

## Vintage House • Activity Schedule • Spring 2018

### MONDAY

Time	What	Where	When	Instructor
9:00 - 11:00	German	107	Weekly	Manfred Theilig-Speer
9:30 - 10:30	Yoga	Stone Hall	Weekly	Carol Allison
9:30 - 11:30	Italian	105	Weekly	Franco Zacchia, Paulo Adriani
10:30 - 11:30	French-Advanced	111	Weekly	Gerard Bessat
10:45 - 12:45	Art Workshop	113	First/Third	Carol Davis
11:00 - 2:00	Pets Lifeline Pet Adoption	Entrance	Second Monday	
11:00 - 12:00	Emotional Freedom Technique	107	Third Monday	Elizabeth Solana Calabro
11:30 - 2:30	Painting Studio	105	Weekly	
12:00 - 1:00	Spanish - Beginner 1	111	Weekly	Judy Berti
12:30 - 4:00	Mahjong	106	Weekly	
1:00 - 2:30	Spanish - Intermediate	111	Weekly	Judy Berti
1:30 - 3:00	Vintage Vision Program	107	First Monday	Led by Earle Baum Center
5:00 - 6:00	Guided Meditation	106	Weekly	Robert Young

### TUESDAY

Time	What	Where	When	Instructor
8:00 - 9:00	VH iWALK	Parking Lot	Weekly	
9:15 - 10:15	Line Dance	Stone Hall	Weekly	Helen Herbaugh, Linda Sherman
9:30 - 11:30	Beginning Bridge: Defense	Dining Room	May 8- July 3	Tom Sheahan
9:30 - 11:00	Knitting for Beginners	107	Weekly	Marie Utnehermer
9:30 - 2:00	Senior Social Club	111		Council on Aging INFO 707-935-0850
10:00 - 12:00	SRJC; A Path to Wellness	106	Weekly	J. Ferandell • End third week May
10:00 - 11:00	Blood Pressure Clinic	TBD	Second Tuesday	
10:30 - 11:30	Feldenkrais	Stone Hall	Weekly	Gretchen Kuserka
11:30 - 12:30	Qigong	Stone Hall	Weekly	Robert Young
12:30 - 3:30	Intro to Duplicate Bridge	DR	Weekly	George Gordan 707-319-5860
12:30 - 3:30	SRJC Pastel Painting	105	Weekly	Mary Beth Sasso • Ends third week May
1:30 - 2:45	SRJC Low Impact Fitness	Stone Hall	Weekly	Jim Franzini • Ends third week May
1:30 - 2:00	Hearing Assessment	TBD	Fourth Tuesday	
1:30 - 3:30	Woman's Support Group	107	Weekly	Joan Biersch

### WEDNESDAY

Time	What	Where	When	Instructor
9:00 - 9:45	Senior Grocery Program	Stone Hall	Third Wednesday	
9:30 - 10:30	Gentle Yoga	Stone Hall	Weekly	Sophie Acheson • No third Wednesday
10:00 - 11:30	Writing Stories and Memoirs	106	May 2-June 13	Deb Carlen
10:00 - 11:30	VH Singers	105	Weekly	Through May 7
10:00 - 11:30	Bridge with Larry	111	Weekly	Larry Page
10:00 - 12:00	Legal Consultations	TBD	Second Wednesday	By appointment
10:30 - 12:30	Caregiver Support Group	107	Weekly	
11:30 - 12:30	Spanish – Ongoing Beginner 2	113	Weekly	Judy Berti
1:00 - 3:00	A Matter of Balance	111	April 19 - May 11	
1:00 - 4:00	American Mahjong	106	Weekly	
1:30 - 3:00	Speaking of Death, A Café	105	Fourth Wednesdays	Tess Lorraine, starts April 25

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### THURSDAY

Time	What	Where	When	Instructor
9:30 -10:30	<b>Gentle Yoga</b>	Stone Hall	Weekly	Sophie Acheson
9:30 - 2:00	<b>Senior Social Club</b>	111	Council on Aging	INFO 707-935-0850
10:00 - 11:00	<b>Parkinson's Support Group</b>	107	Second Thursday	
10:00 - 12:00	<b>iPhone Classes, Topics TBA</b>	105	Room 105	Skye Hallberg
10:00 - 2:00	<b>Legal Aid</b>	TBD	First, Third Thursday	INFO 707-340-5610
10:00 - 11:30	<b>SRJC Aging Gayfully</b>	106	Weekly through May 24	Buz Hermes
11:00 - 12:00	<b>Jin Shin Jyutsu</b>	113	Weekly	Sophie Acheson
11:30 - 12:30	<b>Qigong</b>	Stone Hall	Weekly	Robert Young
1:00 - 4:00	<b>SRJC Watercolor Workshop</b>	105	Ends third wk May	Barbara Marlin
1:30 - 3:00	<b>SRJC Strength, Stretching, Balance</b>	Stone Hall	Ends third wk May	J. Ferandell
1:30 - 3:00	<b>Intermediate Ukulele</b>	Stone Hall	Weekly	Alan Freeman
1:30 - 3:00	<b>Transitions: Men's Support Group</b>	107	Weekly, No drop-ins	

