

Monday

9:00 AM - 10:30 AM	German - Beginning	Rm 107	Weekly. Manfred Theilig-Speer
9:00 AM - 12:00 PM	AARP Tax Assist	Dining Rm	Weekly. 2/6-4/17
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	Emotional Freedom Technique (EFT)	Rm 106	3 rd Monday. Elizabeth Solana Calabro
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 - 1:00 PM	Spanish - Beginner 2	Rm 113	Weekly. Judy Berti. Begins 1/9.
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. Begins 1/9.
1:30 PM - 3:00 PM	Vintage Vision Program	Rm 107	1st Monday. Led by E. Baum Ctr. NO January
2:00 PM - 4:00 PM	Latin 2	Rm 111	Weekly. L.A. King. Begins 1/9.

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	Continuing Bridge for Beginners	Dining Rm	Laura Camm. 1/17 – 3/21
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
10:00 AM - 12:00 PM	SRJC Path to Wellness	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 Rm	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	Rm 107	4th Tuesday
1:30 PM - 3:30 PM	Woman's Support Group	Room 106	Weekly. Joan Biersch. NO Drop-in.
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 Rm	Weekly. 2/1-4/12
10:00 AM - 11:30 AM	VH Singers	Rm 105	Weekly. Sept thru May. 1/11 start.
10:00 AM - 12:00 PM	Legal Consultations - Wills & Trusts	Rm 107	2nd Wednesday. By appointment
10:30 AM - 12:30 PM	Caregiver Support Group	Rm 106	Weekly
11:30 AM - 12:30 PM	Spanish – Beginner 1	Rm 113	Weekly. Judy Berti. Begins 1/4.
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 113	Weekly. No instructor
5:00 PM - 6:00 PM	Zumba Gold	Stone Hall	Weekly. Kymry Borkenhagen. Begins 1/4
5:00 PM - 6:00 PM	Guided Meditation	Rm 107	Weekly. Robert Young. Begins 1/4

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 - 12:00 PM	Seasoned Poker	Library	Weekly
10:00 AM - 1:00 PM	Chess Group	TBA	Drop In. No Charge
10:00 AM - 1:00 PM	HICAP (medical insurance help)	Rm 106	3rd Thurs by appointment. Call 800-434-0222
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
1:00 PM - 4:00 PM	SRJC Watercolor Workshop	Rm 105	Barbara Marlin-Cooles. 1/19 - 5/25
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.
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 - 11:30 AM	Creativity Sparks Memory	Rm. 105	Chance Massaro. 2/3-2/24
10:00 AM - 1:00 PM	HICAP (medical insurance help)	Rm 107	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. 1/6-1/20; 2/10-2/24; 3/3-3/17
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, Jan 2	9:00 am - 4:00 pm	New Year's Day Observance	CLOSED
Thu, Jan 12, 26	10:00 am - 12:00 pm	iPhone Basics 1 (see newsletter details)	Room 113/106
Mon, Jan 16	9:00 am - 4:00 pm	Martin Luther King Day Observance	CLOSED
Fri, Jan 20	10 am - 11:00 am	Blanket Brigade Info (all welcome)	Room 111
Fri, Jan 20, 27	9:00 am - 1:00 pm	AARP Smart Driver Course-8 hr. course	Room 105
Thu, Feb 9, 23	10:00 am - 12:00 pm	iPhone Basics 2 (see newsletter details)	Room 113/106
Sun, Feb 12	11:00 pm - 5:30 pm	Rent @Golden Gate Theatre in SF	Departs Barracks
Thu, Feb 16	1:30 pm - 2:30 pm	SVH Emergency Care & Heart Health Talk	Stone Hall
Fri, Feb 17	1:30 pm - 4:00 pm	Blanket Brigade (call 707-933-1693)	Stone Hall
Mon, Feb 20	9:00 am - 4:00 pm	President's Day Observance	CLOSED
Thu, Mar 2	10:00 am - 12:00 pm	iPhone All About Apps (see newsletter details)	Room 106

Reminder: Have you renewed your Membership for 2017 yet?
Call 996-0311 or stop by the front desk to renew today!

Rental Space available at Vintage House. For more information call Linda x 303.

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