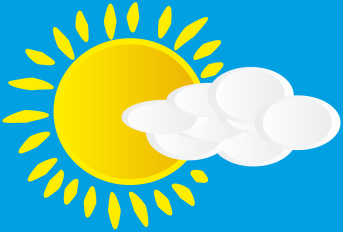





June @ RIANDA HOUSE (707) 963-8555

(red indicates new or special event)

Monday	Tuesday	Wednesday	Thursday	Friday
	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 7:30 Strength Training R 8:30 Gents & A Cuppa Joe J 9:00 Mind Body Practices R 1:00 Needlers Club R 3:00 Dementia Caregiver Support	F 7:30 Farmers Market M 9:30 Zumba M 10:30 Seated Strength Training R 11:00 Music Appreciation: Baroque Dance R 1:00 Canasta R 1:00 Mah Jongg
	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 H 3:00 Aspects of Spirituality	P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 11:00 Yoga: Stretch and Flow R 12:30 Senior Services R 3:00 Readers' Theatre	F 9:00 Martha Walker Gardening M 9:30 Zumba M 10:30 Seated Strength Training M 1:00 Line Dancing R 2:00 Future of Our Democracy (full)	M 9:30 Zumba C 9:00 Geology Field Trip R 10:00 NOAA Survey M 10:30 Seated Strength Training R 1:00 Canasta R 1:00 Mah Jongg F 2:15 Nature Walk
R 9:30 French Club H 10:00 Balance and Stretch Z 11:00 Embodied Meditation R 11:30 Tai Chi C 1:00 Tai Chi R 12:30 Duplicate Bridge H 3:00 Aspects of Spirituality	P 7:30 Strength Training J 9:00 Mind Body Practices R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 11:00 Yoga: Stretch and Flow R 3:00 Readers' Theatre	M 9:30 Zumba R 10:00 Brain Fitness M 10:30 Seated Strength Training C 11:00 Bridge in Calistoga M 1:00 Line Dancing	P 9:30 Strength Training R 8:30 Gents & A Cuppa Joe J 9:00 Mind Body Practices R 1:00 Needlers Club R 2:00 Alzheimers Walk Info Z 3:00 Dementia Caregiver Support	M 9:30 Zumba M 10:30 Seated Strength Training F 10:30 Mariano Orlando Chef Demo @ Farmers Market R 11:00 IHSS Information R 12:00 Victim Services R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry
 Closed	P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 3:00 Readers' Theatre	M 9:30 Zumba C 11:00 Lunch and Learn R 2:00 Future of Our Democracy (full)	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe J 9:00 Mind Body Practices R 1:00 Needlers Club R 2:00 Let's Talk Nutrition	M 9:30 Zumba R 10:30 Adventures in Genealogy R 1:00 Canasta R 1:00 Mah Jongg
R 9:30 French Club H 10:00 Balance and Stretch Z 11:00 Embodied Meditation R 11:30 Tai Chi C 1:00 Tai Chi R 12:30 Duplicate Bridge H 3:00 Aspects of Spirituality	P 7:30 Strength Training J 9:00 Mind Body Practices R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 11:00 Yoga: Stretch and Flow R 3:00 Readers' Theatre	M 9:30 Zumba C 9:30 Bothe Redwood Trail Walk R 10:00 Brain Fitness M 10:30 Seated Strength Training M 1:00 Line Dancing	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe J 9:00 Mind Body Practices R 11:00 LGBTQ R 1:00 Needlers Club	M 9:30 Zumba M 10:30 Seated Strength Training R 1:00 Canasta R 1:00 Mah Jongg