

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 September 10
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
5:00 - 6:00	Guided 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 - 11:00	Knitting for Beginners	107	Weekly - Marie Utneher, Back in August
9:30 - 11:30	Bridge Lessons: Popular Conventions	Dining Room	Weekly - Sandy Hicks, 7/16 - 8/6
9:30 - 2:00	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, 6/17 - 8/14
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 - Dian Lloyd, 6/17 - 8/14
1:00 - 3:30	Woman's Support Group	107	Weekly - Joan Biersch, Start 9/3
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
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 Majong	Dining Room	Weekly - Laurie Sebesta
1:00 - 2:30	Movie Matinee	106	Weekly - Staff
4:00 - 6:00	Fun in The Kitchen	Kitchen	Monthly 2 nd Wednesday - Diane Aoki

Thursday

9:30 - 10:30	Yoga	Stone Hall	Weekly - Sophie Acheson
9:30 - 2:00	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
11:00 - 12:00	Qigong	Stone Hall	Weekly - Robert Young
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, 6/17 - 8/14
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, To Register Call (707)933-9634

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	106	Monthly 4 th Friday - Alzheimer's Association
10:00 - 12:30	SRJC Poetry Fridays	111	Weekly - Steve Trenam
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 in Sept.
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

July 31, 4:00 - 6:00	Book Reading "Jump on the Love Train"	Rae Lewis
July 31, 10:30 - 2:00	SVMA Docent Tour and Lunch	Marie Koller
August 1, 5:30 - 7:30	Art Exhibition Art Reception	Mary Beth Sasso's SRJC Adult Education Students
August 2, 3:00 - 5:00	Friday Afternoon Social: Music and Wine	Take Your Medicine
August 7 thru Sept. 1, 4:30 - 5:15	Zumba Gold	Kymry Borkenhagen
August 8, 10:30 - 11:30	Sonoma Valley Hospital: What You Need to Know About Strokes and ER Care	Panel of Health Care Professionals
August 9, 1:30 - 3:30	Cannabis for Seniors: Introduction to Cannabis	Eli Melrod, Solful
August 16, 1:30 - 3:30	Cannabis for Seniors: What's the Deal with CBD?	Eli Melrod, Solful
August 18, 7:30 - 9:30	Transcendence Theater: Those Dancin' Feet	Jack London State Park
August 23, 1:30 - 3:30	Cannabis for Seniors: Cannabis for Sleep, Pain, Stress, Nausea, and Appetite	Eli Melrod, Solful
August 28, 10:00 - 11:00	Stand by Me Mentoring Alliance	Lee Brown
August 28, 10:00 - 3:00	Trip to Solful Dispensary	Marie Koller

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.

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