

Monday

9:00 AM - 10:30 AM	German - Beginning	Rm 107	Weekly, Manfred Theilig-Speer
9:15 AM - 10:30 AM	CoDA	Rm 106	Weekly
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly, Carol Allison
9:30 AM - 10:30 AM	Italian - Intermediate	Rm 105	Weekly, Franco Zacchia
10:30 AM - 11:30 AM	Italian - Conversation	Rm 105	Weekly, Franco Zacchia
10:30 AM - 11:30 AM	French - Advanced Conversation	Rm 111	Weekly, Gerard Bessat
10:30 AM - 11:30 AM	German - Intermediate	Rm 107	Weekly, Manfred Theilig-Speer
11:00 AM - 12:00 PM	Tap into Vibrant Health	Rm 106	Elizabeth Solana Calabro, 3 rd Monday
11:00 AM - 2:00 PM	Pets Lifeline Pet Adoption	TBA	2 nd Monday
11:30 AM - 1:00 PM	German - Conversational	Rm 107	Weekly, Manfred Theilig-Speer
11:30 AM - 2:30 PM	Painting Studio	Rm 105	Weekly
12:00 PM - 4:00 PM	Duplicate Bridge	Stone Hall	Vintage Duplicate Bridge Club: 319-5860
12:00 PM - 1:00 PM	Spanish - Beginner 2	Rm 113	Weekly, Judy Berti, Start 9/12
12:30 PM - 4:00 PM	Mahjong	Rm 106	Weekly
1:00 PM - 2:30 PM	Spanish - Intermediate	Rm 113	Weekly, Judy Berti, Start 9/12
1:30 PM - 3:00 PM	Vintage Vision Program	Rm 107	1st Monday, Led by E. Baum Ctr. July - 7/18
2:00 PM - 4:00 PM	Latin 2	Rm 111	Weekly, L.A. King

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	Rm 106	Weekly, Marie Utnehmer
9:30 AM - 11:30 AM	Beg Bridge – Comp, Bidding	Dining Rm	Laura Camm, 7/12 – 8/30
9:30 AM - 11:30 AM	Beginning Bridge True Beginner Class	Dining Rm	Laura Camm, 9/13 – 11/15
9:30 AM - 2:00 PM	Senior Social Club	Rms 111/113	Council on Aging: 935-0850 for info
10:00 AM - 11:00 AM	Blood Pressure Clinic	TBA	2nd Tuesday, drop in
11:00 AM - 12:00 PM	Qigong	Stone Hall	Weekly, Robert Young
1:00 PM - 2:15 PM	SRJC Balance Exercise Class	Stone Hall	Vanessa Kettler, 6/28 - 8/9; 8/23 – 12/20
1:00 PM - 4:00 PM	Social Contract Bridge	Library	1st & 3rd Tuesday, Call for info
12:30 PM - 4:00 PM	Intro to Duplicate Bridge	Dining Rm	Weekly, George Gordon: 319-5860
1:00 PM - 4:00 PM	SRJC Watercolor Workshop	Rm 105	Barbara Marlin-Cooles, 6/21 - 8/9
1:30 PM - 2:00 PM	Hearing Assessment	Rm 107	4th Tuesday
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	1st & 3rd Wednesday
10:00 AM - 11:30 AM	Writing class with Yvonne	Rm 113	Weekly, Yvonne Lyerla
10:00 AM - 11:30 AM	VH Singers	Rm 105	Weekly, Sept thru May
10:30 AM - 12:00 PM	SRJC Brain Food	Room 105	Siota Bell, 6/22-8/10
10:30 AM - 12:30 PM	Caregiver Support Group	Rm 106	Weekly
11:30 AM - 12:30 PM	Spanish – Beginner 1	Rm 111	Weekly, Judy Berti, Start 9/14
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 - 3:00 PM	Chat Discussion Group	Rm 113	Weekly, Christine Collins
1:00 PM - 4:00 PM	American Mahjong	Rm 106	Weekly
1:30 PM - 3:00 PM	Writing Group	Rm 111	Weekly, No instructor
5:00 PM - 6:00 PM	Zumba Gold	Stone Hall	Weekly, Kymry Borkenhagen, Starts 9/14
6:00 PM - 7:00 PM	Movement & Meditation	Rm 107	Weekly, Robert Young

Class tickets available for purchase at the front desk for \$5 member, \$8 non-member,
 Full or partial Scholarships are available to help pay for classes and membership,
 Don't let limited resources keep you from enjoying your senior center!

