




(red indicates new
or special event)

February @ RIANDA HOUSE (707) 963-8555

Monday	Tuesday	Wednesday	Thursday	Friday
		1 M 9:30 Zumba M 10:30 Seated Strength Training M 1:00 Line Dancing	2 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 10:30 Gentle Yoga R 1:00 Needlers Club R 3:00 Dementia Family Caregiver Support	3 M 10:30 Seated Strength Training R 1:00 Canasta R 1:00 Mah Jongg
6 R 9:30 French Club H 10:00 Balance and Stretch H 11:00 Embodied Meditation R 12:30 Duplicate Bridge R 1:00 Heart of the Matter	7 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 12:00 Senior Services Support R 3:00 Readers' Theatre	8 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 M 1:00 Line Dancing	9 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 10:30 Gentle Yoga R 1:00 Needlers Club	10 M 9:30 Zumba M 10:30 Seated Strength Training R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery & Poetry F 2:15 Nature Walk
13 R 9:30 French Club H 10:00 Balance and Stretch H 11:00 Embodied Meditation R 12:30 Duplicate Bridge	14 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 12:00 Valentine's Day Lunch R 3:00 Readers' Theatre	15 M 9:30 Zumba M 10:30 Seated Strength Training C 11:00 Lunch & Learn M 1:00 Line Dancing R 1:00 Healthy Living for Your Brain and Body	16 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	17 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
20 President's Day  Office Closed	21 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 3:00 Readers' Theatre	22 M 9:30 Zumba R 10:00 Brain Fitness M 10:30 Seated Strength Training C 11:00 Blue Zones Cooking Demo M 1:00 Line Dancing Z 5:30 Color Me Calm	23 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 10:30 Gentle Yoga R 1:00 Needlers Club	24 M 9:30 Zumba M 10:30 Seated Strength Training R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery & Poetry
27 R 9:30 French Club H 10:00 Balance and Stretch H 11:00 Embodied Meditation R 12:30 Duplicate Bridge	28 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 11:00 Gentle Yoga R 3:00 Readers' Theatre	R Rianda House (1475 Main Street) Z Zoom H Hybrid (in-person + Zoom option) M Magnolia Room (1299 Pine, St. Helena) P Presbyterian Church (1428 Spring St. St. Helena) C Calistoga Community Center (1307 Washington) F Field Trip		

