April

A	American Legion (1291 Madrona Ave, St. Helena)
B	Brannan Center (1407 3rd Street, Calistoga)
BP	Bothe Park (3801 Saint Helena Hwy, 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)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 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	**2** 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 R 3:00 Dementia Caregiver Support Z 6:30 WomenHeart Support Group	**3** R 8:30 Tai Chi Z 9:00 Strength for Longevity BP 9:00 Bothe State Park Hike R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg **Saturday 4** C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga R 3:00 Beginner Pilates R 4:00 Intermediate Pilates
6 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	**7** P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Protección contra estafas A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Protection from Scams R 1:00 Beginner Spanish A 2:30 Time for Tap	**8** 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	**9** 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 A 3:30 String Band Music: Back in Touch!	**10** R 8:30 Tai Chi Z 9:00 Strength for Longevity CP 9:30 Wonderful Westside Walk R 10:00 Molly's Angels: Changing Lives 1 Call & Ride at a Time R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg
13 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 Building Foundations of Caregiving R 3:00 Simple Arts & Crafts	**14** P 7:30 Strength Training A 8:00 Mens Fitness R 9:30 Ladies & A Cuppa Tea A 9:30 Foam & Myofascial Workshop R 10:30 Artes y manúalidades simple A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish R 2:00 Baking with Beth A 2:30 Time for Tap R 7:00 2nd Tuesday Book Club	**15** 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 R 4:30 Music Appreciation: Music of of Croatia and its Neighbors R 5:30 Music Appreciation: California Indian Music	**16** 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	**17** 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 **Saturday 18** C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga
20 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	**21** 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	**22** 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	**23** P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong 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	**24** 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
27 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 Medicare Fundamentals	**28** 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 y asistencia A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish A 2:30 Time for Tap	**29** 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	**30** P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong 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	

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