Thursday

9:30 AM - 10:30 AM	Gentle Yoga	Stone Hall	Weekly, Sophie Acheson, NO 7/21
9:30 AM - 2:00 PM	Senior Social Club	Rms 111/DR	Council on Aging: 935-0850 for info
10:00 AM - 11:30 AM	Seasoned Poker	Library	Weekly
10:00 AM - 12:00 PM	Legal Consultations - Wills & Trusts	Rm 107	2nd Thursday, By appointment
10:00 AM - 1:00 PM	Chess Group	TBA	Drop In, No Charge
10:00 AM - 2:00 PM	Legal Aid	Rm 107	1st & 3rd Thursdays by appt, Call 340-5610
11:00 AM - 12:00 PM	Jin Shin Jyutsu	Rm 105	Weekly, Sophie Acheson, NO 7/21
11:00 AM - 12:00 PM	Qigong	Stone Hall	Weekly, Robert Young
12:15 PM - 1:00 PM	Diabetes Support Group	Rm 113	4th Thursday
12:30 PM - 3:30 PM	SIRS Poker	Library	Weekly
12:30 PM - 4:00 PM	Bridge - Individual Foursomes	Library	Weekly, Call for info
1:00 PM - 4:00 PM	SRJC Watercolor Workshop	Rm 105	Barbara Marlin-Cooles, 8/25 – 12/22
1:30 PM - 3:00 PM	Transitions: Men's Support Group	Rm 106	Weekly, NO drop-ins, NO 7/7, 7/14
6:00 PM - 7:45 PM	Lifelong Learning Lectures:	Stone Hall	8 Thursdays, 9/8 – 10/27
	<i>Election 2016: Sweeping the Big Issues Under the Rug w/David Peritz, PhD</i>		

Friday

8:00 AM - 9:00 AM	VH iWALK	Parking Lot	Weekly
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly, Carol Allison
9:30 AM - 12:30 PM	Canasta	Library	Weekly
10:00 AM - 11:00 AM	Parkinson's Support Group	Rm 106	3rd Friday
10:00 AM - 11:30 AM	Alzheimer's Support Group	Rm 106	4th Friday
10:00 AM - 1:00 PM	HICAP (medical insurance help)	Rm 111	2nd Friday by appointment
10:30 AM - 12:00 PM	LGBT Support Group	Dining Rm	3rd Friday
11:45 AM - 12:35 PM	Feldenkrais®	Stone Hall	Margot Schaal, 8/12 - 9/2; 9/9 - 9/30
1:00 PM - 3:30 PM	Bridge Practice	Rm 106	1st & 3rd Fridays, Sandy Hicks
1:00 PM - 3:30 PM	Bridge Practice – Intro to Dup,	Rm 106	4th Friday
1:00 PM - 4:00 PM	Cribbage	Library	Weekly
2:30 PM - 4:00 PM	Early Stage Memory Loss Support Grp	Rm 106	2nd Friday, Alzheimer's Assoc.: 573-1210

Special Programs, Events and Trips

Mon, July 4	9:00 am - 4:00 pm	Fourth of July Observance	CLOSED
Fri, July 15	1:30 pm - 4:00 pm	Blanket Brigade	Stone Hall
Thu, July 21	1:00 pm - 3:00 pm	Zentangle with Susan Berry	Room 105
Thu, July 28	10:00 am - 5:00 pm	Sonoma Co, Fair Senior Day Trip	Depart Barracks
Tue, Aug 16	10:00 am - 12:00 pm	Zentangle with Susan Berry	Room 105
Thu, Sept 15	1:30 pm - 3:30 pm	SVHospital Active Aging	Stone Hall
Fri, Sept 9	10:00 am - 12:00 pm	Zentangle with Susan Berry	Room 105
Thu, Sept 22	1:30 pm - 3:30 pm	SVHospital Active Aging	Stone Hall
Thu, July 7, 14	10:00 am - 12:00 pm	iPhone Classes (see newsletter for details)	Room 106
Fri, Aug 19	1:30 pm - 4:00 pm	Blanket Brigade	Stone Hall
Mon, Sept 5	9:00 am - 4:00 pm	Labor Day Observance	CLOSED
Wed, Sept 7	12:00 pm - 6:00 pm	Beautiful: Carole King Musical - Orpheum	Depart Barracks
Thu, Sept 8, 15	10:00 am - 12:00 pm	iPhone Classes (see newsletter for details)	Room 106
Sat, Sept 10	5:00 pm - 10:00 pm	Transcendence Theatre – Gala Celebration	Depart Barracks
Fri, Sept 16 & 23	9:00 am - 1:00 pm	AARP Smart Driver Course-8 hr,	2 Fridays, Room 105
Tues, Sept 20	10:00 am - 12:00 pm	Internet Passwords & Security	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