

# VINTAGE HOUSE *Voice* ACTIVITY SCHEDULE

## MONDAY

Time	What	Where	When	Instructor
9:00—11:00	German	107	Weekly	Manfred Theilig-Speer
9:00—12:00	AARP Tax Prep	Dining Room	Weekly 2/4—4/15	AARP 707-490-4025
9:30—10:30	Yoga	Stone Hall	Weekly	Carol Allison
9:30—11:00	Italian	105	Weekly	Franco Zacchia, Paulo Adriani
10:30—11:30	French-Advanced	113	Weekly	Gerard Bessat
11:30—1:30	Art Workshops	105	First and third	Carol Davis
11:30—1:30	Painting Studio	105	Weekly	Open Studio
12:00—1:00	Spanish Beginner 1	113	Weekly	Judy Berti
1:00—2:30	Spanish Intermediate	113	Weekly	Judy Berti
1:00—3:00	VH Writing Center: Writers' Lab	111	Weekly 1/21—3/11	Deb Carlen
1:30—3:00	Vintage Vision Program	107	1st 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	Self Guided Group
9:00—9:45	Senior Grocery Program	Stone Hall	Monthly third Tues	Redwood Food Bank
9:15—10:15	Line Dance	Stone Hall	Weekly	Helen Herbaugh, Linda Sherman
9:30—11:00	Knitting for Beginners	107	Weekly	Marie Utnehmer
9:30—2:00	Senior Social Club	111	Weekly	Jamie Escoubas 707-525-0143
9:30—11:30	Bridge Lessons: Play of the Hand	Dining Room	Weekly 1/22—3/19	Sandy Hicks
10:00—11:30	Ongoing Beginning Ukulele	105	Weekly Starts 1/29	John Brady
9:30—11:00	SRJC Literacy in the Twenty-First Century	106	Weekly 1/15—5/21	Jesse Brown
10:00—11:00	Blood Pressure Clinic	Library	Monthly second Tuesday	Raylene Carpenter
10:30—11:30	Feldenkrais	Stone Hall	Weekly	Gretchen Kucserka
12:00—3:00	SRJC Pastel Painting	105	Weekly 1/15—5/21	Beth Sasso
1:00—2:00	Yoga with Weights	113	Weekly, starts 1/15	Elaine Burka
1:30—2:45	SRJC Low Impact Fitness	Stone Hall	Weekly 1/15—5/21	Joseph B. Franzini
1:00—3:30	Woman's Support Group	107	Weekly	Joan Biersch
5:00—6:00	Level II Yoga	Stone Hall	Weekly	Carol Allison

## WEDNESDAY

Time	What	Where	When	Instructor
9:30—10:30	Yoga	Stone Hall	Weekly	Sophie Acheson
10:00—11:30	VH Singers	105	Weekly	Kay Adams
10:00—12:00	Legal Consultations	106	Second Wednesday	By appointment
10:00—12:00	A Matter of Balance	Dining Room	Weekly 1/30—3/20	Register at 707-565-5936
11:30—1:00	Spanish Ongoing Beginner 2	113	Weekly	Judy Berti
12:15—3:15	AARP Tax Prep	Dining Room	Weekly, 2/6—4/10	AARP 707-490-4025

## THURSDAY

Time	What	Where	When	Instructor
9:30—10:30	Yoga	Stone Hall	Weekly	Sophie Acheson
9:30—2:00	Senior Social Club	111	Weekly	Jamie Escoubas 707-525-0143
10:00—11:00	Parkinson's Support Group	106	Second Thursday	Jamie Escoubas
10:00—1:00	HICAP	106	Fourth Thursday	Senior Advocacy Services
10:00—1:00	Legal Aid	106	First, third Thursday	707-340-5610
11:00—12:00	Jin Shin Jyutsu	113	Weekly	Sophie Acheson
11:00—12:00	Qigong	Stone Hall	Weekly	Robert Young
1:00—2:00	Book Club Fiction	113	Monthly, First Thurs	Carol Collier/Laurie Sebesta
1:00—2:00	Book Club Fiction	113	Monthly, Second Thurs	Lila Tuchman
1:00—4:00	SRJC Watercolor Workshop	105	Weekly, 1/17—5/23	Barbara Marlin
1:30—3:00	SRJC Strength, Stretch and Balance	Dining Room	Weekly, 1/17—5/23	Vicki Jackson
1:30—3:00	Ongoing Ukulele	Stone Hall	Weekly	Alan Freeman
1:30—3:00	Transitions: Men's Support	107	Weekly	Mark O'Brien 707-933-9634
1:30—3:30	Choose a Furry Companion!	Entrance	Monthly, Second Thurs	<b>Pets Lifeline</b>
5:00—6:00	Yoga with Weights	113	Weekly, starts 1/17	Elaine Burka

