

Monday

Tuesday

Wednesday

Thursday

Friday

February

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)

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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

3

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
R 10:30 iLotería!
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
R 1:00 Fiction Writing Workshop

4

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 4:00 A Novel Bunch Book Club
L 5:30 iLotería!

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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
R 11:00 Astrology
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

6

R 8:30 Tai Chi
Z 9:00 Strength for Longevity
B 9:00 Stroll Through Calistoga
R 10:00 Improve Your Bridge Game
R 10:00 Genealogy
R 1:00 Canasta
R 1:00 Mah Jongg

Saturday 7

C 9:00 Calistoga Farmers Market
B 9:00 Tai Chi
B 10:00 Chair Yoga

9

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

10

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:30 Ladies & A Cuppa Tea
R 10:30 Artes y manualidades simple
A 11:15 Yoga Stretch & Flow
A 12:30 Access Bars
R 12:30 Introduction to Spanish
R 1:00 Beginner Spanish
R 1:00 Fiction Writing Workshop
R 7:00 Page Turner Book Club

11

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

12

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
R 11:00 Astrology
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Intermediate Spanish

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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
Z 1:00 Imagery and Poetry

16

R 9:30 French Club
A 9:30 Zumba Gold
H 10:00 Balance and Stretch
R 12:30 Duplicate Bridge
R 1:00 News and Views

17

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
R 9:30 Ladies & A Cuppa Tea
R 10:30 iLotería!
A 11:15 Yoga Stretch & Flow
A 12:30 Access Bars
R 12:30 Introduction to Spanish
R 1:00 Beginner Spanish
R 1:00 Fiction Writing Workshop

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R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
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

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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
R 11:00 Astrology
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Intermediate Spanish
Z 3:00 Dementia Caregiver Support

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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 21

C 9:00 Calistoga Farmers Market
B 9:00 Tai Chi
B 10:00 Chair Yoga

23

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 2:15 Pilates: Get Energized!

24

P 7:30 Strength Training
A 8:00 Mens Fitness
R 9:00 ESL
R 9:30 Ladies & A Cuppa Tea
R 10:30 iLotería!
A 11:15 Yoga Stretch & Flow
A 12:30 Access Bars
R 12:30 Introduction to Spanish
R 1:00 Beginner Spanish
R 1:00 Fiction Writing Workshop

25

R 9:00 Sound Bowl Meditation
R 10:00 Chair Yoga
R 1:00 Music With Ric
R 2:00 Advanced Spanish
R 2:30 Tech Today
R 4:15 Music Appreciation: Secrets of Bach's Solo Showpieces
R 5:15 Music Appreciation: Mozart's Amazing Wind Concertos

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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
R 11:00 Astrology
A 11:15 Balance and Stretch
R 1:00 Needlers Club
R 1:00 Intermediate Spanish

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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