

**Monday**

9:00 AM - 10:00 AM	German - Beginning	107	Weekly - Manfred Theilig-Speer
9:15 AM - 10:30 AM	CoDA	106	Weekly
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly - Carol Allison
9:30 AM - 10:30 AM	Italian - Intermediate	105	Weekly - Franco Zacchia
10:00 AM - 11:00 AM	German - Intermediate	107	Weekly - Manfred Theilig-Speer
10:30 AM - 11:30 AM	Italian - Conversation	105	Weekly - Franco Zacchia
10:30 AM - 11:30 AM	French - Advanced Conversation	111	Weekly - Gerard Bessat
11:00 AM - 12:00 PM	Emotional Freedom Technique (EFT)	106	3 <sup>rd</sup> Monday - Elizabeth Solana Calabro
11:00 AM - 1:00 PM	Gin Rummy	Library	Weekly Starts 6/19
11:00 AM - 2:00 PM	Pets Lifeline Pet Adoption	TBA	2 <sup>nd</sup> Monday
11:30 AM - 2:30 PM	Painting Studio	105	Weekly
12:00 PM - 1:00 PM	Spanish - Beginner 2	111	Weekly - Judy Berti - Starts 9/11
12:00 PM - 4:00 PM	Duplicate Bridge	Stone Hall	Vintage Duplicate Bridge Club (707) 319-5860
12:30 PM - 4:00 PM	Mahjong	106	Weekly
1:00 PM - 2:30 PM	Spanish - Intermediate	111	Weekly - Judy Berti - Starts 9/6
1:30 PM - 3:00 PM	Vintage Vision Program	107	1st Monday - Led by Earle Baum Center

**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	107	Weekly - Marie Utnehmer
9:30 AM - 11:30 AM	Competitive Bridge	DR	7/8 - 9/5 - Laura Camm (707) 227-2909
9:30 AM - 2:00 PM	Senior Social Club	111/113	Council on Aging (707) 935-0850 for info
10:00 AM - 11:00 AM	Blood Pressure Clinic	TBD	2nd Tuesday
10:00 AM - 12:00PM	VH Writing Center: Memoirs	105	8/1 - 8/29 - Deb Carlen
11:00 AM - 12:00 PM	Qigong	Stone Hall	Weekly - Robert Young
12:30 PM - 3:30 PM	Intro to Duplicate Bridge	DR	Weekly - George Gordon (707) 319-5860
1:00 PM - 2:15 PM	SRJC Balance Exercise Class	Stone Hall	6/20 - 8/15 & 8/29-12/19 - Vanessa Kettler
1:30 PM - 2:00 PM	Hearing Assessment	TBD	4th Tuesday
1:30 PM - 3:30 PM	Woman's Support Group	107	Weekly- Joan Biersch
2:30 PM - 3:30 PM	SRJC Happiness is Wellness	105	6/20-8/15 - Judy Mikeska
2:30 PM - 4:30 PM	Continuing Ukulele	Stone Hall	Weekly - Alan Freeman
5:45PM - 8:00PM	Zen Meditation	106	Weekly

**Wednesday**

9:00 AM - 9:45 AM	Senior Food Security	Stone Hall	3rd Wednesday
9:30 AM - 10:30 AM	Gentle Yoga	Stone Hall	Weekly ( <b>Not on 3<sup>rd</sup> Wed</b> ) - Sophie Acheson
9:30 AM - 11:00 AM	Beginning Italian	113	Weekly - Paulo Adriani
10:00 AM - 11:30 AM	VH Singers	105	Weekly Starts Sept. 6 <sup>th</sup>
10:00 AM - 12:00 PM	Legal Consultations - Wills & Trusts	TBD	2nd Wednesday - By apt - Call VH for info
10:30 AM - 12:30 PM	Caregiver Support Group	107	Weekly
10:45 AM - 12:00 PM	Fun with Collage	106	7/26 - 8/16 Carol Davis
11:30 AM - 12:30 PM	Spanish – Beginner 1	113	Weekly - Judy Berti - Starts 9/6
12:00 PM - 4:00 PM	Duplicate Bridge	Stone Hall	Vintage Duplicate Bridge Club (707) 319-5860
12:30 PM - 4:00 PM	Social Bridge	Library	Weekly
1:00 PM - 4:00 PM	American Mahjong	106	Weekly
1:30 PM - 3:30 PM	Writing Group	113	2 <sup>nd</sup> Wednesday
4:30PM - 6:00 PM	SAY Grief Counseling	106	Weekly
5:00 PM - 6:00 PM	Guided Meditation	107	Weekly - Robert Young
5:00 PM - 6:00 PM	Zumba Gold	Stone Hall	Weekly - Kymry Borkenhagen

