

**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. NO 12/26
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	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	Rm 107	Weekly. Manfred Theilig-Speer
11:30 AM - 2:30 PM	Painting Studio	Rm 105	Weekly
12:00 PM - 1:00 PM	Spanish - Beginner 2	Rm 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	Mahjong	Rm 106	Weekly
1:00 PM - 2:30 PM	Spanish - Intermediate	Rm 113	Weekly. Judy Berti
1:30 PM - 3:00 PM	Vintage Vision Program	Rm 107	1st Monday. Led by E. Baum Ctr.
2:00 PM - 4:00 PM	Latin 2	Rm 111	Weekly. L.A. King. NO Class Autumn Term

**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	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
12:30 PM - 3:30 PM	Intro to Duplicate Bridge	Dining Rm	Weekly. George Gordon: 319-5860
1:00 PM - 2:15 PM	SRJC Balance Exercise Class	Stone Hall	Vanessa Kettler. 8/23 – 12/20
1:00 PM - 3:00 PM	Matter of Balance	Rm 105	10/4 – 10/25. Call 707-565-5936 to register
1:00 PM - 4:00 PM	Social Contract Bridge	Library	1st & 3rd Tuesday. Call for info
1:30 PM - 2:00 PM	Hearing Assessment	Rm 107	4th Tuesday
1:30 PM - 3:30 PM	Woman's Support Group	Room 106	Weekly. Joan Biersch. NO Drop-in. Start 10/18
3:00 PM - 4:30 PM	Continuing Ukulele	Stone Hall	Weekly. Alan Freeman. NO Class in Oct.
6:00 PM - 7:45 PM	Lifelong Learning Lectures: <i>Election 2016: Sweeping the Big Issues Under the Rug w/David Peritz, PhD</i>	Stone Hall	8 Tuesdays, 9/6 – 10/25

**Wednesday**

9:00 AM - 9:45 AM	Senior Food Security	Stone Hall	1st & 3rd Wednesday
10:00 AM - 11:30 AM	VH Singers	Rm 105	Weekly. Sept thru May
10:30 AM - 12:00 PM	SRJC Brain Food	Dining Room	Siota Bell. 8/24-12/21
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
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	Rm 106	Weekly
1:30 PM - 3:30 PM	Writing Group	Rm 111	Weekly. No instructor
5:00 PM - 6:00 PM	Zumba Gold	Stone Hall	Weekly. Kymry Borkenhagen
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
9:30 AM - 2:00 PM	Senior Social Club	Rms 111/DR	Council on Aging: 935-0850 for info
10:00 AM - 11:00 AM	Parkinson's Support Group	Rm 106	2nd Thursday
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
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-Coole. 8/25 – 12/22
1:30 PM - 3:00 PM	Transitions: Men's Support Group	Rm 106	Weekly. NO drop-ins

**Friday**

8:00 AM - 9:00 AM	VH iWALK	Parking Lot	Weekly
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly. Carol Allison. NO 12/16
9:30 AM - 12:30 PM	Canasta	Library	Weekly
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. Call 800-434-0222
10:30 AM - 12:00 PM	LGBT Senior Discussion Group	Dining Rm	3rd Friday
11:45 AM - 12:35 PM	Feldenkrais®	Stone Hall	Margot Schaal. 10/7 – 11/4
1:00 PM - 3:00 PM	Matter of Balance	Rm 105	10/7 – 10/28. Call 707-565-5936 to register
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**

Thu, Oct 6	1:30 pm - 3:30 pm	Are You Ready for the Silver Tsunami	Stone Hall
Thu, Oct 6, 20	10:00 am - 12:00 pm	iPhone Classes (see newsletter for details)	Room 106
Fri, Oct 7	10:00 am - 12:00 pm	Zentangle 101 with Susan Berry	Dining Room
Wed, Oct 19	1:00 pm - 3:00 pm	Dia de los Muertos w/La Luz	Room 105
Thu, Oct 27	1:30 pm - 3:00 pm	Fall Prevention w/Vanessa Kettler	Stone Hall
Tues, Nov 1	10:00 am - 12:00 pm	Zentangle 101 with Susan Berry	Room 105
Wed, Nov 2	9:00 am - 4:00 pm	Memory Screening (by appointment)	Room 107
Thu, Nov 3	1:30 pm - 3:00 pm	Family Caregiving w/Jennie Chin Hansen	Stone Hall
Fri, Nov 4	2:00 pm - 4:00 pm	Blanket Brigade Giveaway	Rm 111/113/DR
Wed, Nov 9	9:00 am - 11:30 am	Glass Pendant Class	Dining Room
Thu, Nov 10	10:00 am - 12:00 pm	iPhone Classes (see newsletter for details)	Room 106
Fri, Nov 11	9:00 am - 4:00 pm	Veteran's Day Observance	CLOSED
Sat, Nov 12	9:00 am - 12:00 pm	Flu Shot Clinic – SVCHC @Vintage House	Stone Hall
Wed, Nov 16	1:30 pm - 3:30 pm	Basics: Memory Loss, Dementia, Alzheimer's	Room 105
Fri, Nov 18	9:00 am - 1:30 pm	AARP Smart Driver Course-4.5 hr. Refresher	Room 105
Thu-Fri, Nov 24-25	9:00 am - 4:00 pm	Thanksgiving Holiday Observance	CLOSED
Sun, Dec 4	12:00 pm - 5:00 pm	Cirque Du Soleil – Luzia trip to SF	Departs Barracks
Fri, Dec 16	2:00 pm - 4:00 pm	VH Singers Holiday Concert	Stone Hall
Mon, Dec 26	9:00 am - 4:00 pm	Observance of Christmas Day	CLOSED

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