

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>JULY</div><div>RIANDA HOUSE</div><div>1475 Main St.</div><div>(707) 963-8555</div><div>riandahouse.org</div></div>	<div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>L 9:00 Tai Chi</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Ejercicio y actividades</div><div>A 11:15 Yoga Stretch and Flow</div><div>R 11:30 Programa de PACE</div><div>A 12:30 Access Bars</div><div>R 3:00 Readers Theatre</div></div>	<div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>R 10:00 MasterMinds</div><div>R 1:00 Music with Ric</div><div>R 2:15 Advanced Spanish</div><div>R 3:00 Peace of Kate Happy Hour</div></div>	<div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>L 9:00 Tai Chi &amp; Qi Gong</div><div>A 9:30 Zumba Gold</div><div>R 9:30 Memoir Writing</div><div>A 10:40 Chair Aerobics</div><div>R 11:00 Intro to Yoga Poses</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers Club</div><div>R 1:00 Intermediate Spanish</div><div>R 3:00 Dementia Caregiver's Support</div></div>	<div><div></div><div>4th of July</div><div>(office closed)</div></div> <div>SATURDAY, JULY 5</div> <div>C 9:00 Tai Chi</div> <div>SUNDAY, JULY 6</div> <div>R 11:15 Sound Bath</div>
<div>7</div> <div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div><div>R 1:00 Heart of the Matter</div></div>	<div>8</div> <div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>A 11:15 Yoga Stretch and Flow</div><div>A 12:30 Access Bars</div><div>R 3:00 Readers Theatre</div><div>R 7:00 Page Turner Book Club</div></div>	<div>9</div> <div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>R 10:00 MasterMinds</div><div>R 11:15 PACE Program Presentation</div><div>R 1:00 Music with Ric</div><div>R 2:00 Pilates</div><div>R 2:30 Tech Today</div><div>R 3:15 Intro to Ballet</div></div>	<div>10</div> <div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>A 9:30 Zumba Gold</div><div>R 9:30 Memoir Writing</div><div>A 10:40 Chair Aerobics</div><div>R 11:00 Intro to Yoga Poses</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers Club</div></div>	<div>11</div> <div><div>* 7:30 Farmers Market</div><div>C 9:00 Calistoga Loop Walk</div><div>R 10:00 Improve Your Bridge Game</div><div>R 11:15 Astrology</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div>R 1:00 Beginner Mah Jongg</div><div>Z 1:00 Imagery and Poetry</div></div> <div>SATURDAY, JULY 12</div> <div>* 9:00 Bothe Park Health Fair</div>
<div>14</div> <div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div></div>	<div>15</div> <div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>L 9:00 Tai Chi</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Ejercicio y actividades</div><div>R 11:30 iLoteria!</div><div>R 3:00 Readers Theatre</div></div>	<div>16</div> <div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>R 10:00 MasterMinds</div><div>C 11:00 Lunch and Learn</div><div>R 1:00 Music with Ric</div><div>R 3:00 Peace of Kate Happy Hour</div></div>	<div>17</div> <div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>L 9:00 Tai Chi &amp; Qi Gong</div><div>A 9:30 Zumba Gold</div><div>R 9:30 Memoir Writing</div><div>A 10:40 Chair Aerobics</div><div>R 11:00 Intro to Yoga Poses</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers Club</div><div>Z 3:00 Dementia Caregiver's Support</div></div>	<div>18</div> <div><div>R 9:30 Vineyard Walk</div><div>R 10:00 Improve Your Bridge Game</div><div>R 10:00 Genealogy</div><div>R 12:00 Victim Services</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div>R 1:00 Beginner Mah Jongg</div></div> <div>SATURDAY, JULY 19</div> <div>C 9:00 Tai Chi</div> <div>R 3:00 Animal Adopt Yappy Hour</div>
<div>21</div> <div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div><div>R 1:00 Heart of the Matter</div></div>	<div>22</div> <div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Ejercicio y actividades</div><div>A 11:15 Yoga Stretch and Flow</div><div>R 11:30 iLoteria!</div><div>A 12:30 Access Bars</div><div>R 3:00 Readers Theatre</div><div>R 4:00 Author Presentation</div></div>	<div>23</div> <div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>R 10:00 MasterMinds</div><div>R 1:00 Music with Ric</div><div>R 2:00 Pilates</div><div>R 2:30 Tech Today</div><div>R 3:15 Intro to Ballet</div></div>	<div>24</div> <div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>L 9:00 Tai Chi &amp; Qi Gong</div><div>A 9:30 Zumba Gold</div><div>R 9:30 Memoir Writing</div><div>A 10:40 Chair Aerobics</div><div>R 11:00 Intro to Yoga Poses</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers Club</div></div>	<div>25</div> <div><div>* 9:00 Mossy Rock Trail Hike</div><div>R 10:00 Improve Your Bridge Game</div><div>R 11:15 Astrology</div><div>R 1:00 Canasta</div><div>R 1:00 Mah Jongg</div><div>R 1:00 Beginner Mah Jongg</div><div>Z 1:00 Imagery and Poetry</div></div>
<div>28</div> <div><div>R 9:30 French Club</div><div>A 9:30 Zumba Gold</div><div>H 10:00 Balance and Stretch</div><div>A 11:30 Line Dancing</div><div>R 12:30 Duplicate Bridge</div><div>R 2:30 Anne Cottrell AB 470</div></div>	<div>29</div> <div><div>P 7:30 Strength Training</div><div>A 8:00 Men's Fitness</div><div>R 9:00 ESL</div><div>L 9:00 Tai Chi</div><div>R 9:30 Ladies &amp; A Cuppa Tea</div><div>R 10:30 Ejercicio y actividades</div><div>A 11:15 Yoga Stretch and Flow</div><div>R 11:30 Tallers sobre seguros para inquilinos</div><div>A 12:30 Access Bars</div><div>R 3:00 Readers Theatre</div></div>	<div>30</div> <div><div>R 9:00 Sound Bowl Meditation</div><div>R 10:00 Chair Yoga</div><div>R 10:00 MasterMinds</div><div>R 1:00 Music with Ric</div><div>R 3:00 Peace of Kate Happy Hour</div></div> <div>Red indicates new class or required registration</div>	<div>31</div> <div><div>P 7:30 Strength Training</div><div>R 8:30 Gents &amp; A Cuppa Joe</div><div>L 9:00 Tai Chi &amp; Qi Gong</div><div>A 9:30 Zumba Gold</div><div>R 9:30 Memoir Writing</div><div>A 10:40 Chair Aerobics</div><div>R 11:00 Intro to Yoga Poses</div><div>A 11:15 Balance and Stretch</div><div>R 1:00 Needlers Club</div></div>	<div>A American Legion</div> <div>C Calistoga Community Ctr</div> <div>H Hybrid (online and at RH)</div> <div>L Rianda House Library</div> <div>P Presbyterian Church</div> <div>R Rianda House</div> <div>Z ZOOM</div> <div>* See description</div>