

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>R 9:30 French Club  A 9:30 Zumba Gold  H 10:00 Balance and Stretch  R 12:30 Duplicate Bridge  R 1:00 Heart of the Matter  C 1:15 Tai Chi  Z 3:00 Aspects of Spirituality</p>	<p><b>2</b></p> <p>P 7:30 Strength Training  A 8:00 Men's Fitness  R 9:00 ESL  L 9:00 Tai Chi &amp; Qi Gong  R 9:30 Ladies &amp; 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</p>	<p><b>3</b></p> <p>R 9:00 Sound Bowl Meditation  R 10:30 Memoir Plus Writing  PUC 11:00 Lunch and Learn  R 1:00 Music with Ric  CSA 3:00 Visit Me Today  R 3:00 Spanish - Intermediate 2</p>	<p><b>4</b></p>  <p><b>4th Of July</b>  Office Closed</p>	<p><b>5</b></p> <p>R 10:00 Bridge for Beginners  R 10:00 Genealogy  R 1:00 Canasta  R 1:00 Mah Jongg</p> <p>Red indicates new or special event.</p>
<p><b>8</b></p> <p>R 9:30 French Club  A 9:30 Zumba Gold  H 10:00 Balance and Stretch  R 12:30 Duplicate Bridge  R 1:00 Recycling &amp; Composting  C 1:15 Tai Chi  R 3:00 Being Mortal</p>	<p><b>9</b></p> <p>P 7:30 Strength Training  A 8:00 Men's Fitness  R 9:00 ESL  R 9:30 Ladies &amp; 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</p>	<p><b>10</b></p> <p>R 9:00 Sound Bowl Meditation  R 10:00 Brain Fitness  R 10:30 Memoir Plus Writing  R 12:30 Costa Rica Presentation  R 1:00 Music with Ric  R 2:30 Tech Today  R 3:00 Spanish - Intermediate 2</p>	<p><b>11</b></p> <p>P 7:30 Strength Training  R 8:30 Gents &amp; A Cuppa Joe  L 9:00 Tai Chi &amp; Qi Gong  A 9:30 Jazzercise  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 Alzheimer's Walk Info Session</p>	<p><b>12</b></p> <p>* 7:30 Farmers Market  C 8:45 Calistoga Loop Walk  R 10:00 Bridge for Beginners  R 10:00 Canasta  R 1:00 Mah Jongg</p> <p><b>Saturday, July 13</b>  R 9:00 PET ADOPTION</p> <p><b>Sunday, July 14</b>  R 10:00 Yoga for Success  R 11:45 Meditation for Mental Health</p>
<p><b>15</b></p> <p>R 9:30 French Club  A 9:30 Zumba Gold  H 10:00 Balance and Stretch  R 12:30 Duplicate Bridge  R 1:00 Heart of the Matter  R 3:00 Being Mortal  Z 3:00 Aspects of Spirituality</p>	<p><b>16</b></p> <p>P 7:30 Strength Training  A 8:00 Men's Fitness  R 9:00 ESL  L 9:00 Tai Chi &amp; Qi Gong  R 9:30 Ladies &amp; 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</p>	<p><b>17</b></p> <p>R 9:00 Sound Bowl Meditation  C 11:00 Lunch and Learn  * 1:00 Visit Me Today  R 1:00 Music with Ric  R 3:00 Spanish - Intermediate 2</p>	<p><b>18</b></p> <p>R 7:30 Strength Training  R 8:30 Gents &amp; A Cuppa Joe  L 9:00 Tai Chi &amp; Qi Gong  A 9:30 Jazzercise  A 10:40 Chair Aerobics  PUC 11:00 Yoga Stretch and Flow  A 11:15 Balance and Stretch  R 1:00 Needlers' Club  Z 3:00 Dementia Family Support  R 4:00 Artist Reception</p>	<p><b>19</b></p> <p>* 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</p>
<p><b>22</b></p> <p>R 9:30 French Club  A 9:30 Zumba Gold  H 10:00 Balance and Stretch  R 12:30 Duplicate Bridge  C 1:15 Tai Chi  R 3:00 Being Mortal</p>	<p><b>23</b></p> <p>P 7:30 Strength Training  A 8:00 Men's Fitness  R 9:00 ESL  R 9:30 Ladies &amp; 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</p>	<p><b>24</b></p> <p>R 9:00 Sound Bowl Meditation  R 10:00 Brain Fitness  R 1:00 Music with Ric  R 1:00 How to Create a Photobook  R 3:00 Spanish - Intermediate 2  R 3:00 Medicare Workshop</p>	<p><b>25</b></p> <p>P 7:30 Strength Training  R 8:30 Gents &amp; A Cuppa Joe  L 9:00 Tai Chi &amp; Qi Gong  A 9:30 Jazzercise  A 10:40 Chair Aerobics  PUC 11:00 Yoga Stretch and Flow  A 11:15 Balance and Stretch  S 1:00 Visit Me Today  R 1:00 Needlers' Club</p>	<p><b>26</b></p> <p>* 7:30 Farmers Market  R 10:00 Bridge for Beginners  R 1:00 Canasta  R 1:00 Mah Jongg</p>
<p><b>29</b></p> <p>R 9:30 French Club  A 9:30 Zumba Gold  H 10:00 Balance and Stretch  R 12:30 Duplicate Bridge  C 1:15 Tai Chi  R 3:00 Being Mortal  Z 3:00 Aspects of Spirituality</p>	<p><b>30</b></p> <p>P 7:30 Strength Training  A 8:00 Men's Fitness  L 9:00 Tai Chi &amp; Qi Gong  R 9:30 Ladies &amp; 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</p>	<p><b>31</b></p> <p>R 9:00 Sound Bowl Meditation  R 1:00 Music with Ric  R 1:00 How to Create a Photobook</p> <p><b>RIANDA HOUSE</b> 1475 Main St  (707) 963-8555  riandahouse.org</p>	<p>A American Legion Hall (1291 Madrona, St Helena)  C Calistoga Community Center (1307 Washington)  CSA Calistoga Senior Apartments ( 611 Washington St)  H Hybrid (in-person at Rianda + Zoom option)  L Lyman Park (1498 Main Street, St. Helena)  P Presbyterian Church (1428 Spring St. St. Helena)  PUC Pacific Union College  R Rianda House (1475 Main St, St. Helena)  S Silverado Orchards (601 Pope St, St. Helena)  Z ZOOM  * Check description for location</p> <p><b>J  U  L  Y</b></p>	