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## FRIDAY

Time	What	Where	When	Instructor
8:00 - 9:00	VH iWALK	Parking Lot	Weekly	Self Guided Tour
8:00 - 11:00	Bird Watching	TBD	Weekly, 1/11 - 2/22	Jim Rosso 571-215-6295
9:30 - 10:30	Yoga	Stone Hall	Weekly	Carol Allison
9:45 - 10:45	Continuing Beginning French	113	Weekly	Jeri Bessat
10:00 - 11:30	Alzheimer's Caregiver Support Group	107	Fourth Friday	Alzheimer's Association 707-573-1210
10:00 - 12:30	SRJC Poetry Fridays	105	Weekly, 1/18 - 5/17	SRJC Steve Trenam
10:30 - 12:00	LGBT Senior Discussion Group	105	Third Friday	Gary "Buz" Hermes/Janice Farrell
11:00 - 12:00	Intermediate French	113	Weekly	Miren Herrschaft
11:30 - 1:00	Soup for Seniors	Dining Room	Weekly	Various volunteer cooks
1:00 - 2:00	TED Talks	111	Weekly	Various facilitators
1:00 - 3:30	Practice Bridge	106	First and third Fridays	Sandy Hicks
2:00 - 3:00	VH Writing Center: Flash Friday	105	Weekly	Deb Carlen
2:00 - 3:30	Early Stage Memory Loss Support	113	Second Friday	Alzheimer's Association 707-573-1210

## Special Programs, Events and Trips - See Website for Details • [vintagehouse.org](http://vintagehouse.org)

When • Time	What	Instructor
January 9 • 9:00—3:30	Marin Civic Center/Frank Lloyd Wright Guided Tour	Field Trip
January 9, 16 • 10:00—12:00	iPhone Basics: Level I and II	Skye Hallberg
January 11 • 2:00—4:00	Flu Shots St. Josephs Health	
January 14 • 1:00—2:30	PREVIEW Q & A for Writers' Lab	Deb Carlen
January 16 • 2:00—4:00	Aging in the Zone	Bob Kriegel, Ph.D.
January 15 • 10:00— 12:00	iPhone: All About the Apps	Skye Hallberg
January 16, 23 • 1:30—3:30	iPhone Basics: Level I & II	Skye Hallberg
January 16 • 4:00—7:00	The Boys and Girls Club of Sonoma Valley Fine Arts Exhibit	Exhibit Opening
January 22 through March 19	Bridge Lessons: Play of the Hand	Sandy Hicks
January 23 • 10:00—12:30	iPhone Photography	Skye Hallberg
January 23, 30 • 12:30—4:30	AARP Smart Driver Course	In Person by Registration Only
January 25 • 2:00—3:30	Understanding Alzheimer's and Dementia	Alzheimer's Association 800-272-3900
January 29 • 10:00—12:30	iPhone Photography	Skye Hallberg
January 30 • 10:00—12:00	iPad Introduction	Skye Hallberg
January 30 • 10:00 - 3:30	Graystone Experience	Field Trip
February 5 • 10:00—12:00	iPhone Music	Skye Hallberg
February 6, 10:00 —12:00	iPad Level II and Photo Editing	Skye Hallberg
February 7, 21, 28 • 1:00—2:30	Managing Transitions	Susan Kovolaik
February 12 • 1:00 —3:00	Cannabis for Health	Eli Melrod, CEO of Solful
February 13 • 9:00 - 5:00	Rosie the Riveter: WWII Homefront Museum + Lunch	Field Trip
February 13 • 1:30—3:30	Passwords and Security Advice	Skye Hallberg
February 20 • 10:00—Noon	iPhone: How to Use Seri	Skye Hallberg
February 27 • 9:30 —3:30	Bodega Bay Scenic Tour and Lunch	Field Trip
February 27 • March 13	10:00—Noon, iPhone Basics: Level I and II	Skye Hallberg
March 13 • 10:30—3:00	Hess Collection Winery and Lunch	Field Trip
March 13 • 1:30—4:00	iPhone Photography	Skye Hallberg
March 13, 20 • 1:00—2:30	Wine from Farm to Taste	Ken Wornick
March 19 • 1:30—3:00	iPhone: Sound and Music	Skye Hallberg