Christmas Concert	Field Trip: Marin Center
December 14, 2:00 - 5:00	Vintage House 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. Annual dues are \$50 for individual and \$75 for couples.
Be Vibrant • Be Vital • Be Part of Vintage House!**

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

www.vintagehouse.org