

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>RIANDA HOUSE</b> 1475 Main St. (707) 963-8555 riandahouse.org</p>	<p><b>1</b> P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies &amp; A Cuppa Tea R 10:30 <b>Ejercicio y actividades</b> R 11:30 <b>iLoteria!</b> A 11:15 Yoga: Stretch and Flow A 12:30 <b>Access Bars</b> R 1:00 <b>Introduction to Spanish</b> R 3:00 <b>Readers' Theatre</b></p>	<p><b>2</b> R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 <b>MasterMinds</b> PUC 11:00 Lunch and Learn R 1:00 Music with Ric</p>	<p><b>3</b> P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe R 9:00 Tai Chi &amp; 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 3:00 Dementia Caregiver Support</p>	<p><b>4</b> P 9:30 <b>Calistoga Loop Walk</b> R 10:00 Improve Your Bridge R 10:00 Genealogy R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry R 3:00 <b>Waltz Dance</b> R 4:00 <b>Cha-Cha Dance</b></p> <p style="text-align: right;">Saturday, April 5</p> <p>C 9:00 Tai Chi</p>
<p><b>7</b> 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>	<p><b>8</b> P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies &amp; A Cuppa Tea A 11:15 Yoga: Stretch and Flow A 12:30 <b>Access Bars</b> R 1:00 <b>Introduction to Spanish</b> R 3:00 <b>Readers' Theatre</b> R 7:00 Page Turner Book Club</p>	<p><b>9</b> R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 <b>MasterMinds</b> R 1:00 Music with Ric R 2:30 Tech Today</p>	<p><b>10</b> P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe R 9:00 Tai Chi &amp; 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 <b>Mozart &amp; Beaumarchais</b> R 2:15 <b>Michael Tilson Tomas</b></p>	<p><b>11</b> R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg R 3:00 <b>Waltz Dance</b> R 4:00 <b>Cha-Cha Dance</b></p> <p style="text-align: right;">Saturday, April 12</p> <p>R 11:00 Italian Cooking w/ Francesca</p>
<p><b>14</b> 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 <b>Breathe it Away with Ray</b></p>	<p><b>15</b> P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL A 9:30 <b>Beginner Strength &amp; Core</b> R 9:30 Ladies &amp; A Cuppa Tea R 10:30 <b>Ejercicio y actividades</b> R 11:30 <b>iLoteria!</b> A 11:15 Yoga: Stretch and Flow A 12:30 <b>Access Bars</b> R 1:00 <b>Introduction to Spanish</b> R 3:00 <b>Readers' Theatre</b></p>	<p><b>16</b> R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga C 11:00 Lunch and Learn R 1:00 Music with Ric R 2:15 <b>Advanced Spanish</b></p>	<p><b>17</b> P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe R 9:00 Tai Chi &amp; 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 <b>Intermediate Spanish</b> R 3:00 Dementia Caregiver Support</p>	<p><b>18</b> R 9:30 <b>Vineyard Walk</b> R 10:00 Improve Your Bridge Game R 10:00 Genealogy R 12:00 Victim Services R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry R 3:00 <b>Waltz Dance</b> R 4:00 <b>Cha-Cha Dance</b></p> <p style="text-align: right;">Saturday, April 19</p> <p>C 9:00 Tai Chi</p>
<p><b>21</b> 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>	<p><b>22</b> P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies &amp; A Cuppa Tea R 10:30 <b>Ejercicio y actividades</b> R 11:30 <b>iLoteria!</b> A 11:15 Yoga: Stretch and Flow A 12:30 <b>Access Bars</b> R 1:00 <b>Introduction to Spanish</b> R 3:00 <b>Readers' Theatre</b></p>	<p><b>23</b> R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music with Ric R 2:15 <b>Advanced Spanish</b> R 2:30 Tech Today</p>	<p><b>24</b> P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe R 9:00 Tai Chi &amp; 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 <b>Intermediate Spanish</b></p>	<p><b>25</b> R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg</p> <p style="text-align: center;">(No dance class)</p>
<p><b>28</b> 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 <b>Breathe it Away with Ray</b></p>	<p><b>29</b> P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL A 9:30 <b>Advanced Strength &amp; Core</b> R 9:30 Ladies &amp; A Cuppa Tea R 10:30 <b>Ejercicio y actividades</b> R 11:30 <b>iLoteria!</b> A 11:15 Yoga: Stretch and Flow A 12:30 <b>Access Bars</b> R 1:00 <b>Introduction to Spanish</b> R 3:00 <b>Readers' Theatre</b></p>	<p><b>30</b> R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 <b>MasterMinds NEW SESSION</b> R 1:00 Music with Ric R 2:15 <b>Advanced Spanish</b></p>	<div style="text-align: center;"> <h1>April</h1> <p>Red indicates new or required registration</p> </div> <div style="display: flex; justify-content: space-between;"> <ul style="list-style-type: none"> <li>A American Legion</li> <li>C Calistoga Community Center</li> <li>H Hybrid</li> <li>P Presbyterian Church</li> <li>PUC Pacific Union College</li> <li>R Rianda House</li> <li>Z ZOOM</li> </ul> </div>	