

**Monday**

9:00 -11:00	German	111	Weekly - Manfred Theilig-Speer
9:15 - 11:30	CODA	106	Weekly, Penny (707)721-7372
9:30 -10:30	Yoga	Stone Hall	Weekly - Carol Allison
9:30 -11:00	Italian	105	Weekly - Liliana Lubrano
10:30 - 11:30	French-Advanced	113	Weekly - Gerard Bessat
11:30 - 1:30	Art Workshops	105	Bi-Weekly 1 st and 3 rd Monday - Carol Davis
12:00 - 1:00	Spanish - Beginner 1	113	Weekly - Judy Berti
12:00 - 4:00	Vintage Duplicate Bridge	Stone Hall	Weekly - Information http://acblunit512.com/
12:30 - 1:30	Intermediate French	106	Weekly - Miren Herrschaft
1:00 - 2:30	Spanish - Intermediate	113	Weekly - Judy Berti
1:30 - 3:00	Earle Baum Vision Support Group	111	Monthly 1 st Monday - Earle Baum Center
2:00 - 4:00	Financial Planning	107	Weekly - Byron Nicholas, Appointment Required
2:00 - 4:00	Creative Writing Series	106	Weekly - Anna Manwaring, 1/27 - 3/9
5:00 - 6:00	Mindful Movement and Meditation	106	Weekly - Robert Young

Tuesday

8:00 -9:00	VH iWALK	Parking Lot	Weekly - Self Guided Group
9:00 - 9:45	Senior Basket Program	Stone Hall	Monthly 3 rd Tuesday - Redwood Food Bank
9:15 -10:15	Line Dance	Stone Hall	Weekly - Helen & Linda
9:30 - 10:30	Morning Meditation with Katie	106	Weekly - Katie DeJongh
9:30 -11:00	Knit Happens	113	Weekly - Betty Calabro
9:30 - 11:30	Bridge Lessons: Play of the Hand	Dining Room	Weekly - Sandy Hicks, 1/28 - 3/24
9:30 - 2:00	Adult Day Respite (Senior Social Club)	111	Weekly - Council on Aging, (707)525-0143
10:00 -11:00	Blood Pressure Clinic	Library	Monthly 2 nd Tuesday - Raylene Carpenter
10:00 - 11:30	Ukulele for Beginners	105	Weekly - John Brady, 2/4 - 3/10
10:30 -11:30	Qigong	Stone Hall	Weekly - Robert Young
11:00 - 12:00	Mindful Movement	107	Weekly - Keaton Davis
11:45 - 12:45	Strength and Toning Level II	Stone Hall	Weekly - Vicki Jackson, 3/3 - 4/14
12:00 - 3:00	SRJC Pastel Painting	105	Weekly - Beth Sasso, 1/14 - 5/19 (2/18 FAHA)
12:30 - 2:00	Alzheimer's Caregiver Support	113	Monthly 4 th Tuesday - Alzheimer's Association
12:30 - 3:30	Introduction to Duplicate Bridge	Dining Room	Weekly - George Gordon, (707)319-5860
1:15 - 2:30	SRJC Total Body Movement & Balance	Stone Hall	Weekly - Vicki Jackson, 1/14 - 5/19
1:00 - 3:30	Woman's Support Group	106	Weekly - Joan Biersch
3:00 - 4:00	Strength and Toning Level I	Stone Hall	Weekly - Vicki Jackson, 3/3 - 4/14
5:00 - 6:00	Level II Yoga	Stone Hall	Weekly - Carol Allison

Wednesday

8:30 - 9:30	Community Hike Sonoma Overlook	Trailhead	Weekly - Vintage House Staff
9:30 -10:30	Yoga	Stone Hall	Weekly - Sophie Acheson
10:00 - 11:30	VH Singers	105	Weekly - Kay Adams
10:00 - 12:00	A Matter of Balance	Dining Room	Weekly - Dani Jacoby, 3/4 - 4/22
11:30 -1:00	Spanish - Ongoing Beginner 2	113	Weekly - Judy Berti
12:00 - 4:00	Vintage Duplicate Bridge	Stone Hall	Weekly - Information http://acblunit512.com/
11:00 - 12:30	Amer. Mah-jongg Beginner Level II	Dining Room	Weekly - Laurie Sebesta, 1/22 - 2/26
1:00 - 4:00	American Mah-jongg	Dining Room	Weekly - Laurie Sebesta
1:00 - 2:30	Movie Matinee	106	Monthly 4 th Wednesday
4:00 - 5:30	Supper's On!	Dining Room	Weekly - Volunteers
4:30 - 5:15	Zumba Gold	105	Weekly - Kymry Borkenhagen
4:30 - 5:30	Ice Cream Social	Dining Room	Bi-Weekly, 2 nd & 4 th Wednesday
6:00 - 7:00	Community Drumming Circle	105	Monthly 2 nd Wednesday - Tony & Bill

