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|----------------|----------------------|-----------|----------------------------|------------------|
| Arts & Culture | Community Activities | Education | Health, Wellness & Fitness | Support Services |
|----------------|----------------------|-----------|----------------------------|------------------|

All classes and activities are offered on a weekly basis unless otherwise noted.

| <b>MONDAY</b>    |   |  |
|------------------|---|--|
| 9:00 - 11:00     | German • ManfredTheilig-Speer                           |  |
| 9:15 - 10:15     | CoDA • Connie Neuhouser                                 |  |
| 9:30 - 10:30     | Yoga • Carol Allison                                    |  |
| 9:30 - 11:00     | Italian • Liliana Lubrano                               |  |
| 10:30 - 11:30    | French Advanced • Gerard Bessat                         |  |
| 11:30 - 1:30     | Art Workshops • Carol Davis                             | 1st & 3rd Monday                         |
| 12:00 - 1:00     | Spanish Beginner 1 • Judy Berti                         |  |
| 12:00 - 4:00     | Vintage Duplicate Bridge                                |  |
| 12:30 - 1:30     | French Intermediate • Miren Herrschaft                  |  |
| 1:00 - 2:30      | Spanish Intermediate • Judy Berti                       |  |
| 1:30 - 3:00      | Earle Baum Vision Support Group • Earle Baum Center     | 1st Monday                               |
| 2:00 - 4:00      | Creative Writing Workshop • Ana Manwaring               | January 27 thru March 9 continuing       |
| 2:00 - 4:00      | Financial Planning • Byron Nichols                      | Appointment Required, 707-996-0311       |
| 5:00 - 6:00      | Mindful Movement & Meditation • Robert Young            |  |
| <b>TUESDAY</b>   |   |  |
| 8:00 - 9:00      | Vintage House iWALK                                     | Self Guided Group                        |
| 9:00 - 9:45      | Senior Food Basket Program • Redwood Food Bank          | 3rd Tuesday                              |
| 9:15 - 10:15     | Line Dance • Helen Herbaugh & Linda Sherman             | No Class on 3rd Tuesday                  |
| 9:30 - 10:30     | Morning Meditation with Katie • Katie DeJongh           |  |
| 9:30 - 11:00     | Knit Happens • Betty Calabro                            |  |
| 9:30 - 11:30     | Bridge Lessons Play of the Hand • Sandy Hicks           | January 28 thru March 24                 |
| 9:30 - 2:00      | Adult Day Respite Senior Social Club • Council on Aging | Information, 707-525-0143                |
| 10:00 - 11:00    | Blood Pressure Clinic • Raylene Carpenter               | 2nd Tuesday                              |
| 10:00 - 11:30    | Ukulele for Beginners • John Brady                      | February 4 thru March 10                 |
| 10:30 - 11:30    | Qigong • Robert Young                                   |  |
| 11:00 - 12:00    | Mindful Movement • Keaton Davis                         |  |
| 11:45 - 12:45    | Strength & Toning Level II • Vicki Jackson              | March 3 thru April 14 continuing         |
| 12:00 - 3:00     | SRJC Pastel Painting • Beth Sasso                       | January 14 thru May 19 (Spring Semester) |
| 12:30 - 2:00     | Alzheimer's Caregiver Support • Alzheimer's Association | 4th Tuesday                              |
| 12:30 - 3:30     | Introduction to Duplicate Bridge • George Gordon        | Information: 707-319-5860                |
| 1:15 - 2:30      | SRJC Total Body Movement & Balance • Vicki Jackson      | January 14 thru May 19 (Spring Semester) |
| 1:00 - 3:30      | Woman's Support Group • Joan Biersch                    |  |
| 3:00 - 4:00      | Strength & Toning Level I • Vicki Jackson               | March 3 thru April 14 continuing         |
| <b>WEDNESDAY</b> |   |  |
| 8:30 - 9:30      | Community Hike • Sonoma Overlook                        | Meet at Trail Head                       |
| 9:30 - 10:30     | Yoga • Sophie Acheson                                   |  |
| 10:00 - 11:30    | Vintage House Singers • Kay Adams                       |  |
| 10:00 - 12:00    | A Matter of Balance • Dani Jacoby                       | March 4 thru April 22                    |

