Monday	Tuesday	Wednesday	Thursday	Friday
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 R 9:00 ESL L 9:00 Tai Chi R 9:30 Ladies & A Cuppa Tea R 10:30 Ejercicio y actividades A 11:15 Yoga Stretch and Flow R 11:30 iLotería! A 12:30 Access Bars R 1:00 Introduction to Spanish 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 2:15 Advanced Spanish R 2:30 Preventing Medicare Fraud	 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 R 3:00 Dementia Caregiver Support 	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 Z 1:00 Imagery and Poetry Saturday, June 7 C 9:00 Tai Chi Sunday, June 8 R 11:15 Sound Bath
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 3:00 Seniors Against Scams	P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga Stretch and Flow A 12:30 Access Bars R 1:00 Introduction to Spanish R 3:30 Readers Theatre Performance R 7:00 Page Turner Book Club	* 8:30 Turks Head Hike R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music with Ric R 2:15 Advanced Spanish R 2:30 Tech Today	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 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 Author Presentation	R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg Sunday, June 15 * 11:00 CAR SHOW!
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 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 Advanced Spanish	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 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 Support	R 9:30 Vineyard Walk 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 Saturday, June 21 C 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 A 12:30 Duplicate Bridge R 2:00 Commission on Aging R 3:00 Downton Abbey R 4:00 Dances of the 20s & 30s	P 7:30 Strength Training R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Ejercicio y actividades A 11:15 Yoga Stretch and Flow R 11:30 iLotería! A 12:30 Access Bars R 3:00 Readers Theatre	R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds (NEW SESSION) R 1:00 Music with Ric R 2:15 Advanced Spanish R 2:30 Tech Today	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 R 11:00 Intro to Yoga Poses A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish	* 9:00 Bothe State Park Hike R 10:00 Improve Your Bridge Game R 11:15 Astrology 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 American Legion C Calistoga Community Cente H Hybrid L Rianda House Library	Rally Right	June	RIANDA ĦºUSĒ 1475 Main St.

A 11:30 Line Dancing

R 12:30 Duplicate Bridge

Rianda House Library

Presbyterian Church

Rianda House

Z **Z00M**



Red indicates new class or required registration

(707) 963-8555 riandahouse.org

ALL DONATIONS DOUBLED THROUGH JUNE 15!