**Thursday**

9:30 - 10:30	Yoga	Stone Hall	Weekly - Sophie Acheson
9:30 - 2:00	Adult Day Respite (Senior Social Club)	111	Weekly - Council on Aging, (707)525-0143
10:00 - 11:00	Parkinson's Support Group	113	Monthly 2 nd Thursday - Jamie Escoubas
11:00 - 12:00	Yoga with Weights	105	Weekly, Elaine Burka
10:00 - 1:00	HICAP	113	Monthly 4 th Thursday - Senior Advocacy
11:00 - 12:00	Jin Shin Jyutsu	106	Weekly - Sophie Acheson
11:30 - 12:30	Strength and Toning Level II	Stone Hall	Weekly - Vicki Jackson, 3/3 - 4/14
1:00 - 2:00	Book Club with Carol	113	Monthly 1 st Thursday - Carol Collier
1:00 - 2:00	Book Club with Lila	113	Monthly 2 nd Thursday - Lila Tuchman
1:00 - 4:00	SRJC Watercolor Workshop	105	Weekly - Barbara Marlin, 1/16 - 5/21
1:30 - 3:00	Ongoing Ukulele	Stone Hall	Weekly - Alan Freeman
1:30 - 3:00	Transitions: Men's Support Group	106	Weekly - Mark O'Brien, Call (707)933-9634
3:30 - 4:30	Strength and Toning Level I	Stone Hall	Weekly - Vicki Jackson, 3/3 - 4/14

Friday

8:00 - 9:00	VH iWALK	Parking Lot	Weekly - Self Guided Group
8:00 - 11:00	Bird Watching	TBD	Weekly - Jim Rosso, location? (571)215-6295
9:30 - 10:30	Yoga	Stone Hall	Weekly - Carol Allison
9:45 - 10:45	Beginning French	113	Weekly - Jeri Bessat
10:00 - 1:00	SHARE Sonoma County	Dining Room	Weekly - Rachell Salyer
10:00 - 12:30	SRJC Poetry Fridays	111	Weekly - Steve Trenam, 1/17 - 5/22
10:30 - 12:00	LGBT Senior Discussion Group	105	Monthly 3 rd Friday - Buzz Hermes/Janice Farrell
11:00 - 12:00	Let's Talk	113	Weekly - Lila Tuchman
11:00 - 12:00	Mindful Movement	107	Weekly - Keaton Davis
11:30 - 1:00	Soup's On!	Dining Room	Weekly - Volunteers
1:00 - 2:00	TED Talks	105	Weekly - Various Facilitators
1:00 - 3:30	Practice Bridge	106	Bi-Weekly 1 st and 3 rd Fridays - Sandy Hicks
2:00 - 3:30	Early Stage Memory Loss Support	111	Monthly 2 nd Friday - Alzheimer's Association
2:30 - 4:00	Line Dance Level II	Stone Hall	Weekly - Sharon Balding, Start 3/6

Special Programs, Events & Trips - See Website for Details

Jan. 23 thru Feb. 27, 10:00 - 12:00	Savvy Caregiver Training	Alzheimer's Association
Jan 29 thru March 11, 5:15 - 6:15	Beginning Jitterbug Swing Dance Class	Lynda Shulte & Olen Hicks
Feb 10, 10:30 - 12:00	Clear Your Clutter, Shift Your Life	Kari Wishingrad
Feb. 12, 10:00 - 12:00	How to Manage Contact with Dogs	Gardner Smith
Feb. 12, 1:00 - 3:30	iPhone Master Siri and More	Skye Hallberg
Feb. 18, 1:00 - 2:30	Women's Heart Health	Dr. Anita Szady
Feb. 19, 1:00 - 3:30	Introduction to iPhone	Skye Hallberg
Feb. 19, 10:00 - 12:00	Difficult Dogs	Gardner Smith
Feb. 19, 1:00 - 2:30	Re-Entering the Workforce: Successful Job Search	BOLT Staffing Services
Feb. 19, 5:30 - 7:00	Sonoma Rwanda Connection	Lynne Joiner
Feb. 27, 12:15 - 1:15	Meal Planning Options with Diabetes	Dr. Joyce Giammattei
Feb 28, 11:00 - 12:30	Leashes 101	Gardner Smith
March 1, 4:00	Jazz at the "House"	Paula West
March 6, 10:30 - 11:30	Learning About Kidney Stones	Dr. Kaplan
March 11, 3:00 - 4:00	Elder Fraud Seminar	Marvin Brook
March 17, 2:00 - 5:00	St. Patrick's Sing & Ukulele Play Along	UkeBox
March 21 and March 22,	Sonoma Quilt Show	Broadway Quilts