

OCTOBER

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

Please register for events in red

Monday

Tuesday

Wednesday

Thursday

Friday

1
P 7:30 Strength Training
R 9:00 ESL
L 9:00 Tai Chi
R 9:30 Ladies & A Cuppa Tea
A 9:30 Jazzercise
R 10:30 Amistad y Apoyo
A 11:15 Stretch and Flow
R 3:00 Readers' Theatre

2
R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
Z 10:00 Rock Steady for Parkinsons
R 10:00 Master Minds
PUC 11:00 Lunch and Learn
* 11:00 Estate Planning: Mistakes, Solutions & Strategies
R 1:00 Music with Ric
R 3:00 Int/Advanced Spanish

3
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 Stretch and Flow
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Beginner/Int Spanish
R 3:00 Dementia Caregiver Support

4
R 10:00 Bridge for Beginners
R 10:00 Genealogy
R 1:00 Mah Jongg
R 1:00 Canasta

Saturday, Oct 5
C 9:00 Tai Chi

7
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

8
R 7:30 Strength Training
* 9:00 Bothe State Park Hike
L 9:00 Tai Chi
R 9:00 ESL
R 9:30 Ladies & A Cuppa Tea
A 9:30 Jazzercise
R 10:30 Amistad y Apoyo
A 11:15 Stretch and Flow
R 3:00 Readers' Theatre
R 7:00 Page Turner Book Club

9
R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
Z 10:00 Rock Steady for Parkinsons
R 10:00 Master Minds
* 11:00 Secure Act 2.0
R 1:00 Music with Ric
R 2:30 Tech Today
R 3:00 Int/Advanced Spanish

10
R 7:30 Strength Training
R 8:30 Gents & A Cuppa Joe
L 9:00 Tai Chi & Qi Gong
A 9:30 Zumba Gold
R 10:00 Covid & Flu Vaccination
A 10:40 Chair Aerobics
PUC 11:00 Stretch and Flow
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Beginner/Int Spanish

11
* 7:30 Farmers Market
R 10:00 Bridge for Beginners
R 1:00 Mah Jongg
R 1:00 Canasta
PUC 2:00 Nature Walk

Saturday, Oct 12
* 12:00 Veronica Beard Gives Back

14
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
A 1:00 Breathe it Away

15
P 7:30 Strength Training
A 8:00 Mens 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 Stretch and Flow
R 3:00 Readers' Theatre
R 4:00 Paint and Sip

16
R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
Z 10:00 Rock Steady for Parkinsons
R 10:00 Master Minds
C 11:00 Lunch and Learn
* 11:00 State of Long-Term Care
* 1:00 Visit Me Today
R 1:00 Music with Ric
R 3:00 Int/Advanced Spanish

17
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 Stretch and Flow
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Beginner/Int Spanish
Z 3:00 Dementia Caregiver Support

18
R 8:45 Calistoga Loop Walk
R 10:00 Bridge for Beginners
R 10:00 Genealogy
R 12:00 Victim Services
R 1:00 Mah Jongg
R 1:00 Canasta
Z 1:00 Imagery and Poetry
R 4:00 Author Presentation

Saturday, Oct 19
C 9:00 Tai Chi
* 10:00 Harvest Festival

21
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
R 2:30 HICAP: Choices and Changes

22
P 7:30 Strength Training
A 8:00 Mens 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 Stretch and Flow
* 2:00 Visit Me Today
R 3:00 Readers' Theatre

23
R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
Z 10:00 Rock Steady for Parkinsons
R 10:00 Master Minds
* 11:00 Generate Retirement Income
R 1:00 Music with Ric
R 3:00 Int/Advanced Spanish
R 4:00 Fall Soup and Salad with Mariano Orlando

24
R 7:30 Strength Training
R 8:30 Gents & A Cuppa Joe
A 9:30 Zumba Gold
A 10:40 Chair Aerobics
PUC 11:00 Stretch and Flow
A 11:15 Balance and Stretch
R 1:00 Needlers Club
S 1:00 Visit Me Today
R 1:00 Beginner/Int Spanish
R 4:00 Artist Reception

25
R 10:00 Bridge for Beginners
R 1:00 Mah Jongg
R 1:00 Canasta
Z 1:00 Imagery and Poetry
* 2:00 White Sulphur Spr. Walk

Saturday, Oct 26
R 10:00 Yoga
R 11:15 Meditation

28
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
L 1:00 Breathe it Away

29
P 7:30 Strength Training
A 8:00 Mens 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 Stretch and Flow
R 3:00 Readers' Theatre

30
R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
Z 10:00 Rock Steady for Parkinsons
R 10:00 Master Minds
R 1:00 Music with Ric
R 3:00 Int/Advanced Spanish
R 3:00 How I See Music

31
P 7:30 Strength Training
R 8:30 Gents & A Cuppa Joe
A 9:30 Zumba Gold
A 10:40 Chair Aerobics
PUC 11:00 Stretch and Flow
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Beginner/Int Spanish
R 4:00 Halloween Happy Hour

A American Legion
C Calistoga Community Ctr
CSA Calistoga Sr Apartments
H Hybrid
L Lyman Park
P Presbyterian Church
PUC Pacific Union College
R Rianda House
S Silverado Orchards
Z ZOOM
*** Check description**