

Monday

9:00 AM - 11:00 AM	German	107	Weekly - Manfred Theilig-Speer
9:00 AM - 2:00 PM	AARP Tax Prep	DR	Weekly Feb 5- April 16
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly - Carol Allison
9:30 AM - 11:30 AM	Italian	105	Weekly - Franco Zacchia Resumes Jan 8
10:30 AM - 11:30 AM	French-Advanced	111	Weekly - Gerard Bessat
11:00 AM - 12:00 PM	Emotional Freedom Technique	107	3 rd Monday - Elizabeth Solana Calabro
11:30 AM - 2:30 PM	Painting Studio	105	Weekly
12:00 PM - 1:00 PM	Spanish - Beginner 1	111	Weekly - Judy Berti
12:30 PM - 4:00 PM	Mahjong	106	Weekly
1:00 PM - 2:30 PM	Spanish - Intermediate	111	Weekly - Judy Berti
1:00 PM - 4:00 PM	SRJC Pastel Painting	113	Weekly - Starts Jan 23
1:30 PM - 3:00 PM	Vintage Vision Program	107	1st Monday - Led by Earle Baum Center
5:00 PM - 6:00 PM	Guided Meditation	106	Weekly - Robert Young -Starts Oct 16

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	107	Weekly - Marie Utnehmer
9:30 AM - 11:30 AM	Continuing Beginning Bridge	DR	Jan 16 thru March 20 Tom Sheahan
10:00 AM - 12:30 PM	Art Journaling	113	Jan 23, Feb 20, March 20 Alice Pennes
10:00 AM - 11:00 AM	Blood Pressure Clinic	TBD	2nd Tuesday
10:00 AM - 12:00 PM	SRJC Path to Wellness	106	Weekly - Jan 23 thru May 22 Jim Ferrandell
10:30 AM - 11:30 AM	Feldenkrais	Stone Hall	Weekly - Gretchen Kuserka
11:30 AM - 12:30 PM	Qigong	Stone Hall	Weekly - Robert Young
1:00 PM - 4:00 PM	Pastel Painting	105	Weekly - Starts Jan 23 rd , 2018
1:30 PM - 3:00 PM	SRJC Low Impact Fitness	Stone Hall	Weekly - Starts Jan 18- Jim Franzini
1:30 PM - 2:00 PM	Hearing Assessment	TBD	4th Tuesday
1:30 PM - 3:30 PM	Woman's Support Group	107	Weekly - Joan Biersch
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 - 2:00 PM	AARP Tax Prep	DR	Feb 7-April 16
9:30 AM - 10:30 AM	Gentle Yoga	Stone Hall	Weekly - (Not on 3rd Wed) - Sophie Acheson
10:00 AM - 11:30 AM	VH Singers	105	Weekly - Starts Jan 3
10:00 AM - 12:00 PM	Legal Consultations	TBD	2nd Wednesday - By appointment
10:00 AM - 12:00 PM	Coming Out Stories	106	Weekly - Feb 7 thru March 14 Deb Carlin
10:30 AM - 12:30 PM	Caregiver Support Group	107	Weekly
10:30 AM - 12:00 PM	Art Lecture Series Frida and Diego	111	Feb 7, 14 & 21 - Ann Wicklund
10:30 AM - 12:30 PM	SVCHC Health Coverage	Lobby	2 nd Wednesday
10:45 AM - 12:00 PM	Art Workshops	113	1 st and 3 rd Carol Davis
11:30 AM - 12:30 PM	Spanish – Ongoing Beginner 2	113	Weekly - Judy Berti
1:00 PM - 2:30 PM	Gender Appreciation Series	111	Feb 14 thru March 21 Susan Kovalik
1:00 PM - 4:00 PM	American Mahjong	106	Weekly
1:30 PM - 3:30 PM	Change your Mind & Life	107	Jan 17 thru March 21 Beverly Odell

