

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
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 Utnehmer
9:30 - 11:30	Bridge Lessons: Defense in the 21 Century	Dining Room	Weekly - Arlene Holt, April 16 - June 18
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 - 11:45	Mindful Movement	Stone Hall	Weekly - Keaton Davis
12:00 - 3:00	SRJC Pastel Painting	105	Weekly - Beth Sasso, 6/17 - 8/14
1:30 - 2:45	SRJC Low Impact Fitness	Stone Hall	Weekly - Diane Lloyd, 6/17 - 8/14
1:00 - 3:30	Woman's Support Group	107	Weekly - Joan Biersch
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
1:00 - 4:00	American Majong	Dining Room	Weekly - Laurie Sebesta
1:00 - 2:30	Movie Matinee	106	Weekly - Staff - Starting on 7/3
4:00 - 6:00	Fun in the Kitchen	Kitchen	Monthly 2 nd Wednesday - Dianne 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
9:00 - 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 - 11:45	Mindful Movement	Stone Hall	Weekly - Keaton Davis
11:00 - 12:00	Intermediate French	113	Weekly - Miren Herrschaft
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	106	Monthly 2 nd Friday - Alzheimer's Association

Special Programs, Events & Trips - See Website for Details

June 5 and June 12, 10:00 - 12:00	iPhone Basics Level I and Level II	Skye Hallberg
June 6, 5:30 - 7:30	Sonoma Art Walk: Two Decades of Paint	Janice Best
June 10 thru July 29, 2:00 - 4:00	Creative Writing Workshop	Anna Manwaring
June 12, 2:00 - 4:30	Alfred Hitchcock's 13 Writing Secrets	Gil Mansergh
June 12, 4:00 - 6:00	Fun In The Kitchen	Diane Aoki
June 19, 10:00 - 12:00	iPhone Apps Beyond the Basics	Skye Hallberg
June 19, 10:00 - 11:00	Smart Budgeting	Marvin Brook
June 26, 10:00 - 12:00	Password Magic	Skye Hallberg
July 4, 8:30 - 2:00	4th of July Parade Shading Seating for Seniors	Vintage House
July 10 and July 17, 10:00 - 12:00	iPad Introduction Level I and Level II	Skye Hallberg
July 12, 3:00 - 5:00	Friday Afternoon Social: Wine on the Patio	Monterey International Band
July 17, 3:30 - 5:30	Taste and Trivia	Mihir Parikh

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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