

Activity Schedule

M O N D A Y

9:00 - 12:00	Homeowners & Renters	Dining Room	Jul 7 - Oct 13
9:30 - 10:30	VH Board of Directors	111	Jul 28, Sep 22
9:30 - 10:30	Yoga	Stone Hall	Carol Allison
9:30 - 11:30	Italian - Continuing	105	
11:30 - 2:30	Painting Studio	105	
11:30 - 4:00	Duplicate Bridge	Stone Hall	Vintage Duplicate Bridge Club
12:30 - 4:00	Social Bridge	Library	
12:30 - 4:00	Mahjong	111	
5:00 - 7:00	SRJC Intro Dance	Stone Hall	Aug 18 - Dec 15
7:00 - 9:00	SRJC Yoga	Stone Hall	Aug 18 - Dec 15

T U E S D A Y

9:00 - 10:00	Beginning Spanish	113	Susan Cohen returns 9/2
9:30 - 10:30	Line Dance	Stone Hall	
9:30 - 2:30	Senior Day Activities	111	CoA: 935-0850 for info
10:00 - 11:00	Continuing Spanish	106	Bruce Macdonald returns 9/2
10:00 - 11:00	Continuing French	107	Sally Smith returns 9/2
10:00 - 12:00	Blood Pressure Clinic	Accounting	2nd Tuesday, drop in
10:15 - 11:15	Intermediate Spanish	113	Susan Cohen returns 9/2
10:45 - 11:45	Tai Chi	Stone Hall	Patti Baker
11:15 - 12:15	Intermediate French	107	Sally Smith returns 9/2
11:30 - 12:30	Advanced French	106	Bruce Macdonald returns 9/2
11:30 - 12:30	Advanced Spanish	113	Susan Cohen returns 9/2
12:00 - 1:00	Senior Lunch Program	Dining Room	CoA: reservations 996-1414
1:00 - 2:00	Literatura y Conversacion	113	Susan Cohen returns 9/2
1:00 - 2:30	Vintage Vision Program	105	Pat-Earle Baum Center
1:00 - 4:00	Supervised Bridge Play	106	Wayne Gordon - on-going
1:00 - 4:00	Bridge - Social Contract	Library	1st & 3rd Tuesdays
1:00 - 4:00	Watercolor	Stone Hall	SRJC Older Adult
1:30 - 2:30	Hearing Assessment	107	4th Tuesday
6:00 - 7:30	Yoga w/K. Marcus	Stone Hall	Jun 3 - Jul 29
6:30 - 8:30	Continuing Bridge	106	Jun 3 - Aug 26

W E D N E S D A Y

9:15 - 10:45	Brown Bag Food Program	Stone Hall	1st & 3rd Wed
9:30 - 10:30	VH Board Executive Committee	107	Week before 4th Monday
9:30 - 12:00	Knit-Along	113	Sheila Thall 1st Wednesday
9:30 - 3:00	Quilting Group	107	2nd & 4th Wed
10:00 - 11:30	VH Singers	105	Weekly - Return 9/3
11:30 - 4:00	Duplicate Bridge	Stone Hall	Vintage Duplicate Bridge Club
12:30 - 4:00	Social Bridge	Library	
2:00 - 4:00	Redwood Caregiver Workshop	113	Aug 20-Sep 10, Oct 8-Nov 19
2:00 - 4:00	Memoir Writing Class	111	Weekly Sep
4:15 - 5:15	Kiwanis Board Meeting	105	2nd Wednesday
5:00 - 7:00	SRJC Pilates	Stone Hall	Aug 20 - Dec 17
6:30 - 8:30	PEDRO	106	On-going

T H U R S D A Y

8:00 - 9:00	Real Estate Networking Group	Stone Hall	Linda Goudey: Breakfast
9:30 - 11:30	Newcomers Club Board Mtg	113	1st Thursday
9:30 - 12:00	Legal Consultation Wills & Trusts	Accounting	2nd Thursday by appt only
9:30 - 2:30	Senior Day Activities	105	CoA: 935-0850 for info
10:00 - 11:00	Beginning French	107	Sally Smith returns 9/4
10:00 - 11:30	Seasoned Poker	Library	Weekly
10:00 - 1:00	Chess Group	111	Drop In - No Charge
11:00 - 12:00	Book Club	106	4th Thursday
11:00 - 1:00	Case Management (CoA)	107	4th Thursday by appt only
12:00 - 1:00	Senior Lunch Program	Dining Room	CoA: 996-1414 for reservations
12:45 - 4:00	Painting	Stone Hall	SRJC Older Adult
1:00 - 4:00	HICAP (medical insurance help)	Acct.Office	2nd Thursday by Appointment
5:00 - 6:00	Yoga w/Sofi	Stone Hall	thru Aug 14
5:00 - 7:00	SRJC Dance	Stone Hall	Aug 21 - Dec 18
7:00 - 9:00	VOM Garden Club	Dining Room	1st Thursday
7:00 - 9:30	Snap-Y Dancers	Stone Hall	Sep 11 - Dec 18
7:00 - 10:00	VOMDES	105	2nd Thursday

F R I D A Y

9:00 - 10:00	Qigong	Stone Hall	Robert Young
9:30 - 2:30	Sonoma Valley Respite	105	CoA: 935-0850 for info
10:45 - 12:00	Peripheral Neuropathy	113	1st Friday
10:30 - 11:30	Yoga	Stone Hall	Carol Allison
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

UPCOMING TRIPS, EVENTS, AND SPECIAL PROGRAMS

Friday, July 4	Shady Seating for Seniors at the 4th of July Parade	10:00 am
Mondays, July 7 - October 13	Homeowners & Renters Assistance	9:00 am to Noon
Wednesday, July 16	A Chorus Line	Leaves Barracks Lot at Noon
Friday, July 25	Conservatory of Flowers & Beach Chalet	Leaves Barracks Lot at 8:30 am
Tuesdays, August 5 & 12	AARP Driver Safety Program	9:00 am to 1:00 pm
Wednesday, August 6	The Drowsy Chaperone	Leave Barracks Lot at Noon
Thursdays, August 7 & 14	Bags, Bags, Bags Project	1:00 to 4:00 pm
Wednesdays, September 10, 17, 24	Knitting Workshop I	10:00 am to Noon
Thursday, September 11	Alzheimer's Association Workshop	10:00 am to Noon
Friday, September 12	My Life, My Choices Hospice Workshop	1:00 to 3:00 pm
Friday, September 19	Sonoma Chamber Players Concert	1:30 pm
Wednesday, September 24	Sharpen Your Mind Workshop	11:30 am to 1:00 pm

**Scholarships are available to help pay for classes, activities, trips and membership.
Don't let limited resources keep you from enjoying your senior center!**

- 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
 - Membership is offered to all who support these objectives: \$25 per individual, \$40 per couple

Stone Hall as well as our classrooms are available for rent at below market prices.

For more info call: 996-0311 or visit rentals@vintagehouse.org.