

Monday

Tuesday

Wednesday

Thursday

Friday

November

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



Red indicates new class
or required registration

Saturday, Nov 1

B 9:00 Tai Chi
B 10:00 Chair Yoga
R 3:00 Pilates
R 4:15 Intro to Ballet

3

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

4

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
A 9:00 Tai Chi
R 9:30 Ladies & A Cuppa Tea
R 10:30 iLoteria!
A 11:15 Yoga Strech & Flow
A 12:30 Access Bars
R 1:00 Introduction to Spanish
R 3:00 Should I Stay or Should I Go?

5

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 5:00 A Novel Bunch Book Club

6

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
R 10:30 Greeting Card Painting Class
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 Caregiver Support

7

* 9:00 Bothe Park - Big Tree Road Loop
R 10:00 Improve Your Bridge Game
R 10:00 Genealogy
R 1:00 Canasta
R 1:00 Mah Jongg

10

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

11

P 7:30 Strength Training
A 9:30 Veterans Day Breakfast
R 10:30 Artes y manualidades simples
R 9:30 Ladies & A Cuppa Tea
R 1:00 Introduction to Spanish
R 3:00 Should I Stay or Should I Go?
R 7:00 Page Turner Book Club

12

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
R 3:00 Peace of Kate Happy Hour
* 6:00 Common Table Speaker Event

13

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

14

* 9:30 Oat Hill Mine 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

Saturday, Nov 15

B 9:00 Tai Chi
B 10:00 Chair Yoga
R 3:00 Pilates
R 4:15 Intro to Ballet

17

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
R 2:15 Understanding Hospice & Palliative Care

18

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
R 9:30 Ladies & A Cuppa Tea
R 10:30 iLoteria!
A 11:15 Yoga Strech & Flow
A 12:30 Access Bars
R 1:00 Introduction to Spanish
R 3:00 Should I Stay or Should I Go?
A 4:00 Thanksgiving Dinner

19

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

20

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
Z 3:00 Dementia Caregiver Support

21

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

24

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

25

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
A 9:00 Tai Chi
R 9:30 Ladies & A Cuppa Tea
R 10:30 iLoteria!
A 11:15 Yoga Strech & Flow
A 12:30 Access Bars
R 3:00 Should I Stay or Should I Go?

26

R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
R 1:00 Music with Ric
R 2:30 Tech Today
R 3:00 Peace of Kate Happy Hour

27



Happy
Thanksgiving!

Office Closed

28