

Monday

9:00 AM - 10:30 AM	German - Beginning	Rm 107	Weekly. Manfred Theilig-Speer
9:00 AM - 12:00 PM	AARP Tax Assist	Dining Rm	thru 4/18
9:15 AM - 10:15 AM	CoDA	Rm 106	Weekly
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly. Carol Allison
9:30 AM - 10:30 AM	Italian - Intermediate	Rm 105	Weekly. Franco Zacchia
10:30 AM - 11:30 AM	Italian - Conversation	Rm 105	Weekly. Franco Zacchia
10:30 AM - 11:30 AM	French - Advanced Conversation	Rm 111	Weekly. Gerard Bessat
10:30 AM - 11:30 AM	German - Intermediate	Rm 107	Weekly. Manfred Theilig-Speer
11:30 AM - 1:00 PM	German - Conversational	Rm 107	Weekly. Manfred Theilig-Speer
11:30 AM - 2:30 PM	Painting Studio	Rm 105	Weekly
12:00 PM - 4:00 PM	Duplicate Bridge	Stone Hall	Vintage Duplicate Bridge Club: 319-5860
12:30 PM - 1:30 PM	Spanish - Beginner 1	Rm 113	Weekly. Judy Berti
12:30 PM - 4:00 PM	Mahjong	Rm 106	Weekly
1:30 PM - 2:30 PM	Spanish - Beginner 2	Rm 113	Weekly. Judy Berti
1:30 PM - 3:00 PM	Vintage Vision Program	Rm 107	1st Monday. Led by Earle Baum Center
2:00 PM - 4:00 PM	Latin 2	Rm 111	Weekly. L.A. King

Tuesday

8:00 AM - 9:00 AM	VH iWALK	Parking Lot	Weekly
9:30 AM - 10:30 AM	Line Dance	Stone Hall	Weekly. Helen Herbaugh & Linda Sherman
9:30 AM - 11:00 AM	Knitting for Beginners	Rm 106	Weekly. Marie Utnehmer
9:30 AM - 11:30 AM	Beg Bridge - Defense	Dining Rm	Laura Camm. 4/19-6/21
9:30 AM - 2:00 PM	Senior Social Club	Rms 111/113	Council on Aging: 935-0850 for info
10:00 AM - 11:00 AM	Blood Pressure Clinic	TBA	2nd Tuesday, drop in
11:00 AM - 12:00 PM	Qigong	Stone Hall	Weekly. Robert Young. NO 4/5, 6/7
1:00 PM - 2:15 PM	SRJC Balance Exercise Class	Stone Hall	Vanessa Kettler. Thru 5/24; 6/21-8/9
1:00 PM - 4:00 PM	Social Contract Bridge	Library	1st & 3rd Tuesday. Call for info
1:00 PM - 4:00 PM	Intro to Duplicate Bridge	Dining Rm	Weekly. George Gordon: 319-5860
1:00 PM - 4:00 PM	SRJC Watercolor Workshop	Rm 105	Michele Ferandell. Thru 5/24
1:00 PM - 4:00 PM	SRJC Watercolor Workshop	Rm 105	Barbara Marlin-Coole. 6/21-8/9
1:30 PM - 2:00 PM	Hearing Assessment	Rm 107	4th Tuesday
3:00 PM - 4:30 PM	Continuing Ukulele	Stone Hall	Weekly. Alan Freeman
6:00 PM - 7:45 PM	Lifelong Learning Lectures:	Stone Hall	8 Tuesdays, Apr 4 – May 24
	<i>Broken Escalator: Decline of Social Mobility in 21st Century America w/David Peritz, PhD</i>		

Wednesday

9:00 AM - 9:45 AM	Senior Food Security	Stone Hall	1st & 3rd Wednesday
9:00 AM - 12:00 PM	AARP Tax Assist	Dining Rm	thru 4/13
10:00 AM - 11:30 AM	Writing class with Yvonne	Rm 113	Weekly. Yvonne Lyerla
10:00 AM - 11:30 AM	VH Singers	Rm 105	Weekly. Sept thru May
10:30 AM - 12:00 PM	SRJC Brain Food	Room 105	Siota Bell. 6/22-8/10
10:30 AM - 12:30 PM	Caregiver Support Group	Rm 106	Weekly
11:30 AM - 1:00 PM	Spanish - Intermed./Adv.	Rm 111	Weekly. Judy Berti
12:00 PM - 4:00 PM	Duplicate Bridge	Stone Hall	Vintage Duplicate Bridge Club: 319-5860
12:30 PM - 4:00 PM	Social Bridge	Library	Weekly. Call for info
1:00 PM - 3:00 PM	Chat Discussion Group	Rm 113	Weekly. Christine Collins. NO 4/13, 4/20
1:00 PM - 4:00 PM	American Mahjong	Rm 106	Weekly
2:00 PM - 3:30 PM	Mind - Body - Memory Connection	Rm 105	Chance Massaro. 5/4-5/25
2:00 PM - 4:00 PM	Writing Group	Rm 111	Weekly. No instructor
5:00 PM - 6:00 PM	Zumba Gold	Stone Hall	Weekly. Kymry Borkenhagen
6:00 PM - 7:00 PM	Movement & Meditation	Rm 107	Weekly. Robert Young. NO 4/6, 6/1, 6/8