### FRIDAY

Time	What	Where	When	Instructor
8:00 - 9:00	<b>VH iWALK</b>	Parking Lot	Weekly	
9:30 - 10:30	<b>Yoga</b>	Stone Hall	Weekly	Carol Allison
9:45 - 10:45	<b>Beginning French</b>	113	Weekly	Jeri Besat, Miren Herrschaft
10:00 - 11:30	<b>Alzheimer's Support Group</b>	107	Fourth Friday	707-573-1210
10:00 -12:00	<b>Friday Fun Bridge</b>	111	Second, fourth, fifth Fridays	
10:00 - 12:30	<b>SRJC Poetry Fridays</b>	105	Ends May 22	
10:30 - 12:00	<b>LGBT Senior Discussion Group</b>	Dining Room	Third Friday	Buz Hermes, Janice Farrell
10:30 - 12:00	<b>Ukulele Fundamentals • Level 1</b>	106	Weekly	Alan Freeman
11:00 - 12:00	<b>Intermediate French</b>	113	Weekly	Jeri Besat, Miren Herrschaft
1:00 - 4:00	<b>Cribbage</b>	Library	Weekly	
1:00 - 3:00	<b>A Matter of Balance</b>	111	April 19 - May 11	
1:00 - 3:30	<b>Bridge Practice</b>	106	First, third Fridays	Sandy Hicks
1:00 - 3:30	<b>Bridge Practice: Intro to Duplicate</b>	106	Fourth Friday	
2:00 - 3:00	<b>VH Writing Center: Flash Fridays</b>	113	Weekly; walk-in	Deb Carlen
2:30 - 4:00	<b>Early Stage Memory Loss Support</b>	105	Second Friday	Call 707-573-1210

### SPECIAL PROGRAMS, EVENTS, AND TRIPS — See website for details

April 13 • 12:30 - 1:30, Stone Hall	<b>Living Well with Serious Illness, Speaker</b> - Steven Pantilat, MD
April 13 • 2:00 - 3:30, Stone Hall	<b>Creating Your Own Advanced Health Care Directive Workshop</b>
April 13 • 6:30 - 8:00, Room 105	<b>Creating Your Own Advanced Health Care Directive Workshop</b>
April 20 • 12:00 - 2:00, Stone Hall	<b>“Celebrating Spring and You” Volunteer Appreciation Luncheon</b>
April 26 • 9:30 - 1:00, Barracks Parking Lot	<b>Secret Gardens of Sonoma Tour</b>
May 2 • 1:00 - 3:00, Sunrise of Sonoma	<b>L.I.M.O. Garden Tea Party</b>
May 4 • 10:30 -12:00, Dining Room	<b>Nutrition and Cognitive Health</b> - Speaker, Allison McKeany
May 9 • 1:00 - 2:00, Room 105	<b>Just for Guys: Heart Health</b> - Speaker, Dr. James Price, Cardiologist
May 11 • 2:00 - 4:00, Stone Hall	<b>Vintage House Spring Concert, “Home on the Range”</b>
May 16 • 2:00-4:00, Room 105	<b>O’Keefe to Pollack, Part I</b> - Speaker Ann Wiklund
May 23 • 2:00-4:00, Room 105	<b>O’Keefe to Pollack Part II</b> - Speaker Ann Wiklund
June 1 • 2:00 - 4:00, Stone Hall	<b>Vintage House Emergency Preparedness Education</b> - Numerous speakers
June 7 • 10:00-11:30, Room 105	<b>Brain Strategies for Aging Well</b> - Speaker, Susan Kovalik

Class tickets are available for purchase at the front desk. They are \$5 for members and \$8 for non-members.

**Don't let limited resources keep you from enjoying yourself and Vintage House! Scholarships are available to help pay for classes, activities, and membership.**