

Monday		Tuesday		Wednesday		Thursday		Friday	
OCTOBER RIANDA HOUSE 1475 Main St. (707) 963-8555 riandahouse.org		A American Legion (1291 Madrona Ave, St. Helena) C Calistoga Community Center (1307 Washington, Calistoga) B Brannan Center (1407 3rd Street, Calistoga) H Hybrid (Online & at Rianda House) L Lyman Park (1498 Main, St. Helena) 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		1 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 11:30 Kaizen: Small Steps to "Success" R 1:00 Music with Ric R 2:15 Advanced Spanish R 3:00 Peace of Kate Happy Hour		2 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 A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish R 3:00 Dementia Family Support		3 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 4 * 9:00 Tai Chi	
		6 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 1:00 SongShine		7 P 7:30 Strength Training R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga Stretch and Flow R 11:30 iLotería! A 12:30 Access Bars R 1:00 Introduction to Spanish		8 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 11:30 Kaizen: Small Steps to "Success" R 1:00 Music with Ric R 2:15 Advanced Spanish R 2:30 Tech Today * 6:00 Common Table Speaker Event		9 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 A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish	
13 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 1:00 SongShine R 3:00 Simple Arts & Crafts		14 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Artes y manualidades simples R 11:15 Yoga Stretch and Flow A 12:30 Access Bars R 1:00 Introduction to Spanish R 7:00 Page Turner Book Club		15 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		16 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 A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish Z 3:00 Dementia Family Support		17 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 Z 1:00 Imagery and Poetry SATURDAY 18 B 9:00 Tai Chi B 10:00 Chair Yoga Harvest Festival	
20 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 1:00 SongShine		21 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 R 11:30 Comprender los ciudadanos paliativos y los hospicios A 12:30 Access Bars R 1:00 Introduction to Spanish		22 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		23 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 A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish		24 R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Canasta SATURDAY 25 R 9:15 Gong Nidra Meditation R 3:00 Pilates R 4:15 Intro to Ballet SUNDAY 26 R 3:00 OPEN HOUSE!	
27 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 1:00 SongShine		28 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 R 11:30 iLotería! A 12:30 Access Bars R 1:00 Introduction to Spanish		29 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 3:00 Peace of Kate Happy Hour		30 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 A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish		31 * 7:30 Farmers Market R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry Red indicates new class or required registration	