

**Monday**

9:00 AM - 10:30 AM	German - Beginning	Room 113	Weekly. Manfred Theilig-Speer
9:00 AM - 12:00 PM	AARP Tax Assist	Dining Room	Weekly. 2/6-4/17
9:15 AM - 10:30 AM	CoDA	Room 107	Weekly
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly. Carol Allison
9:30 AM - 10:30 AM	Italian - Intermediate	Room 105	Weekly. Franco Zacchia
10:30 AM - 11:30AM	Italian - Conversation	Room 105	Weekly. Franco Zacchia
10:30 AM - 11:30 AM	French - Advanced Conversation	Room 111	Weekly. Gerard Bessat
10:30 AM - 11:30 AM	German - Intermediate	Room 113	Weekly. Manfred Theilig-Speer
11:00 AM - 12:00 PM	Emotional Freedom Technique (EFT)	Room 107	3 <sup>rd</sup> Monday. Elizabeth Solana Calabro
11:00 AM - 2:00 PM	Pets Lifeline Pet Adoption	TBA	2 <sup>nd</sup> Monday
11:30 AM - 1:00 PM	German - Conversational	Room 113	Weekly. Manfred Theilig-Speer
11:30 AM - 2:30 PM	Painting Studio	Room 105	Weekly
12:00 PM - 1:00 PM	Spanish - Beginner 2	Room 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	Mahjong	Room 106	Weekly
1:00 PM - 3:00 PM	Build A Beautiful Photo Book	Room 113	Skye Hallberg. 6/5, 12, & 19
1:00 PM - 2:30 PM	Spanish - Intermediate	Room 111	Weekly. Judy Berti
1:30 PM - 3:00 PM	Vintage Vision Program	Room 107	1st Monday. Led by E. 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	Room 106	Weekly. Marie Utnehmer
9:30 AM - 11:30 AM	Continuing Bridge Defense	Dining Room	Laura Camm. 4/25-6/27
9:30 AM - 2:00 PM	Senior Social Club	Rooms 111/113	Council on Aging: 935-0850 for info
10:00 AM - 11:00 AM	Blood Pressure Clinic	Room 107	2nd Tuesday
10:00 AM - 12:00 PM	SRJC Path to Wellness	Room 105	Jim Ferandell. 1/17 -5/23
11:00 AM - 12:00 PM	Qigong	Stone Hall	Weekly. Robert Young
12:30 PM - 3:30 PM	Intro to Duplicate Bridge	Dining Room	Weekly. George Gordon: 319-5860
1:00 PM - 2:15 PM	SRJC Balance Exercise Class	Stone Hall	Vanessa Kettler. 1/17 – 5/23
1:30 PM - 2:00 PM	Hearing Assessment	TBD	4th Tuesday
1:30 PM - 3:30 PM	Woman's Support Group	Room 107	Weekly. Joan Biersch
2:30 PM - 3:30PM	SRJC Laughter Yoga	Room 105	Judy Mikeska. 4/4-5/23 & 6/19-8/16
3:00 PM - 4:30 PM	Continuing Ukulele	Stone Hall	Weekly. Alan Freeman.

**Wednesday**

9:00 AM - 9:45 AM	Senior Food Security	Stone Hall	3rd Wednesday
9:00 AM - 12:00 PM	AARP Tax Assist	Dining Room	Weekly. 2/1-4/17
10:00 AM - 11:30 AM	VH Singers	Room 105	Weekly. Sept thru May
10:00 AM - 12:00 PM	Legal Consultations - Wills & Trusts	TBD	2nd Wednesday. By appointment
10:30 AM - 12:30 PM	Caregiver Support Group	Room 107	Weekly
11:30 AM - 12:30 PM	Spanish – Beginner 1	Room 113	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 - 4:00 PM	American Mahjong	Room 106	Weekly
1:30 PM - 3:30 PM	Writing Group	Room 113	2 <sup>nd</sup> Wednesday
5:00 PM - 6:00 PM	Zumba Gold	Stone Hall	Weekly. Kymry Borkenhagen
5:00 PM - 6:00 PM	Guided Meditation	Room 107	Weekly. Robert Young

