

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div><div>★ Happy ★</div><div>LABOR DAY</div><div>(office closed)</div></div>	<div>2</div> <div>P 7:30 Strength Training A 8:00 Men's Fitness R 9:00 ESL R 9:30 Ladies &amp; A Cuppa Tea A 11:15 Yoga Stretch and Flow R 11:30 Caminando Más Segura A 12:30 Access Bars R 1:00 Introduction to Spanish</div>	<div>3</div> <div>R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:00 Pilates R 2:15 Advanced Spanish R 3:00 Peace of Kate Happy Hour R 3:15 Intro to Ballet</div>	<div>4</div> <div>P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe L 9:00 Tai Chi &amp; 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 R 3:00 Dementia Caregiver Support</div>	<div>5</div> <div>* 7:30 Farmers Market C 9:00 Calistoga Loop Walk R 10:00 Improve Your Bridge Gam R 10:00 Genealogy R 1:00 Canasta R 1:00 Mah Jongg</div> <div>SATURDAY, SEPT 6</div> <div>C 9:00 Tai Chi * 9:30 Alzheimer's Walk</div>
<div>8</div> <div>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</div>	<div>9</div> <div>P 7:30 Strength Training A 8:00 Men's 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 Access Bars R 1:00 Introduction to Spanish R 3:00 Being Mortal R 7:00 Page Turner Book Club</div>	<div>10</div> <div>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 * 6:00 Common Table Speaker Dr. Steve Herber</div>	<div>11</div> <div>P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe L 9:00 Tai Chi &amp; 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 R 3:00 Pilates R 4:15 Intro to Ballet</div>	<div>12</div> <div>PUC 9:00 Meadow Loop Walk R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg R 1:00 Three Stages of Dementia Z 1:00 Imagery and Poetry</div>
<div>15</div> <div>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 News and Views A 3:00 Pilates A 4:15 Intro to Ballet</div>	<div>16</div> <div>P 7:30 Strength Training A 8:00 Men's Fitness R 9:00 ESL A 9:30 Vaccination Clinic R 9:30 Ladies &amp; A Cuppa Tea A 11:15 Yoga Stretch and Flow R 11:30 ¡Lotería! A 12:30 Access Bars R 1:00 Introduction to Spanish R 3:00 Being Mortal</div>	<div>17</div> <div>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 R 3:00 Peace of Kate Happy Hour</div>	<div>18</div> <div>P 7:30 Strength Training R 8:30 Gents &amp; 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</div>	<div>19</div> <div>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 R 1:00 Three Stages of Dementia</div> <div>SATURDAY, SEPT 20</div> <div>C 9:00 Tai Chi R 9:15 Gong Nidra Meditation R 1:00 Chef Mariano Demo</div>
<div>22</div> <div>R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 12:30 Duplicate Bridge R 1:00 Affordable Workhouse Presentation</div>	<div>23</div> <div>P 7:30 Strength Training R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies &amp; A Cuppa Tea A 11:15 Yoga Stretch and Flow R 11:30 ¡Lotería! A 12:30 Access Bars R 1:00 Introduction to Spanish R 3:00 Being Mortal</div>	<div>24</div> <div>R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:00 Estate &amp; End of Life Planning R 2:15 Advanced Spanish R 2:30 Tech Today</div>	<div>25</div> <div>P 7:30 Strength Training R 8:30 Gents &amp; A Cuppa Joe L 9:00 Tai Chi &amp; 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</div>	<div>26</div> <div>R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Mah Jongg R 1:00 Three Stages of Dementia Z 1:00 Imagery and Poetry</div>
<div>29</div> <div>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</div>	<div>30</div> <div>P 7:30 Strength Training R 9:00 ESL A 9:30 Strength, Core &amp; Balance Workshop R 9:30 Ladies &amp; A Cuppa Tea A 11:15 Yoga Stretch and Flow R 11:30 ¡Lotería! A 12:30 Access Bars R 1:00 Introduction to Spanish R 3:00 Being Mortal</div>	<div>SEPTEMBER</div> <div>RIANDA HOUSE</div> <div>1475 Main St.</div> <div>(707) 963-8555</div> <div>riandahouse.org</div> <div>A American Legion (1291 Madrona Ave, St. Helena) C Calistoga Community Center (1307 Washington St. Calistoga) H Hybrid (Online &amp; at Rianda House) L Lyman Park (1498 Main, St. Helena) PUC Pacific Union College (Meet at 405 Las Posadas Rd., Angwin) P Presbyterian Church (1428 Spring Street, St. Helena) R Rianda House (1475 Main Street, St. Helena) Z ZOOM (online) * Check description in newsletter for location</div> <div>Red indicates new class or required registration</div>		

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