Thursday

9:30 AM - 10:30 AM	Gentle Yoga	Stone Hall	Weekly - Sophie Acheson
10:00 AM - 11:00 AM	Parkinson's Support Group	107	2nd Thursday
10:00 AM - 1:00 PM	HICAP (medical insurance help)	TBD	3 rd Thursday Call to Schedule (800) 434-0222
10:00 AM - 2:00 PM	Legal Aid	TBD	1 st & 3 rd Thursday Call (707) 340-5610
10:00 AM - 12:00 PM	iPhone Senior Series	105	Jan 11, 18 & 25 Skye Hallberg
10:00 AM - 12:00 PM	SRJC Aging Gayfully!	106	Starts Jan 18! Gary "Buz" Hermes
11:00 AM - 12:00 PM	Jin Shin Jyutsu	113	Weekly Sophie Acheson
11:30 AM - 12:30 PM	Qigong	Stone Hall	Weekly Robert Young
1:00 PM - 2:30 PM	Finding your Writers Voice	106	Jan 18 thru March 24 Deb Carlin
1:00 PM - 4:00 PM	SRJC Watercolor Workshop	105	Starts Jan 18
1:30 PM - 3:00 PM	Transitions: Men's Support Group	107	Weekly (Please call to join)
1:30 PM - 3:00 PM	SRJC Strength Stretching Balance	Stone Hall	Starts Jan 18

Friday

8:00 AM - 9:00 AM	VH iWALK	Parking Lot	Weekly
8:00 AM - 11:00 AM	Intro to Birdwatching in Sonoma	TBD	Jan 12 thru Feb 23 Call for Details
9:30 AM - 10:30 AM	Yoga	Stone Hall	Weekly - Carol Allison
10:00 AM - 11:30 AM	Alzheimer's Support Group	107	4th Friday Call (707) 573-1210
10:00 AM - 12:00 PM	Friday Fun Bridge	111	2 nd , 4 th , 5 th Fridays
10:00 AM - 12:00 PM	SRJC Poetry Fridays	113	Starts Jan 26
10:30 AM - 12:00 PM	Beginning Ukulele Series	106	Weekly - Alan Freeman
10:30 AM - 12:00 PM	LGBT Senior Discussion Group	DR	3 rd Friday - Gary "Buz" Hermes & Janice Farrell
11:00 AM - 12:00 PM	Beginner/Intermediate French	113	Weekly - Starts Jan 19
1:00 PM - 3:30 PM	Bridge Practice	106	1st & 3rd Fridays - Sandy Hicks
1:00 PM - 3:30 PM	Bridge Practice – Intro to Dup.	106	4th Friday
2:00 PM - 3:00 PM	VH Writing Center: Flash Fridays	113	Weekly - Starts Jan 12- Deb Carlen
2:30 PM - 4:00 PM	Early Stage Memory Loss Support	107	2nd Friday Call (707) 573-1210

Special Programs, Events & Trips - See Newsletter for Details

Friday, Jan 12 th and 19 th	9:00 AM - 1:00 PM	AARP Smart Driver Course	Room 105
Monday, Jan 15 th	1:30 PM - 2:30 PM	SVCHC Medi-Care Open Enrollment	Room 113
Wednesday, Jan 3 rd & 10 th	10:00 AM - 12:00 PM	Trump Era Forward and Backward	Room 111
Saturday, January 24 th	12:00 PM - 5:00 PM	Klimt and Rodin	Legion of Honor
Tuesday, Feb 13 th	11:00 AM - 12:00 PM	The Brilliance of Yuja Wan	Room 105
Wednesday, Feb 14 th	12:30 PM - 2:30 PM	Valentines Party	Dining Room
Saturday, February 17 th	12:30 PM - 5:00 PM	The Book Of Mormon	SF Orpheum
Monday, Feb 26 th	1:00 PM - 3:00 PM	Know the 10 Signs of Alzheimers	Room 113
Friday, March 16 th	9:00 AM - 1:30 PM	AARP 4 Hour Refresher Course	Room 105
Saturday, March 24 th	5:00 PM - 10:00 PM	Transcendence's The Ladies of Broadway	Luther Burbank

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

Be Vibrant-Be Vital-Be Part of Vintage House!

Scholarships are available to help pay for classes, activities, and membership.