


# May, 2023

## RIANDA OPEN HOUSE May 20, 1-4 PM

(red indicates new or special event)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>R 9:30 French Club H 10:00 Balance and Stretch Z 11:00 Embodied Meditation R 12:30 Duplicate Bridge R 1:00 Current Events: Heart of the Matter</p>	<p><b>2</b></p> <p>P 7:30 Strength Training R 9:30 Ladies &amp; A Cuppa Tea R 10:30 Amistad y Apoyo R 1:00 Zumba (makeup session) R 12:00 Senior Services Support R 3:00 Readers' Theatre</p>	<p><b>3</b></p> <p>F 9:00 Martha Walker Gardening M 9:30 Zumba M 10:30 Seated Strength Training M 1:00 Line Dancing</p>	<p><b>4</b></p> <p>P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe R 1:00 Needlers Club R 2:00 Future of our Democracy (full) R 3:00 Dementia Caregiver Support</p>	<p><b>5</b></p> <p>F 7:30 Farmers Market M 9:30 Zumba M 10:30 Seated Strength Training R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry</p>
<p><b>8</b></p> <p>R 9:30 French Club H 10:00 Balance and Stretch Z 11:00 Embodied Meditation R 12:30 Duplicate Bridge F 1:00 UVDS Recycling</p>	<p><b>9</b></p> <p>P 7:30 Strength Training R 9:30 Ladies &amp; A Cuppa Tea R 10:30 Amistad y Apoyo R 3:00 Readers' Theatre</p>	<p><b>10</b></p> <p>M 9:30 Zumba R 10:00 Brain Fitness M 10:30 Seated Strength Training R 11:00 Focus Group C 11:00 Bridge in Calistoga M 1:00 Line Dancing C 1:15 Tai Chi</p>	<p><b>11</b></p> <p>P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe R 1:00 Needlers Club R 4:00 Mother's Day Suffragette Talk: Music Appreciation</p>	<p><b>12</b></p> <p>M 10:30 Zumba M 10:30 Seated Strength Training R 1:00 Canasta R 1:00 Mah Jongg F 2:15 PUC Nature Walk</p>
<p><b>15</b></p> <p>R 9:30 French Club H 10:00 Balance and Stretch Z 11:00 Embodied Meditation R 12:30 Duplicate Bridge R 1:00 Current Events: Heart of the Matter</p>	<p><b>16</b></p> <p>J 9:00 Mind Body Practices R 9:30 Ladies &amp; A Cuppa Tea R 10:30 Amistad y Apoyo R 3:00 Readers' Theatre</p>	<p><b>17</b></p> <p>M 9:30 Zumba M 10:30 Seated Strength Training C 11:00 Lunch &amp; Learn M 1:00 Line Dancing C 1:15 Tai Chi</p>	<p><b>18</b></p> <p>R 8:30 Gents &amp; A Cuppa Joe J 9:00 Mind Body Practices R 1:00 Needlers Club F 2:00 We Care Animal Rescue R 2:00 Future of our Democracy (full) Z 3:00 Dementia Caregiver Support</p>	<p><b>19</b></p> <p>M 9:30 Zumba M 10:30 Seated Strength Training R 12:00 Victim Services R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery &amp; Poetry F 2:00 Habitat Restoration</p>
<p><b>22</b></p> <p>R 9:30 French Club H 10:00 Balance and Stretch Z 11:00 Embodied Meditation R 12:30 Duplicate Bridge</p>	<p><b>23</b></p> <p>P 7:30 Strength Training R 9:30 Ladies &amp; A Cuppa Tea R 10:30 Amistad y Apoyo R 3:00 Readers' Theatre</p>	<p><b>24</b></p> <p>M 9:30 Zumba R 10:00 Brain Fitness M 10:30 Seated Strength Training C 10:00 Bothe Redwood Trail Walk C 1:15 Tai Chi M 1:00 Line Dancing</p>	<p><b>25</b></p> <p>P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe J 9:00 Mind Body Practices R 11:00 LGBTQ R 1:00 Needlers Club</p>	<p><b>26</b></p> <p>M 9:30 Zumba M 10:30 Seated Strength Training R 1:00 Canasta R 1:00 Mah Jongg</p>
<p><b>29</b></p>  <p>CLOSED FOR MEMORIAL DAY</p>	<p><b>30</b></p> <p>P 7:30 Strength Training J 9:00 Mind Body Practices R 9:30 Ladies &amp; A Cuppa Tea R 10:30 Amistad y Apoyo R 3:00 Readers' Theatre</p>	<p><b>31</b></p> <p>M 9:30 Zumba M 10:30 Seated Strength Training R 11:00 Let's Talk Medication M 1:00 Line Dancing</p>	<p>R Rianda House (1475 Main Street 707-963-8555) 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 J Jacob Meily Park (Pope Street, St. Helena)</p>	