

VINTAGE HOUSE *Voice*

WINTER 2019

NEWS ABOUT CLASSES

SKYE HALBERG launches several new iPhone courses allowing you to learn and optimize the device. Topics include passwords and security, using Siri, photos, and more. See the Activity Schedule for details.

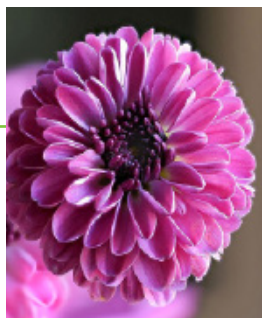
ALAN FREEMAN AND JOHN BRADY continue to teach ukulele, currently the hottest instrument in music classes nationwide. See Activity Schedule for each teachers' instruction dates.

DEB CARLEN introduces a new concept with Writers' Lab on Monday afternoons. Classes are based on topics that run in three-week cycles. Included: peer manuscript review, information on marketing your work, getting a byline, and many more. Check the Activity Schedule for details. **PREVIEW Q&A session for the Writers' Lab on January 14 at 1:00.**

SAVE THE DATE!

**ANNUAL VINTAGE HOUSE
MEMBER MEETING
JANUARY 28**

**Christy Coulston (L)
and Jeni Nichols at
the November 17
A Vintage Evening
celebration.**



WHAT A YEAR!

**FROM EXECUTIVE DIRECTOR
PRISCILLA ESSERT**

Happy New Year! 2018 has come and gone, and it was an exciting year at Vintage House. We launched new programs, collaborations, and celebrated our thirty-fifth anniversary.

As we gear up for 2019, we have a lot to be excited about. Later this month, we will introduce a new logo and brand identity—one that reflects the sense of vitality, community, diversity, and connection embodied by the organization and its members. We are excited by the new, energized look, and we'll roll it out with new marketing materials, signage, and a new website in the months ahead.

In the spring we plan to bring back Wednesday Night Out; once again our doors will be open beyond 4:00 p.m. and Sonoma Valley seniors can choose from a variety of concurrent activities between 6:00 p.m. and 8:00 p.m.

We also hope to expand the success of Soup for Seniors by offering a light meal prior to 6:00 p.m. on Wednesday for those who would like to share a bite to eat with others before activities get underway.

Central to our mission, Vintage House will continue to tackle aging issues. In 2019 we'll focus on ageism and its impact on seniors. All of us engage in ageist thinking but generally we're unaware of its subtleties. Who hasn't stood at a mirror and judged themselves for their appearance? This example of self-deprecation is ageist and it harms our self-esteem and wellbeing.

Younger adults often assume that older adults have "had their turn" and should step aside to make way for the next generation. Older adults are often told to "act their age" and in particular to "dress their age." The American Psychological Association reports that ageism is a serious issue and raising public awareness about ageism is one way to combat it. As the population of older adults continues to increase here in Sonoma Valley, Vintage House is committed to educating our community about its negativity on all of us. If it hurts seniors, it hurts everyone. ■

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	Pets Lifeline
5:00—6:00	Yoga with Weights	113	Weekly, starts 1/17	Elaine Burka

VINTAGE HOUSE *Voice* ACTIVITY SCHEDULE

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

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 Siri	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



Jeanette and Whitney Evans at the November 17 A Vintage Evening celebration.

MEMORIALS

From September 14 through December 15, 2018

In Honor Of

Kevin Austin

Priscilla Essert - Birthday
Hope and Jack Nisson
Zoe Orth
Geneva Sharek

In Memory Of

Madeleine Borgeson
Jeanne Campbell
LaVerne Guaraglia
Peter Guaraglia
Victor Hamzaeff
Virginia Jones
George Lee
Marvin Lee
Helmut Loring
Diane Lunny
Phinsterwald
Anne Shea
Pete Wiklund

Gretchen Wolfe

Donor

Joan and Michael Buckley
Fund of Community Foundation
Sonoma County
Robert Ted Parker
Joana Kemper
Darlene and Clyde Shumway
Susan Petersen

Donor

Carl Borgeson
Dudley Bell
Rhonda Guaraglia
Rhonda Guaraglia
Chris Hamzaeff
Donna Geiger
Darlene Lee
Darlene Lee
Una Dockery
Karen and Richard Kiser
Michael Dziedzic
Vida Legge
Stanley Abercrombie
Gayle Ewing
Nicholas and Catherine
Dellamaggiore Family
Charitable Fund
Ken and Gail Miller
Sue and Lewis Nerman
Birgitta and Dom Paino
James Wolfe

Membership Just Got Easier!

Terri Miller

2019 will usher in some much-needed changes to simplify our membership program, making it easier for you to join or renew. For current members, when it is time for you to renew we will send you a reminder notice, and you will now have three simple categories to choose from:

- **Lifetime Membership**
Individual/Household
\$1,000/\$1,750
- **Annual Membership**
Individual/Household
\$50/\$85
- **Sustaining Membership**
Individual/Household
\$10 min. per month/\$18 min. per month

Sustaining membership is new to Vintage House and we hope many of you will take advantage of this opportunity. The benefits of becoming a Sustaining Member:

NEVER get another membership renewal reminder. Fewer mailings reduce our costs for printing, postage, and mailing and it benefits the environment too!

A portion of your monthly dues will go into a scholarship fund to provide financial assistance for class fees and membership dues for seniors who otherwise could not afford it. It's automatic and easy, and you can cancel at any time.

Your membership dues help make our programs possible. Thank you in advance for renewing. We look forward to seeing you around "the House." ■



Lively member bidding at the November 17 A Vintage Evening celebration.