**Thursday**

9:30 AM - 10:30 AM	Gentle Yoga	Stone Hall	Weekly. Sophie Acheson
9:30 AM - 2:00 PM	Senior Social Club	Rooms 111/DR	Council on Aging: 935-0850 for info
10:00 AM - 11:00 AM	Parkinson's Support Group	Room 107	2nd Thursday
10:00 AM - 11:30 AM	Holistic Health in the Golden Years	Room 113	Dr. Schwaderer Kettler 5/4, 11, 18 & 25
10:00 AM - 12:00 PM	Seasoned Poker	Library	Weekly
10:00AM - 12:00 PM	Iphone Senior Series	Room 106	Skye Hallberg. 5/11, 18 & 25
10:00 AM - 1:00 PM	HICAP (medical insurance help)	TBD	3rd Thurs by appointment. Call 800-434-0222
10:00 AM - 2:00 PM	Legal Aid	TBD	1st & 3rd Thursdays by appt. Call 340-5610
11:00 AM - 12:00 PM	Jin Shin Jyutsu	Room 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	Room 105	Barbara Marlin-Coole. 1/19 - 5/25
1:30 PM - 3:00 PM	Transitions: Men's Support Group	Room 107	Weekly. NO drop-ins

**Friday**

8:00 AM - 9:00 AM	VH iWALK	Parking Lot	Weekly
9:00 AM - 12:00 PM	Intro to Birdwatching in Sonoma	Room 113	Jim Rosso 4/7-5/12
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	Room 106	4th Friday
10:00 AM - 11:30 AM	Creativity Sparks Memory	Room. 105	Chance Massaro. 4/7-4/28, 5/13 & 20, 6/3&10
10:00 AM - 1:00 PM	HICAP (medical insurance help)	Room 107	2nd Friday by appointment. Call 800-434-0222
10:30 AM - 12:00 PM	LGBT Senior Discussion Group	Dining Room	3rd Friday
10:30 AM - 12:00 PM	Ukulele for Beginners	Dining Room	Alan Freeman. 3/24- 4/28
11:45 AM - 12:35 PM	Feldenkrais®	Stone Hall	Margot Schaal. 4/7-4/28, 5/5-5/26, 6/2-6/30
1:00 PM - 3:30 PM	Bridge Practice	Room 106	1st & 3rd Fridays. Sandy Hicks
1:00 PM - 3:30 PM	Bridge Practice – Intro to Dup.	Room 106	4th Friday
1:00 PM - 4:00 PM	Cribbage	Library	Weekly
1:00 PM - 3:00 PM	ZENTANGLE (See Newsletter)	Room 113	4/14 (Fun), 5/12 (101), 6/5, 6/12 (Beyond)
2:30 PM - 4:00 PM	Early Stage Memory Loss Support Grp	Room 107	2nd Friday. Alzheimer's Assoc. 573-1210

**Special Programs, Events and Trips- Please see Newsletter for Details**

Fri, April 21	6:00 PM - 9:00 PM	Festa Italiana	Stone Hall
Fri, Jan 20	10:00 AM - 11:00 AM	Blanket Brigade Info (all welcome)	Room 111
Fri, May 12, 19	9:00 AM - 1:00 PM	AARP Smart Driver Course-8 hr. course	Room 105
Fri, April 7, 21	10:00 AM - 12:00 PM	iPhone Basics 2	Room 106
Thurs, April 20	1:30PM - 3:30PM	Advanced Health Care Directive	Stone Hall
Thurs, April 20	6:30PM - 8:00 PM	Advanced Health Care Directive	Stone Hall
Fri, Feb 17	1:30 PM - 4:00 PM	Blanket Brigade (call 707-933-1693)	Stone Hall
Fri, May 26	2:00PM - 4:00PM	Vintage House Singers Spring Concert	Stone Hall
Thurs, June 15	10:00AM - 12:00 PM	iPhone Photography	Room 106
Fri, May 12	6:00 PM - 9:00 PM	Festa Italiana	Stone Hall
Sat, May 20	11:30 AM - 5:30 PM	Monet Exhibit @ Legion of Honor Museum in SF	Departs Barracks
Fri, June 9	6:00 PM - 9:00 PM	Festa Italiana	Stone Hall
Fri, June 30	9:00AM - 1:30 PM	AARP Smart Driver Refresher- 4.5 hr. Course	Room 105
Fri, June 30	2:00PM - 3:30 PM	Passwords, Passwords, Passwords	Room 105

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