

Monday	Tuesday	Wednesday	Thursday	Friday
January 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) CP Crane Park (360 S. Crane Ave, 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)		1 2 HAPPY NEW YEAR! (office closed)	R 8:30 Tai Chi Z 9:00 Strength for Longevity C 9:00 Bothe State Park Walk R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg
5 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	6 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 10:30 iLoteria! R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 12:30 Introduction to Spanish R 1:00 Beginner Spanish	7 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music With Ric R 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour R 4:00 A Novel Bunch Book Club	8 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 1:00 Intermediate Spanish R 3:00 Dementia Caregiver Support Z 6:30 WomenHeart Support Group	9 R 8:30 Tai Chi Z 9:00 Strength for Longevity CP 9:30 Wonderful Westside Walk R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg
12 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	13 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 12:30 Introduction to Spanish R 1:00 Beginner Spanish R 7:00 Author Presentation	14 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:00 Advanced Spanish R 2:30 Tech Today R 4:00 Death Cafe	15 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 11:00 Astrology R 1:00 Needlers Club R 1:00 Intermediate Spanish Z 3:00 Dementia Caregiver Support R 4:00 Artist Reception	16 R 8:30 Tai Chi Z 9:00 Strength for Longevity 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 17 C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga
19 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 2:30 Medicare Essentials	20 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Información para entender la alzheimer y la demencia A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 12:30 Introduction to Spanish R 1:00 Beginner Spanish	21 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 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour	22 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 11:00 Astrology R 1:00 Needlers Club R 1:00 Intermediate Spanish	23 R 8:30 Tai Chi Z 9:00 Strength for Longevity R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry N 5:00 BINGO! Saturday 24 R 3:00 Pilates R 4:15 Intro to Ballet
26 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	27 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 10:30 iLoteria! R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 12:30 Introduction to Spanish R 1:00 Beginner Spanish	28 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:00 Advanced Spanish R 2:30 Tech Today	29 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 11:00 Astrology R 1:00 Needlers Club R 1:00 Intermediate Spanish R 3:30 Northern Lights of Finland	30 Z 9:00 Strength for Longevity R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg 

