

Monday		Tuesday		Wednesday		Thursday		Friday	
R 9:30 French Club	<b>1</b>	P 7:30 Strength Training	<b>2</b>	R 9:00 Sound Bowl Meditation	<b>3</b>	P 7:30 Strength Training	<b>4</b>		<b>5</b>
A 9:30 Zumba Gold		A 8:00 Mens Fitness		R 10:00 Moia Vineyard Walk		R 8:30 Gents & A Cuppa Joe		R 10:00 Bridge for Beginners	
H 10:00 Balance and Stretch		R 9:00 ESL		R 11:00 Lunch and Learn		L 9:00 Mind Body Practices		R 10:00 Genealogy	
A 11:30 Line Dancing		R 9:30 Ladies & A Cuppa Tea		R 1:00 Music with Ric		A 9:30 Zumba Gold		R 1:00 Canasta	
R 12:30 Duplicate Bridge		A 9:30 Jazzercise		R 3:00 Intermediate Spanish		A 10:40 Chair Aerobics		R 1:00 Mah Jongg	
R 1:00 Heart of the Matter		R 10:30 Amistad y Apoyo		* 3:00 Visit Me Today		A 11:15 Balance and Stretch			
A 1:00 Song Shine		A 11:15 Yoga Stretch and Flow				R 1:00 Needlers' Club			
C 1:15 Tai Chi		R 1:00 Spanish - Beginner				R 3:00 Dementia Caregiver Support			
Z 3:00 Aspects of Spirituality		R 3:00 Readers' Theatre							
R 9:30 French Club	<b>8</b>	P 7:30 Strength Training	<b>9</b>	R 9:00 Sound Bowl Meditation	<b>10</b>	P 7:30 Strength Training	<b>11</b>	R 10:00 Bridge for Beginners	<b>12</b>
A 9:30 Zumba Gold		A 8:00 Mens Fitness		R 10:00 Brain Fitness		R 8:30 Gents & A Cuppa Joe		R 1:00 Canasta	
H 10:00 Balance and Stretch		L 9:00 Mind Body Practices		R 10:00 Moia Vineyard Walk		L 9:00 Mind Body Practices		R 1:00 Mah Jongg	
A 11:30 Line Dancing		R 9:00 ESL		R 10:30 Memoir Plus Writing		A 9:30 Zumba Gold		R 1:00 Fiction Writing	
R 12:30 Duplicate Bridge		R 9:30 Ladies & A Cuppa Tea		R 1:00 Music with Ric		A 10:40 Chair Aerobics		Z 1:00 Imagery and Poetry	
A 1:00 Song Shine		A 9:30 Jazzercise		R 3:00 Intermediate Spanish		A 11:15 Balance and Stretch			
C 1:15 Tai Chi		R 10:30 Amistad y Apoyo				C 12:30 Line Dancing			
R 3:00 Being Mortal Discussion		A 11:15 Yoga Stretch and Flow				R 1:00 Needlers' Club			
		R 1:00 Spanish - Beginner				R 7:00 Camino de Santiago			
		R 3:00 Readers' Theatre							
R 9:30 French Club	<b>15</b>	P 7:30 Strength Training	<b>16</b>	R 9:00 Sound Bowl Meditation	<b>17</b>	P 7:30 Strength Training	<b>18</b>	C 9:30 Calistoga Loop Walk	<b>19</b>
A 9:30 Zumba Gold		A 8:00 Mens Fitness		R 10:00 Moia Vineyard Walk		R 8:30 Gents & A Cuppa Joe		R 10:00 Bridge for Beginners	
H 10:00 Balance and Stretch		R 9:00 ESL		R 10:30 Memoir Plus Writing		L 9:00 Mind Body Practices		R 10:00 Genealogy	
A 11:30 Line Dancing		R 9:30 Ladies & A Cuppa Tea		C 11:00 Lunch and Learn		A 9:30 Zumba Gold		R 12:00 Victim Services	
R 12:30 Duplicate Bridge		A 9:30 Jazzercise		R 1:00 Music with Ric		A 10:40 Chair Aerobics		R 1:00 Canasta	
R 1:00 Heart of the Matter		R 10:30 Amistad y Apoyo		* 1:00 Visit Me Today		A 11:15 Balance and Stretch		R 1:00 Mah Jongg	
A 1:00 Song Shine		A 11:15 Yoga Stretch and Flow		R 3:00 Intermediate Spanish		R 1:00 Needlers Club		R 1:00 Fiction Writing	
C 1:15 Tai Chi		R 1:00 Learning to Live with Loss				R 1:00 Spanish - Beginner 2			
R 3:00 Being Mortal Discussion		R 3:00 Readers' Theatre				Z 3:00 Dementia Caregiver Support			
R 9:30 French Club	<b>22</b>	P 7:30 Strength Training	<b>23</b>	R 9:00 Sound Bowl Meditation	<b>24</b>	P 7:30 Strength Training	<b>25</b>	R 10:00 Bridge for Beginners	<b>26</b>
A 9:30 Zumba Gold		A 8:00 Mens Fitness		R 10:00 Brain Fitness		R 8:30 Gents & A Cuppa Joe		R 1:00 Canasta	
H 10:00 Balance and Stretch		L 9:00 Mind Body Practices		R 10:00 Moia Vineyard Walk		L 9:00 Mind Body Practices		R 1:00 Mah Jongg	
A 11:30 Line Dancing		R 9:00 ESL		R 10:30 Memoir Plus Writing		A 9:30 Zumba Gold		R 1:00 Fiction Writing	
R 12:30 Duplicate Bridge		R 9:30 Ladies & A Cuppa Tea		R 1:00 Music with Ric		A 10:40 Chair Aerobics		* 2:15 White Sulphur Springs Walk	
A 1:00 Song Shine		A 9:30 Jazzercise		R 1:30 Researching Murray Family		A 11:15 Balance and Stretch			
C 1:15 Tai Chi		R 10:30 Amistad y Apoyo		R 3:00 Intermediate Spanish		R 1:00 Needlers Group			
R 3:00 Being Mortal Discussion		A 11:15 Yoga Stretch and Flow				* 1:00 Visit Me Today			
		R 1:00 Learning to Live with Loss				R 1:00 Spanish - Beginner 2			
		R 3:00 Readers' Theatre							
R 9:30 French Club	<b>29</b>	P 7:30 Strength Training	<b>30</b>	R Rianda House (1475 Main Street, St Helena) Z Zoom H Hybrid (in-person at Rianda + Zoom option) A American Legion Hall (1291 Madrona, St Helena) P Presbyterian Church (1428 Spring St. St. Helena) C Calistoga Community Center (1307 Washington) L Lyman Park (1498 Main Street, St. Helena) PUC Pacific Union College * Check description for location					
A 9:30 Zumba		A 8:00 Mens Fitness							
H 10:00 Balance and Stretch		R 9:00 ESL							
A 11:30 Line Dancing		R 9:30 Ladies & A Cuppa Tea							
R 12:30 Duplicate Bridge		A 9:30 Jazzercise							
C 1:15 Tai Chi		R 10:30 Amistad y Apoyo							
R 3:00 Being Mortal Discussion		A 11:15 Yoga Stretch and Flow							
		R 1:00 Learning to Live with Loss							
		R 3:00 Readers' Theatre							

**April**  
**RIANDA HOUSE**  
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