

Monday	Tuesday	Wednesday	Thursday	Friday
A American Legion C Calistoga Community Center H Hybrid P Presbyterian Church PUC Pacific Union College R Rianda House Z ZOOM * Check description	RIANDA HOUSE 1475 Main St. (707) 963-8555 riandahouse.org	<i>Happy New Year</i> Office Closed	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 9:00 Tai Chi & Qi Gong A 10:40 Chair Aerobics PUC 11:00 Stretch and Flow A 11:15 Balance and Stretch R 1:00 Needlers Club R 3:00 Dementia Caregiver Support	C 9:30 Calistoga Loop Walk R 10:00 Bridge for Beginners R 10:00 Genealogy R 1:00 Canasta R 1:00 Mah Jongg
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	P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo A 11:15 Yoga: Stretch and Flow R 1:00 Introduction to Spanish R 1:00 Being Mortal R 3:00 Readers' Theatre	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 2:30 Tech Today R 2:30 Advanced Spanish	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 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 Intermediate Spanish	R 10:00 Bridge for Beginners R 1:00 Canasta R 1:00 Mah Jongg PUC 2:15 Nature Walk
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 A 1:00 Breathe it Away with Ray	P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga: Stretch and Flow R 1:00 Introduction to Spanish R 1:00 Being Mortal R 3:00 Readers' Theatre R 7:00 Page Turner Book Club	R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds C 11:00 Lunch and Learn R 1:00 Music with Ric R 2:30 Advanced Spanish	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 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 Intermediate Spanish Z 3:00 Dementia Caregiver Support	R 9:30 Vineyard 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 R 4:00 Travelogue: Antarctica the Last Continent SATURDAY, Jan 18 P 9:00 Tai Chi
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 R 3:00 Identity Theft, Fraud & Scam	P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Amistad y Apoyo A 11:15 Yoga: Stretch and Flow R 1:00 Introduction to Spanish R 1:00 Being Mortal R 3:00 Readers' Theatre	R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:30 Tech Today R 2:30 Advanced Spanish	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 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 Intermediate Spanish R 3:30 Artist Reception	R 10:00 Bridge for Beginners R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry 5:30 BINGO! at the Native Son's Hall (1313 Spring)
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 A 1:00 Breathe it Away with Ray	P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL A 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 1:00 Introduction to Spanish R 1:00 Being Mortal R 3:00 Readers' Theatre	R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:30 Advanced Spanish	P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe R 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 Intermediate Spanish	R 10:00 Bridge for Beginners R 1:00 Canasta R 1:00 Mah Jongg