**Thursday**

9:30 AM - 10:30 AM	Gentle Yoga	Stone Hall	Weekly - Sophie Acheson
9:30 AM - 2:00 PM	Senior Social Club	111/DR	Council on Aging: (707) 935-0850 for info
10:00 AM - 11:00 AM	Parkinson's Support Group	107	2nd Thursday
10:00 AM - 12:00 PM	Seasoned Poker	Library	Weekly
10:00 AM - 1:00 PM	HICAP (medical insurance help)	TBD	3rd Thurs by appt. Call (800) 434-0222
10:00 AM - 2:00 PM	Legal Aid	TBD	1st & 3rd Thurs. by appt. Call (707) 340-5610
11:00 AM - 12:00 PM	Jin Shin Jyutsu	105	Weekly - Sophie Acheson
11:00 AM - 12:00 PM	Qigong	Stone Hall	Weekly - Robert Young
12:30 PM - 3:30 PM	SIRS Poker	Library	Weekly
1:00 PM - 4:00 PM	SRJC Watercolor Workshop	105	6/22 - 8/10 - Barbara Marlin-Cooles
1:30 PM - 3:00 PM	Transitions: Men's Support Group	107	Weekly No drop - ins (Please call VH to join)
1:30 PM - 3:00 PM	Active Aging w/SVH	SH	9/21, 9/28, 10/5 & 10/12
4:30 PM - 6:00 PM	Taoist Tai Chi Society	DR	Weekly June - Sept
6:00 PM - 8:00 PM	Disfigured Democracy	SH	7/13 - 8/24 - Professor David Peritz
6:00 PM - 8:00 PM	Ethics & Politics of New Technology	SH	9/14 - 11/2 - Professor David Peritz

**Friday**

8:00 AM - 9:00 AM	VH iWALK	Parking Lot	Weekly
9:00 AM - 12:00 AM	Intro to Birdwatching in Sonoma	113	7/14 - 8/11 Jim Rosso - Please call VH for info
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly - Carol Allison
9:30 AM - 12:30 PM	Canasta	Library	Weekly
10:00 AM - 11:30 AM	Alzheimer's Support Group	107	4th Friday
10:00 AM - 12:00 PM	Friday Fun Bridge	111	2 <sup>nd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> Fridays
10:30 AM - 12:00 PM	Beginning Ukulele Series	106	Weekly- Alan Freeman
10:30 AM - 12:00 PM	LGBT Senior Discussion Group	DR	3 <sup>rd</sup> Friday - Buz Hermes
11:45 AM - 12:35 PM	Feldenkrais®	Stone Hall	Weekly
1:00 PM - 3:30 PM	Bridge Practice	106	1st & 3rd Fridays - Sandy Hicks
1:00 PM - 3:30 PM	Bridge Practice – Intro to Dup.	106	4th Friday
1:00 PM - 4:00 PM	Cribbage	Library	Weekly
1:30 PM - 3:00 PM	VH Writing Center: Flash Fridays	113	8/4 - 9/29 (NO 9/1) - Deb Carlen
2:30 PM - 4:00 PM	Early Stage Memory Loss Support Grp	107	2nd Friday - Alzheimer's Assoc. (707) 573-1210

**Special Programs, Events & Trips - See Newsletter for Details**

Tuesday, July 20 <sup>th</sup>	1:00 PM - 4:00 PM	20 <sup>th</sup> Annual Senior Art Show Reception	The Finley Center
Friday, July 21 <sup>st</sup>	1:30 PM - 4:00 PM	Blanket Brigade – call (707) 933-1693	Stone Hall
Friday, July 28 <sup>th</sup>	2:00 PM - 4:00 PM	VH Writing Center Reception & Book Exchange	Stone Hall
Sunday, July 30 <sup>th</sup>	4:00 PM - 6:00 PM	LGBT Sunday Movies - "Flawless"	Stone Hall
Friday, August 11 <sup>th</sup>	5:30 PM	Broadway Under the Stars - Fascinating Rhythm	Jack London State Park
Sunday, August 20 <sup>th</sup>	4:30 PM	Sonoma Stompers Game	Field of Dreams Sonoma
Friday August 25 <sup>th</sup>	1:30 pm - 4:00 pm	Blanket Brigade - call (707) 933-1693	Stone Hall
Sunday, August 27 <sup>th</sup>	4:00 PM - 6:00 PM	LGBT Sunday Movies - "Connie & Carla"	Stone Hall
Friday, September 8 <sup>th</sup>	5:30 PM	Broadway Under the Stars - Gala Celebration	Jack London State Park
Sunday, Sept 24 <sup>th</sup>	4:00 PM - 6:00 PM	LGBT Sunday Movies - "Hedwig & the Angry Inch"	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. \$5 for VH Members and \$8 for non-members

Scholarships are available to help pay for classes, activities, and membership.

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