



November @ RIANDA HOUSE (red indicates new or special event)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 "Que is un Pueblo o Village" R 12:30 Senior Services R 2:15 Readers' Theatre	2 M 9:30 Zumba M 10:30 Seated Strength Training M 3:00 "It's Never Too Late" (Cancelled due to illness)	3 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 1:00 Needlers Club R 3:00 Dementia Family Caregiver Support	4 M 9:30 Zumba M 10:30 Seated Strength Training R 1:00 Canasta R 1:00 Mah Jongg R 2:30 Milkweed Gardening
7 R 9:30 French Club H 10:00 Balance and Stretch Z 11:00 Embodied Meditation R 12:30 Duplicate Bridge R 1:00 Heart of the Matter	8 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 2:15 Readers' Theatre	9 M 9:30 Zumba R 10:00 Brain Fitness M 10:30 Seated Strength Training C 11:00 Bridge (in Calistoga) R 12:00 Memory Assessment Z 5:30 Color Me Calm	10 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 10:00 THANK YOU Veterans! Breakfast R 10:30 Gentle Yoga R 1:00 Needlers Club R 4:00 Stone Arch Bridges Presentation	11 Thank You Veterans! 
14 R 9:30 French Club H 10:00 Balance and Stretch Z 11:00 Embodied Meditation R 12:30 Duplicate Bridge	15 P 7:30 Strength Training P 11:30 Thanksgiving Lunch At the Presbyterian Church (OFFICE CLOSED)	16 M 9:30 Zumba M 10:30 Seated Strength Training C 11:00 Lunch and Learn	17 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 10:30 Gentle Yoga R 1:00 Needlers Club Z 3:00 Dementia Family Caregiver Support	18 M 9:30 Zumba M 10:30 Seated Strength Training R 12:00 Victim Services Advocate Counseling R 1:00 Canasta R 1:00 Mah Jongg F 2:30 Nature Walk & Picnic
21 R 9:30 French Club H 10:00 Balance and Stretch Z 11:00 Embodied Meditation R 12:30 Duplicate Bridge R 1:00 Heart of the Matter	22 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 2:15 Readers' Theatre	23 M 9:30 Zumba R 10:00 Brain Fitness M 10:30 Seated Strength Training C 11:00 Nutrition with Amanda Z 5:30 Color Me Calm	24  THANKSGIVING	25
28 R 9:30 French Club H 10:00 Balance and Stretch R 11:00 Embodied Meditation R 12:30 Duplicate Bridge	29 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 2:15 Readers' Theatre	30 M 9:30 Zumba M 10:30 Seated Strength Training R 2:00 Italian Cooking with Mariano Orlando	R Rianda House Z Zoom H Hybrid (in-person + Zoom option) M Magnolia Room (1299 Pine, St. Helena) P Presbyterian Church (1428 Spring St.) C Calistoga Community Center (1307 Washington) F Field Trip	