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|-----------------|---|--|
| 11:30 - 1:00    | Spanish Beginner 2 • Judy Berti                             |  |
| 12:00 - 4:00    | Vintage Duplicate Bridge                                    |  |
| 11:30 - 12:30   | American Mah-jongg Beginning Level II • Laurie Sebesta      | January 22 thru February 26              |
| 1:00 - 4:00     | American Mah-jongg • Laurie Sebesta                         |  |
| 1:00 - 2:30     | Movie Matinee   | 4th Wednesday                            |
| 4:00 - 5:30     | Supper's On!  |  |
| 4:30 - 5:15     | Zumba Gold • Kymry Borkenhagen                              |  |
| 4:30 - 5:30     | Ice Cream Social  | 2nd & 4th Wednesday                      |
| 6:00 - 7:00     | Community Drumming Circle • Tony Blake & Bill Essert        | 2nd Wednesday                            |
| <b>THURSDAY</b> |   |  |
| 9:30 - 10:30    | Yoga • Sophie Acheson                                       |  |
| 9:30 - 2:00     | Adult Day Respite - Senior Social Club • Council on Aging   | Information, 707-525-0143                |
| 10:00 - 11:00   | Parkinson's Support Group • Jamie Escoubas                  | 2nd Thursday                             |
| 10:00 - 1:00    | Health Insurance Counseling & Advocacy Program • HICAP      | 4th Thursday                             |
| 11:00 - 12:00   | Yoga With Weights • Elaine Burka                            |  |
| 11:00 - 12:00   | Jin Shin Jyutsu • Sophie Acheson                            |  |
| 11:30 - 12:30   | Strength & Toning Level II • Vicki Jackson                  | March 3 thru April 14 continuing         |
| 1:00 - 2:00     | Book Club with Carol • Carol Collier                        | 1st Thursday                             |
| 1:00 - 2:00     | Book Club with Lila • Lila Tuchman                          | 2nd Thursday                             |
| 1:00 - 4:00     | SRJC Watercolor Workshop • Barbara Marlin                   | January 16 thru May 21 (Spring Semester) |
| 1:30 - 3:00     | Ongoing Ukulele • Alan Freeman                              |  |
| 1:30 - 3:00     | Transitions: Men's Support Group • Mark O'Brien             | Information, 707-933-9634                |
| 2:15 - 4:00     | Elder Law Outreach • Legal Aid Sonoma County                | 1st & 3rd Thursday, Call 707-340-5610    |
| 3:30 - 4:30     | Strength & Toning Level I • Vicki Jackson                   | March 3 thru April 14 continuing         |
| <b>FRIDAY</b>   |   |  |
| 8:00 - 9:00     | Vintage House iWALK   | Self Guided Group                        |
| 8:00 - 11:00    | Bird Watching • Jim Rosso                                   | Information, 571-215-6295                |
| 9:30 - 10:30    | Yoga • Carol Allison  |  |
| 9:45 - 10:45    | Beginning French • Jeri Bessat                              |  |
| 10:00 - 1:00    | Vintage House Community Services • Housing                  | 2nd & 4th Fridays                        |
| 10:00 - 12:30   | SRJC Poetry Fridays • Steve Trenam                          | January 17 thru May 22 (Spring Semester) |
| 10:30 - 12:00   | LGBT Senior Discussion Group • Buzz Hermes & Janice Farrell | 3rd Friday                               |
| 11:00 - 12:00   | Let's Talk • Lila Tuchman & Pat Grace                       |  |
| 11:00 - 12:00   | Mindful Movements • Keaton Davis                            |  |
| 11:30 - 1:00    | Soup's On!  |  |
| 1:00 - 2:00     | TED Talks   |  |
| 1:00 - 3:30     | Practice Bridge • Sandy Hicks                               | 1st & 3rd Fridays                        |
| 2:00 - 3:30     | Early Stage Memory Loss Support • Alzheimer's Association   | 2nd Friday                               |
| 2:30 - 4:00     | Line Dance Level II • Sharon Balding                        |  |

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| DATE              | TIME          | EVENT  |
|-------------------|---------------|--|
| Jan. 23 - Feb. 27 | 10:00 - 12:00 | Savvy Caregiver Training • Alzheimer's Association                                   |
| Jan. 29 - Mar. 11 | 5:15 - 6:15   | Beginning Jitterbug Swing Dance Class • Lynda Shulte & Olyn Hicks                    |
| February 27       | 12:15 - 1:15  | Meal Planning Options with Diabetes • Dr. Joyce Giammattei                           |
| February 28       | 11:00 - 12:30 | Leashes 101 • Gardner Smith  |
| March 1           | 4:00          | Jazz at the "House" • Paula West   |
| March 4           | 3:00 - 4:30   | Smartphone Android Basics • Francisco Kilgore  |
| March 6           | 10:30 - 11:30 | Learning About Kidney Stones • Dr. Adam Kaplan                                       |
| March 11 - 25     | 10:00 - 11:30 | Flex Your Brain • Susan Kovalik  |
| March 11          | 3:00 - 4:00   | Elder Fraud Seminar • Marvin Brook   |
| March 11          | 3:00 - 4:30   | Smartphone Android Basics • Francisco Kilgore  |
| March 17          | 2:00 - 4:00   | St. Patrick's Day Sing & Ukulele Play Along • UkeBox                                 |
| March 18          | 3:00 - 4:30   | Smartphone Android Basics • Francisco Kilgore  |
| March 21 & 22     | 10:00 - 4:00  | Sonoma Quilt Show • Broadway Quilts  |
| Mar. 23 - Apr. 27 | 2:00 - 3:00   | Art for Beginners: Learn to Draw with an Artist Eye • Jaye Hays                      |
| April 25          | 5:30          | Spring Jazz Jubilee Fundraiser • Vintage House                                       |
| May               |               | Sip, Savor, and Celebrate • A MyRide Fundraiser. Date and location to be determined. |
| June              |               | Sonoma Winery Fundraiser • Date and location to be determined.                       |
| July 4            |               | Fourth of July Parade  |
| September 12      |               | Annual Gala Dinner and Live Concert • Vintage House                                  |
| November 26       |               | Thanksgiving Community Dinner and Celebration • Veterans Hall                        |
| December 18       |               | Holiday Open House Luncheon • Vintage House  |
| December 18       |               | Annual Member Meeting • Vintage House  |

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+ 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](http://www.vintagehouse.org) or inquire at the front desk.