

Monday	Tuesday	Wednesday	Thursday	Friday (Sat)
<p>1</p> <p>R 9:30 French Club A 9:30 Zumba Gold R 12:30 Duplicate Bridge R 1:00 News and Views</p>	<p>2</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 Loteria A 11:15 Yoga Stretch & Flow A 12:30 Access Bars G 1:30 Time for Tap R 3:00 Diabetes Prevention & Education</p>	<p>3</p> <p>R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music With Ric R 3:00 Peace of Kate Happy Hour R 4:00 A Novel Bunch Book Club</p>	<p>4</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 Artists Way Workshop R 3:00 Dementia Caregiver Support Z 6:30 WomenHeart Support Group</p>	<p>5</p> <p>L 9:00 Tai Chi Z 9:00 Strength for Longevity C 9:00 Bothe SP: Ritchey Canyon Tr R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg</p> <p>Saturday 6</p> <p>C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga</p>
<p>8</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>9</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 G 1:30 Time for Tap R 3:00 Diabetes Prevention & Education R 7:00 Page Turner Book Club</p>	<p>10</p> <p>R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music With Ric R 4:00 Death Cafe</p>	<p>11</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 Artists Way Workshop A 3:30 String Band Music: Back In Touch!</p>	<p>12</p> <p>L 9:00 Tai Chi Z 9:00 Strength for Longevity R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg</p>
<p>15</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>16</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 Sentar Las Bases de Proporcionar Cuidados A 11:15 Yoga Stretch & Flow A 12:30 Access Bars G 1:30 Time for Tap R 3:00 Diabetes Prevention & Education</p>	<p>17</p> <p>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</p>	<p>18</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 Artists Way Workshop Z 3:00 Dementia Caregiver Support</p>	<p>19</p> <p>CP 7:30 St. Helena Farmers Market L 9:00 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>Saturday 20</p> <p>B 9:00 Tai Chi B 10:00 Chair Yoga</p>
<p>22</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>23</p> <p>P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL * 9:00 Oat Hill Mine Trail R 9:30 Ladies & A Cuppa Tea R 10:30 Conozca Puertas Abiertas y Nuestros Servicios A 11:15 Yoga Stretch & Flow A 12:30 Access Bars G 1:30 Time for Tap R 3:00 Diabetes Prevention & Education</p>	<p>24</p> <p>R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music With Ric</p>	<p>25</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 Artists Way Workshop</p>	<p>26</p> <p>L 9:00 Tai Chi Z 9:00 Strength for Longevity R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg</p>
<p>29</p> <p>R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 12:30 Duplicate Bridge R 1:00 Building Foundations of Caregiving</p>	<p>30</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 Loteria A 11:15 Yoga Stretch & Flow A 12:30 Access Bars G 1:30 Time for Tap R 3:00 Diabetes Prevention & Education</p>	<p>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) G Grace Church (1314 Spring Street, 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)</p>		<p>JUNE RIANDA HOUSE 1475 Main St. (707) 963-8555 riandahouse.org</p>