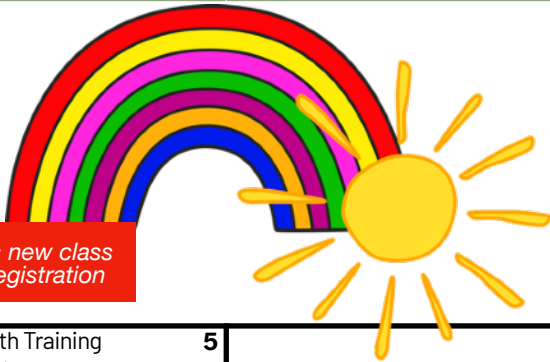


Monday		Tuesday		Wednesday		Thursday		Friday	
AUGUST RIANDA HOUSE 1475 Main St. (707) 963-8555 riandahouse.org		 Red indicates new class or required registration		A American Legion C Calistoga Community Center H Hybrid L Lyman Park PUC Pacific Union College P Presbyterian Church R Rianda House Z ZOOM * See description		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, AUG 2 R 9:00 Balance and Fall Prevention R 10:00 Osteoporosis & Bone Health SUNDAY, AUG 3 R 11:15 Sound Bath			
4 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge R 1:00 Heart of the Matter A 2:00 Pilates A 3:15 Intro to Ballet		5 P 7:30 Strength Training A 8:00 Men's Fitness 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 iLoteria! A 12:30 Access Bars R 1:00 Introduction to Spanish * 5:00 National Night Out		6 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:30 Age Well Drive Smart R 1:00 Music with Ric R 2:00 Pilates R 3:00 Peace of Kate Happy Hour R 3:15 Intro to Ballet		7 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 9:15 Body Mind Nutrition A 10:40 Chair Aerobics R 11:00 Intro to Yoga Poses A 11:15 Balance and Stretch R 1:00 Needlers Club R 3:00 Dementia Family Caregiver Su A 5:00 Pavone String Quartet		8 * 7:30 Farmers Market PUC 9:00 Forest Loop Trail R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry	
11 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge R 3:00 Pedestrian Safety		12 P 7:30 Strength Training A 8:00 Men's Fitness A 9:00 Tai Chi 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 7:00 Page Turner Book Club		13 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		14 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 9:15 Body Mind Nutrition A 10:40 Chair Aerobics R 11:00 Intro to Yoga Poses A 11:15 Balance and Stretch R 1:00 Needlers Club		15 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, AUG 16 C 9:00 Tai Chi SUNDAY, AUG 17 * 9:30 Sunrise Horse Rescue	
18 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge R 1:00 Heart of the Matter R 3:00 Pedestrian Safety		19 P 7:30 Strength Training A 8:00 Men's Fitness 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 1:00 Introduction to Spanish		20 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds(New Session) C 11:00 Lunch and Learn R 1:00 Music with Ric R 2:15 Advanced Spanish R 3:00 Peace of Kate Happy Hour		21 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe A 9:30 Zumba Gold R 9:15 Body Mind Nutrition 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		22 R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry	
25 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge A 2:00 Pilates A 3:15 Intro to Ballet		26 P 7:30 Strength Training A 8:00 Men's Fitness A 9:00 Tai Chi 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 Avanzando más segura A 12:30 Access Bars R 1:00 Introduction to Spanish		27 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		28 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 9:15 Body Mind Nutrition 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		29 * 9:30 Oat Hill Mine Trail R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg	