

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 |
| 11:30 - 1:30 | Painting Studio | 105 | Weekly - Open Studio |
| 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 | 106 | 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 Grocery 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 |
| 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)334-7190 |
| 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 1/15 - 5/21 |
| 1:30 - 2:45 | SRJC Low Impact Fitness | Stone Hall | Weekly - JB and Vicki Jackson 1/15 - 5/21 |
| 1:30 - 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 - 11:30 | VH Singers | 105 | Weekly - Kay Adams |
| 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 |

Thursday

| | | | |
|---------------|---|-------------|--|
| 9:30 - 10:30 | Yoga | Stone Hall | Weekly - Sophie Acheson |
| 9:00 - 2:00 | Senior Social Club | 111 | Weekly - Council on Aging, (707)334-7190 |
| 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 1/17 - 5/23 |
| 1:15 - 2:30 | SRJC Strength, Stretch & Balance | Dining Room | Weekly - Vickie Jackson 1/17 - 5/23 |
| 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 |
| 1:30 - 3:30 | Choose A Furry Companion | Entrance | Monthly, 2 nd Thursday - Pet's Lifeline |

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 1/18 - 5/17 |
| 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

| | | |
|--|--|---|
| April 29, May 6, 13 and 20, 1:30 - 3:00 | Vision Board Workshop | Bobbie Jonas |
| May 8 and May 15, 12:30 - 4:30 | AARP Smart Driver Course | AARP Certified Volunteer Teacher |
| May 12, 2:00 - 4:00 | Nigel Armstrong Tribute Concert In Memory of Wallace Breitman | Sonoma Classical Music Society A benefit for Vintage House & Pets Lifeline |
| May 15, 1:00 - 3:30 | Sip, Savor and Celebrate | A benefit for Vintage House's myRide Program |
| May 21, 5:00 - 7:00 | Fundamentals of Medicare | HICAP |
| May 22, 9:00 - 3:00 | Secret Garden Tour | Marie Koller |
| May 24, 2:00 - 5:00 | Spring Concert: Golden Oldies | Vintage House Singers |
| May 27 | Memorial Day | Closed |
| May 28, 1:00 - 3:00 | Creative Writing | Stacy Dennick |
| June 12, 2:00 - 4:30 | Alfred Hitchcock's 13 Writing Secrets | Gil Mansergh |
| June 6, 5:30 - 7:30 | Sonoma Art Walk: Seas of Change Exhibition | Janice Best |
| June 19, 10:00 - 11:00 | Smart Budgeting | Marvin Brook |
| June 21, 10:00 - 4:00 | Bolinas Museum and Lunch | 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.

Revised: April 30, 2019