

(red indicates new or special event)

# September @ RIANDA HOUSE

1475 Main Street  
(707) 963-8555



Monday		Tuesday		Wednesday		Thursday		Friday	
<ul style="list-style-type: none"> <li>R Rianda House</li> <li>Z Zoom</li> <li>H Hybrid (in-person + Zoom option)</li> <li>M Magnolia Room (1299 Pine, St. Helena)</li> <li>P Presbyterian Church (1428 Spring St. St. Helena)</li> <li>C Calistoga Community Center (1307 Washington)</li> <li>F Field Trip</li> <li>L Lyman Park (1498 Main Street, St. Helena)</li> <li>* See Event Description</li> </ul>								<ul style="list-style-type: none"> <li>F 7:30 Farmers Market <b>1</b></li> <li>M 9:30 Zumba Gold</li> <li>R 10:00 Bridge for Beginners</li> <li>R 10:00 Genealogy</li> <li>M 10:30 Seated Strength</li> <li>R 1:00 Canasta</li> <li>R 1:00 Mah Jongg</li> <li>Z 1:00 Imagery and Poetry</li> </ul>	
								<ul style="list-style-type: none"> <li><b>4</b></li> <li>P 7:30 Strength Training</li> <li>L 9:00 Mind Body Practices</li> <li>R 9:30 Ladies &amp; A Cuppa Tea</li> <li>R 10:30 Amistad y Apoyo</li> <li>R 11:00 Yoga: Stretch and Flow</li> <li>R 3:00 Readers' Theatre</li> </ul>	
<ul style="list-style-type: none"> <li><b>11</b></li> <li>R 9:30 French Club</li> <li>H 10:00 Balance and Stretch</li> <li>R 11:30 Tai Chi</li> <li>R 12:30 Duplicate Bridge</li> <li>C 1:00 Tai Chi</li> <li>R 3:30 Potenciando la Memoria</li> </ul>		<ul style="list-style-type: none"> <li><b>12</b></li> <li>P 7:30 Strength Training</li> <li>R 9:30 Ladies &amp; A Cuppa Tea</li> <li>R 10:30 Amistad y Apoyo</li> <li>R 11:00 Yoga: Stretch and Flow</li> <li>R 3:00 Readers' Theatre</li> </ul>		<ul style="list-style-type: none"> <li><b>13</b></li> <li>R 9:00 Memoir Writing Class</li> <li>M 9:30 Zumba Gold</li> <li>R 10:00 Brain Fitness</li> <li>M 10:30 Seated Strength</li> <li>C 11:00 Bridge in Calistoga</li> <li>R 1:00 Portugal Travel Presentation</li> <li>M 1:00 Line Dancing</li> <li>R 3:00 Tech Today</li> <li>R 3:00 Introduction to Spanish</li> </ul>		<ul style="list-style-type: none"> <li><b>14</b></li> <li>P 7:30 Strength Training</li> <li>R 8:30 Gents &amp; A Cuppa Joe</li> <li>L 9:00 Mind Body Practices</li> <li>R 1:00 Needlers Club</li> <li>R 2:00 Future of Our Democracy</li> </ul>		<ul style="list-style-type: none"> <li><b>15</b></li> <li>M 9:30 Zumba Gold</li> <li>R 10:00 Bridge for Beginners</li> <li>R 10:00 Genealogy</li> <li>M 10:30 Seated Strength</li> <li>R 12:00 Victim Services</li> <li>R 1:00 Canasta</li> <li>R 1:00 Mah Jongg</li> </ul>	
<ul style="list-style-type: none"> <li><b>18</b></li> <li>R 9:30 French Club</li> <li>H 10:00 Balance and Stretch</li> <li>R 11:30 Tai Chi</li> <li>R 12:30 Duplicate Bridge</li> <li>C 1:00 Tai Chi</li> <li>R 1:00 Heart of the Matter</li> </ul>		<ul style="list-style-type: none"> <li><b>19</b></li> <li>P 7:30 Strength Training</li> <li>L 9:00 Mind Body Practices</li> <li>R 9:30 Ladies &amp; A Cuppa Tea</li> <li>R 10:30 Amistad y Apoyo</li> <li>R 11:00 Yoga: Stretch and Flow</li> <li>R 3:00 Readers' Theatre Talent Show!</li> </ul>		<ul style="list-style-type: none"> <li><b>20</b></li> <li>R 9:00 Memoir Writing Class</li> <li>M 9:30 Zumba Gold</li> <li>M 10:30 Seated Strength</li> <li>C 11:00 Lunch and Learn</li> <li>M 1:00 Line Dancing</li> <li>R 2:00 Visit Me Today</li> <li>R 3:00 Introduction to Spanish</li> </ul>		<ul style="list-style-type: none"> <li><b>21</b></li> <li>P 7:30 Strength Training</li> <li>R 8:30 Gents &amp; A Cuppa Joe</li> <li>L 9:00 Mind Body Practices</li> <li>R 10:30 Chair Aerobics</li> <li>R 11:00 Balance and Stretch</li> <li>R 1:00 Needlers Club</li> <li>Z 3:00 Dementia Family Caregiver Support</li> </ul>		<ul style="list-style-type: none"> <li><b>22</b></li> <li>M 9:30 Zumba Gold</li> <li>R 10:00 Bridge for Beginners</li> <li>M 10:30 Seated Strength</li> <li>R 1:00 Canasta</li> <li>R 1:00 Mah Jongg</li> <li>Z 1:00 Imagery and Poetry</li> </ul>	
<ul style="list-style-type: none"> <li><b>25</b></li> <li>R 9:30 French Club</li> <li>H 10:00 Balance and Stretch</li> <li>R 11:30 Tai Chi</li> <li>R 12:30 Duplicate Bridge</li> <li>C 1:00 Tai Chi</li> </ul>		<ul style="list-style-type: none"> <li><b>26</b></li> <li>P 7:30 Strength Training</li> <li>R 9:30 Ladies &amp; A Cuppa Tea</li> <li>R 10:30 Amistad y Apoyo</li> <li>R 11:00 Yoga: Stretch and Flow</li> <li>R 1:00 Understanding Your Medicare Changes</li> <li>R 3:00 Readers' Theatre</li> </ul>		<ul style="list-style-type: none"> <li><b>27</b></li> <li>R 9:00 Memoir Writing Class</li> <li>M 9:30 Zumba Gold</li> <li>* 9:30 Bothe Trail Walk</li> <li>R 10:00 Brain Fitness</li> <li>M 10:30 Seated Strength</li> <li>M 1:00 Line Dancing</li> <li>R 3:00 Introduction to Spanish</li> </ul>		<ul style="list-style-type: none"> <li><b>28</b></li> <li>P 7:30 Strength Training</li> <li>R 8:30 Gents &amp; A Cuppa Joe</li> <li>L 9:00 Mind Body Practices</li> <li>R 10:30 Chair Aerobics</li> <li>R 11:00 Balance and Stretch</li> <li>R 11:00 LGBTQ</li> <li>R 1:00 Needlers Club</li> <li>R 2:00 Future of our Democracy</li> </ul>		<ul style="list-style-type: none"> <li><b>29</b></li> <li>M 9:30 Zumba Gold</li> <li>R 10:00 Bridge for Beginners</li> <li>M 10:30 Seated Strength</li> <li>R 1:00 Canasta</li> <li>R 1:00 Mah Jongg</li> <li>R 2:30 Gardening on the Deck</li> </ul>	