Monday	Tuesday	Wednesday	Thursday	Friday
A Z Zoom H Hybrid (in-person A American Legion H P Presbyterian Chur C Calistoga Commun	for location new class	1 R 9:00 Sound Bowl Meditation R 10:30 Memoir Plus Writing PUC 11:00 Lunch and Learn R 1:00 Music with Ric * 3:00 Visit Me Today	R8:30Gents & A Cuppa JoeL9:00Tai Chi & Qi GongA9:30Zumba GoldPUC11:00Yoga Stretch and FlowR1:00Needlers'ClubR1:00Spanish - Beginner 2R3:00Dementia Family Caregiver Support	<ul> <li>7:30 Farmers Market</li> <li>R 10:00 Bridge for Beginners</li> <li>R 10:00 Genealogy</li> <li>R 1:00 Canasta</li> <li>R 1:00 Mah Jongg</li> <li>Z 1:00 Imagery and Poetry</li> </ul>
6 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:30 Line Dancing R 12:30 Duplicate Bridge R 1:00 Heart of the Matter C 1:15 Tai Chi A 1:00 Song Shine	<ul> <li>P 7:30 Strength Training</li> <li>A 8:00 Men's Fitness</li> <li>R 9:00 ESL</li> <li>L 9:00 Tai Chi &amp; Qi Gong</li> <li>R 9:30 Ladies &amp; A Cuppa Tea</li> <li>A 9:30 Jazzercise</li> <li>R 10:30 Amistad y Apoyo</li> <li>A 11:15 Yoga Stretch and Flow</li> <li>R 3:00 Readers' Theatre</li> </ul>	<ul> <li>8</li> <li>R 9:00 Sound Bowl Meditation</li> <li>R 10:00 Brain Fitness</li> <li>R 10:30 Memoir Plus Writing</li> <li>R 1:00 Music with Ric</li> <li>R 2:30 Tech Today</li> <li>R 3:00 Intermediate Spanish 2</li> </ul>	P7:30Strength Training9R8:30Gents & A Cuppa JoeL9:00Tai Chi & Qi GongA9:30Zumba GoldA10:40Chair AerobicsPUC11:00Yoga Stretch and FlowA11:15Balance and StretchR11:30Financial PlanningR1:00Needlers' ClubR1:00Spanish - Beginner 2	10 * 7:30 Farmers Market R 10:00 Bridge for Beginners R 1:00 Canasta R 1:00 Mah Jongg PUC 2:15 Nature Walk
13 R 9:30 French Club A 9:30 Zumba Gold A 11:30 Line Dancing R 12:30 Duplicate Bridge C 1:15 Tai Chi A 1:00 Song Shine	P7:30 Strength TrainingA8:00 Men's FitnessR9:00 ESLR9:30 Ladies & A Cuppa TeaA9:30 JazzerciseR10:30 Amistad y ApoyoA11:15 Yoga Stretch and FlowR3:00 Readers' Theatre	<ul> <li>R 9:00 Sound Bowl Meditation</li> <li>R 10:30 Memoir Plus Writing</li> <li>C 11:00 Lunch and Learn</li> <li>R 1:00 Music with Ric</li> <li>* 1:00 Visit Me Today</li> <li>R 3:00 Intermediate Spanish 2</li> </ul>	P7:30Strength Training16R8:30Gents & A Cuppa JoeL9:00Tai Chi & Qi GongA9:30Zumba GoldA10:40Chair AerobicsPUC11:00Yoga Stretch and FlowA11:15Balance and StretchR1:00Needlers' ClubR1:00Spanish - Beginner 2Z3:00Dementia Family SupportR4:00Artist Reception	<ul> <li>17</li> <li>7:30 Farmers Market</li> <li>R 10:00 Bridge for Beginners</li> <li>R 10:00 Genealogy</li> <li>R 12:00 Victim Services</li> <li>R 1:00 Canasta</li> <li>R 1:00 Mah Jongg</li> </ul>
20 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:30 Line Dancing R 12:30 Duplicate Bridge R 1:00 Heart of the Matter C 1:15 Tai Chi A 1:00 Song Shine	<ul> <li>P 7:30 Strength Training</li> <li>A 8:00 Men's Fitness</li> <li>R 9:00 ESL</li> <li>L 9:00 Tai Chi &amp; Qi Gong</li> <li>R 9:30 Ladies &amp; A Cuppa Tea</li> <li>A 9:30 Jazzercise</li> <li>R 10:30 Amistad y Apoyo</li> <li>A 11:15 Yoga Stretch and Flow</li> <li>R 3:00 Readers' Theatre</li> </ul>	<ul> <li>R 9:00 Sound Bowl Meditation</li> <li>R 10:00 Brain Fitness</li> <li>R 10:30 Memoir Plus Writing</li> <li>R 1:00 Music with Ric</li> <li>R 3:00 Intermediate Spanish 2</li> </ul>	R8:30Gents & A Cuppa JoeL9:00Tai Chi & Qi GongA9:30Zumba GoldA10:40Chair AerobicsPUC11:00Yoga Stretch and FlowA11:15Balance and StretchC12:30Line DancingR1:00Needlers' ClubR1:00Spanish - Beginner 2*1:00Visit Me Today	<ul> <li>* 7:30 Farmers Market</li> <li>C 9:30 Calistoga Loop Walk</li> <li>R 10:00 Bridge for Beginners</li> <li>R 1:00 Canasta</li> <li>R 1:00 Mah Jongg</li> </ul>
Rianda House Closed Memorial Day	28 P 7:30 Strength Training A 8:00 Men's Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea A 9:30 Jazzercise R 10:30 Amistad y Apoyo A 11:15 Yoga Stretch and Flow R 3:00 Readers' Theatre	29 R 9:00 Sound Bowl Meditation R 10:30 Memoir Plus Writing PUC 11:30 Animal Living R 1:00 Music with Ric R 1:00 Senior Living Options R 3:00 Intermediate Spanish 2	P7:30Strength Training30R8:30Gents & A Cuppa JoeL9:00Tai Chi & Qi GongA9:30Zumba GoldA10:40Chair AerobicsPUC11:00Yoga Stretch and FlowA11:15Balance and StretchR1:00Needlers' ClubR1:00Spanish - Beginner 2*1:00Visit Me Today	<ul> <li>7:30 Farmers Market</li> <li>9:00 Bothe State Park Hike</li> <li>R 10:00 Bridge for Beginners</li> <li>R 1:00 Canasta</li> <li>R 1:00 Mah Jongg</li> <li>Z 1:00 Imagery and Poetry</li> </ul>