

Vintage House • Activity Schedule • Summer 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 - 11:00	Italian	105	Weekly	Franco Zacchia and Paulo Adriani
10:30 - 11:30	French-Advanced	111	Weekly	Gerard Bessat
10:45 - 12:45	Art Workshop	113	First and third	Carol Davis
11:00 - 2:00	Pets Lifeline Pet Adoption	Entrance	Second Monday	
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 and Linda Sherman
9:30 - 11:00	Knitting for Beginners	107	Weekly	Marie Utnehmer
9:30 - 2:00	Senior Social Club	111	Council on Aging	INFO 707-935-0850
10:00 - 11:00	Blood Pressure Clinic	TBD	Second Tuesday	
10:00 - 12:00	Awakening to Life and Death	105	Weekly; 9/4 — 9/25	Tess Lorraine
10:30 - 11:30	Feldenkrais	SH	Weekly	Gretchen Kuserka
10:30 - 12:00	VH Writing Ctr-Square One: Writing Basics		7/24, 7/31, 8/14, 8/21	Deb Carlen
12:30 - 3:30	Introduction to Duplicate Bridge	DR	Weekly	George Gordan, 707-319-5860
1:30 - 3:00	Burning Sage Senior Group	106	Weekly; 7/10 — 8/27	Kelsey Maddox
12:30 - 3:30	SRJC Pastel Painting	105	Weekly; 6/19 — 8/7	Mary Beth Sasso
1:30 - 2:45	SRJC Low Impact Fitness	Stone Hall	Weekly; 6/19 — 8/7	Jim Franzini
1:30 - 3:30	Woman's Support Group	107	Weekly	Joan Biersch
5:30 - 6:30	Level II Yoga	SH	Weekly; 9/4 — 10/30	Carol Alliso

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	VH Singers	105	Weekly	Returns September 5
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	Returns in September	Judy Berti
1:00 - 4:00	American Mahjong	106	Weekly	
1:30 - 3:00	Speaking of Death, A Café	105	Fourth Wednesdays through November	Tess Lorraine
6:30 - 8:30	Vintage House Alive ...Game Night and so much more	TBD	Starts September 5	Various

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THURSDAY

Time	What	Where	When	Instructor
9:30 -10:30	Gentle Yoga	Stone Hall	Weekly	Sophie Acheson
9:30 - 2:00	Senior Social Club	111	Council on Aging	INFO 707-935-0850
10:00 - 11:00	Parkinson's Support Group	107	Second Thursday	
10:00 - 2:00	Legal Aid	TBD	First, Third Thursday	INFO 707-340-5610
10:00 - 11:30	TED Talks and Discussion	106	Weekly from 8/2	Kelsey Maddox
11:00 - 12:00	Jin Shin Jyutsu	113	Weekly	Sophie Acheson
11:30 - 12:30	Qigong	Stone Hall	Weekly	Robert Young
1:00 - 4:00	SRJC Watercolor Workshop	105	Weekly; 6/21—8/9	Barbara Marlin
1:30 - 3:00	SRJC Strength, Stretching, Balance	DR	Weekly; 6/21—8/2	Vicky Jackson
1:30 - 3:00	Intermediate Ukulele	Stone Hall	Weekly	Alan Freeman
1:30 - 3:00	Transitions: Men's Support Group	107	Weekly, No drop-ins	
5:30 - 6:30	Level II Yoga	SH	Weekly; 9/6—10/25	Carol Allison
6:00 - 7:30	Burning Sage All Ages Group	106	Weekly; 7/12—8/30	Todd Finnemore

FRIDAY

Time	What	Where	When	Instructor
8:00 - 9:00	VH iWalk	Parking Lot	Weekly	
9:30 - 10:30	Yoga	Stone Hall	Weekly	Carol Allison
9:45 - 10:45	Beginning French	113	Weekly	Jeri Besat
10:00 - 11:30	Alzheimer's Support Group	107	Fourth Friday	INFO 707-573-1210
10:00 -12:00	Friday Fun Bridge	111	Second, fourth, fifth Fridays	
10:00 - 12:30	SRJC Poetry Fridays	DR	Weekly; ends 8/10	Steve Tren
10:30 -12:00	LGBT Senior Discussion Group	106	Third Friday	Buz Hermes, Janice Farrell
11:00 -12:00	Intermediate French	113	Weekly	Miren Herrschaft
11:30 - 1:00	Soup for Seniors	DR	Weekly; starts 7/13	
1:00 - 3:30	Bridge Practice	106	First and third Fridays	Sandy Hicks
1:00 - 3:30	Bridge Practice: Intro to Duplicate	106	Fourth Friday	
2:00 - 3:00	VH Writing Center: Flash Fridays	105	Weekly	Deb Carlen
2:30 - 4:00	Early Stage Memory Loss Support	107	Second Friday	INFO 707-573-1210

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

July 17	1:00 - 2:30	VH Writing Center: PREVIEW to Memoir Passage	Deb Carlen, Catherine Sevenau
July 18	9:30 -11:30	Brain Boosters INTRODUCTION	Cindi Royval Unger
July 24	1:30 – 3:00	How Does Your Cash Flow?	Marvin Brook
August 1	7:00 - 8:30	Laugh Your Bingo Off: Fundraiser for Soup for Seniors	
August 7	1:00-3:00	VH Writing Center: Memoir Passages, 8/7, 8-9, 8/13	Deb Carlen, Catherine Sevenau.
August 9	9:30 - 2:30	Architectural Tour of Buck Institute and Lunch	FIELD TRIP
August 9	10:00 -11:30	Nine Gifts of the Brain, 8/9, 8/16, 8/23	Susan Kovalik
August 15	6:00 - 8:00	VH Writing Center: Memoir Passages Spoken Word PRESENTATION	
August 22	1:00 - 3:00	Frank Lloyd Wright, Part I	Ann Wiklund
August 29	1:00 - 3:00	Frank Lloyd Wright, Part II	Ann Wiklund
August 30	5:00 - 8:00	Stompers Game and Pop-Up Picnic at Vintage House	
September 5	7:00 - 8:30	Laugh Your Bingo Off: Fundraiser for Soups for Seniors	
September 12	9:00 - 4:00	Day on The Bay, Ferry Ride to SF Ferry Building, Lunch and Return	FIELD TRIP
September 14	9:00 - 1:00	AARP Driver Safety Program Part I	George Weiss
September 21	9:00 - 1:00	AARP Driver Safety Program Part II	George Weiss
September 21	1:30 - 4:30	Cinema and Psyche: Three Part Series, 9/21, 9/28, 10/5.	Terry Ebinger

Class tickets available for purchase at the front desk. \$5 for members, \$8 for non-members until September 1, 2018.

Please Note: Class tickets increase on September 1 to \$8 for members, \$12 for non-members.