

December @ RIANDA HOUSE

1475 Main Street
(707) 963-8555

(red indicates new
or special event)

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) PUC Pacific Union College				1 M 9:30 Zumba Gold R 10:00 Bridge for Beginners R 10:00 Genealogy R 1:00 Canasta R 1:00 Mah Jongg
4 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 1:00 Heart of the Matter	5 P 7:30 Strength Training R 9:00 Potenciando la Memoria 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	6 M 9:30 Zumba Gold R 10:00 Memoir Writing Class M 1:00 Line Dancing R 3:00 Introduction to Spanish 2 R 3:30 Holiday Cards with Kids	7 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Mind Body Practices R 11:00 Cookie Exchange R 1:00 Needlers Club R 3:00 Dementia Family Caregiver Support	8 M 9:30 Zumba Gold R 10:00 Bridge for Beginners R 1:00 Canasta R 1:00 Mah Jongg PUC 2:15 Nature Walk
11 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	12 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	13 M 9:30 Zumba Gold R 10:00 Memoir Writing Class R 10:00 Brain Fitness M 1:00 Line Dancing	14 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 10:30 French Club Noel Celebration R 10:30 Chair Aerobics R 11:00 Balance and Stretch R 1:00 Needlers Club R 3:00 The Grebes of Clearlake	15 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
18 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 1:00 Heart of the Matter	19 P 7:30 Strength Training R 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	20 C 9:30 Calistoga Loop Walk M 9:30 Zumba Gold R 10:00 Memoir Writing Class C 11:00 Lunch and Learn R 1:00 Line Dancing	21 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 Z 3:00 Dementia Family Caregiver Support	22 M 9:30 Zumba Gold R 10:00 Bridge for Beginners R 1:00 Canasta R 1:00 Mah Jongg R 2:00 Holiday Sing a Long



*Happy
Holidays!*
(offices closed)

