

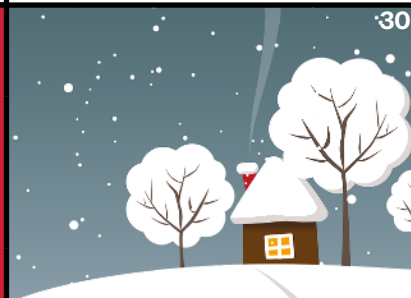
Monday	Tuesday	Wednesday	Thursday	Friday
1 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge R 1:00 News and Views	2 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies & A Cuppa Tea R 10:30 Comprender Los Cuidados Paliativos y Los Hospicios A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Dementia & The Holidays	3 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music With Ric R 3:00 Peace of Kate Happy Hour R 4:00 A Novel Bunch Book Club	4 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe CB 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 3:00 Dementia Caregiver Support	5 B 9:00 A Stroll Through Calistoga R 10:00 Improve Your Bridge Game R 10:00 Genealogy R 1:00 Canasta R 1:00 Mah Jongg Saturday, Dec 6 C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga
8 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 Simple Arts & Crafts	9 P 7:30 Strength Training A 8:00 Mens Fitness R 9:30 Ladies & A Cuppa Tea R 10:30 Artes y manualidades simples A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Volunteering at your local Veterans Home R 7:00 Page Turner Book Club	10 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music with Ric R 2:30 Tech Today * 6:00 Common Table Speaker Event	11 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	* 9:30 Wonderful Westside Walk 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, Dec 13 R 10:00 SantaPaws Sunday, Dec 14 R 11:00 Creation of Handels Messiah R 2:30 Artist Reception
15 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	16 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 ¡Lotería! A 11:15 Yoga Stretch & Flow A 12:30 Access Bars	17 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga C 11:00 Lunch and Learn R 1:00 Music with Ric R 3:00 Peace of Kate Happy Hour	18 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe CB 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 Z 3:00 Dementia Caregiver Support	19 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, Dec 20 B 9:00 Tai Chi B 10:00 Chair Yoga R 11:00 Holiday Carols
22 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	23 Rianda Holiday Open House 10:00 AM Join us for food, fun & friendship! 	24	25	26

Thank you for being part of the Rianda House Community
We can't wait to see what 2026 brings!
(Office Closed)

December

RIANDA HOUSE

1475 Main St.
(707) 963-8555
riandahouse.org



A American Legion (1291 Madrona Ave, St. Helena)
B Brannan Center (1407 3rd Street, Calistoga)
C Calistoga Community Center (1307 Washington, Calistoga)
CB Carnegie Building (1360 Oak Avenue, St. Helena)
H Hybrid (Online & at Rianda House)
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