

(red indicates new
or special event)

November @ RIANDA HOUSE

1475 Main Street
(707) 963-8555



Monday		Tuesday		Wednesday		Thursday		Friday	
R Rianda House 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 L Lyman Park (1498 Main Street, St. Helena) * See Event Description				1 M 9:30 Zumba Gold R 3:00 Introduction to Spanish 2 R 5:30 Hatha Yoga		2 R 8:30 Gents & A Cuppa Joe L 9:00 Mind Body Practices R 10:30 Chair Aerobics R 11:00 Balance and Stretch R 1:00 Needlers Club R 1:00 Short Story Writing R 3:00 Dementia Family Caregiver Support		3 M 9:30 Zumba Gold R 10:00 Bridge for Beginners R 10:00 Genealogy R 1:00 Canasta R 1:00 Mah Jongg	
6 R 9:30 French Club H 10:00 Balance and Stretch R 11:30 Tai Chi R 12:30 Duplicate Bridge R 1:00 Heart of the Matter C 1:00 Tai Chi R 2:00 Spanish Conversation Z 3:00 Aspects of Spirituality		7 P 7:30 Strength Training R 9:00 Potenciando la Memoria R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo R 11:00 Yoga: Stretch and Flow R 2:00 Tech Today R 3:00 Readers' Theatre R 4:00 Music with Ric		8 M 9:30 Zumba Gold R 10:00 Brain Fitness C 11:00 Bridge * 11:00 Lunch and Learn in Angwin M 1:00 Line Dancing R 3:00 Introduction to Spanish 2 R 5:30 Hatha Yoga		9 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Mind Body Practices R 10:30 Chair Aerobics R 11:00 Balance and Stretch R 1:00 Needlers Club R 1:00 Short Story Writing R 4:00 Watermark Napa		10 	
13 R 9:30 French Club H 10:00 Balance and Stretch R 11:30 Tai Chi R 12:30 Duplicate Bridge C 1:00 Tai Chi R 2:00 Spanish Conversation Z 3:00 Aspects of Spirituality		14 P 7:30 Strength Training L 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 R 4:00 Music with Ric		15 M 9:30 Zumba Gold R 10:00 Memoir Writing Class C 11:00 Lunch and Learn M 1:00 Line Dancing R 3:00 Introduction to Spanish 2 R 5:30 Hatha Yoga		16 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Mind Body Practices R 10:30 Chair Aerobics R 11:00 Balance and Stretch R 1:00 Needlers Club R 1:00 Short Story Writing R 3:00 Dementia Family Caregiver Support		17 M 9:30 Zumba Gold R 10:00 Bridge for Beginners R 10:00 Genealogy R 12:00 Victim Services R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry * 4:00 Meuse Gallery	
20 R 9:30 French Club H 10:00 Balance and Stretch R 11:30 Tai Chi R 12:30 Duplicate Bridge C 1:00 Tai Chi R 2:00 Spanish Conversation		21 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 3:00 Readers' Theatre R 4:00 Music with Ric		22 M 9:30 Zumba R 10:00 Brain Fitness R 10:00 Memoirs Writing Class		23 		24	
27 R 9:30 French Club H 10:00 Balance and Stretch R 11:30 Tai Chi R 12:30 Duplicate Bridge C 1:00 Tai Chi R 2:00 Spanish Conversation		28 P 7:30 Strength Training L 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 R 4:00 Music with Ric		29 M 9:30 Zumba R 10:00 Memoirs Writing Class M 1:00 Line Dancing R 2:00 Russian Orphanages R 3:00 Introduction to Spanish 2 R 5:30 Hatha Yoga		30 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Mind Body Practices C 9:00 Calistoga Loop Walk R 10:30 Chair Aerobics R 11:00 Balance and Stretch R 1:00 Needlers Club R 1:00 Short Story Writing R 4:00 Paint and Sip			