

Monday

Tuesday

Wednesday

Thursday

Friday

AUGUST



RIANDA HOUSE
1475 Main St.
(707) 963-8555
riandahouse.org

Red indicates new or special event.

- 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 Mani St, St. Helena)
- S Silverado Orchards (601 Pope St, St. Helena)
- Z ZOOM
- * Check description for location

- 1
- 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
 - A 11:15 Balance and Stretch
 - R 1:00 Needlers' Club
 - R 3:00 Dementia Caregiver Support
- *No Yoga at PUC

- 2
- * 7:30 Farmers Market
 - R 10:00 Bridge for Beginners
 - R 10:00 Genealogy
 - R 1:00 Mah Jongg
 - R 1:00 Canasta

- 5
- 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

- 6
- P 7:30 Strength Training
 - 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
 - L 5:00 National Night Out

- 7
- R 9:00 Sound Bowl Meditation
 - R 10:00 Chair Yoga
 - Z 10:00 Rock Steady for Parkinsons
 - PUC 11:00 Lunch and Learn
 - R 1:00 Music with Ric
 - CSA 3:00 Visit Me Today

- 8
- 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
 - A 5:30 Music in the Vineyards

- 9
- * 7:30 Farmers Market
 - PUC 9:30 Nature Walk
 - R 10:00 Bridge for Beginners
 - R 1:00 Mah Jongg
 - R 1:00 Canasta
 - Z 1:00 Imagery and Poetry
 - R 4:00 St. Helena Forum: We Are Alone in the Universe

- 12
- R 9:30 French Club
 - A 9:30 Zumba Gold
 - H 10:00 Balance and Stretch
 - Z 10:00 Rock Steady for Parkinsons
 - A 11:30 Line Dancing
 - R 12:30 Duplicate Bridge
 - Z 3:00 Aspects of Spirituality

- 13
- P 7:30 Strength Training
 - R 9:00 ESL
 - * 9:00 Bothe State Park Hike
 - R 9:30 Ladies & A Cuppa Tea
 - A 9:30 Jazzercise
 - A 10:30 Amistad y Apoyo
 - A 11:15 Yoga Stretch and Flow
 - R 3:00 Readers' Theatre

- 14
- R 9:00 Sound Bowl Meditation
 - R 10:00 Chair Yoga
 - Z 10:00 Rock Steady for Parkinsons
 - R 10:00 Brain Fitness
 - R 1:00 Music with Ric
 - R 2:30 Tech Today

- 15
- 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
 - Z 3:00 Dementia Caregiver Support

- 16
- * 7:30 Farmers Market
 - C 8:45 Calistoga Loop Walk
 - R 10:00 Bridge for Beginners
 - R 10:00 Genealogy
 - R 12:00 Victim Services
 - R 1:00 Canasta
 - R 1:00 Mah Jongg

Sunday, August 18
PUC 9:00
Plein Air Art Workshop

- 19
- R 9:30 French Club
 - A 9:30 Zumba Gold
 - H 10:00 Balance and Stretch
 - Z 10:00 Rock Steady for Parkinsons
 - A 11:30 Line Dancing
 - R 12:30 Duplicate Bridge
 - R 1:00 Heart of the Matter

- 20
- P 7:30 Strength Training
 - 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

- 21
- R 9:00 Sound Bowl Meditation
 - R 10:00 Chair Yoga
 - Z 10:00 Rock Steady for Parkinsons
 - C 11:00 Lunch and Learn
 - * 1:00 Visit Me Today
 - R 1:00 Music with Ric
 - R 1:00 Continuum Hospice

- 22
- R 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 Begin/Intermediate Spanish
 - * 1:00 Visit Me Today

- 23
- * 7:30 Farmers Market
 - R 10:00 Bridge for Beginners
 - R 1:00 Canasta
 - R 1:00 Mah Jongg
 - Z 1:00 Imagery and Poetry

- 26
- R 9:30 French Club
 - A 9:30 Zumba Gold
 - H 10:00 Balance and Stretch
 - Z 10:00 Rock Steady for Parkinsons
 - A 11:30 Line Dancing
 - R 12:30 Duplicate Bridge
 - Z 3:00 Aspects of Spirituality

- 27
- 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

- 28
- R 9:00 Sound Bowl Meditation
 - R 10:00 Chair Yoga
 - Z 10:00 Rock Steady for Parkinsons
 - R 10:00 Brain Fitness
 - R 1:00 Music with Ric

- 29
- 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 Begin/Intermediate Spanish

- 30
- * 7:30 Farmers Market
 - R 10:00 Bridge for Beginners
 - R 1:00 Canasta
 - R 1:00 Mah Jongg

