

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>R 9:30 French Club</p> <p>A 9:30 Zumba Gold</p> <p>H 10:00 Balance and Stretch</p> <p>A 11:30 Line Dancing</p> <p>R 12:30 Duplicate Bridge</p> <p>R 1:00 Heart of the Matter</p>	<p>4</p> <p>P 7:30 Strength Training</p> <p>A 8:00 Mens Fitness</p> <p>R 9:00 ESL</p> <p>R 9:30 Ladies & A Cuppa Tea</p> <p>R 10:30 Amistad y Apoyo</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>R 12:00 STOP FALLS</p> <p>A 12:30 Access Bars</p> <p>R 1:00 Introduction to Spanish</p> <p>R 1:30 Travel Presentation</p>	<p>5</p> <p>R 9:00 Sound Bowl Meditation</p> <p>R 10:00 Chair Yoga</p> <p>R 10:00 MasterMinds</p> <p>PUC 11:00 Lunch and Learn</p> <p>R 1:00 Music with Ric</p> <p>R 2:30 Advanced Spanish</p>	<p>6</p> <p>P 7:30 Strength Training</p> <p>R 8:30 Gents & A Cuppa Joe</p> <p>R 9:00 Tai Chi & Qi Gong</p> <p>A 9:30 Zumba Gold</p> <p>A 10:40 Chair Aerobics</p> <p>PUC 11:00 Stretch and Flow</p> <p>A 11:15 Balance and Stretch</p> <p>R 1:00 Needlers Club</p> <p>R 1:00 Intermediate Spanish</p> <p>R 3:00 Dementia Caregiver Support</p>	<p>SATURDAY, MARCH 1</p> <p>C 9:00 Tai Chi</p> <p>C 9:30 Calistoga Loop Walk</p> <p>R 10:00 Bridge for Beginners</p> <p>R 10:00 Genealogy</p> <p>R 1:00 Canasta</p> <p>R 1:00 Mah Jongg</p> <p>Z 1:00 Imagery and Poetry</p> <p>R 3:00 Swing Dancing</p> <p>R 4:00 Rumba Dance</p>
<p>10</p> <p>R 9:30 French Club</p> <p>A 9:30 Zumba Gold</p> <p>H 10:00 Balance and Stretch</p> <p>A 11:30 Line Dancing</p> <p>R 12:30 Duplicate Bridge</p> <p>A 1:00 Breathe it Away with Ray</p>	<p>11</p> <p>P 7:30 Strength Training</p> <p>A 8:00 Mens Fitness</p> <p>R 9:00 ESL</p> <p>A 9:00 Tai Chi</p> <p>R 9:30 Ladies & A Cuppa Tea</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>A 12:30 Access Bars</p> <p>R 7:00 Page Turner Book Club</p>	<p>12</p> <p>R 9:00 Sound Bowl Meditation</p> <p>R 10:00 Chair Yoga</p> <p>R 10:00 MasterMinds</p> <p>R 1:00 Music with Ric</p> <p>R 2:30 Tech Today</p> <p>R 2:30 Advanced Spanish</p>	<p>13</p> <p>P 7:30 Strength Training</p> <p>R 8:30 Gents & A Cuppa Joe</p> <p>R 9:00 Tai Chi & Qi Gong</p> <p>A 9:30 Zumba Gold</p> <p>A 10:40 Chair Aerobics</p> <p>A 11:15 Balance and Stretch</p> <p>R 1:00 Needlers Club</p> <p>R 1:00 Intermediate Spanish</p>	<p>14</p> <p>R 10:00 Bridge for Beginners</p> <p>R 1:00 Canasta</p> <p>R 1:00 Mah Jongg</p> <p>R 3:00 Swing Dancing</p> <p>R 4:00 Rumba Dance</p>
