

Monday

Tuesday

Wednesday

Thursday

Friday

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



- A American Legion**
- C Calistoga Community Center**
- H Hybrid**
- L Rianda House Library**
- P Presbyterian Church**
- R Rianda House**
- Z ZOOM** *Red indicates new class or required registration*

- P 7:30 Strength Training **1**
- R 8:30 Gents & A Cuppa Joe
- L 9:00 Tai Chi & Qi Gong
- A 9:30 Zumba Gold
- R 9:30 Memoir Writing**
- A 10:40 Chair Aerobics
- R 11:00 Intro to Yoga Poses**
- A 11:15 Balance and Stretch
- R 1:00 Needlers Club
- R 1:00 Intermediate Spanish
- Z 3:00 Dementia Caregiver Group

- * 7:30 Farmers Market** **2**
- C 9:00 Calistoga Loop Walk**
- R 10:00 Improve Your Bridge Game
- R 10:00 Genealogy
- R 1:00 Canasta
- R 1:00 Mah Jongg
- SATURDAY, May 3**
- C 9:00 Tai Chi**
- SUNDAY, May 4**
- R 11:15 Sound Bath**

- 5**
- R 9:30 French Club
- H 10:00 Balance and Stretch
- R 11:00 Line Dancing**
- R 12:30 Duplicate Bridge
- R 1:00 Heart of the Matter

- 6**
- 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
- A 9:30 Tell Your Life Story - SHOP Pgm**
- R 10:30 Ejercicio y actividades**
- A 11:15 Yoga Stretch and Flow
- R 11:30 Detener Caídas**
- A 12:30 Access Bars
- R 1:00 Introduction to Spanish
- R 3:00 Readers Theatre

- 7**
- R 9:00 Sound Bowl Meditation
- R 10:00 Chair Yoga
- R 10:00 MasterMinds
- R 1:00 Music with Ric
- R 2:15 Advanced Spanish

- 8**
- P 7:30 Strength Training
- R 8:30 Gents & A Cuppa Joe
- L 9:00 Tai Chi & Qi Gong
- A 9:30 Zumba Gold
- R 9:30 Memoir Writing**
- A 10:40 Chair Aerobics
- R 11:00 Intro to Yoga Poses**
- A 11:15 Balance and Stretch
- R 1:00 Needlers Club
- R 1:00 Intermediate Spanish

- 9**
- R 10:00 Improve Your Bridge Game
- R 11:15 Astrology**
- R 1:00 Canasta
- R 1:00 Mah Jongg
- R 1:00 3 Stages of Dementia**

- 12**
- 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

- 13**
- P 7:30 Strength Training
- R 9:00 ESL
- R 9:30 Ladies & A Cuppa Tea
- A 9:30 Tell Your Life Story - SHOP Pgm**
- A 11:15 Yoga Stretch and Flow
- A 12:30 Access Bars
- R 1:00 Introduction to Spanish
- R 3:00 Readers' Theatre
- R 7:00 Page Turner Book Club

- 14**
- R 9:00 Sound Bowl Meditation
- R 10:00 Chair Yoga
- R 10:00 MasterMinds
- R 1:00 Music with Ric
- R 2:15 Advanced Spanish
- R 2:30 Tech Today

- 15**
- P 7:30 Strength Training
- R 8:30 Gents & A Cuppa Joe
- L 9:00 Tai Chi & Qi Gong
- A 9:30 Zumba Gold
- R 9:30 Memoir Writing**
- A 10:40 Chair Aerobics
- R 11:00 Intro to Yoga Poses**
- A 11:15 Balance and Stretch
- R 1:00 Needlers Club
- R 1:00 Intermediate Spanish
- Z 3:00 Dementia Caregiver Group

- 16**
- R 9:30 Vineyard Walk**
- R 10:00 Improve Your Bridge Game
- R 12:00 Victim Services
- R 1:00 Canasta
- R 1:00 Mah Jongg
- R 1:00 3 Stages of Dementia**
- Z 1:00 Imagery and Poetry
- SATURDAY, May 17**
- C 9:00 Tai Chi**
- SUNDAY, May 18**
- * 10:30 Veteran's Softball**

- 19**
- 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 2:30 COAD: Meet Your Neighbor**

- 20**
- P 7:30 Strength Training
- R 9:00 ESL
- R 9:30 Ladies & A Cuppa Tea
- A 9:30 Tell Your Life Story - SHOP Pgm**
- R 10:30 Ejercicio y actividades**
- A 11:15 Yoga Stretch and Flow
- R 11:30 iLoteria!**
- A 12:30 Access Bars
- R 1:00 Introduction to Spanish
- R 3:00 Readers Theatre

- 21**
- 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 2:15 Advanced Spanish

- 22**
- P 7:30 Strength Training
- R 8:30 Gents & A Cuppa Joe
- A 9:30 Zumba Gold
- R 9:30 Memoir Writing**
- R 11:00 Intro to Yoga Poses**
- R 1:00 Needlers Club
- R 1:00 Intermediate Spanish

- 23**
- R 10:00 Improve Your Bridge Game
- R 11:15 Astrology**
- R 1:00 Canasta
- R 1:00 Mah Jongg
- R 1:00 3 Stages of Dementia**
- SATURDAY, May 24**
- C 10:00 Balance & Fall Prevention**

Office Closed **26**

MEMORIAL DAY

- 27**
- P 7:30 Strength Training
- R 9:00 ESL
- R 9:30 Ladies & A Cuppa Tea
- R 9:30 Tell Your Life Story - SHOP Pgm**
- R 10:30 Ejercicio y actividades**
- A 11:15 Yoga Stretch and Flow
- R 11:30 iLoteria!**
- A 12:30 Access Bars
- R 1:00 Introduction to Spanish
- R 3:00 Readers Theatre

- 28**
- P 7:30 Sound Bowl Meditation
- R 10:00 Chair Yoga
- R 10:00 MasterMinds
- R 1:00 Music with Ric
- R 2:15 Advanced Spanish
- R 2:30 Tech Today
- R 4:30 Music Appreciation: Richard Strauss**
- R 5:30 Music Appreciation: Mahler and his second symphony**

- 29**
- P 7:30 Strength Training
- R 8:30 Gents & A Cuppa Joe
- L 9:00 Tai Chi & Qi Gong
- A 9:30 Zumba Gold
- R 9:30 Memoir Writing**
- R 11:00 Intro to Yoga Poses**
- A 11:15 Balance and Stretch
- R 1:00 Needlers Club
- R 1:00 Intermediate Spanish
- R 4:00 Imagery & Poetry Art Reception**

- 30**
- R 10:00 Improve Your Bridge Game
- R 1:00 Canasta
- R 1:00 Mah Jongg
- Z 1:00 Imagery and Poetry
- SATURDAY, May 31**
- C 10:00 Charsaw Lavendar Tour**