

## Monday



## Tuesday

## Wednesday

## Thursday

## Friday/Saturday

Friday, Sept 4

P 7:30 Strength Training **1**  
 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 Advanced Beginner Spanish  
 G 1:30 Time for Tap  
 R 3:00 Healthy Habits for Confident Aging

**2**  
 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 4:00 A Novel Bunch Book Club  
 R 4:00 Beginner Pilates

**3**  
 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 Family Caregiver Support  
 R 6:00 Italian Language & Culture  
 Z 6:30 WomenHeart Support Group

L 9:00 Tai Chi  
 Z 9:00 Strength for Longevity  
 C 9:00 Bothe Cemetery & Grist Mill Walk  
 R 10:00 Genealogy  
 R 10:00 Improve Your Bridge Game  
 R 1:00 Canasta  
 R 1:00 Mah Jongg

Saturday, Sept 5

C 9:00 Calistoga Farmers Market  
 B 9:00 Tai Chi  
 B 10:00 Chair Yoga



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**8**  
 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 and Flow  
 A 12:30 Access Bars  
 R 1:00 Advanced Beginner Spanish  
 G 1:30 Time for Tap  
 R 3:00 Healthy Habits for Confident Aging  
 R 7:00 Page Turner Book Club

**9**  
 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  
 R 4:00 Death Cafe  
 R 4:15 Music Travels in Finland  
 R 5:15 Music of the Recent Scottish Invasion

**10**  
 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 10:30 Crafting a Seashell Nightlight  
 R 11:00 Astrology  
 R 1:00 Needlers Club  
 R 1:00 Intermediate Spanish  
 A 3:30 String Band Music: Back in Touch!

Friday, Sept 11

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 Beginner Pilates  
 R 11:00 Intermediate Pilates  
 R 1:00 Canasta  
 R 1:00 Mah Jongg

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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  
 A 2:00 PWR! Moves  
 R 2:15 Grief Support Group

**15**  
 P 7:30 Strength Training  
 A 8:00 Mens Fitness  
 R 9:00 ESL  
 \* 9:00 Mt. St Helena Monument Hike  
 R 9:30 Ladies & A Cuppa Tea  
 R 10:30 Dominó tren mexicano  
 R 11:00 Simple Arts & Crafts  
 A 11:15 Yoga Stretch and Flow  
 A 12:30 Access Bars  
 R 1:00 Advanced Beginner Spanish  
 G 1:30 Time for Tap  
 R 3:00 Healthy Habits for Confident Aging  
 R 3:30 Talk on AI

**16**  
 R 9:00 Sound Bowl Meditation  
 R 10:00 Chair Yoga  
 R 10:00 MasterMinds  
 \* 10:00 Active Wellness Open House & Free Guest Day  
 C 11:00 Lunch and Learn  
 R 1:00 Music with Ric  
 R 2:00 Advanced Spanish  
 R 4:00 Beginner Pilates

**17**  
 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

Friday, Sept 18

Z 9:00 Strength for Longevity  
 R 10:00 Genealogy  
 R 10:00 Improve Your Bridge Game  
 R 1:00 Canasta  
 R 1:00 Mah Jongg  
 R 1:00 Fall Harvest Salad & Nutrition Workshop

Saturday, Sept 19

B 9:00 Tai Chi  
 B 10:00 Chair Yoga

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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  
 A 2:00 PWR! Moves  
 R 2:15 Grief Support Group

**22**  
 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 and Flow  
 A 12:30 Access Bars  
 R 1:00 Advanced Beginner Spanish  
 G 1:30 Time for Tap  
 R 3:00 Healthy Habits for Confident Aging

**23**  
 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  
 R 3:00 Soul Collage Workshop

**24**  
 P 7:30 Strength Training  
 R 8:30 Gents & A Cuppa Joe  
 R 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

Friday, Sept 25

L 9:00 Tai Chi  
 Z 9:00 Strength for Longevity  
 R 10:00 Beginner Pilates  
 R 10:00 Improve Your Bridge Game  
 R 11:00 Intermediate Pilates  
 R 1:00 Canasta  
 R 1:00 Mah Jongg  
 Z 1:00 Imagery and Poetry

Saturday, Sept 26

YP 9:30 Walk to End Alzheimer's

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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  
 A 2:00 PWR! Moves  
 R 2:15 Grief Support Group

**29**  
 P 7:30 Strength Training  
 A 8:00 Mens Fitness  
 R 9:00 ESL  
 R 9:30 Ladies & A Cuppa Tea  
 R 10:30 Dominó tren mexicano  
 A 11:15 Yoga Stretch and Flow  
 A 12:30 Access Bars  
 R 1:00 Advanced Beginner Spanish  
 G 1:30 Time for Tap  
 R 3:00 Healthy Habits for Confident Aging

**30**  
 R 9:00 Sound Bowl Meditation  
 R 10:00 Chair Yoga  
 R 1:00 Music with Ric  
 R 2:00 Advanced Spanish

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)  
 YP Yountville Park, 2900 Lincoln Ave  
 Z ZOOM (online)