

Activity Schedule

Monday

9:00 - 10:15	Beginning German	107	Manfred Theilig-Speer
9:30 - 10:30	Yoga	Stone Hall	Carol Allison
9:30 - 10:30	VH Board of Directors	113	July 26, August 23, September 27
9:30 - 11:30	Italian - Continuing	105	Weekly
10:30 - 2:00	Advanced German	107	Manfred Theilig-Speer
11:30 - 2:30	Painting Studio	105	Weekly
11:30 - 4:00	Duplicate Bridge	Stone Hall	Vintage Duplicate Bridge Club
12:30 - 4:00	Individual Bridge Foursomes	Library	Call for info
12:30 - 4:00	Mahjong	106	Weekly

Tuesday

8:00 - 9:00	VH iWALK	Lobby	Weekly
9:30 - 10:30	Line Dance	Stone Hall	Weekly
9:30 - 11:30	VH Board Exec/Finance Committee	105	7/20, 8/17, 9/21, 10/19
9:30 - 12:00	Beginning Bridge	106	Wayne Gordon, 9/14 - 11/30
9:30 - 2:00	Sonoma Senior Social Club	111	CoA: 935-0850 for info
10:00 - 11:00	Ongoing French	107	Sally Smith - Sept thru May
10:00 - 11:00	Blood Pressure Clinic	TBA	2nd Tuesday, drop in
10:00 - 11:00	Beginning Spanish	TBA	Bruce Macdonald - Sept thru May
11:00 - 12:00	Tai Chi	Patio (weather permitting)	Patti Baker
11:00 - 12:00	Qigong	Stone Hall	Robert Young
11:15 - 12:15	Intermediate French	107	Sally Smith - Sept thru May
11:30 - 1:30	Case Management (CoA)	106	3rd Tuesday
12:00 - 1:00	Senior Lunch Program	Dining Room	CoA: reservations 996-1414
1:00 - 2:30	Vintage Vision Program	113	Earle Baum Center
1:00 - 4:00	Bridge - Social Contract	Library	1st & 3rd Tuesdays-Call for info
1:00 - 4:00	Watercolor	Stone Hall	SRJC Older Adult
1:00 - 4:00	Intro to Duplicate Bridge	105	Wayne Gordon - ongoing
1:30 - 2:30	Hearing Assessment	107	4th Tuesday
5:15 - 6:15	Continuing Yoga	Stone Hall	Mariana Smith (thru July 27)

Wednesday

9:00 - 10:00	Brown Bag Food Program	Stone Hall	1st & 3rd Wed
9:30 - 2:00	Quilting Group	107	2nd & 4th Wed
10:00 - 11:30	VH Singers	105	Weekly - Sept thru May
11:30 - 4:00	Duplicate Bridge	Stone Hall	Vintage Duplicate Bridge Club
12:30 - 4:00	Social Bridge	Library	Weekly - Call for info
2:00 - 4:00	Memoir Writing Class	111	Weekly
5:15 - 6:15	Gentle Yoga	Stone Hall	Mariana Smith



**Class Tickets available for purchase at the front desk. \$3 for VH Members and \$5 for non-members
Scholarships are available to help pay for classes, activities, trips and membership.
Don't let limited resources keep you from enjoying your senior center!**

**Membership is offered to all who support these objectives: \$25 per individual, \$40 per couple.
Stone Hall and our classrooms are available for rent at below market prices.
For more information call: 996-0311 or email rentals@vintagehouse.org.**

Vintage House is dedicated to providing Sonoma Valley seniors with activities and services that:
• enhance dignity • promote well-being and independence • encourage participation in community life

Activity Schedule

Thursday

9:15 - 11:15	Osher Lifelong Learning Institute	Stone Hall	Paradise Past 9/16 - 10/21
9:30 - 11:30	Newcomers Club Board Mtg	113	1st Thursday
9:30 - 12:00	Legal Consultation Wills & Trusts	106	2nd Thursday - by appointment
9:30 - 2:00	Sonoma Senior Social Club	105	CoA: 935-0850 for info
10:00 - 11:00	Beginning French	107	Sally Smith - Sept thru May
10:00 - 11:30	Seasoned Poker	Library	Weekly
10:00 - 1:00	Chess Group	111	Drop In - No Charge
12:00 - 1:00	Senior Lunch Program	Dining Room	CoA: 996-1414 for reservations
12:00 - 1:00	Book Club	107	4th Thursday
12:30 - 3:30	Painting	105	SRJC Older Adult
12:30 - 3:30	SIRS Poker	Library	7/9,23 8/12, 26 9/10,24
1:00 - 4:00	HICAP (medical insurance help)	107	2nd Thursday - by appointment
1:15 - 3:15	Osher Lifelong Learning Institute	Stone Hall	Impressionism & Beyond 9/16 - 10/21
4:00 - 5:00	Kiwanis Board Meeting	113	2nd Thursday
5:45 - 6:45	Tai Chi	105	Taoist 935-6455
7:00 - 9:00	VOM Garden Club	105	1st Thursday
7:30 - 10:00	SV Home Winemakers	105	2nd Thursday (no July or Dec)

Friday

8:00 - 9:00	VH iWALK	Lobby	Weekly
9:30 - 10:30	Yoga	Stone Hall	Carol Allison
9:30 - 2:00	Sonoma Valley Respite	105	CoA: 935-0850 for info
10:00 - 11:30	Alzheimer's Support Group	106	4th Friday
10:30 - 12:00	Peripheral Neuropathy	106	1st Friday
10:30 - 12:00	LGBT	111	3rd Friday
11:00 - 2:00	Hula Mai	Stone Hall	9/17 thru 11/15
11:00 - 12:00	Advanced Conversational French	107	Paulette Hruska
11:30 - 12:30	Buffet Brunch	Dining Room	CoA: 996-1414 for reservations
1:00 - 4:00	Cribbage	Library	On-going
1:00 - 4:00	Friday PM Bridge	106	1st, 3rd & 5th Call for info

UPCOMING TRIPS, EVENTS, AND SPECIAL PROGRAMS

Wednesday, July 28	Leave Barracks Lot at Noon	Peter Pan @ Ferry Park
Tuesdays, August 3 & 10	9:00 am – 1:00 pm	AARP Driver Safety Program
Thursdays, Aug 5 thru Aug 26	1:00 am – 4:00 pm	Bags, Bags, Bags Project
Friday, August 6	1:00 pm – 4:00 pm	Sonoma Blanket Brigade
Saturdays, Aug 14 thru Aug 15	9:00 am – 3:00 pm	Garage Sale, Stone Hall
Sunday, August 29	Leave Barracks Lot Noon	Beach Blanket Babylon
Thursday, September 2	1:00 pm – 2:30 pm	Osher Open House/Registration
Thursday, September 23	Leave Barracks Lot 9:00 am	California Academy of Sciences
Tuesday, October 5	9:00 am – 1:30 pm	AARP Driver Safety Program
Wednesday, October 6	1:00 – 2:30	HICAP Workshop
Wednesdays, Oct 6 thru Oct 27	10:30 – Noon	Mindfulness Meditation
Saturday, October 9	Leave Barracks Lot Noon	Fleet Week/Blue Angels
Sunday, October 10	Leave Barracks Lot 1:00 pm	Santa Rosa Symphony