<p>17</p> <p>R 9:30 French Club</p> <p>A 9:30 Zumba Gold</p> <p>H 10:00 Balance and Stretch</p> <p>A 11:30 Line Dancing</p> <p>R 12:30 Duplicate Bridge</p> <p>R 1:00 Heart of the Matter</p>	<p>18</p> <p>P 7:30 Strength Training</p> <p>A 8:00 Mens Fitness</p> <p>R 9:00 ESL</p> <p>R 9:30 Ladies & A Cuppa Tea</p> <p>R 10:30 Conozco a su vecino</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>A 12:30 Access Bars</p>	<p>19</p> <p>R 9:00 Sound Bowl Meditation</p> <p>R 10:00 Chair Yoga</p> <p>R 10:00 MasterMinds</p> <p>C 11:00 Lunch and Learn</p> <p>R 1:00 Music with Ric</p> <p>R 2:30 Advanced Spanish</p>	<p>20</p> <p>P 7:30 Strength Training</p> <p>R 8:30 Gents & A Cuppa Joe</p> <p>R 9:00 Tai Chi & Qi Gong</p> <p>A 9:30 Zumba Gold</p> <p>A 10:40 Chair Aerobics</p> <p>A 11:15 Balance and Stretch</p> <p>R 1:00 Needlers Club</p> <p>R 1:00 Intermediate Spanish</p> <p>Z 3:00 Dementia Caregiver Support</p>	<p>21</p> <p>R 9:30 Vineyard Walk</p> <p>R 10:00 Bridge for Beginners</p> <p>R 10:00 Genealogy</p> <p>R 12:00 Victim Services</p> <p>R 1:00 Canasta</p> <p>R 1:00 Mah Jongg</p> <p>R 3:00 Swing Dancing</p> <p>R 4:00 Rumba Dance</p>
<p>24</p> <p>R 9:30 French Club</p> <p>A 9:30 Zumba Gold</p> <p>H 10:00 Balance and Stretch</p> <p>A 11:30 Line Dancing</p> <p>R 12:30 Duplicate Bridge</p> <p>A 1:00 Breathe it Away with Ray</p>	<p>25</p> <p>P 7:30 Strength Training</p> <p>A 8:00 Mens Fitness</p> <p>R 9:00 ESL</p> <p>A 9:00 Tai Chi</p> <p>R 9:30 Ladies & A Cuppa Tea</p> <p>R 10:30 Amistad y Apoyo</p> <p>A 11:15 Yoga: Stretch and Flow</p> <p>A 12:30 Access Bars</p>	<p>26</p> <p>R 9:00 Sound Bowl Meditation</p> <p>R 10:00 Chair Yoga</p> <p>R 10:00 MasterMinds</p> <p>R 1:00 Music with Ric</p> <p>R 2:30 Advanced Spanish</p> <p>R 2:30 Tech Today</p>	<p>27</p> <p>P 7:30 Strength Training</p> <p>R 8:30 Gents & A Cuppa Joe</p> <p>R 9:00 Tai Chi & Qi Gong</p> <p>A 9:30 Zumba Gold</p> <p>A 10:40 Chair Aerobics</p> <p>PUC 11:00 Stretch and Flow</p> <p>A 11:15 Balance and Stretch</p> <p>R 1:00 Needlers Club</p> <p>R 1:00 Intermediate Spanish</p>	<p>28</p> <p>R 10:00 Bridge for Beginners</p> <p>R 1:00 Medicare Workshop</p> <p>R 1:00 Canasta</p> <p>R 1:00 Mah Jongg</p> <p>Z 1:00 Imagery and Poetry</p> <p>R 3:00 Swing Dancing</p> <p>R 4:00 Rumba Dance</p>

31

R 9:30 French Club

A 9:30 Zumba Gold

H 10:00 Balance and Stretch

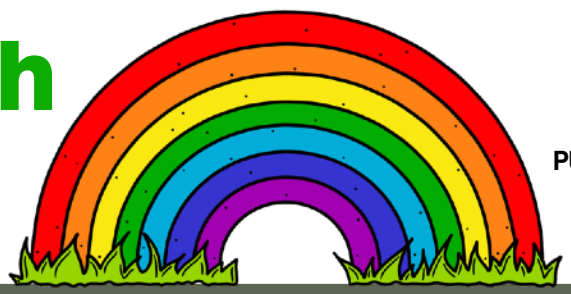
R 12:30 Duplicate Bridge

(no line dancing)

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

March

Red indicates new or required registration



- A American Legion
- C Calistoga Community Center
- H Hybrid
- P Presbyterian Church
- PUC Pacific Union College
- R Rianda House
- Z ZOOM
- * Check description