

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p>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</p>	<p>3</p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 ¡Lotería! 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 A 2:30 Time for Tap</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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 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</p>	<p>6</p> <p>R 8:30 Tai Chi Z 9:00 Strength for Longevity B 9:00 Calistoga Loop Walk R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg</p>	
<p>9</p> <p>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</p>	<p>10</p> <p>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 1:00 Beginner Spanish R 1:00 Fiction Writing Workshop A 2:30 Time for Tap R 7:00 2 Tues Page Turner Book Club</p>	<p>11</p> <p>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</p>	<p>12</p> <p>P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold R 11:00 Astrology R 1:00 Needlers Club R 1:00 Intermediate Spanish</p>	<p>13</p> <p>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</p>	
<p>16</p> <p>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</p>	<p>17</p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 ¡Lotería! R 11:00 Baking with Beth A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish A 2:30 Time for Tap</p>	<p>18</p> <p>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</p>	<p>19</p> <p>P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold 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</p>	<p>20</p> <p>R 8:30 Tai Chi Z 9:00 Strength for Longevity R 9:30 Vineyard Walk R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 12:00 Victim Services R 1:00 Canasta R 1:00 Mah Jongg</p>	
<p>23</p> <p>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</p>	<p>24</p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 10 señales de advertencia de la enfermedad de alzheimer A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish A 2:30 Time for Tap</p>	<p>25</p> <p>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</p>	<p>26</p> <p>P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong R 9:15 Body Mind Nutrition A 9:30 Zumba Gold 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</p>	<p>27</p> <p>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</p>	
<p>30</p> <p>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</p>	<p>31</p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 ¡Lotería! A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish A 2:30 Time for Tap</p>	<p>March</p> <p>RIANDA HOUSE 1475 Main St. (707) 963-8555 riandahouse.org</p>			<p>Saturday 7</p> <p>C 9:00 Calistoga Farmers Market R 9:00 Gong Nidra Meditation B 9:00 Tai Chi B 10:00 Chair Yoga</p> <p>Saturday 21</p> <p>C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga R 3:00 Pilates R 4:15 Intro to Ballet</p>



March

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)
- CP Crane Park (360 S. Crane Ave, St. Helena)
- H Hybrid (Online & at Rianda House)
- L Lyman Park (1498 Main Street, St. Helena)
- P Presbyterian Church (1428 Spring Street, St. Helena)
- R Rianda House (1475 Main Street, St. Helena)
- Z ZOOM (online)