Thursday

9:30 AM - 10:30 AM	Gentle Yoga	Stone Hall	Weekly. Sophie Acheson. NO 6/2, 6/9
9:30 AM - 2:00 PM	Senior Social Club	Rms 111/DR	Council on Aging: 935-0850 for info
10:00 AM - 11:30 AM	Seasoned Poker	Library	Weekly
10:00 AM - 12:00 PM	Legal Consultations-Wills & Trusts	Rm 107	2nd Thursday. By appointment
10:00 AM - 1:00 PM	Chess Group	TBA	Drop In. No Charge
10:00 AM - 1:00 PM	HICAP (medical insurance help)	Rm 113	2nd Thursday by appointment
10:00 AM - 2:00 PM	Legal Aid	Rm 107	1st & 3rd Thursdays by appt. Call 340-5610
11:00 AM - 12:00 PM	Jin Shin Jyutsu	Rm 105	Weekly. Sophie Acheson. NO 4/28, 6/2, 6/9
11:00 AM - 12:00 PM	Qigong	Stone Hall	Weekly. Robert Young. NO 4/7, 6/2, 6/9
12:15 PM - 1:00 PM	Diabetes Support Group	Rm 113	4th Thursday
12:30 PM - 3:30 PM	SIRS Poker	Library	Weekly
12:30 PM - 4:00 PM	Bridge - Individual Foursomes	Library	Weekly. Call for info
1:00 PM - 4:00 PM	SRJC Watercolor Workshop	Rm 105	Barbara Marlin-Coole. Thru 5/26
1:30 PM - 3:00 PM	Transitions: Men's Support Group	Rm 106	Weekly. NO drop-ins. NO 4/7

Friday

8:00 AM - 9:00 AM	VH iWALK	Parking Lot	Weekly
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly. Carol Allison. NO 4/1, 5/6, 6/3
9:30 AM - 12:30 PM	Canasta	Library	Weekly
10:00 AM - 11:00 AM	Parkinson's Support Group	Rm 106	3rd Friday
10:00 AM - 11:30 AM	Alzheimer's Support Group	Rm 106	4th Friday
10:30 AM - 12:00 PM	LGBT Support Group	Dining Rm	3rd Friday
11:00 AM - 11:30 AM	Laughter Yoga	Rm 113	Weekly. Renee Gipson
11:45 AM - 12:35 PM	Feldenkrais®	Stone Hall	Margot Schaal. 4/8-4/29; 5/13-6/24 (NO 6/3)
1:00 PM - 3:30 PM	Bridge Practice	Rm 106	1st & 3rd Fridays. Sandy Hicks
1:00 PM - 3:30 PM	Bridge Practice	Rm 106	4th Friday. Laura Camm
1:00 PM - 4:00 PM	Cribbage	Library	Weekly
1:30 PM - 3:00 PM	Ukulele I for Beginners	Stone Hall	Weekly. Alan Freeman. NO 4/1, 6/3, 6/24
2:30 PM - 4:00 PM	Early Stage Memory Loss Support Grp	Rm 106	2nd Friday. Alzheimer's Assoc.: 573-1210

Special Programs, Events and Trips

Thu, Apr 14	1:30 & 6:30 pm	Advance Care Planning Workshops	Stone Hall
Thu, Apr 21	10:00 am - 11:30 am	Hypnosis: Support Better Health & Relaxation	Room 106
Wed, Apr 27	1:30 pm - 3:30 pm	Vintage Tea Benefit for LIMO	Vintage Sonoma
Fri May 6	2:00 pm - 4:00 pm	VH Singer's Spring Concert	Stone Hall
Sun, May 8	12:00 pm - 6:00 pm	Cinderella - Orpheum Theatre	2 pm Matinee
Thu, May 12	1:30 pm - 2:30 pm	FDR's Presidential Yacht - USS Potomac	Stone Hall
Thu, May 12 - 26	10:00 am - 12:00 pm	iPhone Classes (see newsletter)	Room 106
Fri, May 20 & 27	9:00 am - 1:00 pm	AARP Smart Driver Course-8 hr.	2 Fridays, Room 105
Sun, May 22	10:00 am - 3:00 pm	Quarryhill Botanical Garden	Depart Barracks
Mon, May 30	9:00 am - 4:00 pm	Memorial Day Observance	CLOSED
Fri, Jun 10	2:30 pm - 4:00 pm	Know the 10 Signs of Early Memory Loss	Dining Room
Sat, Jun 18	5:30 pm - End	Hula Mai Ho'ike	Grinstead Amphitheater
Fri, Jun 24	9:00 am - 1:30 pm	AARP Smart Driver Course-4.5 hr. refresher	1 Friday, Room 105
Fri, Jun 24	1:30 pm - 4:00 pm	Blanket Brigade	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: \$40 individual, \$65 couple

Class tickets available for purchase at the front desk for \$5 member, \$8 non-member.

Full or partial Scholarships are available to help pay for classes and membership.

Don't let limited resources keep you from enjoying your senior center!