

Monday

Tuesday

Wednesday

Thursday

Friday



# November RIANDA HOUSE

1475 Main St. (707) 963-8555 [riandahouse.org](http://riandahouse.org)

Please register for events in red

- A American Legion
- C Calistoga Community Center
- G Grace Episcopal Church
- H Hybrid
- L Lyman Park
- P Presbyterian Church
- PUC Pacific Union College
- R Rianda House
- S Silverado Orchards
- Z ZOOM
- \* Check description

			1
R	10:00	Bridge for Beginners	
R	10:00	Genealogy	
R	1:00	Mah Jongg	
R	1:00	Canasta	
<b>Saturday, Nov 2</b>			
C	9:00	Tai Chi	

	4
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
Z	3:00 Aspects of Spirituality

	5
P	7:30 Strength Training
A	8:00 Mens Fitness
R	9:00 ESL
L	9:00 Tai Chi
R	9:30 Ladies & A Cuppa Tea
R	10:30 Amistad y Apoyo
A	11:15 Yoga Stretch and Flow
R	3:00 Readers' Theatre

	6
R	9:00 Sound Bowl Meditation
R	10:00 Chair Yoga
R	10:00 Masterminds
PUC	11:00 Lunch and Learn
R	1:00 Music with Ric
R	2:00 Fundamentals of Fiction Writing
R	3:00 Int./Advanced Spanish

	7
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 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

			8
R	10:00	Bridge for Beginners	
R	1:00	Mah Jongg	
R	1:00	Canasta	
R	1:00	Baking with Beth	
PUC	2:15	Bird Watching Walk	



office closed

	11
P	7:30 Strength Training
A	8:00 Mens Fitness
R	9:00 ESL
R	9:30 Ladies & A Cuppa Tea
*	9:30 Bothe State Park Hike
R	10:30 Amistad y Apoyo
A	11:15 Yoga Stretch and Flow
A	2:00 Readers' Theatre Performance
R	7:00 Page Turner Book Club

	12
R	9:00 Sound Bowl Meditation
R	10:00 Chair Yoga
R	1:00 Music with Ric
R	2:30 Tech Today
R	2:00 Fundamentals of Fiction Writing
R	3:00 Int./Advanced Spanish
G	6:00 Common Table

	13
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 Stretch and Flow
A	11:15 Balance and Stretch
R	1:00 Needlers Club

	14
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
*	2:00 Sulphur Springs Walk
<b>Saturday, Nov 16</b>	
C	9:00 Tai Chi

			15
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	
*	2:00	Sulphur Springs Walk	

	18
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
Z	3:00 Aspects of Spirituality

	19
P	7:30 Strength Training
A	8:00 Mens Fitness
R	9:00 ESL
L	9:00 Tai Chi
R	9:30 Ladies & A Cuppa Tea
R	10:30 Amistad y Apoyo
A	11:15 Yoga Stretch and Flow
R	3:00 Readers' Theatre

	20
R	9:00 Sound Bowl Meditation
R	10:00 Chair Yoga
C	11:00 Lunch and Learn
*	1:00 Visit Me Today
R	1:00 Music with Ric
R	2:00 Fundamentals of Fiction Writing
R	3:00 Int./Advanced Spanish

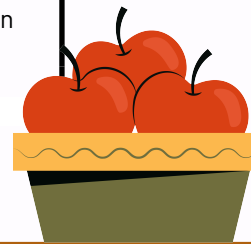
	21
P	7:30 Strength Training
R	8:30 Gents & A Cuppa Joe
L	9:00 Tai Chi & Qi Gong
A	9:30 Zumba Gold
PUC	11:00 Stretch and Flow
R	12:00 Needlers Club (note time)
Z	3:00 Dementia Caregiver Support
R	4:00 Thanksgiving Dinner

			22
C	9:00	Calistoga Loop Walk	
R	10:00	Bridge for Beginners	
R	1:00	Mah Jongg	
R	1:00	Canasta	
Z	1:00	Imagery and Poetry	

	25
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

	26
P	7:30 Strength Training
A	8:00 Mens Fitness
R	9:00 ESL
L	9:00 Tai Chi
R	9:30 Ladies & A Cuppa Tea
R	10:30 Amistad y Apoyo
A	11:15 Yoga Stretch and Flow
*	2:00 Visit Me Today
R	3:00 Readers' Theatre

	27
R	9:00 Sound Bowl Meditation
R	10:00 Chair Yoga
R	1:00 Music with Ric



Rianda House gives thanks for YOU!

# Happy

# Thanksgiving