

Monday

9:00 - 11:00	German	107	Weekly - Manfred Theilig-Speer
9:00 - 12:00	AARP Tax Prep	Dining Room	Weekly - AARP Volunteers 2/4 - 4/15
9:30 - 10:30	Yoga	Stone Hall	Weekly - Carol Allison
9:30 - 11:00	Italian	105	Weekly - Franco Zacchia & Paolo Adriani
10:30 - 11:30	French-Advanced	113	Weekly - Gerard Bessat
11:30 - 1:30	Art Workshops	105	Bi-Weekly 1 and 3 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 Program	106	Monthly 1 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 Tuesday - Redwood Food Bank
9:15 - 10:15	Line Dance	Stone Hall	Weekly - Helen Herbaugh, 3 Tuesday RM 113
9:30 - 11:00	Knitting for Beginners	107	Weekly - Marie Utnehmer
9:30 - 11:30	Bridge Lessons: Play of the Hand	Dining Room	Weekly - Sandy Hicks 1/22 - 3/19
9:30 - 2:00	Senior Social Club	111	Weekly - Council on Aging, Call (707)935-0850
10:00 - 11:00	Blood Pressure Clinic	Library	Monthly 2 Tuesday - Raylene Carpenter
10:00 - 11:30	Ongoing Beginning Ukulele	105	Weekly - John Brady
10:30 - 11:30	Feldenkrais	113	Weekly - Gretchen Kucserka
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 - Joseph Franzini & 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 Wednesday - By appointment Only
10:30-12:00	A Matter of Balance	Dining Room	Weekly - Register (707)565-5936 1/30 - 3/20
11:30 - 1:00	Spanish - Ongoing Beginner 2	113	Weekly - Judy Berti
1:00 - 4:00	American Majong	Dining Room	Weekly - Laurie
1:15 - 3:15	AARP Tax Prep	Dining Room	Weekly - AARP Volunteers 2/6 - 4/10

Thursday

9:30 - 10:30	Yoga	Stone Hall	Weekly - Sophie Acheson
9:00 - 2:00	Senior Social Club	111	Weekly - Council on Aging, Call (707)935-0850
10:00 - 11:00	Parkinson's Support Group	106	Monthly 2 Thursday - Jamie Escoubas
10:00 - 1:00	HICAP	106	Monthly 4 Thursday - Senior Advocacy Services
10:00 - 1:00	Legal Aid	106	Bi-Weekly 1 and 3 Thursday, Call (707)340-5610
11:00 - 12:00	Jin Shin Jyutsu	113	Weekly - Sophie Acheson (1 Thursday RM 105)
11:00 - 12:00	Qigong	Stone Hall	Weekly - Robert Young
1:00 - 2:00	Book Club Fiction	113	Monthly First Thursday - Carl Collier/Laurie Sebesta
1:00 - 2:00	Book Club Fiction	113	Monthly Second 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, Call (707)933-9634
1:30 - 3:30	Choose A Furry Companion	Entrance	Monthly, 2 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, For 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 Group	106	Monthly 4 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 Friday - Gary “Buzz” Hermes/Janice Farrell
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 and 3 Fridays - Sandy Hicks
2:00 - 3:00	VH Writing Center: Flash Fridays	111	Weekly - Deb Carlen
2:00 - 3:30	Early Stage Memory Loss Support	106	Monthly 2 Friday - Alzheimer’s Association

Special Programs, Events & Trips - See Website for Details

March 13, 10:30 - 3:00	Hess Collection Winery & Lunch	Field Trip
March 9 and 10, 10:00 – 4:00	Quilt Show	Broadway Quilts
March 13, 1:30 - 4:00	iPhone Photography	Skye Hallberg
March 13, 2:00 – 4:00	The Glorious Baroque: Caravaggio Rembrandt	Ann Wiklund
March 14, 21 & 28, 1:00 – 2:30	Science of Creativity	Susan Kovalik
March 19, 1:30 – 3:30	iPhone: Sound & Music	Skye Hallberg
March 20, 10:00 – 12:00	iPhone: All About the Apps	Skye Hallberg
March 25, 11:00 – 12:00	Stand By Me: Mentor Alliance of Sonoma Valley	Lee Morgan Brown
March 27, 2:00 – 4:00	Aging in the Zone	Bob Kriegel

Vintage House is dedicated to providing Sonoma Valley with activities and services for its 55 plus population that:
 Enhance Dignity • Promote Well Being and Independence • Encourage Participation in Community Life
 Membership is offered to **all** who support these objectives.

Be Vibrant-Be Vital-Be Part of Vintage House!

Scholarships are available to help pay for classes, activities, and membership.
 Don't let limited resources keep you from enjoying your senior center!

Revised: February 26, 2019