

Monday**Tuesday****Wednesday****Thursday****Friday****M
A
Y**

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

Red indicates
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

2

P 7:30 Strength Training
 R 8:30 Gents & A Cuppa Joe
 L 9:00 Tai Chi & Qi Gong
 A 9:30 Zumba Gold
 PUC 11:00 Yoga Stretch and Flow
 R 1:00 Needlers' Club
 R 1:00 Spanish - Beginner 2
 R 3:00 Dementia Family Caregiver Support

3

* 7:30 Farmers Market
 R 10:00 Bridge for Beginners
 R 10:00 Genealogy
 R 1:00 Canasta
 R 1:00 Mah Jongg
 Z 1:00 Imagery and Poetry

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

7

P 7:30 Strength Training
 A 8:00 Men's Fitness
 R 9:00 ESL
 L 9:00 Tai Chi & Qi Gong
 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

8

R 9:00 Sound Bowl Meditation
 R 10:00 Brain Fitness
 R 10:30 Memoir Plus Writing
 R 1:00 Music with Ric
 R 2:30 Tech Today
 R 3:00 Intermediate Spanish 2

9

P 7:30 Strength Training
 R 8:30 Gents & A Cuppa Joe
 L 9:00 Tai Chi & Qi Gong
 A 9:30 Zumba Gold
 A 10:40 Chair Aerobics
 PUC 11:00 Yoga Stretch and Flow
 A 11:15 Balance and Stretch
 R 11:30 Financial Planning
 R 1:00 Needlers' Club
 R 1:00 Spanish - 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

14

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

15

R 9:00 Sound Bowl Meditation
 R 10:30 Memoir Plus Writing
 C 11:00 Lunch and Learn
 R 1:00 Music with Ric
 * 1:00 Visit Me Today
 R 3:00 Intermediate Spanish 2

16

P 7:30 Strength Training
 R 8:30 Gents & A Cuppa Joe
 L 9:00 Tai Chi & Qi Gong
 A 9:30 Zumba Gold
 A 10:40 Chair Aerobics
 PUC 11:00 Yoga Stretch and Flow
 A 11:15 Balance and Stretch
 R 1:00 Needlers' Club
 R 1:00 Spanish - Beginner 2
 Z 3:00 Dementia Family Support
 R 4:00 Artist Reception

17

* 7:30 Farmers Market
 R 10:00 Bridge for Beginners
 R 10:00 Genealogy
 R 12:00 Victim Services
 R 1:00 Canasta
 R 1:00 Mah Jongg

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

21

P 7:30 Strength Training
 A 8:00 Men's Fitness
 R 9:00 ESL
 L 9:00 Tai Chi & Qi Gong
 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

22

R 9:00 Sound Bowl Meditation
 R 10:00 Brain Fitness
 R 10:30 Memoir Plus Writing
 R 1:00 Music with Ric
 R 3:00 Intermediate Spanish 2

23

P 7:30 Strength Training
 R 8:30 Gents & A Cuppa Joe
 L 9:00 Tai Chi & Qi Gong
 A 9:30 Zumba Gold
 A 10:40 Chair Aerobics
 PUC 11:00 Yoga Stretch and Flow
 A 11:15 Balance and Stretch
 C 12:30 Line Dancing
 R 1:00 Needlers' Club
 R 1:00 Spanish - Beginner 2
 * 1:00 Visit Me Today

24

* 7:30 Farmers Market
 C 9:30 Calistoga Loop Walk
 R 10:00 Bridge for Beginners
 R 1:00 Canasta
 R 1:00 Mah Jongg

27

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

30

P 7:30 Strength Training
 R 8:30 Gents & A Cuppa Joe
 L 9:00 Tai Chi & Qi Gong
 A 9:30 Zumba Gold
 A 10:40 Chair Aerobics
 PUC 11:00 Yoga Stretch and Flow
 A 11:15 Balance and Stretch
 R 1:00 Needlers' Club
 R 1:00 Spanish - Beginner 2
 * 1:00 Visit Me Today

31

* 7:30 Farmers Market
 * 10:00 Bothe State Park Hike
 R 10:00 Bridge for Beginners
 R 1:00 Canasta
 R 1:00 Mah Jongg
 Z 1:00 Imagery and Poetry