

Monday	Tuesday	Wednesday	Thursday	Friday (Sat)
3 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	4 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea R 10:30 Transporte con NVRTA A 11:15 Yoga Stretch & Flow A 12:30 Access Bars G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care	5 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music With Ric R 4:00 A Novel Bunch Book Club R 4:00 Beginner Pilates R 5:00 Intermediate Pilates	6 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 3:00 Dementia Caregiver Support R 6:00 Italian Language & Culture Z 6:30 WomenHeart Support Group * 6:30 Concerts in the Park	Saturday, Aug 1 C 9:00 Calistoga Farmers Market B 9:00 Tai Chi B 10:00 Chair Yoga Friday, Aug 7 L 9:00 Tai Chi Z 9:00 Strength for Longevity B 9:00 Calistoga Vine Trail Walk R 10:00 Genealogy R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg
10 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 Women Heart Health Overview R 3:00 Simple Arts & Crafts	11 P 7:30 Strength Training A 8:00 Mens Fitness 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 Advanced Beginner Spanish G 1:30 Time for Tap R 3:00 Healthy Habits for Self Care A 4:30 Music in the Vineyards Maple String Quartet R 7:00 Page Turner Book Club	12 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 1:00 Music With Ric R 1:00 Tech Today R 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour R 4:00 Death Cafe	13 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! R 6:00 Italian Language & Culture	Friday, Aug 14 CP 7:30 St. Helena Farmers Market L 9:00 Tai Chi Z 9:00 Strength for Longevity Y 9:00 Yountville Walk R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry Saturday, Aug 15 B 9:00 Tai Chi B 10:00 Chair Yoga
17 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	18 P 7:30 Strength Training A 8:00 Mens Fitness BP 9:00 Bothe State Park Hike 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 Advanced Beginner Spanish G 1:30 Time for Tap	19 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 4:00 Beginner Pilates R 5:00 Intermediate Pilates	20 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe 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 R 6:00 Italian Language & Culture	21 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
24 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch R 11:00 Baking with Beth R 12:30 Duplicate Bridge	25 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 simple A 11:15 Yoga Stretch & Flow A 12:30 Access Bars R 1:00 Advanced Beginner Spanish G 1:30 Time for Tap R 3:00 Soul Collage Workshop	26 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 2:00 Advanced Spanish R 3:00 Peace of Kate Happy Hour	27 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 6:00 Italian Language & Culture	Friday, Aug 28 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 Z 1:00 Imagery and Poetry Saturday, Aug 29 * 5:00 Sip, Supper & Swing!
31 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 Transportation with NVRTA	A American Legion (1291 Madrona Ave, St. Helena) B Brannan Center (1407 3rd Street, Calistoga) BP 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) P Presbyterian Church (1428 Spring St., St. Helena) R Rianda House (1475 Main Street, St. Helena) Y Yountville Park, 2900 Lincoln Ave Z ZOOM (online)			