

Monday		Tuesday		Wednesday		Thursday		Friday (Sat)	
J U L Y	A American Legion (1291 Madrona Ave, St. Helena) B Brannan Center (1407 3rd Street, Calistoga) BSP Bothe State Park (3801 St Helena Hwy, Calistoga) C Calistoga Community Ctr (1307 Washington) 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) N In Napa at CIA Copia, 500 1st St, Napa P Presbyterian Church (1428 Spring St., St. Helena) R Rianda House (1475 Main Street, St. Helena) Z ZOOM (online)								
	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 Loteria A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care	8 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music With Ric R 1:00 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 A 3:30 String Band Music: Back in Touch!	10 N 9:00 Music & Wellness Summit L 9:00 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 Saturday 11 BSP 9:00 Wellness Day at Bothe Park R 11:00 Bone Health Workshop				
	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 3:00 Simple Arts & Crafts	14 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 G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care R 7:00 Page Turner Book Club	15 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 3:00 Peace of Kate Happy Hour R 4:00 Beginner Pilates R 5:00 Intermediate Pilates	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 Z 3:00 Dementia Caregiver Support R 6:00 Italian Language & Culture	17 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 Z 1:00 Imagery and Poetry Saturday 18 C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga R 1:00 Reiki Caregiver Workshop				
Sunday 19 R 1:00 Reiki Caregiver Workshop	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 Responder a los relacionados comportamientos con la demencia A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care	22 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music With Ric R 1:00 Tech Today R 3:30 Artist Reception	23 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 6:00 Italian Language & Culture	24 CP 7:30 St. Helena Farmers Market 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					
Monday 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									
27 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 12:30 Duplicate Bridge R 1:00 Why Spirituality Matters in Healthcare	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 Artes y manualidades simples A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care	29 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	30 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 6:00 Italian Language & Culture	31 L 9:00 Tai Chi Z 9:00 Strength for Longevity R 10:00 Improve Your Bridge Gam R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry					